

MID TENDRING EDUCATION PARTNERSHIP

England & Wales · Charity number 1150415

Details

Other names	MTEP, Tendring Families First
Status	Registered
Legal form	Charitable company
Company number	08012490
Registered	2013-01-09
Register	View on the Charity Commission register

Contact

Address	BRIGHTLINGSEA Primary SCHOOL Eastern Road Brightlingsea Colchester CO7 0HU
Phone	07944333685
Email	info@tendringfamiliesfirst.org

Activities

Objects: THE CHARITY'S OBJECTS ARE TO WORK COLLABORATIVELY FOR THE ADVANCEMENT OF EDUCATION FOR PUBLIC BENEFIT OF THE CHILDREN AND YOUNG PEOPLE OF THE MID-TENDRING AREA IN ORDER TO IMPROVE LIFE CHANCES AND OUTCOMES, BY(A) FACILITATING THE DELIVERY OR BROKERING ADDITIONAL EXTRA-CURRICULAR OPPORTUNITIES(B) PROMOTING PUBLIC AND FAMILY ACCESS TO SCHOOLS AND MEMBER RESOURCES(C) FACILITATING THE DELIVERY OR BROKERING SUPPORT TRAINING AND OPPORTUNITIES FOR PUBLIC AND FAMILIES(D) FACILITATING THE DELIVERY OR BROKERING SERVICES TO MEET THE NEEDS OF FAMILIES AND THE PUBLIC NOT CURRENTLY MET BY STATUTORY OR LOCAL AUTHORITY PROVISION(E) CULTIVATING AN ETHOS THAT FOSTERS A POSITIVE SENTIMENT TOWARDS EDUCATION AND LIFELONG LEARNING FOR THE PUBLIC BENEFIT IN THE MID-TENDRING AREA.

Activities: a)facilitating the delivery or brokering additional extracurricular opportunities (b)promoting public and family access to schools (c)facilitating the delivery or brokering support training and opportunities for public and families(d)facilitating the delivery or brokering services for our families and the public (e) cultivating an ethos of positive sentiment towards education and lifelong learning

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training
- **Who:** Children/young People, People With Disabilities, Other Defined Groups

Geography

- Essex

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-28	£152,676	£160,366	-	-
2024-03-28	£159,740	£155,049	-	-
2023-03-28	£159,740	£155,049	-	-
2022-03-28	£117,341	£142,347	-	-
2021-03-28	£135,801	£112,701	-	-

Trustees

Name	Role	Appointed
Deborah Byles		2026-03-12
Diane Laura Frances Turner		2021-07-05
Dr Bethany Rowan Morgan Brett		2023-11-29
Gemma Fowler		2025-07-01
Kay Elizabeth French		2022-11-14
Laura Khine		2025-07-01
Micheal Beckett		2024-12-10
STEPHEN BERNARD BURKE		2022-03-14
Sarah Bryson		2019-07-03

Accounts



Trustees' Annual Report for the period

	Period start date		Period end date
From	1 st April 2024	To	31 st March 2025

Section A

Reference and administration details

Charity name	Mid Tendring Education Partnership
Other names charity is known by	Tendring Families First
Registered charity number (if any)	1150415
Charity's principal address	Brightlingsea Primary School & Nursery Eastern Road Brightlingsea Postcode CO7 0HU

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Sarah Bryson	Chair		
2	Jennifer Grotier			
3	Diane Fawcett			
4	Stephen Burke			
5	Chris Ruck			
6	Kay French			
7	Vikki Bonner			
8	Dr Bethany Morgan- Brett			
9	Michael Beckett		10/12/2024- Present	

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Liz Pickford – CEO

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Memorandum & Articles of Association incorporated 29 th March 2012
How the charity is constituted (eg. trust, association, company)	Charitable Company Limited by Guarantee - Consisting of Schools & Partners holding full and associate membership as appropriate.
Trustee selection methods (eg. appointed by, elected by)	Trustees are appointed or reappointed at the Annual General Meeting as detailed in the Articles of Association.

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Tendring Families First (Mid Tendring Education Partnership) is a Charitable Company Limited by Guarantee with full and associate membership of schools and partners. The partnership's Articles of Association contains the organisational structure to detail that a minimum of 5 Directors are required to represent the schools from both Colne and TTC clusters and a Special school. The partnership also works with the other organisations to ensure that the local needs are communicated to inform strategic decisions and local commissioning opportunities are acted upon.

Tendring Families First (Mid Tendring Education Partnership) has a range of policies and procedures in place in relation to the direct delivery of services provided as well as those relating to the Charities business, including Safeguarding Children, GDPR, along with comprehensive Insurance cover to include Professional and Trustee Indemnity.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The charity's objects are to work collaboratively for the advancement of education for public benefit of the children, young people and families in the Mid-Tendring area in order to improve life chances and outcomes, by

- (a) facilitating the delivery or brokering additional extra-curricular opportunities
- (b) promoting public and family access to schools and member resources.
- (c) facilitating the delivery or brokering support training and opportunities for public and families.
- (d) facilitating the delivery or brokering services to meet the needs of families and the public not currently met by statutory or local authority provision.
- (e) cultivating an ethos that fosters a positive sentiment towards education and lifelong learning for the public benefit in the Mid-Tendring area.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Tendring Families First (Mid Tendring Education Partnership) ensures that all undertakings and commissions are in accordance with the Charity Commission's guidance on public benefit. We strive to provide support, opportunities and activities which will benefit our children, families and communities by increasing their relevant capabilities, competencies, skills and experiences.

Promotion and access to community facilities including school facilities outside of the school day – provides increased opportunities for families to access local support services who provide information, advice and guidance to improve the knowledge, understanding and experience of the parents, children and families, as well as community enrichment and engagement.

Facilitating and Delivering Training and Workshops and Family Learning- for schools, children, families and the community.

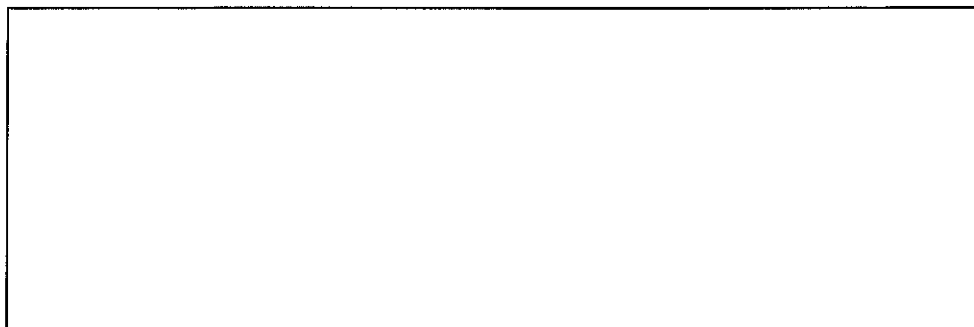
Brokering & Delivering Services to meet need – without exception the services commissioned aim to develop and teach the families to seek their own solutions to remove barriers to improve moral, spiritual, cultural and mental development of the families, to prepare them for the opportunities, responsibilities and experiences when engaging with society

Creating an ethos and environment in which families can enjoy learning, reflect, improve and grow in confidence, is fundamental. We will communicate an expectation that learning is important and enjoyable, and that everyone can achieve - we are ambitious for our families and expectations of learning are high. We will develop a culture of collaborative learning that builds on what all families from diverse backgrounds know and understand.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.



Section D

Achievements and performance

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

For 2024 -2025 we have continued to build on the strategic direction of '**Tendring Families First**' and the ethos of '**Putting Children and Families First**' and the important work we do as a local Charity providing early support across one of the most deprived districts in the UK. Our support helps families struggling with multiple complex issues including poverty, family breakdown, isolation, mental health, and behavioural challenges.

A continuing key priority area of support this year has been Emotional Wellbeing and Mental Health for our children and families. This year demand for mental health support for our children and families has continued to increase and is particularly acute within Tendring as it has the highest number of Children and Young People aged 5-11 affected by mental health in Essex. Sadly approximately 4 children and young people per week lose their life to suicide, most worryingly Tendring has the 2nd highest Suicide rate in the whole Country. (2021).

Tendring, also has higher than average adult mental health challenges, (Depression, Self-Harm, Suicide) and in most cases greater prevalence than all of England (2021). This is evident in the high numbers of our parents experiencing a decline in their emotional well-being and mental health.

Between 2024 and 2025, Tendring Families First saw a further **25% increase** in requests for Family Support on previous financial year, also in 2023/2024 we saw a 23% increase on previous year. One key theme of referral requests was for support around Diagnosis and EHCP help. This increase coincides with the revelation that Essex County Council is the worst in the Country for completing Special Educational Needs & Disabilities Assessments.

In Essex just 1% of children receive an assessment for an Educational Health Care Plan (EHCP) within the legal limit of 20 weeks. This delay is partly caused by the lack of Educational Psychologists able to carry out assessments to contribute to the EHCP, as well as an overall increase of requests of 143% from 2015 with almost 4,000 requests made in 22/23. It is estimated in NE Essex that children between 0-18 with Combined ASD/ADHD make up 7.6% of the population.

In response to demand, Suffolk and North East Essex Integrated Care Board have introduced changes to the Neurodevelopmental Disorder Diagnosis Pathway for children seeking ASD /ADHD diagnosis. In summary the changes include:

- Referral forms now only accepted from the child's GP or education setting, unless not in Education.
- The school is required to triage and confirm if the request is for either a diagnostic assessment for autism or ADHD.
- Complete the 13-page assessment referral providing detailed information on, Communication, Social Interactions, Rigid Behaviours, thinking and special interests, Sensory, Attention and Concentration, Hyperactivity, Impulsivity
- School to still complete SNAP questionnaires
- Parent also required to complete lengthy assessment for child
- Evidence that parent has accessed Behaviour and Parenting Support

These changes clearly impact on schools, linked to the expectation on schools to have the capacity and experience to be able to complete the referrals and to triage children to the correct diagnosis pathway without medical training. However, there is also a big **impact on Tendring Families First** and our Family support Team, as the changes to seeking a

Section E

Financial review

Brief statement of the charity's policy on reserves

Tendring Families First (Mid Tendring Education Partnership) takes an active and realistic approach to the management of our Reserves, which accords with the regulatory frameworks in which we work and with good practice as laid down by the Charity Commission. In order to sustain existing work for which funding has ceased, we aim to maintain the General Reserve at a minimum level. In accordance with Charity Commission guidelines, Tendring Families First (MTEP) has set this level to be equal to the costs of discharging our liabilities in the event of the company being wound up plus the costs represented by three to six months of continued operations.

