

Family Based Solutions

England & Wales · Charity number 1149383

Details

Other names	PAARS, PARENT ABUSE AND RECONCILIATION SERVICE
Status	Registered
Legal form	Charitable company
Company number	08237225
Registered	2012-10-18
Register	View on the Charity Commission register

Contact

Address	5 Chase Side Crescent Enfield Middlesex EN2 0JA
Phone	02083636262
Email	admin@familybasedsolutions.org.uk
Website	www.familybasedsolutions.org.uk

Activities

Objects: TO RELIEVE PARENTS AND CARERS WHO HAVE BEEN ABUSED PHYSICALLY, EMOTIONALLY OR OTHERWISE BY THEIR ADOLESCENT CHILD BY ASSISTING TO REBUILD FAMILY RELATIONSHIPS.

Activities: Family Based Solutions supports parent/carers who are abused by their children in Enfield, Haringey and Barnet. We aim to raise awareness of this mainly hidden form of abuse. We support the whole family to end the abuse in the home and improve family relationships. We support families who are survivors of domestic abuse with the aim of ending the inter-generational cycle of abuse.

Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** Education/training, The Prevention Or Relief Of Poverty, Economic/community Development/employment, Other Charitable Purposes
- **Who:** Children/young People, People With Disabilities, The General Public/mankind

Geography

- Barnet
- Enfield
- Haringey

Finances

Period end	Income	Expenditure	Assets	Employees
2025-10-31	£341,081	£308,013	-	-
2024-10-31	£291,150	£310,096	-	-
2023-10-31	£317,768	£287,648	-	-
2022-10-31	£319,619	£257,956	-	-
2021-10-31	£293,235	£224,724	-	-

Trustees

Name	Role	Appointed
Aytac Mustafa		2020-02-28
Filiz Elvan Hassan		2025-09-11
Garry Andrew Kousoulou		2025-03-28
Judith Rachel Allan		2017-07-19
Katherine Elaine Waldock		2025-09-11
Loraine Hunte		2017-07-19
PANAYIOTA RICHARDS		2020-01-10
Tara Gretton		2025-12-01

Accounts



Family Based Solutions

Moving Forward Together

**FBS: Family Based Solutions
(A company charity limited by guarantee)**

**Trustees Annual Report and Account for the year ended
31st October 2025**

**Charity number: 1149383
Company number: 8237225**

FBS: Family Based Solutions (A company charity limited by guarantee)

Financial Statements for the Year Ended 31 October 2025

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Reference and Administrative Information

Charity Name:	Family Based Solutions
Centre Charity registration number:	1149383
Company registration number:	8237225
Registered Office and operational address:	5 Chase Side Crescent Enfield EN2 0JA

Trustees/Directors

Panay Richards	Director/Chairperson
Judith Allen	Director/Secretary
Garry Kousoulou	Director/Trustee
Loraine Hunte	Director/Treasurer
Aytac Mustafa	Director/Trustee
Katherine Waldock	Director/Trustee
Filiz Hassan	Director/Trustee

Project Managers

Joseph Lettieri
Ayse Adil
Jason Phasouliotis
Nicole Economou
Veronika Radway

Administration Manager

Dervise Atalay

Accountant --TACTS Accountant, 61 Fountains Cresc, London N14 6BD

Bankers -- HSBC, The Town, London, Enfield, EN2 6LD

Solicitors – Martin Shepherd 753 High Road, Finchley, N12 8LG

Trustees report

The trustees are pleased to present their annual directors' report together with the consolidated financial statements of the charity and its subsidiary for the year ending 31st October 2025 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

Our Aims and objectives

Purposes and Aims

Our charity's purposes as set out in the objects contained in the company's memorandum of association are to:

- To relieve the needs of:
- Parent/carers abused by their children by the provision of therapy and practical support
- Families and individuals who are victims of domestic abuse providing therapeutic group sessions and practical support

The aims of our Charity are to support parents/carers in the Enfield, Barnet and Haringey area who are abused by their children. We aim to raise awareness of this mainly hidden form of abuse. We aim to support the whole family to end the abuse in the home and support parents/carers improve the communication within the family. In addition, we aim to support families who are survivors of domestic abuse once the perpetrator has left the home. Our aim is to rebuild relationships within the family and prevent the inter-generational cycle of abuse. The Family Based Relationships (FBR) programme was co-written with the Dr Kate Walker and Dr Emma Holdsworth from Coventry University who have written programmes for other third sector organisations. The FBR programme is unique to FBS and is aimed at working with low level adult perpetrators of domestic abuse to change problematic behaviours with more solution focused behaviours. We added this intervention due to the high level of domestic abuse in our child to parent abuse cases. Our aim is to end the abuse between the adult caregivers so that their children can live in a supportive and caring home environment, and we see it as an early intervention into child to parent abuse.

The Charities four outcomes:

- There will be improved parent/child relationship leading to the end of abuse in the home
- Families will have an increased understanding of the effects of domestic abuse on all family members
- Families will have wider support networks leading to less isolation and the need for intervention
- To support adult perpetrators of domestic abuse in changing abusive behaviours with positive behaviours

Ensuring our work delivers our aims:

The Charity is currently funded via the following grants. The Big Lottery (the national lottery community fund) grant began on the 1st August 2022 which has been awarded for four years. The grant will cover the running costs and salaries of two of the project managers until 31st July 2026. The second grant was awarded by The Henry Smith Charity in which we were successful in attaining continuation funding for a further three years. This grant will fund the salary of a full-time project manager for three years and associated running costs. The grant will end on the 31st December 2025. In this reporting period we have been successful in further grants which are of shorter duration. We have been awarded a grant for one year from the Garfield Weston Foundation which will end on the 30th June 2025. This funding covers part of the salary of our administrator and some running costs, this is an annual grant and is the second time we have been awarded a grant from the foundation. We were awarded a grant from the Lloyds Bank Foundation which was awarded for three years and will end on the 31st May 2027. This is an unrestricted grant, and the charity can use the award to aid us in achieving our charitable aims. This gives us the flexibility to use the award where we feel it will have the most impact. The grant also provides the charity with free support with the aim of making the charity more sustainable into the future. The charity was awarded a three-year grant from the Masonic Charitable Foundation this will go towards the cost of providing therapy for our service users from our bank of accredited counselors. We were awarded three years funding from the Forte Charitable Foundation on the 1st August 2025 which will end on the 31st July 2028. The funding will part-fund the salary of a family support worker and associated costs. We were awarded a one-year grant from the Sackler Trust on the 1st July 2025 which will part-fund the salary of our Admin manager. We were also awarded smaller grants from the Vintners Foundation and the My Ends project from Enfield Council. These grants are towards counselling and supporting students on the verge of exclusion and gang involvement.

FBS continues to raise our own funds through the BOSS programme where schools pay for our mentoring service to students the school have identified who need extra support to remain in school. We continue to provide Solution Focused Training to professionals, it has been difficult to get the numbers to attend to make any real

impact on our reserves. We have used more of our reserves to fund staff salaries, however this has been offset by being awarded the grants mentioned above, as these grants are funding the majority of the staff costs. We continue to apply for funding and in this reporting period we have seen an increase in the BOSS service generating an income for the charity. Last year we had 3 schools who regularly paid for the BOSS service, this reporting period we are now in 5 schools on a regular basis. In two of the schools they have requested for us to attend for two days a week instead of one day, which has increased our revenue from BOSS.

We report to our funders annually on the work we have conducted with our beneficiaries and the progress made towards the stated outcomes for each grant. We monitor all families' progress from the initial assessment, halfway through the intervention and at the end of the intervention via client feedback, updating data regularly and sharing appropriate information with referrers. Our assessment paperwork allows us to clearly see if there has been a reduction in the abuse. All referred families are initially offered places on our 4 weekly parent support groups. This is offered online via Zoom this means we can offer support a lot sooner than waiting for the family work. The online sessions also eliminate any difficulties in attending an office meeting. Parent/carers can attend more than one block of sessions or if they feel they need further support can then be offered family work. All families are allocated two trained family support workers and are seen initially weekly then further apart when progress has been consistent. In the cases of families affected by domestic abuse we follow the DART (domestic abuse recovering together) programme, and the families complete an evaluation at the beginning and the end of the ten sessions. We meet regularly with volunteers and trustees to evaluate our service, where we can improve, and any further training required. The FBR (family-based relationships) programme was developed by FBS managers in collaboration with Dr Emma Holdsworth and Dr Kate Walker from Coventry University. The FBR programme works with both male and female perpetrators in groups or 1:1 the sessions will also be offered in an online format to reduce drop-out rates. The B.O.S.S (building on strengths and solutions) schools programme allows us to work with students referred by the schools for various presenting problems. In this reporting period with the grant from Lloyds Bank Foundation we have been able to gain CPD accreditation for five of our training workshops. Our You Tube channel (FBS Chats) has now interviewed over 130 solution focused practitioners all over the world. This has raised the profile of the charity and the issue of child to parent abuse. We offer families in need the services of our benefits/housing advisor where families are supported in making applications for benefits, DLA/PIP payments, support with energy costs and housing issues. The support helps families in financial crisis so they can focus more of their energy on improving family relationships. We have the use of three BACP registered counsellors for the clients who need intense therapy support so they can be in a better place to move forward in their lives. One of the counsellors specialises in trauma therapy with female survivors of domestic abuse

and reports have been very positive from the clients referred. We fund the sessions through our sessional workers budget at no cost to the clients.

Referrals for this reporting period:

This reporting period has seen 141 families referred into our various services which amounted to 494 individuals, this is a decrease of 28% on the previous year. The decrease in referrals is in the main cases for child to parent abuse. There are now more services in Enfield who also work with CPA which is why the drop in referrals. We have increased referrals into the BOSS programme and in this reporting period we supported 420 students in five schools. The majority of referrals are from schools, social services and self-referrals. The waiting times for family work is still something we are trying our best to address. The online parent groups does give families the opportunity to get support in a short space of time. The waiting times for CAMHS services and the increase in incidences of young people with mental health issues has meant the third sector in general is having to try and fill this shortage of support. We are being approached to work with families who do not meet our charitable criteria due to the lack of resources elsewhere. We are seeing an increase in particular in referrals to our DART programme.

The focus of our work: The main objectives of our work are to support referred families to end the abuse in the home and raise awareness of parent abuse to fellow professionals and service users through training events, presentations to potential referrers, supporting academic research, media articles, website, social media and our You Tube channel, FBS Chat. We have modified our support offered to clients to reduce waiting times and increase our capacity. The four-weekly parent/carer support groups are offered online at varying times during the day, evenings and at weekends. Clients referred are offered the groups in the first instance which means they do not have to wait for whole family support before they receive assistance, this also has led to some families not requiring any further support so we can focus on the more complex cases. Families can choose either to attend parent workshops or wait for whole family support at our office.

To support families affected by domestic abuse once the perpetrator has left the home. We continue to run the DART (domestic abuse recovering together) project, an NSPCC initiative which is aimed at rebuilding relationships within the family. The incidence of previous domestic abuse between the caregivers in our child to parent abuse cases is very high currently at 67% of cases referred. The DART intervention has been difficult to implement due to the number of weeks the child has to miss school, especially if the young person has poor attendance. We have had to offer the programme in the evenings so as to avoid the school times which has helped increase the numbers attending. In this reporting period our programme facilitator of the DART programme has been trained by the NSPCC to become a trainer for other services who wish to implement DART in their work with domestic abuse survivors.

With the introduction of the adult perpetrators programme, we aim to reduce the abuse in the home which we know has a huge impact on the families and their children. We aim to work with the lower level of adult perpetrators who are motivated

to make positive changes and improve relationships with their partners and children. The course runs for ten weeks and areas covered include the effects of DA on family members, replacing unwanted behaviours with more positive interactions, how to cope with flashpoints in their relationships and how their behaviour has an influence of their children and wider family.

We provide advice and support for families who are affected adversely by the cost of living crisis. Through our trained support worker we aid families in reducing debt, reductions in utility bills, applying for DLA and PIP benefits, and housing issues. In this reporting period we have seen an increase of 89% in families where this support is required.

We support families to navigate the social care system and help to keep families together by attending all relevant meetings with outside professionals to make sure the families voices are heard.

The strategies we use to meet our objectives included: -

- Weekly office visits to carry out preventative work using the solution focused approach
- Signposting families to appropriate services who may provide relevant support to parents/carers and their children
- Our trained volunteer supports families in financial hardship by looking at budgeting plans, benefit advice, completing PIP applications and supporting families in appeal hearings
- Weekly parent support groups for peer support and invited guest speakers on topics that are relevant to our service users
- The DART programme will be run three times per year with up to eight families per group.
- We have provided training days for other agencies in using the Solution Focused Approach with families with complex needs, preventing school exclusions, supporting families recover from domestic abuse, working with adult perpetrators and single session therapy.
- Remote support to families via video conferencing, telephone calls and our social media platforms
- Providing parent groups remotely to reduce waiting times and develop peer support. Reducing isolation and stigma.
- Family Mediation
- The FBR programme is offered weekly at different times to suit clients' needs
- Mentoring in schools for our young service users
- Attending meetings with other professionals with our clients
- Providing live conversations on our You Tube channel
- Being part of various networks such as the VAWG taskforce increases our knowledge of domestic abuse incidents in the borough
- Providing therapy to individual clients through our BACP registered counsellors
- Staff receive regular supervision and continued professional development

- Attendance at international Solution Focused conferences to raise awareness of FBS and our service users

Findings from our service users/referrers

Our objects and charitable funding limit us to supporting families who reside in the Enfield, Barnet and Haringey area or whose children attend a school in these boroughs. We rely heavily on our team of dedicated volunteers who work directly with families in the home, office and school setting.

The main points raised are below:

Feedback from Service users:

How has FBS helped?

- The way I have seen my previously volatile, angry, violent, terrified son grow in confidence and self esteem due to our fortnightly sessions is something we wished for with all our hearts for him but really were not sure was possible.
- They are exceptional. Thank you FBS.
- It was the most beneficial service we have ever received, both as individuals and as a family. I truly wish we had gotten this kind of support a long time ago. The team is extremely supportive — as a family, we used to look forward to our SF session with great excitement, and we always left feeling highly energized and positive
- Openness, positivity, encouragement, humour and sense of hope.
- I was very apprehensive about joining the DART group. As a man others believe we cannot be victims of domestic abuse. Ayse made me feel very comfortable. The other parents in the workshops were also very nice.
- The support literally saved my life.
- They have done an absolutely wonderful job I am truly grateful to all staff They provided emotional support ,practical advice also specialized resources. Also very good listeners.
- I cannot tell you how beneficial this is for us as a family. Our 13-year-old daughter was so depressed with being constantly hit by her brother, that she told me once she doesn't want to live here anymore!
- They empathised and did not judge. We had three people working with us in different roles. You won't get this service anywhere else.
- We have our life back. We are going out and enjoy each other's company. Where has FBS been all my life?!
- We had been paying for private family therapy for over three years. One session with FBS has turned our life's around. I wish I had known about the charity before. Would have saved me a lot of money.

How can FBS improve the service?

- Provide some half-term activities
- Family days out
- Shorter waiting times
- Having more opportunities for family days out
- Would prefer face to face sessions with the group

Feedback from BOSS students:

- The sessions have helped me improve my behaviour most of the time. My head of year has noticed these improvements which makes me proud of myself
- These sessions helped me on how to control my behaviour, I can definitely continue my improvements in the future, I enjoyed talking about how my week was and what I could do to not do the little things that get me into trouble. The mentor was brilliant, I have been getting more merits and less detentions.
- I have made so much progress, I also stay in lessons more and I get my work done. These sessions have given me way more motivation. J has helped me a lot especially with truancy and in terms of achieving my goals.
- The session has helped me calm down and helped me with my behaviour. The skills I have learnt I know I can use in the future to help me. I enjoyed my sessions as I had somewhere safe to go and be able to open up. I felt like I have achieved my best hopes and even my dad has noticed a difference.

Feedback from Volunteers and Staff:

What has worked well?

- Self-development- new skills, working well as a team, job satisfaction.
- Visits are well planned; staff are well supported and offered a range of training.
- Learning about Solution Focused Brief Therapy, a tool used with families to help them grow holistically
- The work with families has helped me improve my own family relationships
- Learning to work effectively with colleagues
- The volunteering role has helped me gain confidence and a new career
- Having regular supervision sessions made me feel more a part of the team and that my voice matters

What can be improved?

- More support groups for families
- Would be nice to have more opportunities to meet with the rest of the team as I cannot always make evening meetings
- For all volunteers to take an active role in the family work

Feedback from professionals/trainees:

- The variety of services available for parents. From group sessions to one-to-one sessions. You have also been very helpful and flexible during lockdown.
- Just fantastic, up there as one of the top 3 professional learning experiences I have ever had.
- The fact that we can access vitally needed therapy for our client's without having to wait for years!!
- Staff made themselves available to the family at times when the school could not bridging the gap in the need for support
- 10/10 fantastic training I can't wait to go back and use the techniques with my students
- Out of office hours support for families is a vital part of the service for us
- Our student is happier and more confident, and she has actually been completing lots of work even though she struggles a lot with the work and her concentration
- A particular family are no longer on a CP plan. Other families have made significant and consistent positive changes.
- This is the first training I have attended where I did not want to leave, fantastic a great eye opener
- They are very approachable and always available and happy to discuss any issues, concerns or progress. Their passion to improve outcomes for children and families' shines through and is reflected in the work that they do.

Activities carried out in the year to meet our three outcomes:

Outcome 1: There will be improved parent/child relationship leading to the end of abuse in the home

The use of our Ladder of Harm assessment tool shows that families are experiencing reductions in abuse in the home. Our solution focused approach puts families in the role of expert where they feel listened to and less stigmatized. We see reductions in abuse from between 60%-80% there is less violence and verbal abuse and more incidents of positive interactions. FBS delivers family therapy using the Solution Focused approach. We liaise with any other professionals involved with the family and attend TAF, CIN and CP meetings. Working with the whole family, we highlight their current and previous strengths and help them describe positive changes they would like to see moving forward. Family members identify their own small targets to reach their desired outcomes. This gives each member of the family a voice and the opportunity to be heard. The approach has a strong focus on behavioural changes which are measured using the solution focused scale. This identifies where they are as a family, what is already working and the next behavioural change that would tell them they are on the next number. The focus on what families can do and their successes, however small, highlights strengths and resources. Highlighting when families are overcoming challenges helps them feel empowered, increases resilience, and builds confidence in their ability to overcome future setbacks. Each

family member is seen as part of the solution, and all have a role in making positive changes. Parent/carers are listened to and not judged for their child's behaviour. Equally, children find our non-judgemental, collaborative approach easier to engage with. Therefore, both parent/carers and children find the service more accessible than comparable services, reducing drop-out rates. If the clients feel they need different support then we can refer them onto other agencies who may be more suitable. This again reduces the time clients need to wait for support as they are not left on our waiting list for months without a provision. We have also undertaken group work with parents/carers who attend four sessions remotely and if they feel they need whole family support this can also be offered at the end of the 4 weeks. The sessions are attended by a minimum of two trained practitioners. This again reduces long waits for a service and provides group support for the attendees who can feel less isolated and stigmatised. Families will explore safety plans for when things become too extreme so that everyone is aware of what to do in case of emergencies. If the issues stem mainly from school related issues which are then brought into the home we can offer school solution focused sessions which the schools are open to this support as it also improves child/teacher relationships.

Outcome 2: Families will have an increased understanding of the effects of domestic abuse on all family members

During this reporting period we have seen an increase of 25% to the DART programme. Our facilitator has improved access to this support via in person and online support. The increase has led to more clients supported in a group format and this also has the added benefit of increasing peer support. The clients on the FBR perpetrator programme are invited to think about the effects of domestic abuse on the children and exploring the differences in abusive and healthy relationships. It is part of both programmes to look at the wider implications of abuse on all family members and that the children are not just innocent bystanders. Our experience of children who abuse parent/carers has given us an insight to the effects on the children of witnessing intimate partner violence and abuse as this is present in 67% of the children referred for our child to parent abuse service. Our new CPD training looks at supporting the whole family to recover from domestic abuse and has been attended by practitioners from all over the UK as they are presented online. We hope this will lead to the families supported by the practitioners to better understand and support other families not in our location.

Outcome 3 Families will have wider support networks leading to less isolation and the need for intervention

Parents are encouraged to join our support groups after they have completed the DART programme and may also be offered further family support if required. The parents continue to support each other through the What's app group which they have set up and which is monitored by the project managers. The newly added group sessions for parents also provides peer support and is especially useful for families whose children refuse to attend any form of intervention. The helps to reduce the isolation and gives parents some tools and strategies to use in the home. In this reporting period we have been part of new initiatives in Enfield which has

widened our provision to families and developed closer working partnerships with other voluntary and statutory services. Our young service users are supported in school if this is needed. This has meant that we have been able to improve behaviour and increase academic achievement. This has led to better relationships between child and school staff and has had a positive effect on the relationship between parent/carer and the school. This has led to another level of support for families as often the relationship between families and the school had broken down. Our solution-focused approach to working with families has increased the confidence in our service users as they will develop their own unique solutions to their presenting problems. They have developed a new way of communicating using the techniques used in sessions and applying them in their home lives. This has led to families being able to problem solve in a more positive and collaborative way reducing the need for outside intervention. We will refer families to positive activities through our knowledge of activities arranged by other partners in the borough.

Service users can also access our social media platforms to ask for advice and support when required.

