



**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 1<sup>st</sup> 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 31<sup>st</sup> 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 31<sup>st</sup> 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 31<sup>st</sup> 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 1<sup>st</sup> August 2025 which will end on the 31<sup>st</sup> 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 1<sup>st</sup> 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 20<sup>th</sup> 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 27<sup>th</sup> 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 21<sup>st</sup> 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 1<sup>st</sup> 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 19<sup>th</sup> 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 18<sup>th</sup> 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.

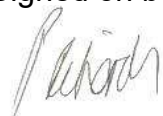
The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets 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 31<sup>st</sup> 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>
<b><u>INCOMING RESOURCES: -</u></b>		£	£	£	£
Donations & Voluntary Contributions		62,851	-	62,851	76,814
<b>Income from charitable activities:</b>					
Restricted Grants (20)		-	278,230	278,230	214,336
<b>TOTAL INCOMING RESOURCES</b>		<b>62,851</b>	<b>278,230</b>	<b>341,081</b>	<b>291,150</b>
<b><u>RESOURCES EXPENDED</u></b>					
Expenses on raising funds (17)		-	3,710	3,710	3,401
Expenses on Charitable activities (17)		59,294	245,009	304,303	306,695
<b>TOTAL RESOURCES EXPENDED</b>		<b>59,294</b>	<b>248,719</b>	<b>308,013</b>	<b>310,096</b>
Net Incomings and (outgoings) resources		3,557	29,510	33,067	(18,946)
<b>Balances Brought Forward</b>		<b>210,522</b>	<b>51,922</b>	<b>262,444</b>	<b>281,390</b>
<b>Balances Carried Forward</b>		<b>214,079</b>	<b>81,432</b>	<b>295,511</b>	<b>262,444</b>

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>
<b>Fixed Assets</b>			
<b><i>Tangible assets:</i></b>			
Office Equipment & Furniture	(16)	710	-
<b>Current Assets:</b>			
Debtors	(15)	3,867	3,867
Cash at Bank		293,666	261,922
<b>Current Liabilities:</b>			
<b>Creditors:</b>			
Amount falling due within one year:			
Accruals & Creditors	(14)	2,732	3,345
Net Currents Assets		<u>294,801</u>	<u>262,444</u>
<b>Net Assets</b>		<u>295,511</u>	<u>262,444</u>
<b>As Represented By</b>			
Unrestricted Fund		154,079	150,522
Designated Funds	(18)	60,000	60,000
Restricted Fund	(13)	81,432	51,922
<b>Total Funds</b>		<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 31<sup>ST</sup> 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
<b>Total</b>	<b>218,480</b>	<b>216,396</b>

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	<b>21,720</b>
Lloyds Bank Foundation	18,449	25,000	27,123	<b>16,326</b>
Masonic Charity Foundation	-	5,000	5,000	-
Garfield Weston Foundation	3,102	25,000	20,058	<b>8,044</b>
The Sackler Trust	-	25,000	11,856	<b>13,144</b>
Enfield Voluntary Action	3,011	830	3,841	-
Forte Charitable Foundation	-	32,000	13,945	<b>18,055</b>
The Vintners Company	-	4,000	4,000	-
The Henry Smith Charity	3,664	41,660	41,181	<b>4,143</b>
	<b>51,922</b>	<b>278,230</b>	<b>248,720</b>	<b>81,432</b>

**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
	<b>2,732</b>	<b>3,345</b>

### 15. DEBTORS

	2025	2024
	£	£
Rent Deposit	3,867	3,867
	<b>3,867</b>	<b>3,867</b>

## 16. TANGIBLE FIXED ASSET

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

## 17. Resources Expended

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

## 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
<b>Total</b>	<b>51,940</b>	<b>1,249</b>	<b>53,189</b>

## 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
	<b>278,230</b>	<b>214,336</b>

### 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	<b>214,079</b>	<b>60,000</b>	<b>81,432</b>	<b>295,511</b>