Details of any funds materially in deficit

Not Applicable

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

This year Tendring Families First (MTEP) has been successful in securing external funding to support the charities vital work to include:

- £31,506 National Lottery 3 Year Partnership Funding (year1) Family Support
- £25,375 Trust House Charitable 3 Year Funding (final year) Family Support
- £1,000 Orsted – Counselling Support
- £1,000 Pickering Electronics – Counselling Support
- £5,000 Albert Hunt Trust – Counselling
- £4,000 – Essex Community Foundation - Psychotherapy Project

WALK & TALK

Tendring Families First held 'Walk & Talk Sponsored events during Children's Mental Health Week, which raised an impressive **£2,811**

Section F

Other optional information

Section G

Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Sarah Bryson (nee Dukelow)	Liz Pickford
Position (eg Secretary, Chair, etc)	Chair	CEO
Date		

Mid Tendring Education Partnership Working name: Tendring families First		Charity No	1150415
		Company No	8012490
Annual accounts for the period			
Period start date	01/04/2024	To	Period end date

Section A Statement of financial activities (including summary income and expenditure account)

Recommended categories by activity	Guidance Note	Unrestricted funds	Restricted income funds	Endowment funds
		£ F01	£ F02	£ F03
Income (Note 3)				
Income and endowments from:				
Donations and legacies	S01	5,191	65,882	
Charitable activities	S02	78,510		
Other trading activities	S03	275		
Investments	S04	2,817		
Separate material item of income	S05			
Other	S06			
Total	S07	86,794	65,882	
Expenditure (Notes 6)				
Expenditure on:				
Raising funds	S08	14,547		
Charitable activities	S09	70,515	75,304	
Separate material expense item	S10			
Other	S11			
Total	S12	85,062	75,304	
Net income/(expenditure) before tax for the	S13	1,731	- 9,422	
Tax payable	S14			
Net income/(expenditure) after tax before	S15	1,731	- 9,422	
Net gains/(losses) on investments	S16			
Net income/(expenditure)	S17	1,731	- 9,422	
Extraordinary items	S18			
Transfers between funds	S19			
Other recognised gains/(losses):				
Gains and losses on revaluation of fixed assets for	S20			
Other gains/(losses)	S21			
Net movement in funds	S22	1,731	- 9,422	
Reconciliation of funds:				
Total funds brought forward	S23	181,611	9,422	
Total funds carried forward	S24	183,342	-	



Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
Mid Tending Education Partnership

On accounts for the year
ended

31st March 2025

Charity no
(if any)

1150415

Set out on pages

1-3

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity for the year ended DD / MM / YYYY.

Responsibilities and
basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

* Please delete the words in the brackets if they do not apply.

Signed:

S Goody

Date:

29/07/2025

Name:

SUZANNE GOODY

Relevant professional
qualification(s) or body
(if any):

FCA – FELLOW OF THE ICAEW

Address:

8 OLD FORGE COURT COLCHESTER ROAD ELMSTEAD

ESSEX, CO7 7EA

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

Accounts



Trustees' Annual Report for the period

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Section A Reference and administration details

Charity name Mid Tending Education Partnership

Other names charity is known by Tending Families First

Registered charity number (if any) 1150415

Charity's principal address Brightlingsea Primary School & Nursery

Eastern Road

Brightlingsea

Postcode CO7 0HU

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
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5	Chris Ruck			
6	Kay French			
7	Vikki Bonner			
8	Dr Bethany Morgan- Brett		29/11/2023	
9				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Liz Pickford – CEO

Section B

Structure, governance and management

Description of the charity's trusts

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Objectives and activities

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Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Tendring Families First (Mid Tendring Education Partnership) ensures that all undertakings and commissions are in accordance with the Charity Commission's guidance on public benefit. We strive to provide support, opportunities and activities which will benefit our children, families and communities by increasing their relevant capabilities, competencies, skills and experiences.

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Brokering & Delivering Services to meet need – without exception the services commissioned aim to develop and teach the families to seek their own solutions to remove barriers to improve moral, spiritual, cultural and mental development of the families, to prepare them for the opportunities, responsibilities and experiences when engaging with society

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Additional details of objectives and activities (Optional information)

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- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D

Achievements and performance

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

For 2023 -2024 we have continued to build on the strategic direction of 'Tendring Families First' and the ethos of 'Putting Children and Families First' and the important work we do as a local Charity providing early support across one of the most deprived districts in the UK. Our support helps families struggling with multiple complex issues including poverty, family breakdown, isolation, mental health, and behavioural challenges.

A continuing key priority area of support this year has been around the impact of endemic levels of school absence, meaning children are missing out on their right to education. Current DoFE figures show that over **150,000** children were persistently absent which is **TRIPLE** what it was pre Pandemic.

The latest statistics from the Department for Education(2023), show that 20.1% of children were persistently absent in Autumn 2023, which concerningly means that a fifth of children are regularly absent from school, and one child per class is absent every day. Children who are eligible for free school meals and those with identified special educational needs (SEN) have much higher rates of persistent absence, relative to their peers. There is clear evidence of the link between non-school attendance, mental health and academic success. Therefore, ensuring children can access their right to education remains a priority for Tendring Families First and our Schools. Tendring Families First has seen a big increase in the numbers of referrals for support for children and families where absence or emotional based school avoidance is a predominant factor, and our support aims to understand the reasons for non-attendance affecting individual families and provide intensive support and practical and creative solutions to improve attendance rates.

This year demand for mental health support for our children and families has continued to increase and is particularly acute within Tendring as it has the highest number of Children and Young People aged 5-11 affected by mental health in Essex. Sadly approximately 4 children and young people per week lose their life to suicide, most worryingly Tendring has the 2nd highest Suicide rate in the whole Country. (2021).

Tendring, also has higher than average adult mental health challenges, (Depression, Self-Harm, Suicide) and in most cases greater prevalence than all of England (2021). This is evident in the high numbers of our parents experiencing a decline in their emotional well-being and mental health.

Between 2023 and 2024, Tendring Families First saw a 23% increase in requests for Family Support on previous financial year. One key theme of referral requests was for support around Diagnosis and EHCP help. This increase coincides with the revelation the Essex County Council is the worst in the Country for completing Special Educational Needs & Disabilities Assessments.

In Essex just 1% of children receive an assessment for an Educational Health Care Plan (EHCP) within the legal limit of 20 weeks. This delay is partly caused by the lack of Educational Psychologists able to carry out assessments to contribute to the EHCP, as well as an overall increase of requests of 143% from 2015 with almost 4,000 requests made in 22/23.

The 'Cost-of-Living Crisis' has further impacted our vulnerable families, who are experiencing food poverty, eviction, and debt, leading to an increase in stress, anxiety and hopelessness. Tendring scores as the 32nd most Deprived area in the whole Country, with the worst percentage of Children Living in Low Income Families & Poverty in Essex. We know that Child

Poverty has the strongest correlation with child wellbeing. Children in poverty are more likely to suffer physical health, acute and chronic illness, accidental injury, poor diet and shorter life expectancy.

Tending Families First will tackle the inequalities of social disadvantage, poverty, family adversity and the correlation of poor mental health for our children and young people aged 5-11 through provision of a comprehensive package of support for our vulnerable children and families as below.

- **'Theraplay' and Dyadic Development Psychotherapy (DDP)** interventions for our children and families presenting with emotional, psychological and mental health difficulties, in order to attain real change for our children to be 'Emotionally Well'. Theraplay is a therapeutic 12 week 1:1 programme of interactive play for children 5-19, who have experienced trauma. DDP is delivered alongside Theraplay, as a family centred treatment approach to strengthen attachment and resolve trauma. The goal is to enhance attachment, trust, self-esteem and joyful engagement and to empower parents to continue on their own- the health promoting interactions of the treatment sessions.

6 Children and Families Completed 12 Sessions of Theraplay, 1 further Child has started sessions. Overall 69 Theraplay sessions have been provided to 7 children and Families between April 23 – March 24

Feedback & Quotes:

School Professional "X has been doing brilliantly. Theraplay has made a huge impact on him in so many ways. His school story has completely changed, and he is happy and able to enjoy things and make friendships. It really is the most wonderful thing to see. Thank you".

Parent "For the first time something is starting to work for us".

Child "I never want to leave and stay forever".

Parent "Thank you, you have been invaluable. We will miss coming".

Child "Thank you for all the fun".

Child "Thank you for caring for me. I loved the games we played".

- **Commissioned Freelance and 2 Day per Week Contracted BACP Qualified Child Counsellors** to provide for Primary age children, who are presenting with emerging emotional, psychological and mental health difficulties, to attain real change for our children to be 'Emotionally well: free from or experiencing a reduction in emotional distress. The Counsellor's work with children and families to assist with the varied emotional and practical difficulties and to empower children through learning new skills and coping mechanisms to help move them forward and deal with future family difficulties, achieving

positive change in self-esteem and emotional wellbeing.
April 23 – March 24 Freelance Counsellors = 52 Children Completed Counselling with 1 Additional Child Started Providing 441 1:1 therapeutic session provided.

Commissioned Counsellors = 74 Children Completed & Additional 10 Children Started Counselling, providing 596 therapeutic total sessions.

Total Number of Children who have Completed Therapeutic Counselling Support = 126, & a further 11 Children Started Support, receiving 1037 Total 1:1 sessions between April 23 – March 24

Overall Impact and Evaluations

97% Found Counselling Helpful

95% Felt Better About Their Situation After Counselling

96% Feel More Confident After Counselling

75 % Felt they saw Counsellor for as Long as they wanted.

100% Felt they could Trust their Counsellor.

100% Would Recommend Counselling for their Friends.

Quotes

"I like coming to counselling, I know I am safe, I can say my worries it helped me calm down"

"I have got rid of my worries".

"I would recommend counselling to my friend, we talked about being mad, happy, loved and sad because they are all the ways I feel"

"Counselling helps everyone develop their minds and helps with your worries; it has helped with my worries in the car".

"Counselling gives you someone to talk to about your feelings if you're struggling with school and stuff".

"I like counselling it lets me get my feelings out".

"Counselling makes me feel happy and comfortable to be able to talk to someone, it relaxes my mind".

"It helped my confidence".

"Before Counselling I didn't tell my worries to anyone but now I can tell my family, teacher and counsellor"

"I like having someone to talk to because mum gets sad a lot, so it helps to have someone".

"Counselling to me is relaxing, fun, soothing, amazing and really nice".

"I would recommend to my friends because its fund and a good way to get things off my mind".

"It's fun, it helps with bad thoughts and helps you forget bad things".

"I like coming to see you".

"I would like longer".

"I liked talking about my feelings and worries, I wish I had more time and words".

"It has helped me talking about my feelings and if anything is wrong it can help".

"Counselling has helped me come to school, before I didn't want to and now, I do".

"Counselling helped to lift the weight off my shoulders".

"I love Counselling as I can take a break and breathe".

"Counselling helps me as I feel important to someone".

"Counselling is great because you can trust your counsellor because they won't judge you".

**"Counselling helps me to calm down and feel less stressed".
"I feel happy now".**

"I like having someone to talk to, I don't want it to end, I'm sad its over".

**"At the start I felt really anxious and worried, now I am calmer"
"Counselling helped me with my friendships and nerves, I feel more confident now".**

"I used to worry a lot especially about school arguments, but now I dint I can deal with it better".

"I wanted to feel a bit happier and now I do".

Parent Evaluations & Impact

100% Found Counselling Helpful for their Child.

100% Believed Their Child Felt Better About Their Situation After Counselling

100% Believed Their Child Felt More Confident After Counselling

100% Felt their Child Was Seen Quickly

100% Felt the Counsellor understood their family's needs

100% Would Recommend Counselling for their Friends if their child needed it

Parent Quotes

"X has definitely benefitted from counselling and has been able to express himself better".

- **Family Support Worker and Disability & Additional Needs Worker** providing early intervention support, advice and guidance for parents; helping them to increase their skills, confidence, and ability to parent effectively. Families have received expert advice and support for families via a range of methods including, 1:1 face to face delivery, group work, Online, telephone support, parent drop-in sessions, consultation sessions for school staff and parents. Post Pandemic, our families continue to feel the effects of the impact on their health and emotional wellbeing post pandemic which had led to increases in difficult behaviour anger and psychological stress, alongside increased risk of domestic abuse, and challenging behaviour of children struggling with anxiety and school refusal. All of this has meant a sustained demand of parents reaching out for support. Our Family Workers have responded to meet the needs of our children and families, providing regular weekly support, advice, guidance and empathic responses to their experiences, to improve outcomes, behaviour and emotional well-being.

Total Families Receiving Support April 23- March 24 = 80 (23% increase on 22/23)

100% of Parents reported improvements in their family functioning following support.

Following support overall average score across 10 areas measured showed improvement from baseline score 7 out of 10 to end point after support score of 9 out of 10.

Parent Quotes & Feedback –

“With the support you have given me I know I’ve got this now I know what I’m doing, and I’ve never felt like this before”.