Outcome 4: By raising awareness of parent abuse parents will feel less isolated and more likely to come forward to seek help

We have established ourselves in Enfield as the service specialising in CPA and receive referrals from all statutory and third sector organisations. Self-referrals are the third highest referral rate indicating that if there is a service parents will come forward for support despite the stigma and isolation, they have experienced. In the past year we have attended 54 meetings to support our families in schools and social services. We are part of the Enfield, VAWG panel who meet monthly. The panel gives updates on all aspects of domestic abuse and any changes in services and the latest statistics on domestic abuse incidents in the borough. FBS is a part of the Enfield, MyEnds project which is a consortium of over 20 organisations whose aims are to support young people on the verge of gang involvement. Our social media presence reaches over 30,000 people nationwide with both open and closed groups. Our new FBS Chat has conducted over 130 live interviews which are posted on Facebook, Instagram and our own dedicated YouTube channel. The guests include some of the most respected practitioners of the solution focused approach from across the world. FBS were instrumental in advising the producers of Eastenders TV programme who began a storyline on child to parent abuse which has raised the issue on a national level. FBS presented a workshop on the SF24 online workshops, this is a 24-hour online event of solution focused practice. FBS were the only workshop with a real-life client who spoke about her support with her family. We have also written our first academic paper for the Solution Focused Journal about the case presented at SF24.

Additional Activities

On the 20th January FBS were invited to train university students at the Wesleyan University in Fort Worth, Texas. We trained Psychology students in working with

Domestic Abuse using the Solution Focused approach. On the 27th April, Ayse Adil CEO was awarded a SHE award for outstanding female in a charitable role. FBS trained counsellors from Texas on domestic abuse on the 21st May, this was because of our previous trip to Fort Worth. FBS trained Turkish domestic abuse workers, an online training event as a result we have been invited to Turkey in 2026. On the 1st July we were invited to speak to Polish counsellors and social workers, who were visiting London, on how we support families experiencing domestic abuse and child to parent abuse. On the 19th September we presented a workshop at the European Brief Therapy Association, at their annual conference held in Copenhagen. FBS were awarded a special award from the conference for innovative use of solution-focused therapy, our work with domestic abuse, our FBS chats You Tube channel and our academic paper on the silent session. In November FBS presented at the SFBTA conference held in Toronto. Our workshop was the most attended and talked about presentation at the conference.

Financial Review

The charity's principal funding is in the form of six grants. The Big Lottery's Reaching Communities Fund, The Henry Smith Charity, Lloyds Bank Foundation, The Garfield Weston Trust, Forte Charitable Foundation and the Sackler Trust. The accounts below represent the expenditure from these funders.

Plans for Future Periods

We will continue to write our own funding bids for specific project costs that require less funding and time in applying. This year we have been successful in gaining smaller grants from the Co-op Community Fund, Masonic Charitable Trust, Enfield Myends grant, The Vintners Trust and the Maximus Local Grant. We will be re-applying to the National Lottery, which if successful will go a long way towards our charity becoming sustainable in the future. This past year we have increased our paid for BOSS service to schools in Enfield. This will increase our level of reserves for any future financial difficulties. We will continue to increase our training events. This year we will revamp our website. We will look for funders who give grants for capital projects. Our office is too small and it means we are finding it challenging to see as many clients as we could due to only having two family meeting rooms. An extra room built in the car park will give us more availability to see clients in person.

Structure, Governance and Management

Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 2nd October 2012, and registered as a charity on 18th October 2012. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association.

In the event of the company being wound up members are required to contribute an amount not exceeding £10.

Recruitment and Appointment of Management Committee

The directors/trustees of the company are also charity trustees for the purposes of charity law. Under the requirements of the Memorandum and Articles of Association the directors/trustees are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

Risk management

The trustees have a risk management strategy which comprises:

- an annual review of the principal risks and uncertainties that the charity faces.
- the establishment of policies, systems, and procedures to mitigate those risks identified in the annual review; and
- the implementation of procedures designed to minimise or manage any potential impact on the charity should those risks materialise.

This work has identified that financial sustainability is an issue for the charity. In this reporting period however there has been success in awards of medium size grants which will provide stability for at least the next year. If we are successful in re-applying for the National Lottery it will go a long way for us being sustainable as a charity. A key element in the management of financial risk is a regular review of available liquid funds. Attention has also been focussed on non-financial risks arising from fire, health and safety and food hygiene. These risks are managed by ensuring accreditation is up to date, having robust policies and procedures in place and regular awareness training for staff working in these operational areas. The Trustees constantly review risks relevant to the charity. Any risks identified are reported to the Trustees and decisions made on how to minimise risk.

Reserves policy and going concern

Reserves are needed to bridge the gap between the spending and receiving of income and to cover unplanned emergency repairs and other expenditure. The trustees consider that the ideal level of reserves in the light of the main risks to the organisation. As a result, the Board has approved a policy whereby the unrestricted funds not committed, should be held in reserve, and maintained at a level which ensures that FBS's core activity could continue during a period of unforeseen difficulty. The target reserve amount represents at least 6 months' (26 weeks) expenditure and will be reviewed annually.

Related parties and co-operation with other organisations

None of our trustees receive remuneration or other benefit from their work as trustees. Any connection between a trustee or senior manager of the charity with its members must be disclosed to the full board of trustees in the same way as any

other contractual relationship with a related party. In the current year, no such related party transactions were reported.

Responsibilities of the directors/trustees

The charity trustees (who are also the directors of FBS for the purposes of company law) are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period. In preparing the financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

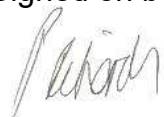
The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and the group and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

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

Independent Examiner

TACTS Accountant was appointed as the charitable company's independent examiner during the year and has expressed their willingness to continue in that capacity.

Signed on behalf of trustees,



Mrs Panay Richards (Chairperson)

Date: 04/02/2026

Independent examiner's report to the trustees of Family Based Solutions

I report on the accounts of the company for the year ended 31st October 2025, which are set out on pages 17 to 23.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) or under Regulation 10 (1)(a) to (c) of The Charities Accounts (Scotland) Regulations 2006 (the 2006 Accounts Regulations) and that an independent examination is needed. The charity is required by company law to prepare accrued accounts and I am qualified to undertake the examination by being a qualified member of the Association of Chartered Certified Accountant.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act);
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements

- to keep accounting records in accordance with section 386 of the Companies Act 2006 and section 44(1)(a) of the 2005 Act; and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of the Companies Act 2006, section 44(1)(b) of the 2005 Act and Regulation 8 of the 2006 Accounts Regulations; and
- which are consistent with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Tacts Accountant

Date: 04/02/2026

Chartered Certified Accountant, TACTS Accountant, 61 Fountains Crescent., London N14 6BD.

FAMILY BASED SOLUTIONS

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR END 31 OCTOBER 2025

	<u>Notes</u>	<u>Unrestricted Funds</u>	<u>Restricted Funds</u>	<u>Total Funds 2025</u>	<u>Total Funds 2024</u>
<u>INCOMING RESOURCES: -</u>		£	£	£	£
Donations & Voluntary Contributions		62,851	-	62,851	76,814
Income from charitable activities:					
Restricted Grants (20)		-	278,230	278,230	214,336
TOTAL INCOMING RESOURCES		62,851	278,230	341,081	291,150
<u>RESOURCES EXPENDED</u>					
Expenses on raising funds (17)		-	3,710	3,710	3,401
Expenses on Charitable activities (17)		59,294	245,009	304,303	306,695
TOTAL RESOURCES EXPENDED		59,294	248,719	308,013	310,096
Net Incomings and (outgoings) resources		3,557	29,510	33,067	(18,946)
Balances Brought Forward		210,522	51,922	262,444	281,390
Balances Carried Forward		214,079	81,432	295,511	262,444

There were no recognised gains or losses for the above period other than those shown in the statement of financial activities for the above financial year. All incoming resources and resources expended are derived from continuing activities.

(The notes attached form part of these financial statements)

FAMILY BASED SOLUTIONS

BALANCE SHEET AS AT 31 OCTOBER 2025

	Notes	£ <u>2025</u>	£ <u>2024</u>
Fixed Assets			
<i>Tangible assets:</i>			
Office Equipment & Furniture	(16)	710	-
Current Assets:			
Debtors	(15)	3,867	3,867
Cash at Bank		293,666	261,922
Current Liabilities:			
Creditors:			
Amount falling due within one year:			
Accruals & Creditors	(14)	2,732	3,345
Net Currents Assets		<u>294,801</u>	<u>262,444</u>
Net Assets		<u>295,511</u>	<u>262,444</u>
As Represented By			
Unrestricted Fund		154,079	150,522
Designated Funds	(18)	60,000	60,000
Restricted Fund	(13)	81,432	51,922
Total Funds		<u>295,511</u>	<u>262,444</u>

(The notes form part of this account)

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 responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements

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

The accounts were approved by the Directors on 04/02/2026 and signed on their behalf by: -



Ms Panay Richards (Director and Chairperson)

**FAMILY BASED SOLUTIONS
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST OCTOBER 2025**

1. Accounting basis.

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

a) Basis of preparation

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)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. FBS 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 note(s).

b) Preparation of the accounts on a going concern basis

The Charity trustees are of the view that measures taken subsequent to the year-end to reduce operating costs and successful in applying for continuation funding have secured the immediate future of the Charity for the next 3 to 4 years and that on this basis the charity is a going concern.

2. Cash Flow Statement

The trustees have taken advantage of the exemption in Financial Reporting Standard No 1 (revised) from including a cash flow statement in the financial statements on the grounds that the charity is small.

3. Income

Income is recognised in the period to which it relates, unless specified otherwise by the funder. Project funding is, in general, repayable if not expended within the relevant project. Such income is only recognised to the extent that it ceases to be repayable. The income is accounted for on a receivable basis.

4. Resource Expended

Resources expended are included in the Statement of Financial Activities inclusive of VAT which cannot be recovered. Direct charitable expenditure includes the direct costs of the activities. Where such costs relate to more than one functional cost category, they have been apportioned in line with the direct costs of the relevant service.

5. Fund Accounting

Fund accounting unrestricted funds are available to spend on activities that further any of the purposes of charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work.

6. Support Cost

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back-office costs, finance, personnel, and governance costs which support the Charity activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities. The bases on which support costs have been allocated are set out in note 19.

7. Operating lease

Office rent lease commitment was ended in this financial year. The charity has not entered into any other lease commitment in this financial year.

8. Taxation

FBS is a registered charity and is not liable for corporation tax on its income under section 505 of the Income and Corporation Taxes Act 1988 to the extent that it is applied to its charitable activities.

9. Tangible fixed assets

Fixed assets are stated at cost less accumulated depreciation.

Depreciation is provided to write off the cost, of all fixed assets over their expected useful life as follows: -

Equipment and Furniture - 33% straight line

10. Staff Costs

	2025	2024
	£	£
Salaries and wages	150,766	146,265
Social security costs	44,737	45,899
Pensions costs	22,977	24,232
Total	218,480	216,396

The total number of employees were 6 in this financial year.

None of the employees received emoluments in excess of £60,000 in the year or the previous year.

4 volunteers supported the organisation.

Trustees are not remunerated.

11. Pension costs and other post-retirement benefits

FBS makes pension contribution into staff private pension scheme as and when this is recovered through their project funding. Contribution's payable is charged to the Statement of Financial Activities in the period to which they relate

12. Status

Family Based Solutions (FBS) is a registered charity and registered company limited by guarantee.

13. Analysis of Restricted Fund

Funder	Balance at 1st Nov 2024	Incoming resources	Outgoing resources	Balance at 31st Oct 2025
	£	£	£	£
Big Lottery Fund	23,696	119,740	121,716	21,720
Lloyds Bank Foundation	18,449	25,000	27,123	16,326
Masonic Charity Foundation	-	5,000	5,000	-
Garfield Weston Foundation	3,102	25,000	20,058	8,044
The Sackler Trust	-	25,000	11,856	13,144
Enfield Voluntary Action	3,011	830	3,841	-
Forte Charitable Foundation	-	32,000	13,945	18,055
The Vintners Company	-	4,000	4,000	-
The Henry Smith Charity	3,664	41,660	41,181	4,143
	51,922	278,230	248,720	81,432

The purpose of the fund outcome is to: -

- There will be improved parent/child relationship leading to the end of abuse in the home.
- Families & members will have an increased understanding of the effects of domestic abuse.
- Families will have wider support networks leading to less isolation & the need for intervention.

14. CREDITORS (ACCRUALS)

	2025	2024
	£	£
Independent Examiner Fee	790	790
Pension	1,942	1,880
Other creditors	-	675
	2,732	3,345

15. DEBTORS

	2025	2024
	£	£
Rent Deposit	3,867	3,867
	3,867	3,867

16. TANGIBLE FIXED ASSET

	Equipment & Furniture
Cost	
At Cost @ 2024-2025	1,065
At Cost	1,065
Depreciation	
Brought forward	-
Charge for the year	355
Carried Forward	355
Net Book Value	
At October 2025	710
At October 2024	-

17. Resources Expended

	<u>Unrestricted Funds</u>	<u>Restricted Funds</u>	<u>Total Funds</u> 2025	<u>Total Funds</u> 2024
<u>RESOURCES EXPENDED</u>	<u>£</u>	<u>£</u>	<u>£</u>	<u>£</u>
Salaries, Pensions and NIC	59,294	159,546	218,840	216,396
Volunteer Expenses and Training	-	8,360	8,360	5,642
DBS expenses	-	208	208	70
License fees	-	175	175	179
Refreshments and Catering	-	4,953	4,953	8,090
Trainers and Sessional Worker	-	17,610	17,610	16,843
Transport and travel	-	1,683	1,683	2,139
Administration and Office Expenses	-	7,959	7,959	11,590
Project Evaluation & Supervision	-	324	324	160
Independent Examination	-	790	790	790
Rent, Rates and Service Charges	-	28,769	28,769	32,479
Legal and Professional fees	-	4,686	4,686	7,662
Utilities	-	10,455	10,455	4,840
Depreciation	-	355	355	336
Training and Other activities	-	2,847	2,847	2,880
Total Resources Expended	<u>59,294</u>	<u>248,719</u>	<u>308,013</u>	<u>310,096</u>

18. Designated Funds

The purpose of the Designated Fund of £60,000 is to cover for contingencies, cash flow management, IT systems upgrade, delay in funds receipts, redundancy risk, loss of key staff, sickness and strategic planning to develop future plans and strategies for FBS.

19. Support and Governance Costs

	General Support	Governance	Total
	£	£	£
Administration and Office Expenses	7,675	284	7,959
Independent Examination	-	790	790
Rent, Rates and Service Charges	28,769	-	28,769
Legal and Professional fees	4,686	-	4,686
License Fee	-	175	175
Utilities	10,455	-	10,455
Depreciation	355	-	355
Total	51,940	1,249	53,189

20. RESTRICTED grant income from Charitable activities:

Funder	2025	2024
	£	£
Big Lottery Fund	119,740	114,836
Forte Charitable Foundation	32,000	-
The Vintners Company	4,000	-
Garfield Weston Foundation	25,000	25,000
Lloyds Bank Foundation	25,000	25,000
Masonic Charity Foundation	5,000	5,000
Toyota Charitable Trust	-	1,600
The Sackler Trust	25,000	-
Enfield Voluntary Action	830	3,500
The Henry Smith Charity	41,660	39,400
	278,230	214,336

The purpose of the fund is to: -

- improve parent/child relationship leading to the end of abuse in the home.
- increased understanding of the effects and tackling of domestic abuse.
- Provide a wider support networks leading to less isolation & the need for intervention.

21. Movement in Funds

	Unrestricted funds reserve	Designated Funds	Restricted funds reserve	Total
	£	£	£	£
At 1st November 2024	210,522	-	51,922	262,444
Surplus/(Deficit) for the year	3,557	-	29,511	33,067
Transfers between funds	-	-	-	-
At 31st October 2025	214,079	60,000	81,432	295,511

Accounts



Family Based Solutions

Moving Forward Together

FBS: Family Based Solutions
(A company charity limited by guarantee)

Trustees Annual Report and Account for the year ended
31st October 2024

Charity number: 1149383
Company number: 8237225



Family Based Solutions

Moving Forward Together

FBS: Family Based Solutions (A company charity limited by guarantee)

Financial Statements for the Year Ended 31 October 2024

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Reference and Administrative Information

Charity Name:	Family Based Solutions
Centre Charity registration number:	1149383
Company registration number:	8237225
Registered Office and operational address:	5 Chase Side Crescent Enfield EN2 0JA

Trustees/Directors

Judith Allen	Director/Secretary
Marilyn Griffith	Director/Chairperson
Loraine Hunte	Director/Treasurer
Panay Richards	Director/Trustee
Aytac Mustafa	Director/Trustee

Project Managers

Joseph Lettieri
Ayse Adil
Jason Phasouliotis
Nicole Economou
Veronika Radway

Administration Manager

Dervise Atalay

Accountant --TACTS Accountant, 61 Fountains Cresc., London N14 6BD

Bankers -- HSBC, The Town, London, Enfield, EN2 6LD

Solicitors – Martin Shepherd 29 Southbury Road, Enfield, EN1 1YZ

Trustees report

The trustees are pleased to present their annual directors' report together with the consolidated financial statements of the charity and its subsidiary for the year ending 31st October 2024 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

Our Aims and objectives

Purposes and Aims

Our charity's purposes as set out in the objects contained in the company's memorandum of association are to:

- To relieve the needs of:
- Parent/carers abused by their children by the provision of therapy and practical support
- Families and individuals who are victims of domestic abuse providing therapeutic group sessions and practical support

The aims of our Charity are to support parents/carers in the Enfield, Barnet and Haringey area who are abused by their children. We aim to raise awareness of this mainly hidden form of abuse. We aim to support the whole family to end the abuse in the home and support parents/carers improve the communication within the family. In addition, we aim to support families who are survivors of domestic abuse once the perpetrator has left the home. Our aim is to rebuild relationships within the family and prevent the inter-generational cycle of abuse. The Family Based Relationships (FBR) programme was co-written with the Dr Kate Walker and Dr Emma Holdsworth from Coventry University who have written programmes for other third sector organisations. The FBR programme is unique to FBS and is aimed at working with low level adult perpetrators of domestic abuse to change problematic behaviours with more solution focused behaviours. We added this intervention due to the high level of domestic abuse in our child to parent abuse cases. Our aim is to end the abuse between the adult caregivers so that their children can live in a supportive and caring home environment, and we see it as an early intervention into child to parent abuse.

The Charities four outcomes:

- There will be improved parent/child relationship leading to the end of abuse in the home
- Families will have an increased understanding of the effects of domestic abuse on all family members
- Families will have wider support networks leading to less isolation and the need for intervention
- To support adult perpetrators of domestic abuse in changing abusive behaviours with positive behaviours

Ensuring our work delivers our aims:

The Charity is currently funded via the following grants. The Big Lottery (the national lottery community fund) grant began on the 1st August 2022 which has been awarded for four years. The grant will cover the running costs and salaries of two of the project managers until 31st July 2026. The second grant was awarded by The Henry Smith Charity in which we were successful in attaining continuation funding for a further three years. This grant will fund the salary of a full-time project manager for three years and associated running costs. The grant will end on the 31st December 2025. In this reporting period we have been successful in further grants which are of shorter duration. We have been awarded a grant for one year from the Garfield Weston Foundation which will end on the 31st January 2025. This funding covers part of the salary of our administrator and some running costs. We were awarded a grant from the Lloyds Bank Foundation which was awarded for three years and will end on the 31st May 2027. This is an unrestricted grant and the charity can use the award to aid us in achieving our charitable aims. This gives us the flexibility to use the award where we feel it will have the most impact. The grant also provides the charity with free support with the aim of making the charity more sustainable into the future. The charity was awarded a three-year grant from the Masonic Charitable Foundation this will go towards the cost of providing therapy for our service users from our bank of accredited counselors. The Enfield Local Community Fund awarded us one year funding to support young people in the Edmonton area. We will be training 6th form peer mentors to support students who may be on the verge of exclusion from school.

FBS has increased its reserves in this reporting by an extra 15% on the previous year through fundraising events, earnings from the BOSS programme in schools, and our training workshops. The reserves in this reporting period have had to be used to fund part of the salary of our admin manager and the cost of a family support worker. This has meant that we have used more of our reserves than we would have liked and this will increase further in the coming year due to having to fund an extra family support worker whose funding from the Nexus project ended on the 31st October 2024. We continue to apply for funding and in this reporting period we have seen an increase in the BOSS service generating an income for the charity. Last

year we had 3 schools who regularly paid for the BOSS service, this reporting period we are now in 5 schools on a regular basis.

We report to our funders twice a year on the work we have conducted with our beneficiaries and the progress made towards the stated outcomes for each grant. We monitor all families progress from the initial assessment, halfway through the intervention and at the end of the intervention via client feedback, updating data regularly and sharing appropriate information with referrers. Our assessment paperwork allows us to clearly see if there has been a reduction in the abuse. All referred families are initially offered places on our 4 weekly parent support groups. This is offered online via Zoom this means we can offer support a lot sooner than waiting for the family work. The online sessions also eliminate any difficulties in attending an office meeting. Parent/carers can attend more than one block of sessions or if they feel they need further support can then be offered the family work. All families are allocated two trained family support workers and are seen initially weekly then further apart when progress has been consistent. In the cases of families affected by domestic abuse we follow the DART (domestic abuse recovering together) programme, and the families complete an evaluation at the beginning and the end of the ten sessions. We meet regularly with volunteers and trustees to evaluate our service, where we can improve, and any further training required. The FBR (family-based relationships) programme was developed by FBS managers in collaboration with Dr Emma Holdsworth and Dr Kate Walker from Coventry University. The FBR programme works with both male and female perpetrators in groups or 1:1 the sessions will also be offered in an online format to reduce drop-out rates. The B.O.S.S (building on strengths and solutions) schools programme allows us to work with students referred by the schools for various presenting problems. In this reporting period with the grant from Lloyds Bank Foundation we have been able to gain CPD accreditation for five of our training workshops. We have collaborated with CCC Ltd a company who arrange training events and have seen an increase in attendees and the income generated we envisage that this will increase our revenue over the next year. Our You Tube channel (FBS Chats) has now interviewed over 120 solution focused practitioners all over the world. This has raised the profile of the charity and the issue of child to parent abuse. We offer families in need the services of our benefits/housing advisor where families are supported in making applications for benefits, DLA/PIP payments, support with energy costs and housing issues. The support helps families in financial crisis so they can focus more of their energy on improving family relationships. We have the use of three BACP registered counsellors for the clients who need intense therapy support so they can be in a better place to move forward in their lives. One of the counsellors specializes in trauma therapy with female survivors of domestic abuse and reports have been very positive from the clients referred. We fund the sessions through our sessional workers budget at no cost to the clients.