“I just need to bottle your knowledge and then I will be fine”.

“How do you make me feel so much better about my life!

“When I feel like I can’t do this you appear, and I think right now I’ve got this”.

“You have been amazing, supporting myself and my family through tricky times and helping us get back on track. Thank you”.

“Thank you so much for supporting us at Paediatrics, I was so worried but knowing you were there made it easy”.

“You have been amazing at helping support our family, you have also massively improved the support my daughter receives in school. Amazing !”

“Amazing service. Really helpful in every way possible, will miss you lots”.

“You have helped so much that we are really grateful for, Thank you 😊 “

"I would have given up trying but I knew you are there and that kept me going, I can see the difference in my son. Thanks for all your help and support"

"I haven't laughed this much in ages, thank you for coming to see me, listening and helping me with my boys"

"What would I do without your support you're our Angel"

"I know when I speak with you things are going to be ok in the end"

"You help me to see things in a different light without the support we would be lost".

"Thank you for your support and kindness. I see things differently now and feel better equipped to cope. I will miss our chats"

"Really good support. listened and acted on my concerns"

"Everyone should have a Stef in their life, you see things in a different way that supports us as a family".

"Thank you for your suggestions, my son was getting anxious on our journey I used your strategies. It worked 😊"

"Thank you so much. I must admit it feels really good to get my daughter in on time, it's all thanks to you and my sisters support, thank you so much"

"It's so lovely to have someone to talk to who doesn't judge me".

"Always supportive to listen and always supportive to our whole family".

Professional Feedback

"Tendring are so lucky to have you and Tendring First there to support them. You are making such a difference to these families lives and I am honoured to be a part of it".

"You go above with what you do for our families".

"You are very good at what you do and it shows with our families"

"A big thank you from the team here for your support and guidance".

"Many thanks for your support and ideas this morning. I am so pleased we have a clear plan going forward. Thanks".

"Navigating home/school can be tricky and we appreciate your help".

"Pleased the family feels things have and are improving".

Additional Family Support Services – Further to the 1:1 Family Support offer, both Family and Disability & Additional Needs Workers have provided additional support to schools, children and families to include.

164 Child Observations Completed
44 School Consultations
118 Pupil Perceptions
81 School Reviews
79 TAF
32 SEN Coffee Mornings
43 One Plan Reviews
32 Sensory Profiles

- **Freelance Play Therapists** - The Charity engages PTUK qualified Play Therapists to work with our children to provide an evidenced based psychotherapeutic provision. The therapy sessions in school will benefit children experiencing social and emotional difficulties. Children are provided with 12 sessions usually lasting 45 minutes, where they have access to creative materials to include sand, clay, paint, puppets, dressing up and music. This specialist approach ensures the therapist meets the need of the child, and a trusting relationship is formed, and the child feels listened to and understood. With weekly therapy the child's emotional regulation improves, appropriate self-expression is empowered and the need to act out or internalise emotions is alleviated, appropriate self-expression is empowered and the need to act out or internalise emotions is alleviated.

19 Children completed 12 weeks of Play Therapy April 23 – March 24. (Target of 17) Additional 3 Children Started Support to Complete. 186 Therapeutic Sessions Delivered.

Outcomes

100% Found Play Therapy Useful
100% Felt Better About Situation After Play Therapy
75% Felt More Confident
100% Felt They Could Trust Therapist
100% Would Recommend Play Therapy to Friends

Child Quotes

” “Play Therapy has helped me, it makes me happy and helps me cope more with things. I go home happy I feel happy every time Claire picks me up. I’m starting to get along with friends more”

“I enjoyed my sessions more and more”

“Play Therapy has been a very fun time and so good”

- **Freelance Art Therapist** – We engage, a qualified Art Therapist to work with our children and families. Art Therapy is a form of psychotherapy that uses art media as its primary mode of communication. When children and young people are experiencing emotional difficulties, they find learning very hard and their inclusion in school life is affected. Art Therapy as a form of intervention can assist with individual's psychological, emotional, educational, social and physical development. Art Therapists can help identify new strategies for managing feelings, thoughts and behaviours at home and school. They can build resilience in the child and encourage and support the child, their primary carers, and teachers through the process of making positive changes. Art Therapy can help improve behaviour, raise achievement, encourage attendance and help pupils take part more fully in school life.

**9 Children supported and completed 8 weeks of Art Therapy
April 23 – March 24 providing 72 Therapeutic Sessions**

**91% Found Art Therapy Useful
73% Felt Better About Their Situation
55% Felt More Confident
100% Felt They Could Trust Their Therapist
95% Would Recommend Art Therapy**

- **Fear-Less Anxiety Parenting Programme** - In response to the number of children experiencing anxiety, and increasing number of children with severe and persistent absence from school, Tendring Families First has fully funded the cost of Training one of our Family Workers to be able to deliver the International evidenced based Triple P Fear-less Parenting programme. Fear-Less is a free Online Cognitive Behavioural programme, to support parents to help their children to manage Anxiety. The programme involves six 1-hour modules with videos and interactive activities to include:
 1. Understanding Anxiety
 2. Promoting Emotional Resilience
 3. Setting a good example – encouraging flexible, realistic thinking
 4. Overcoming Avoidance
 5. Responding to children's anxiety
 6. Constructive problem solving

Fear-Less aims to help parents to improve their children's ability to cope with the anxiety, become more emotionally resilience and develop skills and strategies so they can access their education. The Family Support Worker is now fully accredited and will be planning and delivering programmes in the next academic term for our parents.

- **Child Psychotherapy Project**

This project has been developed in response to the increasing numbers of children and young people presenting with more complex and enduring psychological difficulties. Tendring Families First has received vital funding from Colchester Catalyst Charity to provide Psychotherapy for our children and young people with more severe, complex and persistent mental health difficulties and disorders. Tendring Families First children referred to the service will receive: Up to 12 weeks support per child to include:

- Baseline Mental Health Screening Assessment
- Liaison with Parent/Carer to seek parent view child assessment (if appropriate)
- 12 weeks of 1:1 Psychotherapy Sessions
- Representation at TAF/Professionals Meetings (if appropriate)
- Signposting/Referrals to Additional Support Services
- End Point Evaluation & Recommendations

The project started February 24.

3 Children Referred for Psychotherapy and have commenced therapeutic support. These children will complete sessions and be evaluated in next financial year.

- **Free Adult Counselling**

We are pleased to be working with both Essex University & Colchester Institute Trainee Student Counsellors to offer:

Free Confidential Adult Counselling & Psychotherapy for our Parents & Carers and School Staff.

Our Trainee Student Counsellors can provide a confidential, safe non-judgemental approach to explore any difficulties or issues being experienced, to gain and develop insight into self, current situations and life experiences. Therapeutic Sessions are 50 mins and can be delivered In Person or Online via Zoom on a weekly basis – the length of support is discussed and agreed with client at the start of support, with the counsellor. All Student Counsellors are members of the British Association of Counselling & Psychotherapy (BACP) and as such adhere to the Ethical Framework and commit to the highest level of Confidentiality and regular Supervision.

11 Adults have benefit from FREE Counselling & Psychotherapy this financial year.

Free Parent Law Clinics Tendring Families First has worked in partnership with Essex University Law Department to provide a solution to the impact of the withdrawal of Legal Aid for separating families where children are involved in disputes including maintenance and access arrangements. This exciting project provides our parents with a free 45 minute legal advice meeting with law students from Essex Uni along with their supervising solicitor, and a follow up advice letter. This provides an essential service for our families who otherwise are unable to afford to get the advice they need, and also provides the law students with real community work experience. The free clinics are offered in our schools and rotate around the area to ensure equality of access.

2 Free Law Clinics have been provided benefitting 6 Parents/School Staff to receive free locally accessibly Legal Advice.

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Section E

Financial review

Brief statement of the charity's policy on reserves

Tendring Families First (Mid Tendring Education Partnership) takes an active and realistic approach to the management of our Reserves, which accords with the regulatory frameworks in which we work and with good practice as laid down by the Charity Commission.

In order to sustain existing work for which funding has ceased, we aim to maintain the General Reserve at a minimum level. In accordance with Charity Commission guidelines, Tendring Families First (MTEP) has set this level to be equal to the costs of discharging our liabilities in the event of the company being wound up plus the costs represented by three to six months of continued operations.

Details of any funds materially in deficit

Not Applicable

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

This year Tendring Families First (MTEP) has been successful in securing external funding to support the charities vital work.

- £27,540 Start Well NEE Health & Wellbeing Alliance – Counselling, Play & Art Therapy
- £24,877 Trust House Charitable 3 Year Funding Family Support
- £10,000 Awards For All – Family Support
- £4,500 Catalyst – Psychotherapy Project

Section F

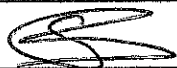
Other optional information

Section G

Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Sarah Bryson (nee Dukelow)	Liz Pickford
Position (eg Secretary, Chair, etc)	Chair	CEO
Date	25/6/24	

Mid Tending Education Partnership Working nam;; Tending families First		Charity No	1150415	
		Company No	8012490	
Annual accounts for the period				
Period start date	01/04/2023	To	Period end date	31/03/2024

Section A Statement of financial activities (including summary income and expenditure account)

Guidance Note

Recommended categories by activity

Income (Note 3)

Income and endowments from:

Donations and legacies

Charitable activities

Other trading activities

Investments

Separate material item of income

Other

Total

Expenditure (Notes 6)

Expenditure on:

Raising funds

Charitable activities

Separate material expense item

Other

Total

Net income/(expenditure) before tax for the reporting period

Tax payable

Net income/(expenditure) after tax before investment gains/(losses)

Net gains/(losses) on investments

Net income/(expenditure)

Extraordinary items

Transfers between funds

Other recognised gains/(losses):

Gains and losses on revaluation of fixed assets for the charity's own use

Other gains/(losses)

Net movement in funds

Reconciliation of funds:

Total funds brought forward

Total funds carried forward

	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total funds £ F04	Prior year funds £ F05
S01	1,452	71,917		73,369	93,722
S02	79,950			79,950	93,170
S03	3,937			3,937	
S04					216
S05	-			-	
S06	2,484			2,484	234
S07	87,823	71,917		159,740	187,342
S08	14,080			14,080	13,694
S09	78,474	62,495		140,969	137,131
S10				-	
S11				-	
S12	92,554	62,495		155,049	150,825
S13	- 4,731	9,422	-	4,691	36,517
S14	-	-	-	-	-
S15	- 4,731	9,422	-	4,691	36,517
S16	-	-	-	-	-
S17	- 4,731	9,422	-	4,691	36,517
S18	-	-	-	-	-
S19	-	-	-	-	-
S20	-	-	-	-	-
S21	-	-	-	-	-
S22	- 4,731	9,422	-	4,691	36,517
S23	186,342		-	186,342	149,828
S24	181,611	9,422		191,033	186,345

Section B Balance sheet

		Guidance Note	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total this year £ F04	Total last year £ F05
Fixed assets							
Intangible assets	(Note 15)	B01	-	-	-	-	-
Tangible assets	(Note 14)	B02	-	-	-	-	-
Heritage assets	(Note 16)	B03	-	-	-	-	-
Investments	(Note 17)	B04	-	-	-	-	-
Total fixed assets		B05	-	-	-	-	-
Current assets							
Stocks	(Note 18)	B06	-	-	-	-	-
Debtors	(Note 19)	B07	-	-	-	-	-
Investments	(Note 17.4)	B08	-	-	-	-	-
Cash at bank and in hand	(Note 24)	B09	181,611	9,422	-	191,033	186,343
Total current assets		B10	181,611	9,422	-	191,033	186,343
Creditors: amounts falling due within one year	(Note 20)	B11			-	-	
Net current assets/(liabilities)		B12	181,611	9,422	-	191,033	186,343
Total assets less current liabilities		B13	181,611	9,422	-	191,033	186,343
Creditors: amounts falling due after one year	(Note 20)	B14		-	-		-
Provisions for liabilities		B15	-		-		-
Total net assets or liabilities		B16	181,611	9,422	-	191,033	186,343
Funds of the Charity							
Endowment funds (Note 27)		B17	-			-	-
Restricted income funds (Note 27)		B18					
Unrestricted funds		B19			-		
Revaluation reserve		B20				-	
Fair value reserve		B21					
Total funds		B22	191,033		-	191,033	186,343

The company was entitled to exemption from audit under s477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

Signed by one or two trustees/directors on behalf of all the trustees/directors

Print Name	Date of approval dd/mm/yyyy
SARAH DUKELOW	25/6/24

Signature of director authenticating accounts being sent to Companies House

Signature	Date dd/mm/yyyy
	25/6/24
	Print name



Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
Mid Tending Education Partnership

On accounts for the year
ended

31st March 2024

Charity no
(if any)

1150415

Set out on pages

1-3

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity for the year ended DD / MM / YYYY.

Responsibilities and
basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

* Please delete the words in the brackets if they do not apply.

Signed:

S Goody

Date:

05/06/2024

Name:

SUZANNE GOODY

Relevant professional
qualification(s) or body
(if any):

FCA – FELLOW OF THE ICAEW

Address:

8 OLD FORGE COURT COLCHESTER ROAD ELMSTEAD
ESSEX, CO7 7EA

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

Accounts



Trustees' Annual Report for the period

Period start date			Period end date		
From	1 st	April	2023	To	31 st March 2024

Section A Reference and administration details

Charity name Mid Tending Education Partnership

Other names charity is known by Tending Families First

Registered charity number (if any) 1150415

Charity's principal address Brightlingsea Primary School & Nursery

Eastern Road

Brightlingsea

Postcode CO7 0HU

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Sarah Bryson	Chair		
2	Jennifer Grotier			
3	Diane Fawcett			
4	Stephen Burke			
5	Chris Ruck			
6	Kay French			
7	Vikki Bonner			
8	Dr Bethany Morgan- Brett		29/11/2023	
9				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Liz Pickford – CEO

Section B

Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Memorandum & Articles of Association incorporated 29 th March 2012
How the charity is constituted (eg. trust, association, company)	Charitable Company Limited by Guarantee - Consisting of Schools & Partners holding full and associate membership as appropriate.
Trustee selection methods (eg. appointed by, elected by)	Trustees are appointed or reappointed at the Annual General Meeting as detailed in the Articles of Association.

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Tendring Families First (Mid Tendring Education Partnership) is a Charitable Company Limited by Guarantee with full and associate membership of schools and partners.

The partnership's Articles of Association contains the organisational structure to detail that a minimum of 5 Directors are required to represent the schools from both Colne and TTC clusters and a Special school. The partnership also works with the other organisations to ensure that the local needs are communicated to inform strategic decisions and local commissioning opportunities are acted upon.

Tendring Families First (Mid Tendring Education Partnership) has a range of policies and procedures in place in relation to the direct delivery of services provided as well as those relating to the Charities business, including Safeguarding Children, GDPR, along with comprehensive Insurance cover to include Professional and Trustee Indemnity.

Section C

Objectives and activities

Summary of the objects of the charity set out in its governing document

The charity's objects are to work collaboratively for the advancement of education for public benefit of the children, young people and families in the Mid-Tendring area in order to improve life chances and outcomes, by

- (a) facilitating the delivery or brokering additional extra-curricular opportunities
- (b) promoting public and family access to schools and member resources.
- (c) facilitating the delivery or brokering support training and opportunities for public and families.
- (d) facilitating the delivery or brokering services to meet the needs of families and the public not currently met by statutory or local authority provision.
- (e) cultivating an ethos that fosters a positive sentiment towards education and lifelong learning for the public benefit in the Mid-Tendring area.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Tendring Families First (Mid Tendring Education Partnership) ensures that all undertakings and commissions are in accordance with the Charity Commission's guidance on public benefit. We strive to provide support, opportunities and activities which will benefit our children, families and communities by increasing their relevant capabilities, competencies, skills and experiences.

Promotion and access to community facilities including school facilities outside of the school day – provides increased opportunities for families to access local support services who provide information, advice and guidance to improve the knowledge, understanding and experience of the parents, children and families, as well as community enrichment and engagement.

Facilitating and Delivering Training and Workshops and Family Learning- for schools, children, families and the community.

Brokering & Delivering Services to meet need – without exception the services commissioned aim to develop and teach the families to seek their own solutions to remove barriers to improve moral, spiritual, cultural and mental development of the families, to prepare them for the opportunities, responsibilities and experiences when engaging with society

Creating an ethos and environment in which families can enjoy learning, reflect, improve and grow in confidence, is fundamental. We will communicate an expectation that learning is important and enjoyable, and that everyone can achieve - we are ambitious for our families and expectations of learning are high. We will develop a culture of collaborative learning that builds on what all families from diverse backgrounds know and understand.

Additional details of objectives and activities (Optional information)

You may choose to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D Achievements and performance

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

For 2023 -2024 we have continued to build on the strategic direction of **'Tendring Families First'** and the ethos of **'Putting Children and Families First'** and the important work we do as a local Charity providing early support across one of the most deprived districts in the UK. Our support helps families struggling with multiple complex issues including poverty, family breakdown, isolation, mental health, and behavioural challenges.

A continuing key priority area of support this year has been around the impact of endemic levels of school absence, meaning children are missing out on their right to education. Current DoFE figures show that over **150,000** children were persistently absent which is **TRIPLE** what it was pre Pandemic.

The latest statistics from the Department for Education(2023), show that 20.1% of children were persistently absent in Autumn 2023, which concerningly means that a fifth of children are regularly absent from school, and one child per class is absent every day. Children who are eligible for free school meals and those with identified special educational needs (SEN) have much higher rates of persistent absence, relative to their peers. There is clear evidence of the link between non-school attendance, mental health and academic success. Therefore, ensuring children can access their right to education remains a priority for Tendring Families First and our Schools. Tendring Families First has seen a big increase in the numbers of referrals for support for children and families where absence or emotional based school avoidance is a predominant factor, and our support aims to understand the reasons for non-attendance affecting individual families and provide intensive support and practical and creative solutions to improve attendance rates.

This year demand for mental health support for our children and families has continued to increase and is particularly acute within Tendring as it has the highest number of Children and Young People aged 5-11 affected by mental health in Essex. Sadly approximately 4 children and young people per week lose their life to suicide, most worryingly Tendring has the 2nd highest Suicide rate in the whole Country. (2021).

Tendring, also has higher than average adult mental health challenges, (Depression, Self-Harm, Suicide) and in most cases greater prevalence than all of England (2021). This is evident in the high numbers of our parents experiencing a decline in their emotional well-being and mental health.

Between 2023 and 2024, Tendring Families First saw a 23% increase in requests for Family Support on previous financial year. One key theme of referral requests was for support around Diagnosis and EHCP help. This increase coincides with the revelation the Essex County Council is the worst in the Country for completing Special Educational Needs & Disabilities Assessments.

In Essex just 1% of children receive an assessment for an Educational Health Care Plan (EHCP) within the legal limit of 20 weeks. This delay is partly caused by the lack of Educational Psychologists able to carry out assessments to contribute to the EHCP, as well as an overall increase of requests of 143% from 2015 with almost 4,000 requests made in 22/23.

The 'Cost-of-Living Crisis' has further impacted our vulnerable families, who are experiencing food poverty, eviction, and debt, leading to an increase in stress, anxiety and hopelessness. Tendring scores as the 32nd most Deprived area in the whole Country, with the worst percentage of Children Living in Low Income Families & Poverty in Essex. We know that Child

Poverty has the strongest correlation with child wellbeing. Children in poverty are more likely to suffer physical health, acute and chronic illness, accidental injury, poor diet and shorter life expectancy.

Tending Families First will tackle the inequalities of social disadvantage, poverty, family adversity and the correlation of poor mental health for our children and young people aged 5-11 through provision of a comprehensive package of support for our vulnerable children and families as below.

- **'Theraplay' and Dyadic Development Psychotherapy (DDP)** interventions for our children and families presenting with emotional, psychological and mental health difficulties, in order to attain real change for our children to be 'Emotionally Well'. Theraplay is a therapeutic 12 week 1:1 programme of interactive play for children 5-19, who have experienced trauma. DDP is delivered alongside Theraplay, as a family centred treatment approach to strengthen attachment and resolve trauma. The goal is to enhance attachment, trust, self-esteem and joyful engagement and to empower parents to continue on their own- the health promoting interactions of the treatment sessions.

6 Children and Families Completed 12 Sessions of Theraplay, 1 further Child has started sessions. Overall 69 Theraplay sessions have been provided to 7 children and Families between April 23 – March 24

Feedback & Quotes:

School Professional "X has been doing brilliantly. Theraplay has made a huge impact on him in so many ways. His school story has completely changed, and he is happy and able to enjoy things and make friendships. It really is the most wonderful thing to see. Thank you".

Parent "For the first time something is starting to work for us".

Child "I never want to leave and stay forever".

Parent "Thank you, you have been invaluable. We will miss coming".

Child "Thank you for all the fun".

Child "Thank you for caring for me. I loved the games we played".

- **Commissioned Freelance and 2 Day per Week Contracted BACP Qualified Child Counsellors** to provide for Primary age children, who are presenting with emerging emotional, psychological and mental health difficulties, to attain real change for our children to be 'Emotionally well: free from or experiencing a reduction in emotional distress. The Counsellor's work with children and families to assist with the varied emotional and practical difficulties and to empower children through learning new skills and coping mechanisms to help move them forward and deal with future family difficulties, achieving

positive change in self-esteem and emotional wellbeing.
April 23 – March 24 Freelance Counsellors = 52 Children Completed Counselling with 1 Additional Child Started Providing 441 1:1 therapeutic session provided.

Commissioned Counsellors = 74 Children Completed & Additional 10 Children Started Counselling, providing 596 therapeutic total sessions.

Total Number of Children who have Completed Therapeutic Counselling Support = 126, & a further 11 Children Started Support, receiving 1037 Total 1:1 sessions between April 23 – March 24

Overall Impact and Evaluations

97% Found Counselling Helpful

95% Felt Better About Their Situation After Counselling

96% Feel More Confident After Counselling

75 % Felt they saw Counsellor for as Long as they wanted.

100% Felt they could Trust their Counsellor.

100% Would Recommend Counselling for their Friends.

Quotes

"I like coming to counselling, I know I am safe, I can say my worries it helped me calm down"

"I have got rid of my worries".

"I would recommend counselling to my friend, we talked about being mad, happy, loved and sad because they are all the ways I feel"

"Counselling helps everyone develop their minds and helps with your worries; it has helped with my worries in the car".

"Counselling gives you someone to talk to about your feelings if you're struggling with school and stuff".

"I like counselling it lets me get my feelings out".

"Counselling makes me feel happy and comfortable to be able to talk to someone, it relaxes my mind".

"It helped my confidence".

"Before Counselling I didn't tell my worries to anyone but now I can tell my family, teacher and counsellor"

"I like having someone to talk to because mum gets sad a lot, so it helps to have someone".

"Counselling to me is relaxing, fun, soothing, amazing and really nice".

"I would recommend to my friends because its fund and a good way to get things off my mind".

"It's fun, it helps with bad thoughts and helps you forget bad things".

"I like coming to see you".

"I would like longer".

"I liked talking about my feelings and worries, I wish I had more time and words".

"It has helped me talking about my feelings and if anything is wrong it can help".

"Counselling has helped me come to school, before I didn't want to and now, I do".

"Counselling helped to lift the weight off my shoulders".

"I love Counselling as I can take a break and breathe".