Cost of Living Crisis:

The cost-of-living crisis has had an impact on the families we support leading to an increase in the services of our benefits/housing advisor. It has added extra stress on family life and an increase in domestic incidents. The increase in costs and interest rates is also a concern for small charities in that overheads have increased. The rent for our office has increased by 30% due to a rent review and utility costs have increased by 25%-30%. We have been fortunate in that our funders at the Lottery offered an uplift in our grant to cover the increase in costs. We applied and were successful in being awarded a 2-year uplift. This extra funding has covered the increase in office rent and utilities we were also given extra support for the increase in volunteer expenses and salaries.

Referrals for this reporting period:

This reporting period has seen 195 families referred into our various services which amounted to 520 individuals, this is a decrease of 12% on the previous year. The decrease in referrals is in the main for the child to parent abuse cases. There are now more services in Enfield who also work with CPA which is why the drop in referrals. We have increased referrals into the BOSS programme and in this reporting period we supported 393 students in five schools. The majority of referrals are from schools, social services and self-referrals. The waiting times for family work is still something we are trying our best to address. The online parent groups do give families the opportunity to get support in a short space of time. The waiting times for CAMHS services and the increase in incidences of young people with mental health issues has meant the third sector in general is having to try and fill this shortage of support. We are being approached to work with families who do not meet our charitable criteria due to the lack of resources elsewhere. We are seeing an increase in particular in referrals to our DART programme.

The focus of our work: The main objectives of our work are to support referred families to end the abuse in the home and raise awareness of parent abuse to fellow professionals and service users through training events, presentations to potential referrers, supporting academic research, media articles, website, and our You Tube channel, FBS Chat. We have modified our support offered to clients to reduce waiting times and increase our capacity. The four-weekly parent/carer support groups are offered online and varying times during the day, evenings and at weekends. Clients referred are offered the groups in the first instance which means they do not have to wait for whole family support before they receive assistance this also has led to some families not requiring any further support so we can focus on the more complex cases. Families can choose either to attend parent workshops or wait for whole family support at our office.

To support families affected by domestic abuse once the perpetrator has left the home. We continue to run the DART (domestic abuse recovering together) project, an NSPCC initiative which is aimed at rebuilding relationships within the family. The incidence of previous domestic abuse between the caregivers in our child to parent

abuse cases is very high currently at 67% of cases referred. The DART intervention has been difficult to implement due to the number of weeks the child has to miss school, especially if the young person has poor attendance. We have had to offer the programme in the evenings so as to avoid the school times which has helped increase the numbers attending. In this reporting period our programme facilitator of the DART programme has been trained by the NSPCC to become a trainer for other services who wish to implement DART in their work with domestic abuse survivors. This will mean she will be an accredited trainer for DART and we will, as a charity be earning an income from training others in it's use.

With the introduction of the adult perpetrators programme, we aim to reduce the abuse in the home which we know has a huge impact on the families and their children. We aim to work with the lower level of adult perpetrators who are motivated to make positive changes and improve relationships with their partners and children. The course runs for ten weeks and areas covered include the effects of DA on family members, replacing unwanted behaviours with more positive interactions, how to cope with flashpoints in their relationships and how their behaviour has an influence of their children and wider family.

We provide advice and support for families who are affected adversely by the cost-of-living crisis. Through our trained support worker we aid families in reducing debt, reductions in utility bills, applying for DLA and PIP benefits, and housing issues. In this reporting period we have seen an increase of 89% in families where this support is required.

We support families to navigate the social care system and help to keep families together by attending all relevant meetings with outside professionals to make sure the families voices are heard.

The strategies we use to meet our objectives included: -

- Weekly office visits to carry out preventative work using the solution focused approach
- Signposting families to appropriate services who may provide relevant support to parents/carers and their children
- Our trained volunteer supports families in financial hardship by looking at budgeting plans, benefit advice, completing PIP applications and supporting families in appeal hearings
- Weekly parent support groups for peer support and invited guest speakers on topics that are relevant to our service users
- The DART programme will be run three times per year with up to eight families per group.
- We have provided training days for other agencies in using the Solution Focused Approach with families with complex needs, preventing school exclusions, supporting families recover from domestic abuse, working with adult perpetrators and single session therapy.
- Remote support to families via video conferencing, telephone calls and our social media platforms

- Providing parent groups remotely to reduce waiting times and develop peer support. Reducing isolation and stigma.
- The FBR programme is offered weekly at different times to suit clients' needs
- Mentoring in schools for our young service users
- Attending meetings with other professionals with our clients
- Providing live conversations on our You Tube channel
- Being part of various networks such as the VAWG taskforce increases our knowledge of domestic abuse incidents in the borough
- Providing therapy to individual clients through our BACP registered counsellors
- Staff receive regular supervision and continued professional development 3 staff were trained as accredited mediators this reporting period.

Findings from our service users/referrers

Our objects and charitable funding limit us to supporting families who reside in the Enfield, Barnet and Haringey area or whose children attend a school in these boroughs. We rely heavily on our team of dedicated volunteers who work directly with families in the home, office and school setting.

The main points raised are below:

Feedback from Service users:

How has FBS helped?

- The way I have seen my previously volatile, angry, violent, terrified son grow in confidence and self-esteem due to our fortnightly sessions is something we wished for with all our hearts for him but really were not sure was possible.
- FBS don't just "Talk the talk" like many others (sadly) do. The "Walk the Walk" and do everything in their ability to go beyond that. They are exceptional. Thank you FBS.
- My ability to seek help when needed has replaced the shame and Isolation I had whenever my grandson hurt me. I now realise it's not my fault
- We are hopeful that things will remain clam. It is good to know that we can come back if we need to.
- I feel more positive and confident about myself. They have helped me find my way when I was lost. I feel so grateful to FBS.
- The support literally saved my life.
- FBS has given me and my son a lot of support. In parenting group, counselling, phone support and benefit advice. I hope they can keep supporting me as I would be lost without them
- My daughter has been difficult to reach. FBS is one of the only services that has spoken to her as a person, accessing her through things that interest her. She feels part of the therapy, which focuses on her strengths and helps her feel better about herself. We intend to continue therapy with FBS once my daughter is out of hospital.

- I cannot tell you how beneficial this is for us as a family. Our 13-year-old daughter was so depressed with being constantly hit by her brother, that she told me once she doesn't want to live here anymore!
- They empathised and did not judge. We had three people working with us in different roles. You won't get this service anywhere else.
- We have our life back. We are going out and enjoy each other's company. Where has FBS been all my life?!
- We had been paying for private family therapy for over three years. One session with FBS has turned our life's around. I wish I had known about the charity before. Would have saved me a lot of money.

How can FBS improve the service?

- Provide some half-term activities
- Family days out
- Shorter waiting times
- Having more opportunities for family days out

Feedback from BOSS students:

- The sessions have helped me improve my behaviour most of the time. My head of year has noticed these improvements which makes me proud of myself
- These sessions helped me on how to control my behaviour, I can definitely continue my improvements in the future, I enjoyed talking about how my week was and what I could do to not do the little things that get me into trouble. The mentor was brilliant, I have been getting more merits and less detentions.
- I have made so much progress, I also stay in lessons more and I get my work done. These sessions have given me way more motivation. J has helped me a lot especially with truancy and in terms of achieving my goals.
- The session has helped me calm down and helped me with my behaviour. The skills I have learnt I know I can use in the future to help me. I enjoyed my sessions as I had somewhere safe to go and be able to open up. I felt like I have achieved my best hopes and even my dad has noticed a difference.

Feedback from Volunteers and Staff:

What has worked well?

- Self-development- new skills, working well as a team, job satisfaction.
- Visits are well planned; staff are well supported and offered a range of training.
- Learning about Solution Focused Brief Therapy, a tool used with families to help them grow holistically
- The work with families has helped me improve my own family relationships
- Learning to work effectively with colleagues

- The volunteering role has helped me gain confidence and a new career
- Having regular supervision sessions made me feel more a part of the team and that my voice matters

What can be improved?

- More support groups for families
- Would be nice to have more opportunities to meet with the rest of the team as I cannot always make evening meetings
- For all volunteers to take an active role in the family work

Feedback from professionals/trainees:

- The variety of services available for parents. From group sessions to one-to-one sessions. You have also been very helpful and flexible during lockdown.
- Just fantastic, up there as one of the top 3 professional learning experiences I have ever had.
- Staff made themselves available to the family at times when the school could not bridge the gap in the need for support
- 10/10 fantastic training I can't wait to go back and use the techniques with my students
- Our student is happier and more confident, and she has actually been completing lots of work despite the fact that she struggles a lot with the work and her concentration
- A particular family are no longer on a CP plan. Other families have made significant and consistent positive changes.
- This is the first training I have attended where I did not want to leave, fantastic a great eye opener
- They are very approachable and always available and happy to discuss any issues, concerns or progress. Their passion to improve outcomes for children and families shines through and is reflected in the work that they do.

Activities carried out in the year to meet our three outcomes:

Outcome 1: There will be improved parent/child relationship leading to the end of abuse in the home

The use of our Ladder of Harm assessment tool shows that families are experiencing reductions in abuse in the home. Our solution focused approach puts families in the role of expert where they feel listened to and less stigmatized. We see reductions in abuse from between 60%-80% there is less violence and verbal abuse and more incidents of positive interactions. FBS delivers family therapy using the Solution Focused approach. We liaise with any other professionals involved with the family and attend TAF, CIN and CP meetings. Working with the whole family, we highlight their current and previous strengths and help them describe positive changes they would like to see moving forward. Family members identify their own small targets to

reach their desired outcomes. This gives each member of the family a voice and the opportunity to be heard. The approach has a strong focus on behavioural changes which are measured using the solution focused scale. This identifies where they are as a family, what is already working and the next behavioural change that would tell them they are on the next number. The focus on what families can do and their successes, however small, highlights strengths and resources. Highlighting when families are overcoming challenges helps them feel empowered, increases resilience, and builds confidence in their ability to overcome future setbacks. Each family member is seen as part of the solution, and all have a role in making positive changes. Parent/carers are listened to and not judged for their child's behaviour. Equally, children find our non-judgemental, collaborative approach easier to engage with. Therefore, both parent/carers and children find the service more accessible than comparable services, reducing drop-out rates. If the clients feel they need different support, then we can refer them onto other agencies who may be more suitable. This again reduces the time clients need to wait for support as they are not left on our waiting list for months without a provision. We have also undertaken group work with parents/carers who attend four sessions remotely and if they feel they need whole family support this can also be offered at the end of the 4 weeks. The sessions are attended by a minimum of two trained practitioners. This again reduces long waits for a service and provides group support for the attendees who can feel less isolated and stigmatised. Families will explore safety plans for when things become too extreme so that everyone is aware of what to do in case of emergencies. If the issues stem mainly from school related issues which are then brought into the home, we can offer school solution focused sessions which the schools are open to this support as it also improves child/teacher relationships.

Outcome 2: Families will have an increased understanding of the effects of domestic abuse on all family members

During this reporting period we have seen an increase of 35% to the DART programme. Our facilitator has improved access to this support via in person and online support. The increase has led to more clients supported in a group format and this also has the added benefit of increasing peer support. The clients on the FBR perpetrator programme are invited to think about the effects of domestic abuse on the children and exploring the differences in abusive and healthy relationships. It is part of both programmes to look at the wider implications of abuse on all family members and that the children are not just innocent bystanders. Our experience of children who abuse parent/carers has given us an insight to the effects on the children of witnessing intimate partner violence and abuse as this is present in 67% of the children referred for our child to parent abuse service. Our new CPD training looks at supporting the whole family to recover from domestic abuse and has been attended by practitioners from all over the UK as they are presented online. We hope this will lead to the families supported by the practitioners to better understand and support other families not in our location.

Outcome 3: Families will have wider support networks leading to less isolation and the need for intervention

Parents are encouraged to join our support groups after they have completed the DART programme and may also be offered further family support if required. The parents continue to support each other through the What's app group which they have set up and which is monitored by the project managers. The newly added group sessions for parents also provides peer support and is especially useful for families whose children refuse to attend any form of intervention. The helps to reduce the isolation and gives parents some tools and strategies to use in the home. In this reporting period we have been part of new initiatives in Enfield which has widened our provision to families and developed closer working partnerships with other voluntary and statutory services. Our young service users are supported in school if this is needed. This has meant that we have been able to improve behaviour and increase academic achievement. This has led to better relationships between child and school staff and has had a positive effect on the relationship between parent/carer and the school. This has led to another level of support for families as often the relationship between families and the school had broken down. Our solution focused approach to working with families has increased the confidence in our service users as they will develop their own unique solutions to their presenting problems. They have developed a new way of communicating using the techniques used in sessions and applying them in their home lives. This has led to families being able to problem solve in a more positive and collaborative way reducing the need for outside intervention. We will refer families to positive activities through our knowledge of activities arranged by other partners in the borough.

Service users can also access our social media platforms to ask for advice and support when required.

Outcome 4: By raising awareness of parent abuse parents will feel less isolated and more likely to come forward to seek help

We have established ourselves in Enfield as the service specialising in CPA and receive referrals from all statutory and third sector organisations. Self-referrals are the third highest referral rate indicating that if there is a service parents will come forward for support despite the stigma and isolation, they have experienced. In the past year we have attended 69 meetings to support our families in schools and social services. We are part on the Enfield Thrives consortium where we have presented our service and networked with other agencies who support young people and their mental wellbeing. FBS are members of the Enfield, VAWG panel who meet monthly. The panel gives updates on all aspects of domestic abuse and the any changes in services and the latest statistics on domestic abuse incidents in the borough. Our social media presence reaches over 30,000 people nationwide with both open and closed groups. Our new FBS Chat has conducted over 125 live interviews which is posted on Facebook, Instagram and our own dedicated you tube channel. The guests include some of the most respected practitioners of the solution focused approach from across the world. FBS were instrumental in advising the producers of Eastenders TV programme who began a storyline on child to parent abuse which has raised the issue on a national level. FBS presented a workshop on the SF24 online workshops, this is a 24-hour online event of solution focused

practice. FBS were the only workshop with a real-life client who spoke about her support with her family. We have also written our first academic paper for the Solution Focused Journal about the case presented at SF24. Our two project managers are now trained facilitators for the Metropolitan Police Community Development Team. We have facilitated in the Hendon POP week where new recruits are invited to hear from community stakeholders and their lived experience of Police interactions. We facilitate conversations after the recruits have heard from the invited speakers. We are able to speak about child to parent abuse and domestic abuse and hear from the officers of their experiences.

Financial Review

The charity's principal funding is in the form of seven restricted grants and general donations. The restricted funds were from the Big Lottery's Reaching Communities Fund, The Henry Smith Charity, Lloyds Bank Foundation, Enfield Voluntary Action, Toyota Charitable Trust, Masonic Charitable Foundation, and The Garfield Weston Trust. The accounts below represent the income and expenditure from the restricted and unrestricted funds and the financial position of the charity.

Plans for Future Periods

We will continue to write our own funding bids for specific project costs that require less funding and time in applying. This year we have been successful in gaining smaller grants from the Co-op Community Fund, Masonic Charitable Trust, and Enfield Local Community grant. Our successful bid to the Lottery fund for an uplift grant due to the cost-of-living crisis has eased the pressures on our increased costs of providing services. We have in this past year increased our paid for BOSS service to schools in Enfield and Barnet. This will increase our level of reserves for any future financial difficulties. We are waiting for the outcome from our applications to the City Bridge Trust which will fund the salary of a family support worker and associated costs for three years. We also applied to the Clothworkers Foundation for a grant to improve our office space by adding an extra therapy room which will help us reduce waiting times for our clients. We will continue to increase our training events through our partnership with CCC Ltd which will build on our reserves. We have this year launched our new website and income arm called the Re-mind service. This will advertise all our paid for services and training whereby all the proceeds are deposited into our reserves.

Structure, Governance and Management

Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 2nd October 2012, and registered as a charity on 18th October 2012. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association.

In the event of the company being wound up members are required to contribute an amount not exceeding £10.

Recruitment and Appointment of Management Committee

The directors/trustees of the company are also charity trustees for the purposes of charity law. Under the requirements of the Memorandum and Articles of Association the directors/trustees are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

Risk management

The trustees have a risk management strategy which comprises:

- an annual review of the principal risks and uncertainties that the charity faces.
- the establishment of policies, systems, and procedures to mitigate those risks identified in the annual review; and
- the implementation of procedures designed to minimise or manage any potential impact on the charity should those risks materialise.

This work has identified that financial sustainability is an issue for the charity. In this reporting period however there has been success in awards of large grants which will provide stability for at least the next three years. A key element in the management of financial risk is a regular review of available liquid funds. Attention has also been focussed on non-financial risks arising from fire, health and safety and food hygiene. These risks are managed by ensuring accreditation is up to date, having robust policies and procedures in place and regular awareness training for staff working in these operational areas.

The Trustees constantly review risks relevant to the charity. Any risks identified are reported to the Trustees and decisions made on how to minimise risk.

In reviewing the effect of COVID-19 Pandemic, FBS has reviewed its risk and taken action plan in mitigating any associated risks and amend accordingly. The charity resilience was responsive and strong which ensured business sustainability during this exceptional time.

Reserves policy and going concern

Reserves are needed to bridge the gap between the spending and receiving of income and to cover unplanned emergency repairs and other expenditure. The trustees consider that the ideal level of reserves in the light of the main risks to the organisation. As a result, the Board has approved a policy whereby the unrestricted funds not committed, should be held in reserve, and maintained at a level which ensures that FBS's core activity could continue during a period of unforeseen difficulty. The target reserve amount represents at least 6 months' (26 weeks) expenditure and will be reviewed annually.

Related parties and co-operation with other organisations

None of our trustees receive remuneration or other benefit from their work as trustees. Any connection between a trustee or senior manager of the charity with its members must be disclosed to the full board of trustees in the same way as any other contractual relationship with a related party. In the current year, no such related party transactions were reported.

Responsibilities of the directors/trustees

The charity trustees (who are also the directors of FBS for the purposes of company law) are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period. In preparing the financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and the group and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

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

Independent Examiner

TACTS Accountant was appointed as the charitable company's independent examiner during the year and has expressed their willingness to continue in that capacity.

Signed on behalf of trustees,



Ms Marilyn Griffith (Chairperson)

Date: 09/01/2025

Independent examiner's report to the trustees of Family Based Solutions

I report on the accounts of the company for the year ended 31st October 2024, which are set out on pages 17 to 24.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) or under Regulation 10 (1)(a) to (c) of The Charities Accounts (Scotland) Regulations 2006 (the 2006 Accounts Regulations) and that an independent examination is needed. The charity is required by company law to prepare accrued accounts and I am qualified to undertake the examination by being a qualified member of the Association of Chartered Certified Accountant.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act);
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements

- to keep accounting records in accordance with section 386 of the Companies Act 2006 and section 44(1)(a) of the 2005 Act; and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of the Companies Act 2006, section 44(1)(b) of the 2005 Act and Regulation 8 of the 2006 Accounts Regulations; and
- which are consistent with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Date: 09/01/2025

Chartered Certified Accountant, TACTS Accountant, 61 Fountains Crescent., London N14 6BD.

FAMILY BASED SOLUTIONS

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR END 31 OCTOBER 2024

	<u>Notes</u>	<u>Unrestricted Funds</u>	<u>Restricted Funds</u>	<u>Total Funds 2024</u>	<u>Total Funds 2023</u>
<u>INCOMING RESOURCES: -</u>		£	£	£	£
Donations & Voluntary Contributions		76,814		76,814	66,173
Income from charitable activities:					
Grants	(19)		214,336	214,336	251,595
TOTAL INCOMING RESOURCES		<u>76,814</u>	<u>214,336</u>	<u>291,150</u>	<u>317,768</u>
<u>RESOURCES EXPENDED</u>					
Expenditure on raising funds	(17)	-	3,401	3,401	3,270
Expenditure on Charitable activities	(17)	60,436	246,259	306,695	284,379
TOTAL RESOURCES EXPENDED		<u>60,436</u>	<u>249,660</u>	<u>310,096</u>	<u>287,649</u>
Net Incomings and (outgoings) resources		<u>16,378</u>	<u>(35,324)</u>	<u>(18,946)</u>	<u>30,120</u>
Balances Brought Forward		<u>194,145</u>	<u>87,246</u>	<u>281,390</u>	<u>251,271</u>
Balances Carried Forward		<u>210,522</u>	<u>51,922</u>	<u>262,444</u>	<u>281,390</u>

There were no recognised gains or losses for the above period other than those shown in the statement of financial activities for the above financial year. All incoming resources and resources expended are derived from continuing activities.

(The notes attached form part of these financial statements)

FAMILY BASED SOLUTIONS

BALANCE SHEET AS AT 31 OCTOBER 2024

	Notes	£ <u>2024</u>	£ <u>2023</u>
Fixed Assets			
<i>Tangible assets:</i>			
Office Equipment	(16)	-	336
Current Assets:			
Debtors	(15)	3,867	3,867
Cash at Bank		261,922	277,978
Current Liabilities:			
Creditors:			
Amount falling due within one year:			
Accruals & Creditors	(14)	3,345	790
Net Assets		<u>262,444</u>	<u>281,391</u>
As Represented By			
Unrestricted Fund		150,522	194,145
Designated Funds	(21)	60,000	-
Restricted Fund	(13)	51,922	87,247
Total Funds		<u>262,444</u>	<u>281,391</u>

(The notes form part of this account)

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 responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements

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

The accounts were approved by the Directors on 09/01/2025 and signed on their behalf by: -



Ms Marilyn Griffith (Director and Trustee)

**FAMILY BASED SOLUTIONS
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST OCTOBER 2024**

1. Accounting basis.

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

a) Basis of preparation

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)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. FBS 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 note(s).

b) Preparation of the accounts on a going concern basis

The Charity trustees are of the view that measures taken subsequent to the year-end to reduce operating costs and successful in applying for continuation funding have secured the immediate future of the Charity for the next 3 to 4 years and that on this basis the charity is a going concern.