"Counselling helps me as I feel important to someone".

"Counselling is great because you can trust your counsellor because they won't judge you".

**"Counselling helps me to calm down and feel less stressed".
"I feel happy now".**

"I like having someone to talk to, I don't want it to end, I'm sad its over".

**"At the start I felt really anxious and worried, now I am calmer"
"Counselling helped me with my friendships and nerves, I feel more confident now".**

"I used to worry a lot especially about school arguments, but now I dint I can deal with it better".

"I wanted to feel a bit happier and now I do".

Parent Evaluations & Impact

100% Found Counselling Helpful for their Child.

100% Believed Their Child Felt Better About Their Situation After Counselling

100% Believed Their Child Felt More Confident After Counselling

100% Felt their Child Was Seen Quickly

100% Felt the Counsellor understood their family's needs

100% Would Recommend Counselling for their Friends if their child needed it

Parent Quotes

"X has definitely benefitted from counselling and has been able to express himself better".

- **Family Support Worker and Disability & Additional Needs Worker** providing early intervention support, advice and guidance for parents; helping them to increase their skills, confidence, and ability to parent effectively. Families have received expert advice and support for families via a range of methods including, 1:1 face to face delivery, group work, Online, telephone support, parent drop-in sessions, consultation sessions for school staff and parents. Post Pandemic, our families continue to feel the effects of the impact on their health and emotional wellbeing post pandemic which had led to increases in difficult behaviour anger and psychological stress, alongside increased risk of domestic abuse, and challenging behaviour of children struggling with anxiety and school refusal. All of this has meant a sustained demand of parents reaching out for support. Our Family Workers have responded to meet the needs of our children and families, providing regular weekly support, advice, guidance and empathic responses to their experiences, to improve outcomes, behaviour and emotional well-being.

Total Families Receiving Support April 23- March 24 = 80 (23% increase on 22/23)

100% of Parents reported improvements in their family functioning following support.

Following support overall average score across 10 areas measured showed improvement from baseline score 7 out of 10 to end point after support score of 9 out of 10.

Parent Quotes & Feedback –

“With the support you have given me I know I’ve got this now I know what I’m doing, and I’ve never felt like this before”.

“I just need to bottle your knowledge and then I will be fine”.

“How do you make me feel so much better about my life!

“When I feel like I can’t do this you appear, and I think right now I’ve got this”.

“You have been amazing, supporting myself and my family through tricky times and helping us get back on track. Thank you”.

“Thank you so much for supporting us at Paediatrics, I was so worried but knowing you were there made it easy”.

“You have been amazing at helping support our family, you have also massively improved the support my daughter receives in school. Amazing !”

“Amazing service. Really helpful in every way possible, will miss you lots”.

“You have helped so much that we are really grateful for, Thank you 😊 “

"I would have given up trying but I knew you are there and that kept me going, I can see the difference in my son. Thanks for all your help and support"

"I haven't laughed this much in ages, thank you for coming to see me, listening and helping me with my boys"

"What would I do without your support you're our Angel"

"I know when I speak with you things are going to be ok in the end"

"You help me to see things in a different light without the support we would be lost".

"Thank you for your support and kindness. I see things differently now and feel better equipped to cope. I will miss our chats"

"Really good support. listened and acted on my concerns"

"Everyone should have a Stef in their life, you see things in a different way that supports us as a family".

"Thank you for your suggestions, my son was getting anxious on our journey I used your strategies. It worked 😊"

"Thank you so much. I must admit it feels really good to get my daughter in on time, it's all thanks to you and my sisters support, thank you so much"

"It's so lovely to have someone to talk to who doesn't judge me".

"Always supportive to listen and always supportive to our whole family".

Professional Feedback

"Tendring are so lucky to have you and Tendring First there to support them. You are making such a difference to these families lives and I am honoured to be a part of it".

"You go above with what you do for our families".

"You are very good at what you do and it shows with our families"

"A big thank you from the team here for your support and guidance".

"Many thanks for your support and ideas this morning. I am so pleased we have a clear plan going forward. Thanks".

"Navigating home/school can be tricky and we appreciate your help".

"Pleased the family feels things have and are improving".

Additional Family Support Services – Further to the 1:1 Family Support offer, both Family and Disability & Additional Needs Workers have provided additional support to schools, children and families to include.

164 Child Observations Completed
44 School Consultations
118 Pupil Perceptions
81 School Reviews
79 TAF
32 SEN Coffee Mornings
43 One Plan Reviews
32 Sensory Profiles

- **Freelance Play Therapists** - The Charity engages PTUK qualified Play Therapists to work with our children to provide an evidenced based psychotherapeutic provision. The therapy sessions in school will benefit children experiencing social and emotional difficulties. Children are provided with 12 sessions usually lasting 45 minutes, where they have access to creative materials to include sand, clay, paint, puppets, dressing up and music. This specialist approach ensures the therapist meets the need of the child, and a trusting relationship is formed, and the child feels listened to and understood. With weekly therapy the child's emotional regulation improves, appropriate self-expression is empowered and the need to act out or internalise emotions is alleviated, appropriate self-expression is empowered and the need to act out or internalise emotions is alleviated.

19 Children completed 12 weeks of Play Therapy April 23 – March 24. (Target of 17) Additional 3 Children Started Support to Complete. 186 Therapeutic Sessions Delivered.

Outcomes

100% Found Play Therapy Useful
100% Felt Better About Situation After Play Therapy
75% Felt More Confident
100% Felt They Could Trust Therapist
100% Would Recommend Play Therapy to Friends

Child Quotes

” “Play Therapy has helped me, it makes me happy and helps me cope more with things. I go home happy I feel happy every time Claire picks me up. I’m starting to get along with friends more”

“I enjoyed my sessions more and more”

“Play Therapy has been a very fun time and so good”

- **Freelance Art Therapist** – We engage, a qualified Art Therapist to work with our children and families. Art Therapy is a form of psychotherapy that uses art media as its primary mode of communication. When children and young people are experiencing emotional difficulties, they find learning very hard and their inclusion in school life is affected. Art Therapy as a form of intervention can assist with individual's psychological, emotional, educational, social and physical development. Art Therapists can help identify new strategies for managing feelings, thoughts and behaviours at home and school. They can build resilience in the child and encourage and support the child, their primary carers, and teachers through the process of making positive changes. Art Therapy can help improve behaviour, raise achievement, encourage attendance and help pupils take part more fully in school life.

**9 Children supported and completed 8 weeks of Art Therapy
April 23 – March 24 providing 72 Therapeutic Sessions**

**91% Found Art Therapy Useful
73% Felt Better About Their Situation
55% Felt More Confident
100% Felt They Could Trust Their Therapist
95% Would Recommend Art Therapy**

- **Fear-Less Anxiety Parenting Programme** - In response to the number of children experiencing anxiety, and increasing number of children with severe and persistent absence from school, Tendring Families First has fully funded the cost of Training one of our Family Workers to be able to deliver the International evidenced based Triple P Fear-less Parenting programme. Fear-Less is a free Online Cognitive Behavioural programme, to support parents to help their children to manage Anxiety. The programme involves six 1-hour modules with videos and interactive activities to include:
 1. Understanding Anxiety
 2. Promoting Emotional Resilience
 3. Setting a good example – encouraging flexible, realistic thinking
 4. Overcoming Avoidance
 5. Responding to children's anxiety
 6. Constructive problem solving

Fear-Less aims to help parents to improve their children's ability to cope with the anxiety, become more emotionally resilience and develop skills and strategies so they can access their education. The Family Support Worker is now fully accredited and will be planning and delivering programmes in the next academic term for our parents.

- **Child Psychotherapy Project**

This project has been developed in response to the increasing numbers of children and young people presenting with more complex and enduring psychological difficulties. Tendring Families First has received vital funding from Colchester Catalyst Charity to provide Psychotherapy for our children and young people with more severe, complex and persistent mental health difficulties and disorders. Tendring Families First children referred to the service will receive: Up to 12 weeks support per child to include:

- Baseline Mental Health Screening Assessment
- Liaison with Parent/Carer to seek parent view child assessment (if appropriate)
- 12 weeks of 1:1 Psychotherapy Sessions
- Representation at TAF/Professionals Meetings (if appropriate)
- Signposting/Referrals to Additional Support Services
- End Point Evaluation & Recommendations

The project started February 24.

3 Children Referred for Psychotherapy and have commenced therapeutic support. These children will complete sessions and be evaluated in next financial year.

- **Free Adult Counselling**

We are pleased to be working with both Essex University & Colchester Institute Trainee Student Counsellors to offer: Free Confidential Adult Counselling & Psychotherapy for our Parents & Carers and School Staff.

Our Trainee Student Counsellors can provide a confidential, safe non-judgemental approach to explore any difficulties or issues being experienced, to gain and develop insight into self, current situations and life experiences. Therapeutic Sessions are 50 mins and can be delivered In Person or Online via Zoom on a weekly basis – the length of support is discussed and agreed with client at the start of support, with the counsellor. All Student Counsellors are members of the British Association of Counselling & Psychotherapy (BACP) and as such adhere to the Ethical Framework and commit to the highest level of Confidentiality and regular Supervision.

11 Adults have benefit from FREE Counselling & Psychotherapy this financial year.

Free Parent Law Clinics Tendring Families First has worked in partnership with Essex University Law Department to provide a solution to the impact of the withdrawal of Legal Aid for separating families where children are involved in disputes including maintenance and access arrangements. This exciting project provides our parents with a free 45 minute legal advice meeting with law students from Essex Uni along with their supervising solicitor, and a follow up advice letter. This provides an essential service for our families who otherwise are unable to afford to get the advice they need, and also provides the law students with real community work experience. The free clinics are offered in our schools and rotate around the area to ensure equality of access.

2 Free Law Clinics have been provided benefitting 6 Parents/School Staff to receive free locally accessibly Legal Advice.

Section E

Financial review

Brief statement of the charity's policy on reserves

Tendring Families First (Mid Tendring Education Partnership) takes an active and realistic approach to the management of our Reserves, which accords with the regulatory frameworks in which we work and with good practice as laid down by the Charity Commission.

In order to sustain existing work for which funding has ceased, we aim to maintain the General Reserve at a minimum level. In accordance with Charity Commission guidelines, Tendring Families First (MTEP) has set this level to be equal to the costs of discharging our liabilities in the event of the company being wound up plus the costs represented by three to six months of continued operations.

Details of any funds materially in deficit

Not Applicable

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

This year Tendring Families First (MTEP) has been successful in securing external funding to support the charities vital work.