2. Cash Flow Statement

The trustees have taken advantage of the exemption in Financial Reporting Standard No 1 (revised) from including a cash flow statement in the financial statements on the grounds that the charity is small.

3. Income

Income is recognised in the period to which it relates, unless specified otherwise by the funder. Project funding is, in general, repayable if not expended within the relevant project. Such income is only recognised to the extent that it ceases to be repayable. The income is accounted for on a receivable basis.

4. Resource Expended

Resources expended are included in the Statement of Financial Activities inclusive of VAT which cannot be recovered. Direct charitable expenditure includes the direct costs of the activities. Where such costs relate to more than one functional cost category, they have been apportioned in line with the direct costs of the relevant service.

5. Fund Accounting

Fund accounting unrestricted funds are available to spend on activities that further any of the purposes of charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work.

6. Support Cost

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back-office costs, finance, personnel, and governance costs which support the Charity activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities. The bases on which support costs have been allocated are set out in note 18.

7. Operating lease

Office rent lease commitment was ended in this financial year. The charity has not entered into any other lease commitment in this financial year.

8. Taxation

FBS is a registered charity and is not liable for corporation tax on its income under section 505 of the Income and Corporation Taxes Act 1988 to the extent that it is applied to its charitable activities.

9. Tangible fixed assets

Fixed assets are stated at cost less accumulated depreciation.

Depreciation is provided to write off the cost, of all fixed assets over their expected useful life as follows: -

Equipment and Furniture - 33% straight line

10. Staff Costs

	2024	2023
	£	£
Salaries and wages	146,265	138,196
Social security costs	45,899	44,731
Pensions costs	24,232	21,139
Total	216,396	204,066

The total number of employees were 6 in this financial year.

None of the employees received emoluments in excess of £60,000 in the year or the previous year.

3 self-employed workers supported the work of the charity.

19 volunteers supported the organisation.

Trustees are not remunerated.

11. Pension costs and other post-retirement benefits

FBS makes pension contribution into staff private pension scheme as and when this is recovered through their project funding. Contribution's payable is charged to the Statement of Financial Activities in the period to which they relate

12. Status

Family Based Solutions (FBS) is a registered charity and registered company limited by guarantee.

13. Analysis of Restricted Fund

Funder (Restricted)	Balance at 1st Nov 2023	Incoming resources	Outgoing resources	Balance at 31st Oct 2024
	£	£	£	£
Big Lottery Fund	45,348	114,836	136,488	23,696
Lloyds Bank Foundation	-	25,000	6,551	18,449
Masonic Charity Foundation	-	5,000	5,000	-
Garfield Weston Foundation	-	25,000	21,898	3,102
Toyota Charitable Trust	-	1,600	1,600	-
Enfield Voluntary Action	-	3,500	489	3,011
Waitrose	1,250	-	1,250	-
City Bridge Trust	3,452	-	3,452	-
The Henry Smith Charity	5,182	39,400	40,918	3,664
LBE Nexus Project	32,015	-	32,015	-
	87,247	214,336	249,661	51,922

The purpose of the fund outcome is to: -

- There will be improved parent/child relationship leading to the end of abuse in the home.
- Families & members will have an increased understanding of the effects of domestic abuse.
- Families will have wider support networks leading to less isolation & the need for intervention.

14. CREDITORS (ACCRUALS)

	2024	2023
	£	£
Independent examiner fee	790	790
Pension contributions	1,880	-
Other creditors	675	-
	3,345	790

15. DEBTORS

	2024	2023
	£	£
Rent Deposit	3,867	3,867
	3,867	3,867

16. TANGIBLE FIXED ASSET

	Equipment & Furniture
Cost	£
At Cost @ 2019/2020	6,493
At Cost @ 2021/2022	1,006
At Cost	7,499
Depreciation	
Brought forward	7,163
Charge for the year	336
Carried Forward	7,499
Net Book Value	
At October 2024	-
At October 2023	336

17. Resources Expended

	Unrestricted Funds	Restricted Funds	Total Funds 2024	Total Funds 2023
Resources Expended	£	£	£	£
Salaries, Pensions and NIC	44,656	171,740	216,396	204,065
Volunteer Expenses and Training	4,333	1,309	5,642	5,855
DBS expenses	70	-	70	124
License fees	15	164	179	159
Refreshments and Catering	54	8,035	8,090	5,600
Trainers and Sessional Worker	1,050	15,793	16,843	14,804
Equipment	-	-	-	1,014
Transport and Travel	437	1,702	2,139	1,533
Administration and Office Expenses	2,522	9,069	11,590	10,851
Project Evaluation	-	160	160	-
Independent Examination	-	790	790	790
Rent, Rates and Service Charges	4,247	28,232	32,479	29,981
Legal and Professional fees	2,639	5,023	7,662	2,906
Utilities	412	4,427	4,840	6,932
Depreciation	-	336	336	336
Courses and Other activities	-	2,880	2,880	2,699
Total Resources Expended	60,436	249,660	310,096	287,649

18. Support and Governance Costs

	General Support £	Governance £	Total £
Administration and Office Expenses	10,145	1,445	11,590
Independent Examination	-	790	790
Rent, Rates and Service Charges	32,479	-	32,479
Legal and Professional fees	7,662	-	7,662
License Fee	-	159	159
Utilities	4,840	-	4,840
Depreciation	336	-	336
Total	55,461	2,394	57,855

19. RESTRICTED grant income from Charitable activities:

Funder (Restricted)	2024 £	2023 £
Big Lottery Fund	114,836	138,961
Beacon Lodge	-	5,000
Inspiring Young Enfield	-	8,000
Garfield Weston Foundation	25,000	-
Lloyds Bank Foundation	25,000	-
Masonic Charity Foundation	5,000	-
Toyota Charitable Trust	1,600	-
Waitrose	-	1,250
Enfield Voluntary Action	3,500	-
Mayors Community Event	-	1,500
City Bridge Foundation	-	48,984
The Henry Smith Charity	39,400	37,900
LBE Nexus Project	-	10,000
TOTAL RESTRICTED FUNDS	214,336	251,595

The purpose of the fund is to: -

- improve parent/child relationship leading to the end of abuse in the home.
- increased understanding of the effects and tackling of domestic abuse.
- Provide a wider support networks leading to less isolation & the need for intervention.

20. Movement in Funds

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	Total £
At 1st November 2023	194,145	-	87,246	281,390
Surplus/(Deficit) for the year	16,378	-	(35,324)	(18,946)
Transfers between funds	(60,000)	60,000	-	-
At 31st October 2024	150,522	60,000	51,922	262,444

21. Designated Funds

The purpose of the Designated Fund of £60,000 is to cover for contingencies, cash flow management, IT systems upgrade, delay in funds receipts, redundancy risk, loss of key staff, sickness and strategic planning to develop future plans and strategies for FBS.

Accounts



Family Based Solutions

Moving Forward Together

FBS: Family Based Solutions
(A company charity limited by guarantee)

Trustees Annual Report and Account for the year ended
31st October 2023

Charity number: 1149383
Company number: 8237225



Family Based Solutions

Moving Forward Together

FBS: Family Based Solutions (A company charity limited by guarantee)

Financial Statements for the Year Ended 31 October 2023

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Reference and Administrative Information

Charity Name:	Family Based Solutions
Centre Charity registration number:	1149383
Company registration number:	8237225
Registered Office and operational address:	5 Chase Side Crescent Enfield EN2 0JA

Trustees/Directors

Judith Allen	Director/Secretary
Marilyn Griffith	Director/Chairperson
Loraine Hunte	Director/Treasurer
Perihan Mehmet	Director/Trustee
Panay Richards	Director/Trustee
Feliz Hassan	Director/Trustee
Aytac Mustafa	Director/Trustee

Project Managers

Joseph Lettieri
Ayse Adil
Jason Phasouliotis
Nicole Economou
Veronika Radway

Administration Manager

Dervise Atalay

Accountant --TACTS Accountant, 61 Fountains Cresc., London N14 6BD

Bankers -- HSBC, The Town, London, Enfield, EN2 6LD

Solicitors – Martin Shepherd 29 Southbury Road, Enfield, EN1 1YZ

Trustees report

The trustees are pleased to present their annual directors' report together with the consolidated financial statements of the charity and its subsidiary for the year ending 31st October 2023 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

Our Aims and objectives

Purposes and Aims

Our charity's purposes as set out in the objects contained in the company's memorandum of association are to:

- To relieve the needs of:
- Parent/carers abused by their children by the provision of therapy and practical support
- Families and individuals who are victims of domestic abuse providing therapeutic group sessions and practical support

The aims of our Charity are to support parents/carers in the Enfield, Barnet and Haringey area who are abused by their children. We aim to raise awareness of this mainly hidden form of abuse. We aim to support the whole family to end the abuse in the home and support parents/carers improve the communication within the family. In addition, we aim to support families who are survivors of domestic abuse once the perpetrator has left the home. Our aim is to rebuild relationships within the family and prevent the inter-generational cycle of abuse. In this reporting period we have added a new provision to our support services. The Family Based Relationships (FBR) programme was co-written with the Dr Kate Walker and Dr Emma Holdsworth from Coventry University who have written programmes for other third sector organisations. The FBR programme is unique to FBS and is aimed at working with low level adult perpetrators of domestic abuse to change problematic behaviours with more solution focused behaviours. We added this intervention due to the high level of domestic abuse in our child to parent abuse cases. Our aim is to end the abuse between the adult caregivers so that their children can live in a supportive and caring home environment, and we see it as an early intervention into child to parent abuse.

The Charities three outcomes:

- There will be improved parent/child relationship leading to the end of abuse in the home
- Families will have an increased understanding of the effects of domestic abuse on all family members
- Families will have wider support networks leading to less isolation and the need for intervention

Ensuring our work delivers our aims:

The Charity is currently funded via the following grants. The Big Lottery (the national lottery community fund) grant began on the 1st August 2022 which has been awarded for four years. The grant will cover the running costs and salaries of two of the project managers until 31st July 2026. The second grant was awarded by Enfield Council on the 1st November 2019. The grant is part of the Nexus Project to cover the costs of a family support worker and was awarded for four years ending on the 31st March 2024. The third grant was awarded by The Henry Smith Charity in which we were successful in attaining continuation funding for a further three years. This grant will fund the salary of a full-time project manager for three years and associated running costs. The grant will end on the 31st December 2025. We have funding from The City Bridge Trust which provides the salary of a family support worker and associated costs. The award ends on the 30th November 2023 this funding has run in total over five years and FBS will not be able to re-apply to the trust as they have a policy of leaving a gap of one year if funding has been awarded for five years. In this reporting period we have been successful in further grants which are of shorter duration. We have been awarded a grant for one year from the Garfield Weston Foundation which will end on the 31st August 2023. This funding covers part of the salary of our administrator and some running costs. The Charles Hayward Foundation awarded a grant for one year which part funds our paid for counselling services and volunteer expenses the grant ended on 31st July 2023. The Beacon Lodge Trust award is for one year and will fund counselling for our adults and support families with financial difficulties the grant ends on the 30th November 2023. We also were awarded smaller grants from the local Co-op and Waitrose supermarkets.

FBS has increased its reserves in this reporting period through fundraising events, earnings from the BOSS programme in schools, and we have also this year been commissioned by social services to work with families who do not meet our normal criteria. The reserves in this reporting period have had to be used to fund the salary of our admin manager whose funding ended when the Inspiring Young Enfield project ended in June 2023. This has meant that we have used more of our reserves than we would have liked and this will increase further in the upcoming year as the salary funded by the City Bridge Trust will have ceased. We continue to apply for funding and in this reporting period we have seen an increase in the BOSS service

generating an income for the charity. Last year we had 3 schools who regularly paid for the BOSS service, this reporting period we are now in 5 schools on a regular basis.

We report to our funders twice a year on the work we have conducted with our beneficiaries and the progress made towards the stated outcomes for each grant. We monitor all families progress from the initial assessment, halfway through the intervention and at the end of the intervention via client feedback, updating data regularly and sharing appropriate information with referrers. Our assessment paperwork allows us to clearly see if there has been a reduction in the abuse. All referred families are initially offered places on our 4 weekly parent support groups. This is offered online via Zoom this means we can offer support a lot sooner than waiting for the family work. The online sessions also eliminate any difficulties in attending an office meeting. Parent/carers can attend more than one block of sessions or if they feel they need further support can then be offered the family work. All families are allocated two trained family support workers and are seen initially weekly then further apart when progress has been consistent. In the cases of families affected by domestic abuse we follow the DART (domestic abuse recovering together) programme, and the families complete an evaluation at the beginning and the end of the ten sessions. We meet regularly with volunteers and trustees to evaluate our service, where we can improve, and any further training required. The FBR (family-based relationships) programme was developed by FBS managers in collaboration with Dr Emma Holdsworth and Dr Kate Walker from Coventry University. The FBR programme works with both male and female perpetrators in groups or 1:1 the sessions will also be offered in an online format to reduce drop-out rates. The B.O.S.S (building on strengths and solutions) schools programme allows us to work with students referred by the schools for various presenting problems. This is a paid-for service and in this reporting period we have three further schools taking part increasing revenue. Moving forward we will look to gaining accreditation for our training in the hope to increase our attendees to our training events. Our You Tube channel (FBS Chats) has now interviewed over 110 solution focused practitioners all over the world. This has raised the profile of the charity and the issue of child to parent abuse. We offer families in need the services of our benefits/housing advisor where families are supported in making applications for benefits, DLA/PIP payments, support with energy costs and housing issues. The support helps families in financial crisis so they can focus more of their energy on improving family relationships. We have the use of two BACP registered counsellors for the clients who need intense therapy support so they can be in a better place to move forward in their lives. One of the counsellors specializes in trauma therapy with female survivors of domestic abuse and reports have been very positive from the clients referred. We fund the sessions through our sessional workers budget at no cost to the clients.

Cost-of-Living Crisis:

The cost-of-living crisis has had an impact on the families we support leading to an increase in the services of our benefits/housing advisor. It has added extra stress on family life and an increase in domestic incidents. The increase in costs and interest rates is also a concern for small charities in that overheads have increased. The rent for our office has increased by 30% due to a rent review and utility costs have increased by 25%-30%. We have been fortunate in that our funders at the Lottery offered an uplift in our grant to cover the increase in costs. We applied and were successful in being awarded a 2-year uplift. This extra funding has covered the increase in office rent and utilities we were also given extra support for the increase in volunteer expenses and salaries.

Referrals for this reporting period:

This reporting period has seen 213 families referred into our various services which amounted to 698 individuals, this is an increase of 16% on the previous year. The majority of referrals are from schools, social services and self-referrals. The waiting times for family work is still something we are trying our best to address. The online parent groups do give families the opportunity to get support in a short space of time. This is due to them being conducted online which means there is no limit in numbers that can attend. The online groups also means that many families do not require ongoing family support which means we can focus more of our time on the more complex cases. The waiting times for CAMHS services and the increase in incidences of young people with mental health issues has meant the third sector in general is having to try and fill this shortage of support. We are being approached to work with families who do not meet our charitable criteria due to the lack of resources elsewhere. We are seeing an increase in particular in referrals to our DART programme.

The focus of our work: The main objectives of our work are to support referred families to end the abuse in the home and raise awareness of parent abuse to fellow professionals and service users through training events, presentations to potential referrers, supporting academic research, media articles, website, and our You Tube channel, FBS Chat. We have modified our support offered to clients to reduce waiting times and increase our capacity. The four-weekly parent/carer support groups are offered online and varying times during the day, evenings and at weekends. Clients referred are offered the groups in the first instance which means they do not have to wait for whole family support before they receive assistance this also has led to some families not requiring any further support so we can focus on the more complex cases. Families can choose either to attend parent workshops or wait for whole family support at our office.

To support families affected by domestic abuse once the perpetrator has left the home. We continue to run the DART (domestic abuse recovering together) project, an NSPCC initiative which is aimed at rebuilding relationships within the family. The incidence of previous domestic abuse between the caregivers in our child to parent

abuse cases is very high currently at 67% of cases referred. The DART intervention has been difficult to implement due to the number of weeks the child has to miss school, especially if the young person has poor attendance. We have had to offer the programme in the evenings so as to avoid the school times which has helped increase the numbers attending. In this reporting period our programme facilitator of the DART programme has been trained by the NSPCC to become a trainer for other services who wish to implement DART in their work with domestic abuse survivors. This will mean she will be an accredited trainer for DART and we will, as a charity be earning an income from training others in it's use.

With the introduction of the adult perpetrators programme, we aim to reduce the abuse in the home which we know has a huge impact on the families and their children. We aim to work with the lower level of adult perpetrators who are motivated to make positive changes and improve relationships with their partners and children. The course runs for ten weeks and areas covered include the effects of DA on family members, replacing unwanted behaviours with more positive interactions, how to cope with flashpoints in their relationships and how their behaviour has an influence of their children and wider family. The referrals have increased this reporting period compared to last year when the programme was first introduced. When candidates have completed the course, a report is sent to the social worker and the client. We also offer follow up work if required for the clients in one case we are now working with the client and his child to repair relationships.

The strategies we use to meet our objectives included: -

- Weekly office visits to carry out preventative work using the solution focused approach
- Signposting families to appropriate services who may provide relevant support to parents/carers and their children
- Our trained volunteer supports families in financial hardship by looking at budgeting plans, benefit advice, completing PIP applications and supporting families in appeal hearings
- Weekly parent support groups for peer support and invited guest speakers on topics that are relevant to our service users
- The DART programme will be run three times per year with up to eight families per group.
- We have provided training days for other agencies in using the Solution Focused Approach with families with complex needs.
- Remote support to families via video conferencing, telephone calls and our social media platforms
- Providing parent groups remotely to reduce waiting times and develop peer support. Reducing isolation and stigma.
- The FBR programme is offered weekly at different times to suit clients needs
- Mentoring in schools for our young service users
- Attending meetings with other professionals with our clients
- Providing live conversations on our You Tube channel

- Being part of various networks such as the VAWG taskforce increases our knowledge of domestic abuse incidents in the borough
- Providing therapy to individual clients through our BACP registered counsellors
- Staff receive regular supervision and continued professional development 2 more of our staff will gain the IASTI qualification this year

Findings from our service users/referrers

Our objects and charitable funding limit us to supporting families who reside in the Enfield, Barnet and Haringey area or whose children attend a school in these boroughs. We rely heavily on our team of dedicated volunteers who work directly with families in the home, office and school setting.

The main points raised are below:

Feedback from Service users:

How has FBS helped?

- So many aspects of the service have been invaluable to my family. The way we have felt understood and supported from our very first conversation with Family Based Solutions right through until now has been truly exceptional. The calm, non-judgemental and mindful attitude that every member of staff we have worked with is beyond compare. The positivity of the Solution Based work has made a world of difference to our son and us all as a family. The way I have seen my previously volatile, angry, violent, terrified son grow in confidence and self esteem due to our fortnightly sessions is something we wished for with all our hearts for him but really were not sure was possible. He is now significantly less violent and more able to communicate his fears and big feelings instead of using his fists, feet and body negatively to show us he is hurting inside. The support given to us in filling out DLA forms and other overwhelming paperwork was incredible. I am so very, very grateful that FBS came into and continue to support and improve our family's lives.
- FBS don't just "Talk the talk" like many others (sadly) do. The "Walk the Walk" and do everything in their ability to go beyond that. They are exceptional. Thank you FBS.
- I cannot believe the difference in the relationship between me and my boys, and their relationship, it has grown into the family I always wanted
- I have learnt to take my time to respond to a situation and also to looking at doing more for my own well-being.
- I feel more positive and confident about myself. They have helped me find my way when I was lost. I feel so grateful to FBS.
- Meeting other parents. Engaging with this fantastic service.
- The support literally saved my life.

- FBS has given me and my son a lot of support. In parenting group, counselling, phone support and benefit advice. I hope they can keep supporting me as I would be lost without them
- They have listened to us when we have needed support communicating our son's complex emotional and social needs to other bodies and sent emails verifying them. This has allowed our son to access experiences and events that he was unable to in the past.
- I cannot tell you how beneficial this is for us as a family. Our 13-year-old daughter was so depressed with being constantly hit by her brother, that she told me once she doesn't want to live here anymore!
- They empathised and did not judge. We had three people working with us in different roles. You won't get this service anywhere else.
- We have our life back. We are going out and enjoy each other's company. Where has FBS been all my life?! The workshops were brilliant. I am so addictive. I have attended so many times I now support other parents in the workshops.
- We had been paying for private family therapy for over three years. One session with FBS has turned our life's around. I wish I had known about the charity before. Would have saved me a lot of money.

How can FBS improve the service?

- Provide some half-term activities
- Family days out
- Shorter waiting times
- Having more opportunities for family days out

Feedback from BOSS students:

- My confidence has improved, I am putting my hand up in class and answering questions which I would never have done. I wish I could carry on with the sessions
- I am more positive about my work and studies. I am not messing around in class as much and I see school in a more positive way
- I really enjoyed the session because it helps me and knowing that someone is supporting me. Yes, the sessions have helped me a lot. I do feel I can continue the improvements into the future because I like the way it feels, and I want to turn this into a habit. What I enjoyed most about the session was everything it was so much fun. I would recommend the sessions to my friends. I reflect back and see how immature I was and that's for younger kids now I'm older I can see the immaturity and make sure that it is not me.

Feedback from Volunteers and Staff:

What has worked well?