- £27,540 Start Well NEE Health & Wellbeing Alliance – Counselling, Play & Art Therapy
- £24,877 Trust House Charitable 3 Year Funding Family Support
- £10,000 Awards For All – Family Support
- £4,500 Catalyst – Psychotherapy Project

Section F

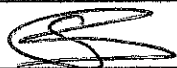
Other optional information

Section G

Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Sarah Bryson (nee Dukelow)	Liz Pickford
Position (eg Secretary, Chair, etc)	Chair	CEO
Date	25/6/24	

Mid Tending Education Partnership Working nam;; Tending families First		Charity No	1150415	
		Company No	8012490	
Annual accounts for the period				
Period start date	01/04/2023	To	Period end date	31/03/2024

Section A Statement of financial activities (including summary income and expenditure account)

Guidance Note

Recommended categories by activity

Income (Note 3)

Income and endowments from:

Donations and legacies

Charitable activities

Other trading activities

Investments

Separate material item of income

Other

Total

Expenditure (Notes 6)

Expenditure on:

Raising funds

Charitable activities

Separate material expense item

Other

Total

Net income/(expenditure) before tax for the reporting period

Tax payable

Net income/(expenditure) after tax before investment gains/(losses)

Net gains/(losses) on

investments

Net income/(expenditure)

Extraordinary items

Transfers between funds

Other recognised gains/(losses):

Gains and losses on revaluation of fixed assets for

the charity's own use

Other gains/(losses)

Net movement in funds

Reconciliation of funds:

Total funds brought forward

Total funds carried forward

	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total funds £ F04	Prior year funds £ F05
S01	1,452	71,917		73,369	93,722
S02	79,950			79,950	93,170
S03	3,937			3,937	
S04					216
S05	-			-	
S06	2,484			2,484	234
S07	87,823	71,917		159,740	187,342
S08	14,080			14,080	13,694
S09	78,474	62,495		140,969	137,131
S10				-	
S11				-	
S12	92,554	62,495		155,049	150,825
S13	- 4,731	9,422	-	4,691	36,517
S14	-	-	-	-	-
S15	- 4,731	9,422	-	4,691	36,517
S16	-	-	-	-	-
S17	- 4,731	9,422	-	4,691	36,517
S18	-	-	-	-	-
S19	-	-	-	-	-
S20	-	-	-	-	-
S21	-	-	-	-	-
S22	- 4,731	9,422	-	4,691	36,517
S23	186,342		-	186,342	149,828
S24	181,611	9,422		191,033	186,345

Section B Balance sheet

		Guidance Note	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total this year £ F04	Total last year £ F05
Fixed assets							
Intangible assets	(Note 15)	B01	-	-	-	-	-
Tangible assets	(Note 14)	B02	-	-	-	-	-
Heritage assets	(Note 16)	B03	-	-	-	-	-
Investments	(Note 17)	B04	-	-	-	-	-
Total fixed assets		B05	-	-	-	-	-
Current assets							
Stocks	(Note 18)	B06	-	-	-	-	-
Debtors	(Note 19)	B07	-	-	-	-	-
Investments	(Note 17.4)	B08	-	-	-	-	-
Cash at bank and in hand	(Note 24)	B09	181,611	9,422	-	191,033	186,343
Total current assets		B10	181,611	9,422	-	191,033	186,343
Creditors: amounts falling due within one year	(Note 20)	B11			-	-	
Net current assets/(liabilities)		B12	181,611	9,422	-	191,033	186,343
Total assets less current liabilities		B13	181,611	9,422	-	191,033	186,343
Creditors: amounts falling due after one year	(Note 20)	B14		-	-		-
Provisions for liabilities		B15	-		-		-
Total net assets or liabilities		B16	181,611	9,422	-	191,033	186,343
Funds of the Charity							
Endowment funds (Note 27)		B17	-			-	-
Restricted income funds (Note 27)		B18					
Unrestricted funds		B19			-		
Revaluation reserve		B20				-	
Fair value reserve		B21					
Total funds		B22	191,033		-	191,033	186,343

The company was entitled to exemption from audit under s477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

Signed by one or two trustees/directors on behalf of all the trustees/directors

Print Name	Date of approval dd/mm/yyyy
SARAH DUKELOW	25/6/24

Signature of director authenticating accounts being sent to Companies House

Signature	Date dd/mm/yyyy
	25/6/24
	Print name



Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
Mid Tending Education Partnership

On accounts for the year
ended

31st March 2024

Charity no
(if any)

1150415

Set out on pages

1-3

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity for the year ended DD / MM / YYYY.

Responsibilities and
basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

* Please delete the words in the brackets if they do not apply.

Signed:

S Goody

Date:

05/06/2024

Name:

SUZANNE GOODY

Relevant professional
qualification(s) or body
(if any):

FCA – FELLOW OF THE ICAEW

Address:

8 OLD FORGE COURT COLCHESTER ROAD ELMSTEAD

ESSEX, CO7 7EA

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

Accounts



Trustees' Annual Report for the period

Period start date

1st April 2021

Period end date

31st March 2022

From

To

Section A

Reference and administration details

Charity name

Mid Tendring Education Partnership

Other names charity is known by

Registered charity number (if any)

1150415

Charity's principal address

Brightlingsea Primary School

Eastern Road

Brightlingsea

Postcode

CO7 0HU

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Leesa Sharpe	Chair (ceased 14/3/22)		
2	Jennifer Grotier			
3	Sarah Dukelow	Chair (appointed 14/3/22)		
4	Kate Martin		01/04/21 – 14/3/22	
5	Cherry Curle		01/04/21 – 05/07/21	
6	Diane Fawcett		05/07/21 appointed	
7	Stephen Burke		14/03/22 – appointed	
8				
9				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B

Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Memorandum & Articles of Association incorporated 29 th March 2012
How the charity is constituted (eg. trust, association, company)	Charitable Company Limited by Guarantee - Consisting of Schools & Partners holding full and associate membership as appropriate.
Trustee selection methods (eg. appointed by, elected by)	Trustees are appointed or reappointed at the Annual General Meeting as detailed in the Articles of Association.

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Mid Tendring Education Partnership is a Charitable Company Limited by Guarantee with full and associate membership of schools and partners. The partnership's Articles of Association contains the organisational structure to detail that a minimum of 5 Directors are required to represent both Secondary Schools, a feeder Primary School from both Colne and TTC clusters and a Special school. The partnership also works with the other organisations to ensure that the local needs are communicated to inform strategic decisions and local commissioning opportunities are acted upon.

Mid Tendring Education Partnership has a range of policies and procedures in place in relation to the direct delivery of services provided by the Family Support Workers and Strategic Lead undertaking the company business, including Safeguarding Children along with comprehensive Insurance cover to include Professional and Trustee Indemnity.

Section C

Objectives and activities

Summary of the objects of the charity set out in its governing document

The charity's objects are to work collaboratively for the advancement of education for public benefit of the children young people and families in the Mid-Tendring area in order to improve life chances and outcomes, by

- (a) facilitating the delivery or brokering additional extra-curricular opportunities
- (b) promoting public and family access to schools and member resources
- (c) facilitating the delivery or brokering support training and opportunities for public and families
- (d) facilitating the delivery or brokering services to meet the needs of families and the public not currently met by statutory or local authority provision
- (e) cultivating an ethos that fosters a positive sentiment towards education and lifelong learning for the public benefit in the Mid-Tendring area.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Mid Tendring Education Partnership ensures that all undertakings and commissions are in accordance with the Charity Commission's guidance on public benefit. We strive to provide opportunities and activities which will benefit our children, families and communities by increasing their relevant capabilities, competencies, skills and experiences.

Promotion and access to community facilities including school facilities outside of the school day – provides increased opportunities for families to access local support services who provide information, advice and guidance to improve the knowledge, understanding and experience of the parents, children and families, as well as community enrichment and engagement. .

Facilitating and Delivering Training and Workshops and Family Learning- for schools, children, families and the community.

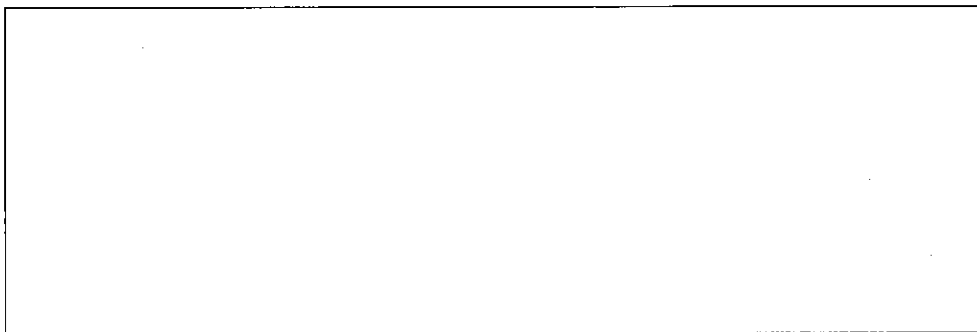
Brokering & Delivering Services to meet need – without exception the services commissioned aim to develop and teach the families to seek their own solutions to remove barriers to improve moral, spiritual, cultural and mental development of the families, to prepare them for the opportunities, responsibilities and experiences when engaging with society

Creating an ethos and environment in which families can enjoy learning, reflect, improve and grow in confidence, is fundamental. We will communicate an expectation that learning is important and enjoyable, and that everyone can achieve - we are ambitious for our families and expectations of learning are high. We will develop a culture of collaborative learning that builds on what all families from diverse backgrounds know and understand.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.



Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Due to the ongoing COVID-19 Pandemic, and emergence of Omicron Covid variant and exponential rate of infections, this has been an incredibly challenging time for Mid Tending Education Partnership. As children returned to schools in April 21, the full impact of the Pandemic on our children and families to include their mental health became clear. Many of our vulnerable families struggled with isolation, increased risk of domestic abuse, relationship breakdown, financial worries, challenging behaviour of children and anxiety, and due to the restrictions on schools and services, many of these problems have become entrenched and more complex as they were unable to seek support at an earlier opportunity. Parents have experienced a sharp increase in both their own and children's anxiety levels caused by COVID - 19 which has led to increases in difficult behaviour, anger and psychological stress. All of this has led to an increase in demand for our services and parents reaching out to us for support.

A review of our Charities Policies and Procedures has been conducted to incorporate and adapt to the safe introduction of online support, GDPR Consent and COVID Risk Assessments incorporating increased risks and safeguarding considerations, along with Track & Trace requirements. The use of Zoom, within our practice has proved successful and is therefore something that we have retained for blended delivery to complement face to face family and therapeutic support.

Vulnerable and Isolated Parents of children with Special Educational Needs have been provided with online support meetings with the MTEP Disability Worker who provides information, advice and direct support for parents and carers of children with additional needs such as ASD, ADHD, Global Delay & other neurological and physical disabilities. These groups also provide valuable opportunities for parents to build support networks with other parents, increase their confidence and reduce social isolation.

We have learnt through the COVID Pandemic to embrace change, flexibility and adapt our practice to deliver the support services to meet the needs of our children and families in different ways. We have maintained a responsive service that is adaptive to restrictions, outbreaks and delivery barriers to continue offer blended practice of face to face (where possible) alongside online and telephone delivery to maintain vital support during the pandemic and increased demand.

- **'Theraplay' and Dyadic Development Psychotherapy (DDP)** interventions for our children and families presenting with emotional, psychological and mental health difficulties, in order to attain real change for our children to be 'Emotionally Well'. Theraplay is a therapeutic 12 week 1:1 programme of interactive play for children 5-19, who have experienced trauma. DDP is delivered alongside Theraplay, as a family centred treatment approach to strengthen attachment and resolve trauma. The goal is to enhance attachment, trust, self-esteem and joyful engagement and to empower parents to continue on their own- the health promoting interactions of the treatment sessions. **Due to COVID -19 restrictions, and close nature of this intervention, delivery was restricted to the Family Affect premises in Coggeshall, where they have sprinkler and ventilation systems installed to enable continuation of the service. 6 Children and Families Completed 12 Sessions of Theraplay and a further 5 Children started sessions. 11 children and Families received Support From April 21 – March 22**

- **Commissioned Freelance and 2 Day per Week Contracted BACP Qualified Child Counsellors** to provide for Primary age children and their families, who are presenting with emerging emotional, psychological and mental health difficulties, to attain real change for our children to be 'Emotionally well; free from or experiencing a reduction in emotional distress. The Counsellor's work with children and families to assist with the varied emotional and practical difficulties and to empower families through learning new skills and coping mechanisms to help move them forward and deal with future family difficulties, achieving positive change in self-esteem and emotional wellbeing. **April 21 – March 22 Freelance Counsellors = 100 Children Completed Counselling and a Further 17 started Sessions to Complete. 2 Day Commissioned Counsellor = 36 Children Completed Counselling and a further 11 started Sessions to Complete.**
Total Number of Children who have received Therapeutic Counselling Support = 164 April 21 – March 22

Quotes–

'Keep doing what your doing as it's amazing and my daughter is now back to her old self and a happy little girl'.