- Self-development- new skills, working well as a team, job satisfaction.
- Visits are well planned; staff are well supported and offered a range of training.
- Volunteering as given me the skills to work directly with service users and helped me with my counselling course
- Learning about Solution Focused Brief Therapy, a tool used with families to help them grow holistically
- The work with families has helped me improve my own family relationships
- Learning to work effectively with colleagues
- The volunteering role has helped me gain confidence and a new career
- The new name change has been a positive move and is more user friendly

What can be improved?

- More support groups for families
- Would be nice to have more opportunities to meet with the rest of the team as I cannot always make evening meetings
- For all volunteers to take an active role in the family work

Feedback from professionals:

- The variety of services available for parents. From group sessions to one-to-one sessions. You have also been very helpful and flexible during lockdown.
- I regularly listen to FBS You Tube conversations. I have attended two half day SF workshops and wow wow wow. Absolutely amazing and has influenced my practice big time.
- Staff made themselves available to the family at times when the school could not bridge the gap in the need for support
- 10/10 fantastic training I can't wait to go back and use the techniques with my students
- Our student is happier and more confident, and she has actually been completing lots of work despite the fact that she struggles a lot with the work and her concentration
- Great training. Loved how interactive it was and the real scenario role-playing. I have learnt a lot and will continue to use these techniques at work and in my everyday life. Thank you so much, I look forward to the next training
- FBS will always try and attend meetings for the families they work with, and this has improved the communication and what needs to happen to move families forward
- This is the first training I have attended where I did not want to leave, fantastic a great eye opener
- Joe and Ayse, what can I say. Inspirational in the work that you do and the style that you present. I know that we will visit in the future

- I know that once I refer a family to FBS they will make sure I am informed of the work carried out, this is important to us as a school as we often do not get any follow up from some other services
- They built our confidence and created a space that made everyone comfortable to practice. I would highly recommend this training as it teaches you not only skills, but a new method of thinking that can be used in a multitude of situations by a variety of people from different fields of work.

Activities carried out in the year to meet our three outcomes:

Outcome 1: There will be improved parent/child relationship leading to the end of abuse in the home

The use of our Ladder of Harm assessment tool shows that families are experiencing reductions in abuse in the home. Our solution focused approach puts families in the role of expert where they feel listened to and less stigmatized. We see reductions in abuse from between 60%-80% there is less violence and verbal abuse and more incidents of positive interactions. FBS delivers family therapy using the Solution Focused approach. We liaise with any other professionals involved with the family and attend TAF, CIN and CP meetings. Working with the whole family, we highlight their current and previous strengths and help them describe positive changes they would like to see moving forward. Family members identify their own small targets to reach their desired outcomes. This gives each member of the family a voice and the opportunity to be heard. The approach has a strong focus on behavioural changes which are measured using the solution focused scale. This identifies where they are as a family, what is already working and the next behavioural change that would tell them they are on the next number. The focus on what families can do and their successes, however small, highlights strengths and resources. Highlighting when families are overcoming challenges helps them feel empowered, increases resilience, and builds confidence in their ability to overcome future setbacks. Each family member is seen as part of the solution, and all have a role in making positive changes. Parent/carers are listened to and not judged for their child's behaviour. Equally, children find our non-judgemental, collaborative approach easier to engage with. Therefore, both parent/carers and children find the service more accessible than comparable services, reducing drop-out rates. If the clients feel they need different support, then we can refer them onto other agencies who may be more suitable. This again reduces the time clients need to wait for support as they are not left on our waiting list for months without a provision. We have also undertaken group work with parents/carers who attend four sessions remotely and if they feel they need whole family support this can also be offered at the end of the 4 weeks. The sessions are attended by a minimum of two trained practitioners. This again reduces long waits for a service and provides group support for the attendees who can feel less isolated and stigmatized. Families will explore safety plans for when things become too extreme so that everyone is aware of what to do in case of emergencies. If the issues stem mainly from school related issues which are then brought into the home, we can offer school solution focused sessions which the schools are open to this support as it also improves child/teacher relationships.

Outcome 2: Families will have an increased understanding of the effects of domestic abuse on all family members

During this reporting period we have seen an increase of 35% to the DART programme. Our facilitator has improved access to this support via in person and online support. The increase has led to more clients supported in a group format and this also has the added benefit of increasing peer support. The clients on the FBR perpetrator programme are invited to think about the effects of domestic abuse on the children and exploring the differences in abusive and healthy relationships. It is part of both programmes to look at the wider implications of abuse on all family members and that the children are not just innocent bystanders. Our experience of children who abuse parent/carers has given us an insight to the effects on the children of witnessing intimate partner violence and abuse as this is present in 67% of the children referred for our child to parent abuse service.

Outcome 3 Families will have wider support networks leading to less isolation and the need for intervention

Parents are encouraged to join our support groups after they have completed the DART programme and may also be offered further family support if required. The parents continue to support each other through the What's app group which they have set up and which is monitored by the project managers. The newly added group sessions for parents also provides peer support and is especially useful for families whose children refuse to attend any form of intervention. The helps to reduce the isolation and gives parents some tools and strategies to use in the home. In this reporting period we have been part of new initiatives in Enfield which has widened our provision to families and developed closer working partnerships with other voluntary and statutory services. Our young service users are supported in school if this is needed. This has meant that we have been able to improve behaviour and increase academic achievement. This has led to better relationships between child and school staff and has had a positive effect on the relationship between parent/carer and the school. This has led to another level of support for families as often the relationship between families and the school had broken down. Our solution focused approach to working with families has increased the confidence in our service users as they will develop their own unique solutions to their presenting problems. They have developed a new way of communicating using the techniques used in sessions and applying them in their home lives. This has led to families being able to problem solve in a more positive and collaborative way reducing the need for outside intervention. We will refer families to positive activities through our knowledge of activities arranged by other partners in the borough.

Service users can also access our social media platforms to ask for advice and support when required.

Outcome 4: By raising awareness of parent abuse parents will feel less isolated and more likely to come forward to seek help

We have established ourselves in Enfield as the service specialising in CPA and receive referrals from all statutory and third sector organisations. Self-referrals are

the third highest referral rate indicating that if there is a service parents will come forward for support despite the stigma and isolation, they have experienced. As a partner in the Inspiring Young Enfield consortium which has twenty-three agencies involved, we have been able to present our work and keep child to parent abuse on the agenda in Enfield. In the past year we have attended 61 meetings to support our families in schools and social services. We are one of a team of organisations who meet bi-monthly at the early help forum where we can share best practice and be updated on any changes in referral systems. With our new partnerships and council contracts we have increased our networking and presence in the borough. We are part of the Enfield Thrives consortium where we have presented our service and networked with other agencies who support young people and their mental wellbeing. FBS are members of the Enfield, VAWG panel who meet monthly. The panel gives updates on all aspects of domestic abuse and the any changes in services and the latest statistics on domestic abuse incidents in the borough. Our social media presence reaches over 10,000 people in the three boroughs with both open and closed groups. Our new FBS Chat has conducted over one hundred live interviews which is posted on Facebook and our own dedicated YouTube channel. The guests include some of the most respected practitioners of the solution focused approach from across the world, which has highlighted the approach and its use in so many diverse settings. FBS were awarded charity of the year which was undertaken by the Loving Local Enfield group. The public were asked to vote for the charity they would be most likely to donate to and use their services. We have met with social work teams and presented our service and the issue of child to parent abuse. We are part of the Nexus team in Enfield who fund the salary of one of our family support workers. This is a council initiative where our role is to support the parent/carers of school students who are on the verge of permanent exclusion from mainstream education. The family support worker sits on behaviour panels and offers support for the families if they feel they need the extra support. Our two project managers are now trained facilitators for the Metropolitan Police Community Development Team. We have facilitated in the Hendon POP week where new recruits are invited to hear from community stakeholders and their lived experience of Police interactions. We facilitate conversations after the recruits have heard from the invited speakers. We are able to speak about child to parent abuse and domestic abuse and hear from the officers of their experiences.

Financial Review

The charity's principal funding is in the form of four grants. The Big Lottery's Reaching Communities Fund, The Henry Smith Charity, Enfield Council's Nexus project and The City Bridge Trust. The accounts below represent the expenditure from four funders.

Plans for Future Periods

We will continue to write our own funding bids for specific project costs that require less funding and time in applying. This year we have been successful in gaining smaller grants from the John Lewis Partnership, Toyota Charitable Trust and the Co-op community fund. We have been approached to join a consortium to apply for funding from the London Violence Reduction Unit. The VRU are offering substantial funding for consortia that can support young people from becoming involved in criminal activity or who are already committing crime. We will know if we reach the second stage in January 2024. Our successful bid to the Lottery fund for an uplift grant due to the cost-of-living crisis has eased the pressures on our increased costs of providing services. We have in this past year increased our paid for BOSS service to schools in Enfield and Barnet. This will increase our level of reserves for any future financial difficulties. This year has seen the start of an exciting opportunity to work closely with the Metropolitan Police. The two project managers have been selected to become presenters/facilitators to the Met's new recruits during their POP week at Hendon Police College. The project managers have taken part in the accreditation process and have so far attended two events as facilitators. This is a great opportunity to highlight the issue of child to parent violence to the Police and how we can work together to make sure that our young people are supported and not criminalised. It is also something that we hope will increase our funding appeal to funders as we will have close working ties with the whole of the Met.

Structure, Governance and Management

Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 2nd October 2012, and registered as a charity on 18th October 2012. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £10.

Recruitment and Appointment of Management Committee

The directors/trustees of the company are also charity trustees for the purposes of charity law. Under the requirements of the Memorandum and Articles of Association the directors/trustees are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

Risk management

The trustees have a risk management strategy which comprises:

- an annual review of the principal risks and uncertainties that the charity faces.
- the establishment of policies, systems, and procedures to mitigate those risks identified in the annual review; and

- the implementation of procedures designed to minimise or manage any potential impact on the charity should those risks materialise.

This work has identified that financial sustainability is an issue for the charity. In this reporting period however there has been success in awards of large grants which will provide stability for at least the next three years. A key element in the management of financial risk is a regular review of available liquid funds. Attention has also been focussed on non-financial risks arising from fire, health and safety and food hygiene. These risks are managed by ensuring accreditation is up to date, having robust policies and procedures in place and regular awareness training for staff working in these operational areas.

The Trustees constantly review risks relevant to the charity. Any risks identified are reported to the Trustees and decisions made on how to minimise risk.

In reviewing the effect of COVID-19 Pandemic, FBS has reviewed its risk and taken action plan in mitigating any associated risks and amend accordingly. The charity resilience was responsive and strong which ensured business sustainability during this exceptional time.

Reserves policy and going concern

Reserves are needed to bridge the gap between the spending and receiving of income and to cover unplanned emergency repairs and other expenditure. The trustees consider that the ideal level of reserves in the light of the main risks to the organisation. As a result, the Board has approved a policy whereby the unrestricted funds not committed, should be held in reserve, and maintained at a level which ensures that FBS's core activity could continue during a period of unforeseen difficulty. The target reserve amount represents at least 6 months' (26 weeks) expenditure and will be reviewed annually.

Related parties and co-operation with other organisations

None of our trustees receive remuneration or other benefit from their work as trustees. Any connection between a trustee or senior manager of the charity with its members must be disclosed to the full board of trustees in the same way as any other contractual relationship with a related party. In the current year, no such related party transactions were reported.

Responsibilities of the directors/trustees

The charity trustees (who are also the directors of FBS for the purposes of company law) are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period. In preparing the financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and the group and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

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

Independent Examiner

TACTS Accountant was appointed as the charitable company's independent examiner during the year and has expressed their willingness to continue in that capacity.

Signed on behalf of trustees,

Ms Marilyn Griffith (Chairperson)



Date: 28/12/2023

Independent examiner's report to the trustees of Family Based Solutions

I report on the accounts of the company for the year ended 31st October 2023, which are set out on pages 18 to 23.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) or under Regulation 10 (1)(a) to (c) of The Charities Accounts (Scotland) Regulations 2006 (the 2006 Accounts Regulations) and that an independent examination is needed. The charity is required by company law to prepare accrued accounts and I am qualified to undertake the examination by being a qualified member of the Association of Chartered Certified Accountant.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act);
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements

- to keep accounting records in accordance with section 386 of the Companies Act 2006 and section 44(1)(a) of the 2005 Act; and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of the Companies Act 2006, section 44(1)(b) of the 2005 Act and Regulation 8 of the 2006 Accounts Regulations; and
- which are consistent with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Date: 28th December 2023

Chartered Certified Accountant, TACTS Accountant, 61 Fountains Crescent., London N14 6BD.

FAMILY BASED SOLUTIONS

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR END 31 OCTOBER 2023

	<u>Notes</u>	<u>Unrestricted Funds</u>	<u>Restricted Funds</u>	<u>Total Funds 2023</u>	<u>Total Funds 2022</u>
<u>INCOMING RESOURCES: -</u>		£	£	£	£
Donations		66,173	-	66,173	56,713
Income from charitable activities	(19)	3,784	247,811	251,595	262,907
TOTAL INCOMING RESOURCES		69,957	247,811	317,768	319,619
<u>RESOURCES EXPENDED</u>					
Expenditure on raising funds	(17)	-	3,270	3,270	3,144
Expenditure on Charitable activities	(17)	24,920	259,459	284,378	254,812
TOTAL RESOURCES EXPENDED		24,920	262,728	287,648	257,956
Net Incomings and (outgoings) resources		45,038	(14,917)	30,121	61,663
Balances Brought Forward		149,107	102,164	251,271	189,608
Balances Carried Forward		194,145	87,247	281,391	251,271

There were no recognised gains or losses for the above period other than those shown in the statement of financial activities for the above financial year. All incoming resources and resources expended are derived from continuing activities.

(The notes attached form part of these financial statements)

FAMILY BASED SOLUTIONS

BALANCE SHEET AS AT 31 OCTOBER 2023

	Notes	£ <u>2023</u>	£ <u>2022</u>
Fixed Assets			
<i>Tangible assets:</i>			
Office Equipment	(16)	336	671
Current Assets:			
Debtors	(15)	3,867	3,867
Cash at Bank		277,978	247,523
Current Liabilities:			
Creditors:			
Amount falling due within one year:			
Accruals	(14)	790	790
Net Assets		<u>281,391</u>	<u>251,271</u>
As Represented By			
Unrestricted Fund		194,145	149,107
Restricted Fund	(13)	<u>87,247</u>	<u>102,164</u>
Total Funds		<u>281,391</u>	<u>251,271</u>

(The notes form part of this account)

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 responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements

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

The accounts were approved by the Directors on 28th December 2023 and signed on their behalf by: -



Ms Marilyn Griffith (Director and Trustee)

**FAMILY BASED SOLUTIONS
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST OCTOBER 2023**

1. Accounting basis.

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

a) Basis of preparation

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)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. FBS 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 note(s).

b) Preparation of the accounts on a going concern basis

The Charity trustees are of the view that measures taken subsequent to the year-end to reduce operating costs and successful in applying for continuation funding have secured the immediate future of the Charity for the next 3 to 4 years and that on this basis the charity is a going concern.

2. Cash Flow Statement

The trustees have taken advantage of the exemption in Financial Reporting Standard No 1 (revised) from including a cash flow statement in the financial statements on the grounds that the charity is small.

3. Income

Income is recognised in the period to which it relates, unless specified otherwise by the funder. Project funding is, in general, repayable if not expended within the relevant project. Such income is only recognised to the extent that it ceases to be repayable. The income is accounted for on a receivable basis.

4. Resource Expended

Resources expended are included in the Statement of Financial Activities inclusive of VAT which cannot be recovered. Direct charitable expenditure includes the direct costs of the activities. Where such costs relate to more than one functional cost category, they have been apportioned in line with the direct costs of the relevant service.

5. Fund Accounting

Fund accounting unrestricted funds are available to spend on activities that further any of the purposes of charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work.

6. Support Cost

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back-office costs, finance, personnel, and governance costs which support the Charity activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities. The bases on which support costs have been allocated are set out in note 18.

7. Operating lease

Office rent lease commitment was ended in this financial year. The charity has not entered into any other lease commitment in this financial year.

8. Taxation

FBS is a registered charity and is not liable for corporation tax on its income under section 505 of the Income and Corporation Taxes Act 1988 to the extent that it is applied to its charitable activities.

9. Tangible fixed assets

Fixed assets are stated at cost less accumulated depreciation.

Depreciation is provided to write off the cost, of all fixed assets over their expected useful life as follows: -

Equipment and Furniture - 33% straight line

10. Staff Costs and numbers

	2023	2022
	£	£
Salaries and wages	138,196	120,399
Social security costs	44,731	37,614
Pensions costs	21,139	18,232
Total	<u>204,066</u>	<u>176,246</u>

The total number of employees were 6 in this financial year.

None of the employees received emoluments in excess of £60,000 in the year or the previous year.

4 self-employed workers supported the work of the charity.

20 volunteers supported the organisation.

Trustees are not remunerated.

11. Pension costs and other post-retirement benefits

FBS makes pension contribution into staff private pension scheme as and when this is recovered through their project funding. Contribution's payable is charged to the Statement of Financial Activities in the period to which they relate

12. Status

Family Based Solutions (FBS) is a registered charity and registered company limited by guarantee.

13. Analysis of Restricted Fund

	Balance at 1st Nov 2022 £	Incoming resources £	Outgoing resources £	Balance at 31st Oct 2023 £
Big Lottery Fund	22,560	138,961	116,173	45,348
Beacon Lodge	-	5,000	5,000	-
Inspiring Young Enfield	1,168	8,000	9,168	-
Garfield Weston Foundation	16,986	-	16,986	-
Charles Howard Found.	3,537	-	3,537	-
Mayors Community Event	-	1,500	1,500	-
Waitrose	-	1,250	-	1,250
City Bridge Trust	2,991	45,200	44,739	3,452
The Henry Smith Charity	-	37,900	32,718	5,182
LBE Nexus Project	55,161	10,000	33,146	32,015
	102,403	247,811	262,967	87,247

The purpose of the fund is to: -

- There will be improved parent/child relationship leading to the end of abuse in the home.
- Families & members will have an increased understanding of the effects of domestic abuse.
- Families will have wider support networks leading to less isolation & the need for intervention.

14. CREDITORS (ACCRUALS)

	2023, £	2022, £
Independent Examiners Fee	790	790

15. DEBTORS

	2023, £	2022, £
Rent Deposit	3,867	3,867

16. TANGIBLE FIXED ASSET

	Equipment & Furniture
Cost	
At Cost @ 2019/2020	6,493
At Cost @ 2021/2022	1,006
At Cost	7,499
Depreciation	
Brought forward	6,828
Charge for the year	335
Carried Forward	7,163
Net Book Value	
At October 2023	336
At November 2022	671

17. Resources Expended

	<u>Unrestricted</u>	<u>Restricted</u>	<u>Funds</u>	<u>Funds</u>
	<u>Funds</u>	<u>Funds</u>	<u>2023</u>	<u>2022</u>
	£	£	£	£
Salaries, Pensions and NIC	20,281	183,785	204,065	176,246
Volunteer Expenses and Training	-	5,855	5,855	8,667
DBS expenses	-	124	124	255
License fees	-	159	159	159
Refreshments and Catering	750	4,850	5,600	4,089
Trainers and Sessional Worker	-	14,804	14,804	19,006
Equipment	-	1,014	1,014	-
Transport and Travel	-	1,533	1,533	-
Administration and Office Expenses	1,038	9,813	10,851	9,770
Project Evaluation	-	-	-	4,803
Independent Examination	-	790	790	790
Rent, Rates and Service Charges	2,750	27,231	29,981	23,916
Legal and Professional fees	-	2,906	2,906	4,477
Utilities	101	6,831	6,932	2,130
Depreciation	-	335	335	2,500
Courses and Other activities	-	2,699	2,699	1,149
Total Resources Expended	24,920	262,729	287,648	257,956

18. Support and Governance Costs

	<u>Support</u>	<u>Governance</u>	<u>Total</u>
	£	£	£
Administration and Office Expenses	9,406	1,445	10,851
Independent Examination	-	790	790
Rent, Rates and Service Charges	29,981	-	29,981
Legal and Professional fees	-	2,906	2,906
License Fee	-	159	159
Utilities	6,932	-	6,932
Depreciation	335	-	335
Total	46,653	5,300	51,953

19. Income from Charitable activities:

Funder	2023, £	2022, £
Big Lottery Fund	138,961	112,815
Beacon Lodge	5,000	-
Inspiring Young Enfield	8,000	12,500
Garfield Weston Foundation	-	20,000
Charles Howard Foundation	-	7,000
Waitrose	1,250	-
Mayors Community Event	1,500	-
City Bridge Foundation	48,984	36,000
The Henry Smith Charity	37,900	17,300
LBE Nexus Project	10,000	57,292
	251,595	262,907

Accounts



Family Based Solutions

Moving Forward Together

FBS: Family Based Solutions
(A company charity limited by guarantee)

Trustees Annual Report and Account for the year ended
31st October 2022

Charity number: 1149383
Company number: 8237225



Family Based Solutions

Moving Forward Together

FBS: Family Based Solutions (A company charity limited by guarantee)

Financial Statements for the Year Ended 31 October 2022

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Reference and Administrative Information

Charity Name:	Family Based Solutions
Centre Charity registration number:	1149383
Company registration number:	8237225
Registered Office and operational address:	5 Chase Side Crescent Enfield EN2 0JA

Trustees/Directors

Judith Allen	Director/Secretary
Marilyn Griffith	Director/Chairperson
Loraine Hunte	Director/Treasurer
Perihan Mehmet	Director/Trustee
Panay Richards	Director/Trustee
Feliz Hassan	Director/Trustee
Aytac Mustafa	Director/Trustee

Project Managers

Joseph Lettieri
Ayse Adil
Jason Phasouliotis
Matthew Rider
Veronika Radway

Administration Manager

Dervise Atalay

Accountant --TACTS Accountant, 61 Fountains Cresc., London N14 6BD

Bankers -- HSBC, The Town, London, Enfield, EN2 6LD

Solicitors – Martin Shepherd 29 Southbury Road, Enfield, EN1 1YZ

Trustees report

The trustees are pleased to present their annual directors' report together with the consolidated financial statements of the charity and its subsidiary for the year ending 31st October 2022 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

Our Aims and objectives

Purposes and Aims

Our charity's purposes as set out in the objects contained in the company's memorandum of association are to:

- To relieve the needs of:
- Parent/carers abused by their children by the provision of therapy and practical support
- Families and individuals who are victims of domestic abuse providing therapeutic group sessions and practical support

The aims of our Charity are to support parents/carers in the Enfield, Barnet and Haringey area who are abused by their children. We aim to raise awareness of this mainly hidden form of abuse. We aim to support the whole family to end the abuse in the home and support parents/carers improve the communication within the family. In addition, we aim to support families who are survivors of domestic abuse once the perpetrator has left the home. Our aim is to rebuild relationships within the family and prevent the inter-generational cycle of abuse. In this reporting period we have added a new provision to our support services. The Family Based Relationships (FBR) programme was co-written with the Dr Kate Walker and Dr Emma Holdsworth from Coventry University who have written programmes for other third sector organisations. The FBR programme is unique to FBS and is aimed at working with low level adult perpetrators of domestic abuse to change problematic behaviours with more solution focused behaviours. We added this intervention due to the high level of domestic abuse in our child to parent abuse cases. Our aim is to end the abuse between the adult caregivers so that their children can live in a supportive and caring home environment and we see it as an early intervention into child to parent abuse.