'Thank you for helping my daughter to start to trust adults again. She self regulates so much better'

'Massively improved, overall deals with things better. Lots of coping strategies passed on to not only our daughter but us as parents and how we can help. We have seen a more positive daughter, who loves the Counselling sessions and you have truly helped us cope better as a family. Thank you so much for all you have done for us'

'My child seems to have matured and flourished within being more able to cope with her feelings with the help of Counsellor's weekly sessions and will truly miss her. Thank you so much for all your hard work and supporting us as parents to also continue coping with it'

'Really helped X understand her feelings better. She loves every session and is sad they will end '

'Thank you very much for everything. X has really improved and it's made a huge difference to her well-being. She is now better at home and enjoying things much more. Even asked to get a dog after having a huge fear'.

'Noticed change at home. Happy with outcome'

- **Family Support Worker and Disability & Additional Needs Worker** providing early intervention support, advice and guidance for parents; helping them to increase their skills, confidence, and ability to parent effectively. Families have received expert advice and support for families via a range of methods including, 1:1 delivery, group work, Online, telephone support, Online parent drop-in sessions, consultation sessions for school staff and parents. Due to the COVID 19 Pandemic and restrictions support has predominately moved to online and telephone. Many of our vulnerable families have struggled with isolation, risk of domestic abuse, increased challenging behaviour of children and anxiety, with no other family support. Parents have experienced a sharp increase in both their own and children's anxiety levels caused by COVID - 19 which has led to increases in difficult behaviour, anger and psychological stress. All of this has led to an increase in demand and parents

reaching out for support. Our Family Workers have responded to meet the needs of our children and families, providing regular weekly support, advice, guidance and empathic responses to their experiences, to improve outcomes, behaviour and emotional well-being. Where needed Family Workers have provided emergency Risk Assessed COVID outdoor visits to those vulnerable families to carry out welfare checks, get medication and to provide the vital encouragement and support for the parent to keep going and find resilience during the difficult days. **Due to a resignation of our previous Disability Worker who left in June, we were without a worker until the start of the Academic year September 22. This obviously had an impact on our capacity and waiting times for support alongside increased demand. Despite this from April 21 – March 22- 66 Families supported.**

Quotes & Feedback -

'I always feel better after I've spoken to you, like I can change things.'

'Things are much calmer at home now that I have some strategies and I know I'm doing the right thing.'

'I don't know what I would have done without you to talk to when I'm stressed and worried about the kids.'

- **Additional Family Support Services** – Further to the 1:1 Family Support offer, both Family and Disability & Additional Needs Workers have provided additional support to schools, children and families to include. **21 Consultations, 69 Child Observations, 34 Pupil Perceptions, 15 School Reviews, 2 Paediatric Appointments, 50 Team Around The Family (TAF) Meetings and 34 One Plan Meetings.**

- **1:1 Child Therapeutic Support** – The Family Support Worker has also provided identified children with additional 1:1 time. Therapeutic support focusing on enhancing and developing interpersonal social skills and emotional wellbeing; was offered through a range of creative techniques including art, play and mindfulness activities. **36 Sessions provided**
Quote: 'My Child looks forward to coming into school when you're visiting and doesn't want the sessions to end.'

- **Freelance Play Therapists** - MTEP engages PTUK qualified Play Therapists to work with our children to provide an evidenced based psychotherapeutic provision. The therapy sessions in school will benefit children experiencing social and emotional difficulties. Children are provided with 12 sessions usually lasting 45 minutes, where they have access to creative materials to include sand, clay, paint, puppets, dressing up and music. This specialist approach ensures the therapist meets the need of the child, and a trusting relationship is formed, and the child feels listened to and understood. With weekly therapy the child's emotional regulation improves, appropriate self-expression is empowered and the need to act out or internalise emotions is alleviated, appropriate self-expression is empowered and the need to act out or internalise emotions is alleviated.
22 Children completed 12 weeks of Play Therapy April 21 – March 22.

- **Freelance Art Therapist** - MTEP engages, a qualified Art Therapist to work with our children and families. Art Therapy is a form of psychotherapy that uses art media as its primary mode of communication. When children and young people are experiencing emotional difficulties they find learning very hard and their inclusion in school life is affected. Art Therapy as a form of intervention can assist with individual's psychological, emotional, educational, social and physical development. Art Therapists can help identify new strategies for managing feelings, thoughts and behaviours at home and school. They can build resilience in the child and encourage and support the child, their primary carers, and teachers through the process of making positive changes

Art Therapy can help improve behaviour, raise achievement, encourage attendance and help pupils take part more fully in school life

16 Children completed 8 weeks of Art Therapy Additional 5 Children Started Sessions April 21 – March 22

- **Fear-Less Anxiety Parenting Programme** - In response to the number of children experiencing anxiety, MTEP was successful in its application to become a provider for the International evidenced based Triple P new online Fear-less Parenting programme. Fear-Less is a free Online Cognitive Behavioural programme, to support parents to help their children to manage Anxiety. The programme involves six 1-hour modules with videos and interactive activities to include:

1. Understanding Anxiety
2. Promoting Emotional Resilience
3. Setting a good example – encouraging flexible, realistic thinking
4. Overcoming Avoidance
5. Responding to children's anxiety
6. Constructive problem solving

Fear-Less aims to help parents to improve their children's ability to cope with the anxiety, become more emotionally resilience and develop skills and strategies. In addition to offering parents access to the course independently, MTEP Family Support team offered an online group for parents to complete the training together and to have support from the Family Support Team and of course other parents in the group. **22 Parents have benefit from this CBT Anxiety Parenting Programme and individualised Parenting Support Plan.**

- **Group Brief Solution Focused Therapy** – In Response to the impact of the Pandemic on our children's emotional wellbeing and vital funding received from Colchester Catalyst, MTEP has been able to provide a Group Brief Solution Focused Therapy (BSFT) programme for Eight schools delivered by a qualified Psychologist providing support for young people whose emotional wellbeing has been impacted by Covid 19 resulting in high levels of social anxiety, separation anxiety and school refusal which is impacting on their school attendance, learning and overall school experience. Each School could identify up to 10 children, Year 3 and above who are struggling with their return to school including: Children presenting with ASD/ADHD, Social and Emotional Difficulties,

Anxiety, Low Self Esteem & School Refusal. BFST focuses on current strengths, resources, and future hopes rather than focusing too heavily on present problems and past difficulties.

- The benefits and outcomes include:
- Improved Emotional Well-Being
- Reduction in Anger & Conflict
- Improved Reintegration & School Attendance
- Improved Resilience & Psychosocial Functioning
- Improvement of Conduct to Reduce Negative Feelings and Externalising Behavioural Problems

73 Children have benefited from participating in GBFST

Quotes from Children:

'This has helped my mental health, met friends, its been amazing and its helped me feel better'.

'I had fun, got rid of some worries and now know that I can share emotions'.

'I have gained more confidence and more friends'.

'I feel more confident'

'This has been amazing, five stars! Helped my mental health, made friends and helped me not hate myself'.

'This has helped me so much, I have more friends and I am less worried'

"I am happier and more trusting of people"

"I would like to give £20 to the charity that funded this as will miss it "

- **Free Parent Law Clinics** MTEP has worked in partnership with Essex University Law Department to provide a solution to the impact of the withdrawal of Legal Aid for separating families where children are involved in disputes including maintenance and access arrangements. This exciting project provides our parents with a free 45 minute legal advice meeting with law students from Essex Uni along with their supervising solicitor, and a follow up advice letter. This provides an essential service for our families who otherwise are unable to afford to get the advice they need, and also provides the law students with real community work experience. The free clinics are offered in our schools and rotate around the area to ensure equality of access. **Due to COVID Restrictions Legal Clinic was provided online for MTEP parents to access.**

Section E

Financial review

Brief statement of the charity's policy on reserves

Mid Tendring Education Partnership takes an active and realistic approach to the management of our Reserves, which accords with the regulatory frameworks in which we work and with good practice as laid down by the Charity Commission.

In order to sustain existing work for which funding has ceased, Mid Tendring Education Partnership aims to maintain the General Reserve at a minimum level. In accordance with Charity Commission guidelines, MTEP has set this level to be equal to the costs of discharging our liabilities in the event of the company being wound up plus the costs represented by three to six months of continued operations.

Details of any funds materially in deficit

Not Applicable

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

This year Mid Tendring Education Partnership has been successful in securing external funding to support the charities vital work.

- ECC Kickstarter Funds – Art Therapy
- Essex Association of Local Councils - COVID Funding for Vulnerable Families
- Realising Ambitions Partnership Emotional Wellbeing funding for 1 Counsellor.
- Catalyst Funding to support children with SEN/Emotional Wellbeing Anxiety difficulties with Brief Solution Focused Therapy for transition and reintegration back into school following lockdown. Due to continued school closures funding carried forward into 21/22 Financial year for delivery.

Section F

Other optional information

Section G

Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Sarah Dukelow	Liz Pickford
Position (eg Secretary, Chair, etc)	Chair	Company Officer
Date	21/06/2022	

Mid Tending Education Partnership		Charity No	1150415		
		Company No	8012490		
Annual accounts for the period					
Period start date	01/04/2021	To	Period end date	31/03/2022	

Section A Statement of financial activities (including summary income and expenditure account)

Recommended categories by activity	Guidance Note	Unrestricted funds	Restricted Income funds	Endowment funds	Total funds	Prior year funds
		£ F01	£ F02	£ F03	£ F04	£ F05
Income (Note 3)						
Income and endowments from:						
Donations and legacies	S01		33,356		33,356	49,300
Charitable activities	S02	83,910			83,910	84,060
Other trading activities	S03				-	2,009
Investments	S04	75			75	432
Separate material item of income	S05	-			-	
Other	S06	-			-	
Total	S07	83,985	33,356		117,341	135,801
Expenditure (Notes 6)						
Expenditure on:						
Raising funds	S08	13,033			13,033	12,805
Charitable activities	S09	92,353	33,356		125,709	97,821
Separate material expense item	S10					
Other	S11	3,605			3,605	2,076
Total	S12	108,991	33,356		142,347	112,702
Net income/(expenditure) before tax for the reporting period	S13	- 25,005	-	-	- 25,005	23,100
Tax payable	S14	-	-	-	-	-
Net income/(expenditure) after tax before investment gains/(losses)	S15	- 25,005	-	-	- 25,005	23,100
Net gains/(losses) on investments	S16	-	-	-	-	-
Net income/(expenditure)	S17	- 25,005	-	-	- 25,005	23,100
Extraordinary items	S18	-	-	-	-	-
Transfers between funds	S19	-	-	-	-	-
Other recognised gains/(losses):						
Gains and losses on revaluation of fixed assets for the charity's own use	S20	-	-	-	-	-
Other gains/(losses)	S21	-	-	-	-	-
Net movement in funds	S22	- 25,005	-	-	- 25,005	23,100
Reconciliation of funds:						
Total funds brought forward	S23	174,833		-	174,833	151,733
Total funds carried forward	S24	149,828	-		149,828	174,833

Section B Balance sheet

		Guidance No	Unrestricted funds £ F01	Restricted Income funds £ F02	Endowment funds £ F03	Total this year £ F04	Total last year £ F05
Fixed assets							
Intangible assets (Note 16)		B01	-	-	-	-	-
Tangible assets (Note 14)		B02	-	-	-	-	-
Heritage assets (Note 16)		B03	-	-	-	-	-
Investments (Note 17)		B04	-	-	-	-	-
Total fixed assets		B05	-	-	-	-	-
Current assets							
Stocks (Note 18)		B06	-	-	-	-	-
Debtors (Note 19)		B07	-	-	-	-	-
Investments (Note 17.4)		B08	-	-	-	-	-
Cash at bank and in hand (Note 24)		B09	153,432	-	-	153,432	176,909
Total current assets		B10	153,432	-	-	153,432	176,909
Creditors: amounts falling due within one year (Note 20)		B11	3,605	-	-	3,605	2,076
Net current assets/(liabilities)		B12	149,827	-	-	149,827	174,833
Total assets less current liabilities		B13	149,827	-	-	149,827	174,833
Creditors: amounts falling due after one year (Note 20)		B14	-	-	-	-	-
Provisions for liabilities		B15	-	-	-	-	-
Total net assets or liabilities		B16	149,827	-	-	149,827	174,833
Funds of the Charity							
Endowment funds (Note 27)		B17	-	-	-	-	-
Restricted Income funds (Note 27)		B18	-	-	-	-	39,300
Unrestricted funds		B19	149,827	-	-	149,827	135,533
Revaluation reserve		B20	-	-	-	-	-
Fair value reserve		B21	-	-	-	-	-
Total funds		B22	149,827	-	-	149,827	174,833

The company was entitled to exemption from audit under s477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

Signed by one or two trustees/directors on behalf of all the trustees/directors

Print Name	Date of approval dd/mm/yyyy
SARAH DUKELOW	11/7/22

Signature of director authenticating accounts being sent to Companies House

Signature	Date dd/mm/yyyy
	11/7/22
	Print name



CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
Mid Tending Education Partnership

On accounts for the year
ended

31st March 2022

Charity no
(if any)

1150415

Set out on pages

1-3

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity for the year ended DD / MM / YYYY.