The Charities three outcomes:

- There will be improved parent/child relationship leading to the end of abuse in the home
- Families will have an increased understanding of the effects of domestic abuse on all family members
- Families will have wider support networks leading to less isolation and the need for intervention

Ensuring our work delivers our aims:

The Charity is currently funded via the following grants. The Big Lottery (the national lottery community fund) grant began on the 1st August 2022 which has been awarded for four years. The grant will cover the running costs and salaries of two of the project managers until 31st July 2026. The second grant was awarded by Enfield Council on the 1st November 2019. The grant is part of the Nexus Project to cover the costs of a family support worker and was awarded for four years ending on the 31st March 2024. The third grant was awarded by The Henry Smith Charity in which we were successful in attaining continuation funding for a further three years. This grant will fund the salary of a full-time project manager for three years and associated running costs. The grant will end on the 31st December 2025. The fourth grant is funded by the Mayor of London as part of the Young Londoners Fund. This funding was awarded to Enfield Council who have commissioned Family Based Solutions to support families whose children are involved in or on the edge of gang related activity. The funding ended on the 31st August 2022. We were awarded extra funding by this funder due to some underspend in their budget. The extra funding will be awarded for a further six months until 1st June 2023. The grant will fund an administration post and associated running costs. We have funding from The City Bridge Trust which provides the salary of a family support worker and associated costs. The award ends on the 30th November 2023 this funding has run in total over five years and FBS will not be able to re-apply to the trust as they have a policy of leaving a gap of one year if funding has been awarded for five years. In this reporting period we have been successful in further grants which are of shorter duration. We have been awarded a grant for one year from the Garfield Weston Foundation which will end on the 31st August 2023. This funding covers part of the salary of our administrator and some running costs. The Charles Hayward Foundation awarded a grant for one year which part funds our paid for counselling services and volunteer expenses the grant ends on 31st July 2023. The Beacon Lodge Trust award is for one year and will fund counselling for our adults and support families with financial difficulties the grant ends on the 30th November 2023.

FBS has increased its reserves in this reporting period through fundraising events, earnings from the BOSS programme in schools, and we have also this year been commissioned by social services to work with families who do not meet our normal criteria. The charity is on a good financial footing compared to this time last year due

to the awarding of large grants and increased income from private and paid for services and are in a solid position for the next three years. This will give us the opportunity to increase our reserves in case of any shortfalls in income.

We report to our funders twice a year on the work we have conducted with our beneficiaries and the progress made towards the stated outcomes for each grant. This reporting period we have increased our staff to six which has allowed us to increase the number of clients we can provide a service to and reduce waiting times. We monitor all families progress from the initial assessment, halfway through the intervention and at the end of the intervention via client feedback, updating data regularly and sharing appropriate information with referrers. Our assessment paperwork allows us to clearly see if there has been a reduction in the abuse. All families are allocated two trained family support workers and are seen initially weekly then further apart when progress has been consistent. In the cases of families affected by domestic abuse we follow the DART (domestic abuse recovering together) programme, and the families complete an evaluation at the beginning and the end of the ten sessions. We meet regularly with volunteers and trustees to evaluate our service, where we can improve, and any further training required. At the beginning of October 2021, we began a new intervention working with adult perpetrators of domestic abuse. The FBR (family-based relationships) programme was developed by FBS managers in collaboration with Dr Emma Holdsworth and Dr Kate Walker from Coventry University. The FBR programme will work with both male and female perpetrators in groups or 1:1 the sessions will also be offered in an online format to reduce drop-out rates. We will have the FBR programme evaluated once we have sufficient numbers of delegates to make the research relevant. The B.O.S.S (building on strengths and solutions) schools programme allows us to work with students referred by the schools for various presenting problems. This is a paid for service and in this reporting period we have three further schools taking part increasing revenue. The increase in the numbers of students taking part in the BOSS programme means we will have more outcome evidence which we hope will encourage other schools to take part in the future. Our solution focused training days has given us the opportunity to raise income and to network with other agencies who we can approach to support our clients if they provide a service which would be useful.

Impact of Covid Pandemic on services:

We have seen an increase in young people suffering from anxiety and isolating themselves in the family home leading to less school attendance and incidents of conflict in the home. As the demand for CAMHS services have increased the waiting times have also gone up currently up to a year. This has led to CAMHS in Enfield referring more families to our service while they are waiting in turn increasing our waiting times. We continue to provide services to our clients via Zoom platform and also our training events. To reduce waiting times for clients we have been able to offer more parent/carers support groups via Zoom at times that suit clients this is

offered to all families as an initial intervention with the option of whole family support at the end of the 4-week groups if required. It has been successful in increasing uptake of the service and in many cases removed the need for family work so we can dedicate more time to the most complex cases. FBS Chat online interviews with solution focused experts from across the world has continued and we conducted 120 interviews to date. This has raised the profile of FBS in the solution focused community across the world and we have been able to secure training at reduced rates from experts who work in specific fields such as schools, trauma and family work. We continue to offer a hybrid way of engaging with clients which has allowed clients access to our service when they are unable to travel to us for reasons of distance or disability issues. The training events can be accessed by more people regardless of where they are located and because of the increased numbers attending we have been able to offer training at a reduced cost. The increase in numbers attending means we are still able to make this way of training very cost effective.

Referrals for this reporting period:

This reporting period has seen 179 families referred into our various services which amounted to 596 individuals this is an increase of 23% on the previous year. The majority of referrals are from schools, social services and self-referrals. The waiting times are still something we are aiming to reduce but is still something that needs to improve. The waiting times for CAMHS services and the increase in incidences of young people with mental health issues has meant the third sector in general is having to try and fill this shortage of support. We are being approached to work with families who do not meet our charitable criteria due to the lack of resources elsewhere. These are mainly through social services and we are through our paid for services seeing an increase in this work for the charity which is also increasing our reserves moving forward.

The focus of our work: The main objectives of our work are to support referred families to end the abuse in the home and raise awareness of parent abuse to fellow professionals and service users through training events, presentations to potential referrers, supporting academic research, media articles, website, and our You Tube channel, FBS Chat. We have modified our support offered to clients to reduce waiting times and increase our capacity. The three-weekly parent/carer support groups are offered online and varying times during the day, evenings and at weekends. Clients referred are offered the groups in the first instance which means they do not have to wait for whole family support before they receive assistance this also has led to some families not requiring any further support so we can focus on the more complex cases. Families can choose either to attend parent workshops or wait for whole family support at our office. We have a new member of staff which has also increased our capacity in supporting clients.

To support families affected by domestic abuse once the perpetrator has left the home. We continue to run the DART (domestic abuse recovering together) project, an NSPCC initiative which is aimed at rebuilding relationships within the family. The

incidence of previous domestic abuse between the caregivers in our child to parent abuse cases is very high currently at 76% of cases referred. The DART intervention has been difficult to implement due to the number of weeks the child has to miss school especially if the young person has poor attendance. We have had to offer the programme in the evenings so as to avoid the school times which has helped increase the numbers attending. In this reporting period our programme facilitator of the DART programme has been trained by the NSPCC to become a trainer for other services who wish to implement DART in their work with domestic abuse survivors. This will mean she will be an accredited trainer for DART and we will as a charity be earning an income from training others in it's use.

With the introduction of the adult perpetrators programme, we aim to reduce the abuse in the home which we know has a huge impact on the families and their children. We aim to work with the lower level of adult perpetrators who are motivated to make positive changes and improve relationships with their partners and children. The course runs for ten weeks and areas covered include, the effects of DA on family members, replacing unwanted behaviours with more positive interactions, how to cope with flashpoints in their relationships and how their behaviour has an influence of their children and wider family. The referrals have been slow onto this programme which is due in the main to referrers not putting forward the right candidates for the course. We have reiterated to referrers that this is aimed at low level perpetrators and hope this will become less of an issue.

In the past year it has become clear that many of our clients are having the added burden of increased cost of living which is having a detrimental effect on families and their relationships. We have seen an increase in families in need of this support and we were able to provide support in this area through our trained volunteer. Many families have been supported in applying for PIP claims, housing issues, debt management and budgeting advice.

The strategies we use to meet our objectives included: -

- Weekly office visits to carry out preventative work using the solution focused approach
- Signposting families to appropriate services who may provide relevant support to parents/carers and their children
- Our trained volunteer supports families in financial hardship by looking at budgeting plans, benefit advice, completing PIP applications and supporting families in appeal hearings
- Weekly parent support groups for peer support and invited guest speakers on topics that are relevant to our service users
- The DART programme will be run three times per year with up to eight families per group.
- We have provided training days for other agencies in using the Solution Focused Approach with families with complex needs.
- Remote support to families via video conferencing, telephone calls and our social media platforms

- Increase in staff members to reduce waiting times for families
- Providing parent groups remotely to reduce waiting times and develop peer support. Reducing isolation and stigma.
- The FBR programme is offered weekly at different times to suit clients needs
- Mentoring in schools for our young service users
- Attending meetings with other professionals with our clients
- Providing live conversations on our You Tube channel
- Being part of various networks such as the VAWG taskforce increases our knowledge of domestic abuse incidents in the borough

Findings from our service users/referrers

Our objects and charitable funding limit us to supporting families who reside in the Enfield, Barnet and Haringey area or whose children attend a school in these boroughs. We rely heavily on our team of dedicated volunteers who work directly with families in the home, office and school setting.

The main points raised are below:

Feedback from Service users:

How has FBS helped?

- So many aspects of the service have been invaluable to my family. The way we have felt understood and supported from our very first conversation with Family Based Solutions right through until now has been truly exceptional. The calm, non-judgemental and mindful attitude that every member of staff we have worked with is beyond compare. The positivity of the Solution Based work has made a world of difference to our son and us all as a family. The way I have seen my previously volatile, angry, violent, terrified son grow in confidence and self esteem due to our fortnightly sessions is something we wished for with all our hearts for him but really were not sure was possible. He is now significantly less violent and more able to communicate his fears and big feelings instead of using his fists, feet and body negatively to show us he is hurting inside. The support given to us in filling out DLA forms and other overwhelming paperwork was incredible. I am so very, very grateful that FBS came into and continue to support and improve our family's lives.
- FBS don't just "Talk the talk" like many others (sadly) do. The "Walk the Walk" and do everything in their ability to go beyond that. They are exceptional. Thank you FBS.
- I cannot believe the difference in the relationship between me and my boys, and their relationship, it has grown into the family I always wanted
- I have learnt to take my time to respond to a situation and also to looking at doing more for my own well-being.
- I feel more positive and confident about myself. They have helped me find my way when I was lost. I feel so grateful to FBS.

- Meeting other parents. Engaging with this fantastic service.
- The support literally saved my life.
- FBS has given me and my son a lot of support. In parenting group, counselling, phone support and benefit advice. I hope they can keep supporting me as I would be lost without them
- They have listened to us when we have needed support communicating our son's complex emotional and social needs to other bodies and sent emails verifying them. This has allowed our son to access experiences and events that he was unable to in the past.
- I cannot tell you how beneficial this is for us as a family. Our 13-year-old daughter was so depressed with being constantly hit by her brother, that she told me once she doesn't want to live here anymore!
- They empathised and did not judge. We had three people working with us in different roles. You won't get this service anywhere else.
- We have our life back. We are going out and enjoy each other's company. Where has FBS been all my life?! The workshops were brilliant. I am so addictive. I have attended so many times I now support other parents in the workshops.
- We had been paying for private family therapy for over three years. One session with FBS has turned our life's around. I wish I had known about the charity before. Would have saved me a lot of money.

How can FBS improve the service?

- Provide some half-term activities
- Family days out
- Shorter waiting times
- Having more opportunities for family days out

Feedback from BOSS students:

- My confidence has improved, I am putting my hand up in class and answering questions which I would never have done. I wish I could carry on with the sessions
- I am more positive about my work and studies. I am not messing around in class as much and I see school in a more positive way
- I really enjoyed the session because it helps me and knowing that someone is supporting me. Yes, the sessions have helped me a lot. I do feel I can continue the improvements into the future because I like the way it feels and I want to turn this into a habit. What I enjoyed most about the session was everything it was so much fun. I would recommend the sessions to my friends. I reflect back and see how immature I was and that's for younger kids now I'm older I can see the immaturity and make sure that it is not me.

Feedback from Volunteers and Staff:

What has worked well?

- Self-development- new skills, working well as a team, job satisfaction.
- Visits are well planned; staff are well supported and offered a range of training.
- The new office has meant we can support more families and it feels like a home from home
- Volunteering as given me the skills to work directly with service users and helped me with my counselling course
- Learning about Solution Focused Brief Therapy, a tool used with families to help them grow holistically
- The work with families has helped me improve my own family relationships
- Learning to work effectively with colleagues
- The volunteering role has helped me gain confidence and a new career
- The new name change has been a positive move and is more user friendly

What can be improved?

- More support groups for families
- Would be nice to have more opportunities to meet with the rest of the team as I cannot always make evening meetings
- For all volunteers to take an active role in the family work

Feedback from professionals:

- The variety of services available for parents. From group sessions to one-to-one sessions. You have also been very helpful and flexible during lockdown.
- I regularly listen to FBS You Tube conversations. I have attended two half day SF workshops and wow wow wow. Absolutely amazing and has influenced my practice big time.
- Staff made themselves available to the family at times when the school could not bridging the gap in the need for support
- 10/10 fantastic training I can't wait to go back and use the techniques with my students
- Our student is happier and more confident, and she has actually been completing lots of work despite the fact that she struggles a lot with the work and her concentration
- Great training. Loved how interactive it was and the real scenario role-playing. I have learnt a lot and will continue to use these techniques at work and in my everyday life. Thank you so much, I look forward to the next training
- FBS will always try and attend meetings for the families they work with, and this has improved the communication and what needs to happen to move families forward
- This is the first training I have attended where I did not want to leave, fantastic a great eye opener

- Joe and Ayse, what can I say. Inspirational in the work that you do and the style that you present. I know that we will visit in the future
- I know that once I refer a family to FBS they will make sure I am informed of the work carried out, this is important to us as a school as we often do not get any follow up from some other services
- They built our confidence and created a space that made everyone comfortable to practice. I would highly recommend this training as it teaches you not only skills, but a new method of thinking that can be used in a multitude of situations by a variety of people from different fields of work.

Activities carried out in the year to meet our three outcomes:

Outcome 1: There will be improved parent/child relationship leading to the end of abuse in the home

The use of our Ladder of Harm assessment tool shows that families are experiencing reductions in abuse in the home. Our solution focused approach puts families in the role of expert where they feel listened to and less stigmatized. We see reductions in abuse from between 60%-80% there is less violence and verbal abuse and more incidents of positive interactions. FBS delivers family therapy using the Solution Focused approach. We liaise with any other professionals involved with the family and attend TAF, CIN and CP meetings. Working with the whole family, we highlight their current and previous strengths and help them describe positive changes they would like to see moving forward. Family members identify their own small targets to reach their desired outcomes. This gives each member of the family a voice and the opportunity to be heard. The approach has a strong focus on behavioural changes which are measured using the solution focused scale. This identifies where they are as a family, what is already working and the next behavioural change that would tell them they are on the next number. The focus on what families can do and their successes, however small, highlights strengths and resources. Highlighting when families are overcoming challenges helps them feel empowered, increases resilience, and builds confidence in their ability to overcome future setbacks. Each family member is seen as part of the solution, and all have a role in making positive changes. Parent/carers are listened to and not judged for their child's behaviour. Equally, children find our non-judgemental, collaborative approach easier to engage with. Therefore, both parent/carers and children find the service more accessible than comparable services, reducing drop-out rates. If the clients feel they need different support than we can refer them onto other agencies who may be more suitable. This again reduces the time clients need to wait for support as they are not left on our waiting list for months without a provision. We have also undertaken group work with parent/carers who attend four sessions remotely and if they feel they need whole family support this can also be offered at the end of the 4 weeks. The sessions are attended by a minimum of two trained practitioners. This again reduces long waits for a service and provides group support for the attendees who can feel less isolated and stigmatized. Families will explore safety plans for when things become too extreme so that everyone is aware of what to do in case of emergencies.

Outcome 2: Families will have an increased understanding of the effects of domestic abuse on all family members

During this reporting period we were not able to offer families DART support as it was intended. Following Covid regulations we trialed 'domestic abuse recovery' workshops intended for adult survivors only. The 5-week workshop follows the same intended outcomes. Whilst the children are able to attend school the parents can join the online sessions and benefit from the peer support, understand the effects of DA/DV on themselves and their children and look at preferred futures. The referrals for the DART programme have reduced in this reporting period. We have supported fifteen clients in this reporting period two of which were provided 1:1 sessions. The FBR programme has also highlighted the effects of domestic abuse on family members and supported clients to change their negative behaviours with solution behaviours.

Outcome 3 Families will have wider support networks leading to less isolation and the need for intervention

Parents are encouraged to join our support groups after they have completed the DART programme and may also be offered further family support if required. The parents continue to support each other through the What's app group which they have set up and which is monitored by the project managers. The newly added group sessions for parents also provides peer support and is especially useful for families whose children refuse to attend any form of intervention. The helps to reduce the isolation and gives parents some tools and strategies to use in the home. In this reporting period we have been part of new initiatives in Enfield which has widened our provision to families and developed closer working partnerships with other voluntary and statutory services. Our young service users are supported in school if this is needed. This has meant that we have been able to improve behaviour and increase academic achievement. This has led to better relationships between child and school staff and has had a positive effect on the relationship between parent/carer and the school. This has led to another level of support for families as often the relationship between families and the school had broken down. Our solution focused approach to working with families has increased the confidence in our service users as they will develop their own unique solutions to their presenting problems. They have developed a new way of communicating using the techniques used in sessions and applying them in their home lives. This has led to families being able to problem solve in a more positive and collaborative way reducing the need for outside intervention. As we are part of the Inspiring Young Enfield project, we have been able to work closely with twenty-three other service providers. This has greatly increased the support that can be offered to young service users which are offered free of charge, this includes sporting activities, performing arts, education support, community mentoring and support with further education and work opportunities.

Service users can also access our social media platforms to ask for advice and support when required.

Outcome 4: By raising awareness of parent abuse parents will feel less isolated and more likely to come forward to seek help

The current reporting period has seen 245 referrals to our service which is much higher than predicted in our funding bids and an increase of 28% on the previous reporting period. We have established ourselves in Enfield as the service specialising in CPA and receive referrals from all statutory and third sector organisations. Self-referrals are the third highest referral rate indicating that if there is a service parents will come forward for support despite the stigma and isolation, they have experienced. In this reporting period we arranged the first UK wide online child to parent conference which was attended by 60 agencies across the country who work with child to parent abuse. It was an opportunity to share best practice and form partnerships with other agencies. It was also attended by other professionals and two academics who were writing research papers on the subject. As a partner in the Inspiring Young Enfield consortium which has twenty-three agencies involved we have been able to present our work and keep child to parent abuse on the agenda in Enfield. In the past year we have attended fifty-five meetings to support our families in schools and social services. We are one of a team of organisations who meet bi-monthly at the early help forum where we can share best practice and be updated on any changes in referral systems. With our new partnerships and council contracts we have increased our networking and presence in the borough. We are part of the Enfield Thrives consortium where we have presented our service and networked with other agencies who support young people and their mental wellbeing. FBS are members of the Enfield, VAWG panel who meet monthly. The panel gives updates on all aspects of domestic abuse and any changes in services and the latest statistics on domestic abuse incidents in the borough. In the past year we have held eight training events for various professionals including social workers, school mentors, faith groups, teaching staff and community groups. Our social media presence reaches over 10,000 people in the three boroughs with both open and closed groups. Our new FBS Chat has conducted over one hundred live interviews which is posted on Facebook and our own dedicated YouTube channel. The guests include some of the most respected practitioners of the solution focused approach from across the world, which has highlighted the approach and its use in so many diverse settings.

Financial Review

The charity's principal funding is in the form of four grants. The Big Lottery's Reaching Communities Fund, The Henry Smith Charity, Enfield Council's Nexus project and The City Bridge Trust. The accounts below represent the expenditure from four funders.

Plans for Future Periods

We will continue to write our own funding bids for specific project costs that require less funding and time in applying. This year we have been successful in attaining grants from The Garfield Weston Foundation, The Charles Hayward Foundation, The Beacon Lodge Trust Charitable Trust and the Co-op Communities Fund. We have been awarded a further six months of funding from the Inspiring Young Enfield project which aims to provide support for families whose children are in or on the verge of criminal activity. We will be aiming to look for other trusted partners in writing joint bids which is currently something that major grant providers are looking for. We have had conversations with other agencies and we hope to be in a position to report on this next year. We have in this past year increased our paid for BOSS service to schools in Enfield and Barnet. We have three more schools on board and we will be looking at increasing this in the coming year we have been approached by two more secondary schools and work will begin with them in January 2023. This will increase our level of reserves for any future financial difficulties. FBS will be looking to provide solution focused sessions to the business sector we have begun the process and in future we will have a separate website and name for this service. This will increase our revenue and we hope in the long run that this income will be sufficient to support the charity side of the organisation. This year has seen an exciting opportunity to work closely with the Metropolitan Police. The two project managers have been selected to become presenters/facilitators to the Met's new recruits during their POP week at Hendon Police College. The project managers have taken part in the accreditation process and hope to be working with the Police recruits in the new year. This is a great opportunity to highlight the issue of child to parent violence to the Police and how we can work together to make sure that our young people are supported and not criminalised. It is also something that we hope will increase our funding appeal to funders as we will have close working ties with the whole of the Met.

Structure, Governance and Management

Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 2nd October 2012, and registered as a charity on 18th October 2012. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £10.

Recruitment and Appointment of Management Committee

The directors/trustees of the company are also charity trustees for the purposes of charity law. Under the requirements of the Memorandum and Articles of Association the directors/trustees are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

Risk management

The trustees have a risk management strategy which comprises:

- an annual review of the principal risks and uncertainties that the charity faces.
- the establishment of policies, systems, and procedures to mitigate those risks identified in the annual review; and
- the implementation of procedures designed to minimise or manage any potential impact on the charity should those risks materialise.

This work has identified that financial sustainability is an issue for the charity. In this reporting period however there has been success in awards of large grants which will provide stability for at least the next three years. A key element in the management of financial risk is a regular review of available liquid funds. Attention has also been focussed on non-financial risks arising from fire, health and safety and food hygiene. These risks are managed by ensuring accreditation is up to date, having robust policies and procedures in place and regular awareness training for staff working in these operational areas.

The Trustees constantly review risks relevant to the charity. Any risks identified are reported to the Trustees and decisions made on how to minimise risk.

In reviewing the effect of COVID-19 Pandemic, FBS has reviewed its risk and taken action plan in mitigating any associated risks and amend accordingly. The charity resilience was responsive and strong which ensured business sustainability during this exceptional time.

Reserves policy and going concern

Reserves are needed to bridge the gap between the spending and receiving of income and to cover unplanned emergency repairs and other expenditure. The trustees consider that the ideal level of reserves in the light of the main risks to the organisation. As a result, the Board has approved a policy whereby the unrestricted funds not committed, should be held in reserve, and maintained at a level which ensures that FBS's core activity could continue during a period of unforeseen difficulty. The target reserve amount represents at least 6 months' (26 weeks) expenditure and will be reviewed annually.

Related parties and co-operation with other organisations

None of our trustees receive remuneration or other benefit from their work as trustees. Any connection between a trustee or senior manager of the charity with its members must be disclosed to the full board of trustees in the same way as any other contractual relationship with a related party. In the current year, no such related party transactions were reported.

Responsibilities of the directors/trustees

The charity trustees (who are also the directors of FBS for the purposes of company law) are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period. In preparing the financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and the group and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

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

Independent Examiner

TACTS Accountant was appointed as the charitable company's independent examiner during the year and has expressed their willingness to continue in that capacity.

Signed on behalf of trustees,

Ms Marilyn Griffith (Chairperson)



Date: 06th February 2023

Independent examiner's report to the trustees of Family Based Solutions

I report on the accounts of the company for the year ended 31st October 2022, which are set out on pages 18 to 23.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) or under Regulation 10 (1)(a) to (c) of The Charities Accounts (Scotland) Regulations 2006 (the 2006 Accounts Regulations) and that an independent examination is needed. The charity is required by company law to prepare accrued accounts and I am qualified to undertake the examination by being a qualified member of the Association of Chartered Certified Accountant.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act);
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements

- to keep accounting records in accordance with section 386 of the Companies Act 2006 and section 44(1)(a) of the 2005 Act; and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of the Companies Act 2006, section 44(1)(b) of the 2005 Act and Regulation 8 of the 2006 Accounts Regulations; and
- which are consistent with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Date: 06th February 2023

Chartered Certified Accountant, TACTS Accountant, 61 Fountains Crescent., London N14 6BD.

FAMILY BASED SOLUTIONS

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR END 31 OCTOBER 2022

	<u>Notes</u>	<u>Unrestricted Funds</u>	<u>Restricted Funds</u>	<u>Total Funds 2022</u>	<u>Total Funds 2021</u>
<u>INCOMING RESOURCES: -</u>		£	£	£	£
Donation/Voluntary Income		56,713	-	56,713	41,078
Income from charitable activities	(19)	-	262,907	262,907	252,157
TOTAL INCOMING RESOURCES		56,713	262,907	319,619	293,235
<u>RESOURCES EXPENDED</u>					
Expenditure on raising funds	(17)	-	3,144	3,144	3,053
Expenditure on Charitable activities	(17)	24,074	230,737	254,812	221,671
TOTAL RESOURCES EXPENDED		24,074	233,881	257,956	224,724
Net Incomings and (outgoings) resources		32,638	29,024	61,663	68,511
Balances Brought Forward		116,469	73,139	189,608	121,098
Balances Carried Forward		149,107	102,164	251,271	189,608

There were no recognised gains or losses for the above period other than those shown in the statement of financial activities for the above financial year. All incoming resources and resources expended are derived from continuing activities.

(The notes attached form part of these financial statements)

FAMILY BASED SOLUTIONS

BALANCE SHEET AS AT 31 OCTOBER 2022

	Notes	£ <u>2022</u>	£ <u>2021</u>
Fixed Assets			
<i>Tangible assets:</i>			
Office Equipment & Furniture	(16)	671	2,165
Current Assets:			
Debtors	(15)	3,867	3,867
Cash at Bank		247,523	184,366
Current Liabilities:			
Creditors:			
Amount falling due within one year:			
Accruals	(14)	790	790
Net Assets		<u>251,271</u>	<u>189,608</u>
As Represented By			
Unrestricted Fund		149,107	116,469
Restricted Fund	(13)	<u>102,164</u>	<u>73,139</u>
Total Funds		<u>251,271</u>	<u>189,608</u>

(The notes form part of this account)

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 responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements

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

The accounts were approved by the Directors on 06th February 2023 and signed on their behalf by: -



Ms Marilyn Griffith (Director and Trustee)

**FAMILY BASED SOLUTIONS
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST OCTOBER 2022**

1. Accounting basis.

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

a) Basis of preparation

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)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. FBS 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 note(s).

b) Preparation of the accounts on a going concern basis

The Charity trustees are of the view that measures taken subsequent to the year-end to reduce operating costs and successful in applying for continuation funding have secured the immediate future of the Charity for the next 3 to 4 years and that on this basis the charity is a going concern.

2. Cash Flow Statement

The trustees have taken advantage of the exemption in Financial Reporting Standard No 1 (revised) from including a cash flow statement in the financial statements on the grounds that the charity is small.

3. Income

Income is recognised in the period to which it relates, unless specified otherwise by the funder. Project funding is, in general, repayable if not expended within the relevant project. Such income is only recognised to the extent that it ceases to be repayable. The income is accounted for on a receivable basis.

4. Resource Expended

Resources expended are included in the Statement of Financial Activities inclusive of VAT which cannot be recovered. Direct charitable expenditure include includes the direct costs of the activities. Where such costs relate to more than one functional cost category, they have been apportioned in line with the direct costs of the relevant service.

5. Fund Accounting

Fund accounting unrestricted funds are available to spend on activities that further any of the purposes of charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work.

6. Support Cost

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back-office costs, finance, personnel, and governance costs which support the Charity activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities. The bases on which support costs have been allocated are set out in note 18.

7. Operating lease

Office rent lease commitment was ended in this financial year. The charity has not entered into any other lease commitment in this financial year.

8. Taxation

FBS is a registered charity and is not liable for corporation tax on its income under section 505 of the Income and Corporation Taxes Act 1988 to the extent that it is applied to its charitable activities.

9. Tangible fixed assets

Fixed assets are stated at cost less accumulated depreciation.

Depreciation is provided to write off the cost, of all fixed assets over their expected useful life as follows: -

Equipment and Furniture - 33% straight line

10. Staff Costs and numbers

	2022	2021
	£	£
Salaries and wages	120,399	100,970
Social security costs	37,614	29,233
Pensions costs	18,232	12,743
Total	<u>176,246</u>	<u>142,945</u>

The total number of employees were 6 in this financial year.

None of the employees received emoluments in excess of £60,000 in the year or the previous year.

Trustees are not remunerated.

11. Pension costs and other post-retirement benefits

FBS makes pension contribution into staff private pension scheme as and when this is recovered through their project funding. Contribution's payable is charged to the Statement of Financial Activities in the period to which they relate

12. Status

Family Based Solutions (FBS) is a registered charity and registered company limited by guarantee.

13. Analysis of Restricted Fund

	Balance at 1st Nov 2021 £	Incoming resources £	Outgoing resources £	Balance at 31st Oct 2022 £
Big Lottery Fund	13,828	112,815	104,082	22,560
National Lottery Community Fund	6,534	-	6,534	-
Inspiring Young Enfield	11,039	12,500	22,371	1,168
Garfield Weston Foundation	-	20,000	3,014	16,986
Charles Howard Foundation	-	7,000	3,463	3,537
City Bridge Trust	-	36,000	33,009	2,991
The Henry Smith Charity	12,833	17,300	30,133	-
LBE Nexus Project	28,905	57,292	31,036	55,161
	73,139	262,907	233,642	102,403

The purpose of the fund is to: -

- There will be improved parent/child relationship leading to the end of abuse in the home.
- Families & members will have an increased understanding of the effects of domestic abuse.
- Families will have wider support networks leading to less isolation & the need for intervention.

14. CREDITORS (ACCRUALS)

	2022, £	2021, £
Independent Examiners Fee	790	790

15. DEBTORS

	2022, £	2021, £
Rent Deposit	3,867	3,867

16. TANGIBLE FIXED ASSET

	Equipment & Furniture
Cost	
At Cost @ 2019/2020	6,493
At Cost @ 2021/2022	1,006
At Cost	7,499
Depreciation	
Brought forward	4,328
Charge for the year	2,500
Carried Forward	6,828
Net Book Value	
At October 2022	671
At November 2021	2,165

17. Total Resources Expended

	<u>Unrestricted</u> <u>Funds</u>	<u>Restricted</u> <u>Funds</u>	<u>Total</u> <u>Funds</u> 2022	<u>Total</u> <u>Funds</u> 2021
Resources Expended	£	£	£	£
Salaries, Pensions and NIC	15,980	160,265	176,246	142,945
Volunteer Expenses and Training	844	7,823	8,667	9,351
DBS expenses	-	255	255	128
License fees	-	159	159	159
Refreshments and Catering	934	3,155	4,089	5,602
Trainers and Sessional Worker	231	18,775	19,006	21,678
Transport and Travel	-	-	-	2,641
Administration and Office Expenses	-	9,770	9,770	9,479
Project Evaluation	-	4,803	4,803	-
Independent Examination	-	790	790	790
Rent, Rates and Service Charges	5,750	18,166	23,916	24,328
Legal and Professional fees	-	4,477	4,477	981
Utilities	-	2,130	2,130	2,432
Depreciation	335	2,165	2,500	2,164
Courses and Other activities	-	1,149	1,149	2,046
Total Resources Expended	24,074	233,881	257,956	224,724

18. Support and Governance Costs

	General Support	Governance	Total
	£	£	£
Administration and Office Expenses	8,691	1,079	9,770
Independent Examination	-	790	790
Rent, Rates and Service Charges	23,916	-	23,916
Legal and Professional fees	4,477	-	4,477
License Fee	-	159	159
Utilities	4,477	-	4,477
Depreciation	2,500	-	2,500
Total	44,060	2,028	46,088

19. Income from Charitable activities:

Funder	2022	2021
	£	£
Big Lottery Fund	112,815	116,116
The National Lottery Community Fund		10,000
Inspiring Young Enfield	12,500	37,500
Garfield Weston Foundation	20,000	
Charles Howard Foundation	7,000	-
City Bridge Trust	36,000	-
The Henry Smith Charity	17,300	35,000
LBE Nexus Project	57,292	53,541
	262,907	252,157

Accounts



Family Based Solutions

Moving Forward Together

FBS: Family Based Solutions (A company charity limited by guarantee)

Trustees Annual Report and Account

Report and Financial Statements for Year Ended 31st October 2021 Charity number 1149383. Company number 8237225



Family Based Solutions

Moving Forward Together

FBS: Family Based Solutions (A company limited by guarantee)

Financial Statements for the Year Ended 31 October 2021

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Reference and Administrative Information

Charity Name:	Family Based Solutions
Centre Charity registration number:	1149383
Company registration number:	8237225
Registered Office and operational address:	5 Chase Side Crescent Enfield EN2 0JA

Trustees/Directors

Judith Allen	Director/Secretary
Marilyn Griffith	Director/Chairperson
Loraine Hunte	Director/Treasurer
Perihan Mehmet	Director/Trustee
Panay Richards	Director/Trustee
Feliz Hassan	Director/Trustee
Aytac Mustafa	Director/Trustee

Project Managers

Joseph Lettieri
Ayse Adil
Jason Phasouliotis
Matthew Rider

Administration Manager

Dervise Atalay

Accountant --TACTS Accountant, 61 Fountains Cresc., London N14 6BD

Bankers -- HSBC, The Town, London, Enfield, EN2 6LD

Solicitors – Martin Shepherd 29 Southbury Road, Enfield, EN1 1YZ

Trustees report

The trustees are pleased to present their annual directors' report together with the consolidated financial statements of the charity and its subsidiary for the year ending 31st October 2021 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

Our Aims and objectives

Purposes and Aims

Our charity's purposes as set out in the objects contained in the company's memorandum of association are to:

- To relieve the needs of:
- Parent/carers abused by their children by the provision of therapy and practical support
- Families and individuals who are victims of domestic abuse providing therapeutic group sessions and practical support

The aims of our Charity are to support parents/carers in the Enfield, Barnet and Haringey area who are abused by their children. We aim to raise awareness of this mainly hidden form of abuse. We aim to support the whole family to end the abuse in the home and support parents/carers improve the communication within the family. In addition, we aim to support families who are survivors of domestic abuse once the perpetrator has left the home. Our aim is to rebuild relationships within the family and prevent the inter-generational cycle of abuse.

The Charities three outcomes:

- There will be improved parent/child relationship leading to the end of abuse in the home
- Families will have an increased understanding of the effects of domestic abuse on all family members
- Families will have wider support networks leading to less isolation and the need for intervention

Ensuring our work delivers our aims:

The Charity is currently funded via four main grants. The Big Lottery (the national lottery community fund) grant began on the 1st June 2017 which has been awarded for five years. The grant will cover the running costs and salaries of two of the project

managers until 31st May 2022. The second grant was awarded by Enfield Council on the 1st November 2019. The grant is part of the Nexus Project to cover the costs of a family support worker and was awarded for four years ending on the 31st October 2023. The third grant was awarded by The Henry Smith Charity. This grant will fund the salary of a full-time project manager for two years and associated running costs. The grant will end on the 31st August 2022. The fourth grant is funded by the Mayor of London as part of the Young Londoners Fund. This funding was awarded to Enfield Council who have commissioned Family Based Solutions to support families whose children are involved in or on the edge of gang related activity. The funding will end on the 31st August 2022. The grant will fund an administration post and associated running costs. We report to our funders twice a year on the work we have conducted with our beneficiaries and the progress made towards the stated outcomes for each grant. In this reporting period The City Bridge Trust funding came to an end we have offset this loss of income as when applying for the Lottery grant, we made sure that the amount per year increased to make up for any shortfall in income. We have applied for extension funding from The City Bridge Trust and have been awarded two further years of funding due to begin in December 2021. The two new grants have increased our staff members to five and allowed us to increase the number of clients we can provide a service to and reduce waiting times. We have been able to increase our reserves this year to offset any shortfall in funding this has been through our paid services, fundraising events, and training income. We monitor all families progress from the initial assessment, halfway through the intervention and at the end of the intervention via client feedback, updating data regularly and sharing appropriate information with referrers. Our assessment paperwork allows us to clearly see if there has been a reduction in the abuse. All families are allocated two trained family support workers and are seen initially weekly then further apart when progress has been consistent. In the cases of families affected by domestic abuse we follow the DART (domestic abuse recovering together) programme, and the families complete an evaluation at the beginning and the end of the ten sessions. We meet regularly with volunteers and trustees to evaluate our service, where we can improve, and any further training required. At the beginning of October 2021, we began a new intervention working with adult perpetrators of domestic abuse. The FBR (family-based relationships) programme was developed by FBS managers in collaboration with Dr Emma Holdsworth and Dr Kate Walker from Coventry University. The FBR programme will work with both male and female perpetrators in groups or 1:1 the sessions will also be offered in an online format to reduce drop-out rates. We will have the FBR programme evaluated once we have sufficient numbers of delegates to make the research relevant. The B.O.S.S (building on strengths and solutions) schools programme allows us to work with students referred by the schools for various presenting problems. This is a paid for service and in this reporting period we have two further schools taking part increasing revenue. The increase in the numbers of students taking part in the BOSS programme means we will have more outcome evidence which we hope will encourage other schools to take part in the future. Our solution focused training days has given us the

opportunity to raise income and to network with other agencies who we can approach to support our clients if they provide a service which would be useful.

Impact of Covid Pandemic on services:

In March 2020 with the first national lockdown and the closure of schools and other referring agencies working from home we saw a drop in referrals. Between March 2020 to August 2020, we have twenty-one families referred to our service. Once referring agencies returned to work and schools reopened from September 2020 to January 2021, we had sixty referrals a rise of 34%. As the above figures show in 2021, we have seen an increase in referrals of 28% on the previous year. The increase in demand being due mainly to the rise in domestic abuse and child to parent abuse during the lockdown period when families were in isolation. We have seen an increase in young people suffering from anxiety and isolating themselves in the family home leading to less school attendance and incidents of conflict in the home. As the demand for CAMHS services have increased the waiting times have also gone up currently up to a year. This has led to CAMHS in Enfield referring more families to our service while they are waiting in turn increasing our waiting times. The relaxing of lockdown measures has allowed us to begin to see families face to face when it has been safe to do so. We continued to provide services to our clients via Zoom platform and also our training events. To reduce waiting times for clients we have been able to offer more parent/carer support groups via Zoom at times that suit clients this is offered to all families as an initial intervention with the option of whole family support at the end of the 4-week groups if required. It has been successful in increasing uptake of the service and in many cases removed the need for family work so we can dedicate more time to the most complex cases. FBS Chat online interviews with solution focused experts from across the world has continued and this year we reached a milestone of one hundred interviews. The positives that came from this difficult period was that we now are able to support more clients remotely which enabled us to provide support to families all across the UK. It has allowed clients access to our service when they are unable to travel to us for reasons of distance or disability issues. We have interviewed SF experts from across the world who we would not have had the chance to meet in person and some interesting collaborations have come about as a result. The training events can be accessed by more people regardless of where they are located and because of the increased numbers attending we have been able to offer training at a reduced cost. The increase in numbers attending means we are still able to make this way of training very cost effective. We were also able to organize a national online conference for services all across the UK who work with child to parent abuse, the first of its kind. We had sixty-two delegates who were able to present their work and liaise with other agencies working in the same field.

The focus of our work: The main objectives of our work are to support referred families to end the abuse in the home and raise awareness of parent abuse to fellow professionals and service users through training events, presentations to potential

referrers, supporting academic research, media articles, website, and our You Tube channel, FBS Chat. We have modified our support offered to clients to reduce waiting times and increase our capacity. The three-weekly parent/carer support groups are offered online and varying times during the day, evenings and at weekends. Clients referred are offered the groups in the first instance which means they do not have to wait for whole family support before they receive assistance this also has led to some families not requiring any further support so we can focus on the more complex cases. The clients are also offered a single session and a follow up four weeks later if they do not want to join a group. This reduces waiting times and helps to get the families working together earlier than waiting for weekly sessions. Families can choose either of these options or wait for family work if they feel they can cope while on the waiting list.

To support families affected by domestic abuse once the perpetrator has left the home. We have a five-year licence to run the DART (domestic abuse recovering together) project, an NSPCC initiative which is aimed at rebuilding relationships within the family. The incidence of previous domestic abuse between the caregivers in our child to parent abuse cases is very high currently at 76% of cases referred. The DART intervention has been difficult to implement due to the number of weeks the child has to miss school especially if the young person has poor attendance. We have had to offer the programme in the evenings so as to avoid the school times which has helped increase the numbers attending. One of our main aims when we deliver training and presentations is that we need to look at these cases as an early intervention into adult domestic abuse as with early support these young people can be diverted from becoming adult perpetrators of domestic abuse. Each London borough deals, on average, with over 2,000 domestic abuse offences and 4,000 domestic abuse incidents a year. However, there are variations across London boroughs. For example, there were 7,051 offences in Enfield in 2019, compared to 1,685 in 2011, and 5,858 offences in Barnet in 2019 compared to 1,162 in 2011. This is a 318 per cent and 404 per cent increase respectively. **Police and Crime Committee April 2020.**

With the introduction of the adult perpetrators programme, we aim to reduce the abuse in the home which we know has a huge impact on the families and their children. We aim to work with the lower level of adult perpetrators who are motivated to make positive changes and improve relationships with their partners and children. The course runs for ten weeks and areas covered include, the effects of DA on family members, replacing unwanted behaviours with more positive interactions, how to cope with flashpoints in their relationships and how their behaviour has an influence of their children and wider family.

The strategies we use to meet our objectives included:

- Weekly home/office visits to carry out preventative work using the solution focused approach

- Signposting families to appropriate services who may provide relevant support to parents/carers and their children
- Our trained volunteer supports families in financial hardship by looking at budgeting plans, benefit advice, completing PIP applications and supporting families in appeal hearings
- Weekly parent support groups for peer support and invited guest speakers on topics that are relevant to our service users
- The DART programme will be run three times per year with up to eight families per group.
- We have provided training days for other agencies in using the Solution Focused Approach with families with complex needs.
- Remote support to families via video conferencing, telephone calls and our social media platforms
- Increase in staff members to reduce waiting times for families
- Providing parent groups remotely to reduce waiting times and develop peer support. Reducing isolation and stigma.
- The FBR programme is offered weekly at different times to suit clients needs
- Mentoring in schools for our young service users

Findings from our service users/referrers

Our objects and charitable funding limit us to supporting families who reside in the Enfield, Barnet and Haringey area or whose children attend a school in these boroughs. We rely heavily on our team of dedicated volunteers who work directly with families in the home, office and school setting.

The main points raised are below:

Feedback from Service users:

How has FBS helped?

- I cannot believe the difference in the relationship between me and my boys, and their relationship, it has grown into the family I always wanted
- I have learnt to take my time to respond to a situation and also to looking at doing more for my own well-being.
- I think of scenarios more and outcomes instead of just acting first.
- I feel more positive and confident about myself. They have helped me find my way when I was lost. I feel so grateful to FBS.
- I'm really grateful for the support FBS have given me. It's the place where you realise that you're not alone with your problems. It's a safety net when you're feeling overwhelmed with life.
- Meeting other parents. Engaging with this fantastic service.
- The support literally saved my life.
- Our relationship is now built on love and trust rather than anger and frustration
- FBS has given me and my son a lot of support. In parenting group, counselling, phone support and benefit advice. I hope they can keep supporting me as I would be lost without them

- The connection with the FBS worker and my son has become one based on kindness and trust. My son has been able to do the scaling of his own behaviour and to recognise when he is doing well.
- I cannot tell you how beneficial this is for us as a family. Our 13-year-old daughter was so depressed with being constantly hit by her brother, that she told me once she doesn't want to live here anymore!
- They empathised and did not judge. We had three people working with us in different roles. You won't get this service anywhere else.
- We have our life back. We are going out and enjoy each other's company. Where has FBS been all my life?! The workshops were brilliant. I am so addictive. I have attended so many times I now support other parents in the workshops.
- The parent What's app group has been very helpful for the times when we are in a crisis out of office hours
- We had been paying for private family therapy for over three years. One session with FBS has turned our life's around. I wish I had known about the charity before. Would have saved me a lot of money.

How can FBS improve the service?

- Provide some half-term activities
- Family days out
- Shorter waiting times

Feedback from Volunteers and Staff:

What has worked well?

- Self-development- new skills, working well as a team, job satisfaction.
- Visits are well planned; staff are well supported and offered a range of training.
- The new office has meant we can support more families and it feels like a home from home
- Volunteering as given me the skills to work directly with service users and helped me with my counselling course
- Learning about Solution Focused Brief Therapy, a tool used with families to help them grow holistically
- The work with families has helped me improve my own family relationships
- Learning to work effectively with colleagues
- The volunteering role has helped me gain confidence and a new career
- The new name change has been a positive move and is more user friendly

What can be improved?

- More support groups for families

- Would be nice to have more opportunities to meet with the rest of the team as I cannot always make evening meetings
- For all volunteers to take an active role in the family work

Feedback from professionals:

- The variety of services available for parents. From group sessions to one to one sessions. You have also been very helpful and flexible during lockdown.
- I regularly listen to FBS You Tube conversations. I have attended two half day SF workshops and wow wow wow. Absolutely amazing and has influenced my practice big time.
- Staff made themselves available to the family at times when the school could not bridging the gap in the need for support
- 10/10 fantastic training I can't wait to go back and use the techniques with my students
- Our student is happier and more confident, and she has actually been completing lots of work despite the fact that she struggles a lot with the work and her concentration
- Great training. Loved how interactive it was and the real scenario role-playing. I have learnt a lot and will continue to use these techniques at work and in my everyday life. Thank you so much, I look forward to the next training
- FBS will always try and attend meetings for the families they work with, and this has improved the communication and what needs to happen to move families forward
- This is the first training I have attended where I did not want to leave, fantastic a great eye opener
- Joe and Ayse, What can I say. Inspirational in the work that you do and the style that you present. I know that we will visit in the future
- I know that once I refer a family to FBS they will make sure I am informed of the work carried out, this is important to us as a school as we often do not get any follow up from some other services
- They built our confidence and created a space that made everyone comfortable to practice. I would highly recommend this training as it teaches you not only skills, but a new method of thinking that can be used in a multitude of situations by a variety of people from different fields of work.

Activities carried out in the year to meet our three outcomes:

Outcome 1: There will be improved parent/child relationship leading to the end of abuse in the home

The use of our Ladder of Harm assessment tool shows that families are experiencing reductions in abuse in the home. Our solution focused approach puts families in the role of expert where they feel listened to and less stigmatized. We see reductions in abuse from between 60%-80% there is less violence and verbal abuse and more incidents of positive interactions. FBS delivers family therapy using the Solution Focused approach. We liaise with any other professionals involved with the family

and attend TAF, CIN and CP meetings. Working with the whole family, we highlight their current and previous strengths and help them describe positive changes they would like to see moving forward. Family members identify their own small targets to reach their desired outcomes. This gives each member of the family a voice and the opportunity to be heard. The approach has a strong focus on behavioural changes which are measured using the solution focused scale. This identifies where they are as a family, what is already working and the next behavioural change that would tell them they are on the next number. The focus on what families can do and their successes, however small, highlights strengths and resources. Highlighting when families are overcoming challenges helps them feel empowered, increases resilience, and builds confidence in their ability to overcome future setbacks. Each family member is seen as part of the solution, and all have a role in making positive changes. Parent/carers are listened to and not judged for their child's behaviour. Equally, children find our non-judgemental, collaborative approach easier to engage with. Therefore, both parent/carers and children find the service more accessible than comparable services, reducing drop-out rates. If the clients feel they need different support than we can refer them onto other agencies who may be more suitable. This again reduces the time clients need to wait for support as they are not left on our waiting list for months without a provision. We have also undertaken group work with parent/carers who attend four sessions remotely and if they feel they need whole family support this can also be offered at the end of the 4 weeks. The sessions are attended by a minimum of two trained practitioners. This again reduces long waits for a service and provides group support for the attendees who can feel less isolated and stigmatized. Families will explore safety plans for when things become too extreme so that everyone is aware of what to do in case of emergencies.

Outcome 2: Families will have an increased understanding of the effects of domestic abuse on all family members

During this reporting period we were not able to offer families DART support as it was intended. Following Covid regulations we trialed 'domestic abuse recovery' workshops intended for adult survivors only. The 5-week workshop follows the same intended outcomes. Whilst the children are able to attend school the parents can join the online sessions and benefit from the peer support, understand the effects of DA/DV on themselves and their children and look at preferred futures. The referrals for the DART programme have reduced in this reporting period. We have supported fifteen clients in this reporting period two of which were provided 1:1 sessions. The FBR programme has also highlighted the effects of domestic abuse on family members and supported clients to change their negative behaviours with solution behaviours.

Outcome 3 Families will have wider support networks leading to less isolation and the need for intervention

Parents are encouraged to join our support groups after they have completed the DART programme and may also be offered further family support if required. The parents continue to support each other through the What's app group which they

have set up and which is monitored by the project managers. The newly added group sessions for parents also provides peer support and is especially useful for families whose children refuse to attend any form of intervention. The helps to reduce the isolation and gives parents some tools and strategies to use in the home. In this reporting period we have been part of new initiatives in Enfield which has widened our provision to families and developed closer working partnerships with other voluntary and statutory services. Our young service users are supported in school if this is needed. This has meant that we have been able to improve behaviour and increase academic achievement. This has led to better relationships between child and school staff and has had a positive effect on the relationship between parent/carer and the school. This has led to another level of support for families as often the relationship between families and the school had broken down. Our solution focused approach to working with families has increased the confidence in our service users as they will develop their own unique solutions to their presenting problems. They have developed a new way of communicating using the techniques used in sessions and applying them in their home lives. This has led to families being able to problem solve in a more positive and collaborative way reducing the need for outside intervention. As we are part of the Inspiring Young Enfield project we have been able to work closely with twenty three other service providers. This has greatly increased the support that can be offered to young service users which are offered free of charge, this includes sporting activities, performing arts, education support, community mentoring and support with further education and work opportunities.

Service users can also access our social media platforms to ask for advice and support when required.

Outcome 4 By raising awareness of parent abuse parents will feel less isolated and more likely to come forward to seek help

The current reporting period has seen 245 referrals to our service which is much higher than predicted in our funding bids and an increase of 28% on the previous reporting period. We have established ourselves in Enfield as the service specialising in CPA and receive referrals from all statutory and third sector organisations. Self-referrals are the third highest referral rate indicating that if there is a service parents will come forward for support despite the stigma and isolation, they have experienced. In this reporting period we arranged the first UK wide online child to parent conference which was attended by 60 agencies across the country who work with child to parent abuse. It was an opportunity to share best practice and form partnerships with other agencies. It was also attended by other professionals and two academics who were writing research papers on the subject. As a partner in the Inspiring Young Enfield consortium which has twenty-three agencies involved we have been able to present our work and keep child to parent abuse on the agenda in Enfield. In the past year we have attended fifty-five meetings to support our families in schools and social services. We are one of a team of organisations who meet bi-monthly at the early help forum where we can share best practice and be updated on any changes in referral systems. With our new partnerships and council contracts we have increased our networking and presence in the borough. We are part on the

Enfield Thrives consortium where we have presented our service and networked with other agencies who support young people and their mental wellbeing. FBS are members of the Enfield, VAWG panel who meet monthly. The panel gives updates on all aspects of domestic abuse and the any changes in services and the latest statistics on domestic abuse incidents in the borough. In the past year we have held eight training events for various professionals including social workers, school mentors, faith groups, teaching staff and community groups. Our social media presence reaches over 10,000 people in the three boroughs with both open and closed groups. Our new FBS Chat has conducted one hundred live interviews which is posted on Facebook and our own dedicated you tube channel. The guests include some of the most respected practitioners of the solution focused approach from across the world, which has highlighted the approach and its use in so many diverse settings.

Financial Review

The charity's principle funding is in the form of four grants. The Big Lottery's Reaching Communities Fund, The Henry Smith Charity, Enfield Council's Nexus project and the Mayor of London's Young Londoners Fund. The accounts below represent the expenditure from four funders.

Plans for Future Periods

We will be applying for funding from the Lottery Communities fund and from other funding sources. We aim to embed the FBR programme into our work and get the programme independently evaluated, once this is achieved, we will be making the programme a service that referrers will be required to fund to increase our reserves and move towards independent sustainability. In the future we will be working with the issue of parental alienation as it is often a major factor for some families where the children are stuck between warring parents.

Structure, Governance and Management

Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 2nd October 2012, and registered as a charity on 18th October 2012. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £10.

Recruitment and Appointment of Management Committee

The directors/trustees of the company are also charity trustees for the purposes of charity law. Under the requirements of the Memorandum and Articles of Association the directors/trustees are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

Risk management

The trustees have a risk management strategy which comprises:

- an annual review of the principal risks and uncertainties that the charity faces.
- the establishment of policies, systems, and procedures to mitigate those risks identified in the annual review; and
- the implementation of procedures designed to minimise or manage any potential impact on the charity should those risks materialise.

This work has identified that financial sustainability is the major financial risk for the charity. A key element in the management of financial risk is a regular review of available liquid funds. Attention has also been focussed on non-financial risks arising from fire, health and safety and food hygiene. These risks are managed by ensuring accreditation is up to date, having robust policies and procedures in place and regular awareness training for staff working in these operational areas. The Trustees constantly review risks relevant to the charity. Any risks identified are reported to the Trustees and decisions made on how to minimise risk.

In reviewing the effect of COVID-19 Pandemic, FBS has reviewed its risk and taken action plan in mitigating any associated risks and amend accordingly. The charity resilience was responsive and strong which ensured business sustainability during this exceptional time.

Reserves policy and going concern

Reserves are needed to bridge the gap between the spending and receiving of income and to cover unplanned emergency repairs and other expenditure. The trustees consider that the ideal level of reserves in the light of the main risks to the organisation. As a result, the Board has approved a policy whereby the unrestricted funds not committed, should be held in reserve, and maintained at a level which ensures that FBS's core activity could continue during a period of unforeseen difficulty. The target reserve amount represents at least 6 months' (26 weeks) expenditure and will be reviewed annually.

Related parties and co-operation with other organisations

None of our trustees receive remuneration or other benefit from their work as trustees. Any connection between a trustee or senior manager of the charity with its members must be disclosed to the full board of trustees in the same way as any other contractual relationship with a related party. In the current year, no such related party transactions were reported.

Responsibilities of the directors/trustees

The charity trustees (who are also the directors of FBS for the purposes of company law) are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company

and the group and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period. In preparing the financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and the group and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

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

Independent Examiner

TACTS Accountant was appointed as the charitable company's independent examiner during the year and has expressed their willingness to continue in that capacity.

Signed on behalf of trustees

Ms Marilyn Griffith (Chairperson)



Date : 23/02/2022

Independent examiner's report to the trustees of Family Based Solutions

I report on the accounts of the company for the year ended 31st October 2021, which are set out on pages 16 to 21.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) or under Regulation 10 (1)(a) to (c) of The Charities Accounts (Scotland) Regulations 2006 (the 2006 Accounts Regulations) and that an independent examination is needed. The charity is required by company law to prepare accrued accounts and I am qualified to undertake the examination by being a qualified member of the Association of Chartered Certified Accountant.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act);
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements

- to keep accounting records in accordance with section 386 of the Companies Act 2006 and section 44(1)(a) of the 2005 Act; and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of the Companies Act 2006, section 44(1)(b) of the 2005 Act and Regulation 8 of the 2006 Accounts Regulations; and
- which are consistent with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Date: 23/02/2022

Chartered Certified Accountant, TACTS Accountant, 61 Fountains Crescent., London N14 6BD.

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR END 31 OCTOBER 2021

	<u>Notes</u>	<u>Unrestricted Funds</u>	<u>Restricted Funds</u>	<u>Total Funds 2021</u>	<u>Total Funds 2020</u>
<u>INCOMING RESOURCES: -</u>		£	£	£	£
Donations		41,078	-	41,078	31,452
Income from charitable activities	(19)	-	252,157	252,157	155,778
TOTAL INCOMING RESOURCES		41,078	252,157	293,235	187,230
<u>RESOURCES EXPENDED</u>					
Expenditure on raising funds	(17)	-	3,053	3,053	2,964
Expenditure on Charitable activities	(17)	3,580	218,091	221,671	181,232
TOTAL RESOURCES EXPENDED		3,580	221,144	224,724	184,196
Net Incomings and (outgoings) resources		37,498	31,012	68,511	3,035
Balances Brought Forward		78,971	42,127	121,098	118,063
Balances Carried Forward		116,469	73,139	189,608	121,098

There were no recognised gains or losses for the above period other than those shown in the statement of financial activities for the above financial year. All incoming resources and resources expended are derived from continuing activities.

(The notes attached form part of these financial statements)

FAMILY BASED SOLUTIONS

BALANCE SHEET AS AT 31 OCTOBER 2021

	Notes	£ <u>2021</u>	£ <u>2020</u>
Fixed Assets			
<i>Tangible assets:</i>			
Office Equipment	(16)	2,165	4,742
Current Assets:			
Debtors	(15)	3,867	3,867
Cash at Bank		184,366	113,179
Current Liabilities:			
Creditors:			
Amount falling due within one year:			
Accruals	(14)	790	690
Net Assets		<u>189,608</u>	<u>121,098</u>
As Represented By			
Unrestricted Fund		116,469	78,971
Restricted Fund	(13)	<u>73,139</u>	<u>42,127</u>
Total Funds		<u>189,608</u>	<u>121,098</u>

(The notes form part of this account)

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 responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements

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

The accounts were approved by the Directors on 23/02/2022 and signed on their behalf by:-



Ms Marilyn Griffith (Director and Trustee)

**FAMILY BASED SOLUTIONS
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST OCTOBER 2021**

1. Accounting basis.

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

a) Basis of preparation

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)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. FBS 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 note(s).

b) Preparation of the accounts on a going concern basis

The Charity trustees are of the view that measures taken subsequent to the year-end to reduce operating costs and successful in applying for continuation funding have secured the immediate future of the Charity for the next 3 to 4 years and that on this basis the charity is a going concern.

2. Cash Flow Statement

The trustees have taken advantage of the exemption in Financial Reporting Standard No 1 (revised) from including a cash flow statement in the financial statements on the grounds that the charity is small.

3. Income

Income is recognised in the period to which it relates, unless specified otherwise by the funder. Project funding is, in general, repayable if not expended within the relevant project. Such income is only recognised to the extent that it ceases to be repayable. The income is accounted for on a receivable basis.

4. Resource Expended

Resources expended are included in the Statement of Financial Activities inclusive of VAT which cannot be recovered. Direct charitable expenditure includes the direct costs of the activities. Where such costs relate to more than one functional cost category, they have been apportioned in line with the direct costs of the relevant service.

5. Fund Accounting

Fund accounting unrestricted funds are available to spend on activities that further any of the purposes of charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work.

6. Support Cost

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back-office costs, finance, personnel, and governance costs which support the Charity activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities. The bases on which support costs have been allocated are set out in note 18.

7. Operating lease

Office rent lease commitment was ended in this financial year. The charity has not entered into any other lease commitment in this financial year.

8. Taxation

FBS is a registered charity and is not liable for corporation tax on its income under section 505 of the Income and Corporation Taxes Act 1988 to the extent that it is applied to its charitable activities.

9. Tangible fixed assets

Fixed assets are stated at cost less accumulated depreciation.

Depreciation is provided to write off the cost, of all fixed assets over their expected useful life as follows: -

Equipment and Furniture - 33% straight line

10. Staff Costs and numbers

	2021	2020
	£	£
Salaries and wages	100,970	87,142
Social security costs	29,233	28,311
Pensions costs	12,743	8,662
Total	<u>142,945</u>	<u>124,115</u>

The total number of employees were 5 in this financial year.

None of the employees received emoluments in excess of £60,000 in the year or the previous year.

Trustees are not remunerated.

11. Pension costs and other post-retirement benefits

FBS makes pension contribution into staff private pension scheme as and when this is recovered through their project funding. Contribution's payable is charged to the Statement of Financial Activities in the period to which they relate

12. Status

Family Based Solutions (FBS) is a registered charity and registered company limited by guarantee.

13. Analysis of Restricted Fund

	Balance at 1st Nov 2020	Incoming resources	Outgoing resources	Balance at 31st Oct 2021
	£	£	£	£
Big Lottery Fund	15,183	116,116	117,471	13,828
National Lottery Community Fund	-	10,000	3,466	6,534
Inspiring Young Enfield	-	37,500	26,461	11,039
Grants Buttle UK	427	-	427	-
City Bridge Trust	4,790	-	4,790	-
The Henry Smith Charity	12,157	35,000	34,324	12,833
Nexus Project	9,570	53,541	34,206	28,905
	42,127	252,157	221,145	73,139

The purpose of the fund is to: -

- There will be improved parent/child relationship leading to the end of abuse in the home
- Families will have an increased understanding of the effects of domestic abuse on all family members
- Families will have wider support networks leading to less isolation and the need for intervention

14. CREDITORS (ACCRUALS)

	2021 (£)	2020 (£)
Independent Examiners Fee	790	690

15. DEBTORS

	2021 £	2020 £
Rent Deposit	3,867	3,867
	3,867	3,867

16. TANGIBLE FIXED ASSET

	Equipment & Machinery
At Cost	6,493
Depreciation	
Brought forward	2,164
Charge for the year	2,164
Carried Forward	4,328
Net Book Value	
At October 2021	2,165
At November 2020	4,742

17. Total Resources Expended

	<u>Unrestricted Funds</u>	<u>Restricted Funds</u>	<u>Total Funds 2021</u>	<u>Total Funds 2020</u>
Resources Expended	£	£	£	£
Salaries, Pensions and NIC	-	142,945	142,945	124,115
Volunteer Expenses and Training	745	8,606	9,351	4,594
DBS expenses	-	128	128	61
License fees	-	159	159	157
Refreshments and Catering	160	5,442	5,602	7,329
Trainers and Sessional Worker	-	21,678	21,678	5,224
Equipment	-	-	-	866
Transport and Travel	-	2,641	2,641	2,463
Administration and Office Expenses	-	9,479	9,479	8,156
Independent Examination	-	790	790	690
Rent, Rates and Service Charges	-	24,328	24,328	24,288
Legal and Professional fees	-	981	981	1,198
Utilities	-	2,432	2,432	2,408
Depreciation	-	2,164	2,164	2,647
Courses and Other activities	-	2,046	2,046	-
Total Resources Expended	905	223,819	224,724	184,196

18. Support and Governance Costs

	<u>General Support</u>	<u>Governance</u>	<u>Total</u>
	£	£	£
Administration and Office Expenses	9,473	6	9,479
Independent Examination	-	790	790
Rent, Rates and Service Charges	24,328	-	24,328
Legal and Professional fees	-	981	981
Utilities	2,432	-	2,432
Equipment & Depreciation	2,164	-	2,164
Total	38,396	1,777	40,173

19. Income from Charitable activities:

Funder	2021 £	2020 £
Big Lottery Fund	116,116	56,478
The National Lottery Community Fund	10,000	-
Inspiring Young Enfield	37,500	-
Grants Buttle UK	-	1,850
City Bridge Trust	-	36,000
The Henry Smith Charity	35,000	17,700
Nexus Project	53,541	43,750
	252,157	155,778