Responsibilities and
basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

Independent
examiner's statement

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

* Please delete the words in the brackets if they do not apply.

Signed:

Date:

11/07/2022

Name:

SUZANNE GOODY

Relevant professional
qualification(s) or body
(if any):

FCA – FELLOW OF THE ICAEW

Address:

8 OLD FORGE COURT COLCHESTER ROAD ELMSTEAD
ESSEX, CO7 7EA

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

Accounts

Trustees' Annual Report for the period

Period start date
From 1st April 2020 To 31st March 2021

Section A Reference and administration details

Charity name Mid Tending Education Partnership

Other names charity is known by

Registered charity number (if any) 1150415

Charity's principal address Brightlingsea Primary School

Eastern Road

Brightlingsea

Postcode CO7 0HU

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Julia Hunt		01/04/2020 – 18/12/20	
2	Jennifer Grotier			
3	Suzie Bliss		01/04/20 – 03/07/20	
4	Kate Martin			
5	Leesa Sharpe	Chair		
6	Sarah Dukelow			
7	Cherry Curle			
8	Justine Holmes		01/04/20 – 8/6/20	
9				
10				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Memorandum & Articles of Association incorporated 29 th March 2012
How the charity is constituted (eg. trust, association, company)	Charitable Company Limited by Guarantee - Consisting of Schools & Partners holding full and associate membership as appropriate.
Trustee selection methods (eg. appointed by, elected by)	Trustees are appointed or reappointed at the Annual General Meeting as detailed in the Articles of Association.

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Mid Tendring Education Partnership is a Charitable Company Limited by Guarantee with full and associate membership of schools and partners. The partnership's Articles of Association contains the organisational structure to detail that a minimum of 5 Directors are required to represent both Secondary Schools, a feeder Primary School from both Colne and TTC clusters and a Special school. The partnership also works with the other organisations to ensure that the local needs are communicated to inform strategic decisions and local commissioning opportunities are acted upon.

Mid Tendring Education Partnership has a range of policies and procedures in place in relation to the direct delivery of services provided by the Family Support Workers and Strategic Lead undertaking the company business, including Safeguarding Children along with comprehensive Insurance cover to include Professional and Trustee Indemnity.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The charity's objects are to work collaboratively for the advancement of education for public benefit of the children young people and families in the Mid-Tendring area in order to improve life chances and outcomes, by

- (a) facilitating the delivery or brokering additional extra-curricular opportunities
- (b) promoting public and family access to schools and member resources
- (c) facilitating the delivery or brokering support training and opportunities for public and families
- (d) facilitating the delivery or brokering services to meet the needs of families and the public not currently met by statutory or local authority provision
- (e) cultivating an ethos that fosters a positive sentiment towards education and lifelong learning for the public benefit in the Mid-Tendring area.

Mid Tending Education Partnership ensures that all undertakings and commissions are in accordance with the Charity Commission's guidance on public benefit. We strive to provide opportunities and activities which will benefit our children, families and communities by increasing their relevant capabilities, competencies, skills and experiences.

Promotion and access to community facilities including school facilities outside of the school day – provides increased opportunities for families to access local support services who provide information, advice and guidance to improve the knowledge, understanding and experience of the parents, children and families, as well as community enrichment and engagement. .

Facilitating and Delivering Training and Workshops and Family Learning- for schools, children, families and the community.

Brokering & Delivering Services to meet need – without exception the services commissioned aim to develop and teach the families to seek their own solutions to remove barriers to improve moral, spiritual, cultural and mental development of the families, to prepare them for the opportunities, responsibilities and experiences when engaging with society

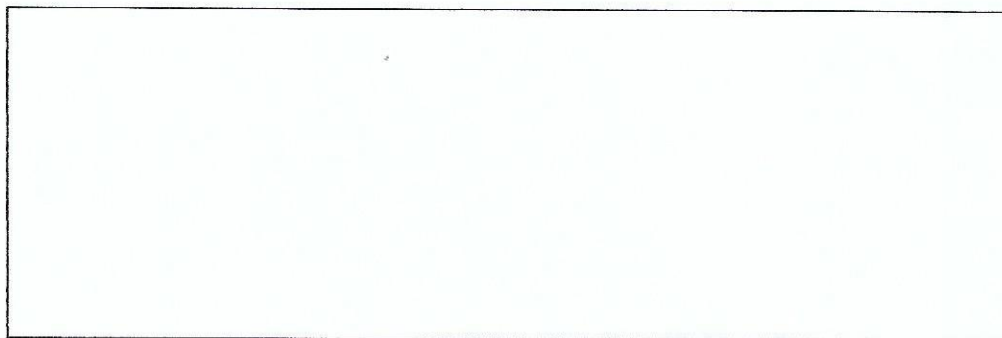
Creating an ethos and environment in which families can enjoy learning, reflect, improve and grow in confidence, is fundamental. We will communicate an expectation that learning is important and enjoyable, and that everyone can achieve - we are ambitious for our families and expectations of learning are high. We will develop a culture of collaborative learning that builds on what all families from diverse backgrounds know and understand.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.



Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Due to the COVID-19 Pandemic, this has been an incredibly challenging time for Mid Tending Education Partnership. In March 20, the Country went into a full National Lockdown, with total School closures and Government restrictions and individuals shielding as clinically vulnerable.

Many of our vulnerable families struggled with isolation, increased risk of domestic abuse, challenging behaviour of children and anxiety, often with no support at all due to restrictions. Due to Covid 19 our families have been coping with having children at home, juggling work, home schooling, relationships breakdowns, financial worries and no certainty of when things may improve. Parents have experienced a sharp increase in both their own and children's anxiety levels caused by COVID - 19 which has led to increases in difficult behaviour, anger and psychological stress. All of this has led to an increase in demand for our services and parents reaching out to us for support.

A full review of our Charities Policies and Procedures have been completely re-written to adapt to the safe introduction of online support, GDPR Consent and COVID Risk Assessments incorporating increased risks and safeguarding considerations. Additionally, practitioner training has been provided on working safely online.

The use of Zoom, within our practice has proved successful and will therefore be something that we retain for blended delivery to compliment face to face family and therapeutic support.

Vulnerable and Isolated Parents of children with Special Educational Needs have been provided with online support meetings with the MTEP Disability Worker who provides information, advice and direct support for parents and carers of children with additional needs such as ASD, ADHD, Global Delay & other neurological and physical disabilities These groups also provide valuable opportunities for parents to build support networks with other parents, increase their confidence and reduce social isolation.

We have learnt through the COVID Pandemic to embrace change, flexibility and adapt our practice to deliver the support services to meet the needs of our children and families in different ways. We have undertaken the task of adapting our practice to move to online and telephone delivery to maintain vital support during the pandemic and increased demand.

- **'Theraplay' and Dyadic Development Psychotherapy (DDP)** interventions for our children and families presenting with emotional, psychological and mental health difficulties, in order to attain real change for our children to be 'Emotionally Well'. Theraplay is a therapeutic 12 week 1:1 programme of interactive play for children 4-19, who have experienced trauma. DDP is delivered alongside Theraplay, as a family centred treatment approach to strengthen attachment and resolve trauma. The goal is to enhance attachment, trust, self-esteem and joyful engagement and to empower parents to continue on their own- the health promoting interactions of the treatment sessions. **Due to COVID -19 restrictions, Therapist clinical vulnerability/shielding and the close nature of the intervention this service was unavailable until December until full COVID Risk Assessments, and practice adaptations had been agreed. 4 Children and Families received support from Dec 20 – March 21**

- Commissioned Freelance and 2 Day per Week Contracted BACP Qualified Child Counsellors** to provide for Primary age children and their families, who are presenting with emerging emotional, psychological and mental health difficulties, to attain real change for our children to be 'Emotionally well; free from or experiencing a reduction in emotional distress. The Counsellor's work with children and families to assist with the varied emotional and practical difficulties and to empower families through learning new skills and coping mechanisms to help move them forward and deal with future family difficulties, achieving positive change in self-esteem and emotional wellbeing. **During Lockdown this service has moved to Online Counselling while children were also at home, and when able COVID safe Face to Face sessions resumed temporarily. 76 Children Completed Counselling and a Further 33 started Sessions to Complete April 20 – March 21.**
- Direct employment of **two-Family Support Worker's**; providing early intervention support, advice and guidance for parents; helping them to increase their skills, confidence, and ability to parent effectively. Families have received expert advice and support for families via a range of methods including, 1:1 delivery, group work, Online, telephone support, Online parent drop-in sessions, consultation sessions for school staff and parents. **Due to the COVID 19 Pandemic and restrictions support has predominately moved to online and telephone. Many of our vulnerable families have struggled with isolation, risk of domestic abuse, increased challenging behaviour of children and anxiety, with no other family support. Families have been coping with having children at home since March, juggling work and home schooling, which has been incredibly difficult. Parents have experienced a sharp increase in both their own and children's anxiety levels caused by COVID - 19 which has led to increases in difficult behaviour, anger and psychological stress. All of this has led to an increase in demand and parents reaching out for support. Our Family Workers have responded to meet the needs of our children and families, providing regular weekly support, advice, guidance and empathic responses to their experiences, to improve outcomes, behaviour and emotional well-being. Where needed Family Workers have provided emergency Risk Assessed COVID outdoor visits to those vulnerable families to carry out welfare checks, get medication and to provide the vital encouragement and support for the parent to keep going and find resilience during the difficult days. From April 20 – March 21- 55 Families referred for support.**
- Commissioned Child Psychotherapy.** This service has been developed in response to the increasing numbers of children and young people presenting with more complex and enduring psychological difficulties. The Psychotherapist and Psychological Analyst has provided psychotherapy for our children and young people with more severe, complex and persistent mental health difficulties and disorders. Children receive up to 12 weeks support to include: -1:1 Psychotherapy Sessions, Full Mental Health Assessment, Full Mental Health Report and Representation at

TAC/Professionals Meetings. Children who benefit from Psychotherapy include: children with more severe mental health difficulties and disorders, who have tried CBT and Counselling with little or no improvement. Psychotherapy is more in depth than counselling and explores the past as well as the present. Psychotherapy looks at childhood root issues instead of just behavioural patterns. **Unfortunately, this service was not only impacted by COVID, but also unexpected serious ill health of the Psychotherapist, therefore 5 children with complex and enduring emotional wellbeing issues have been supported April 20 – March 21.**

- **New Commissioned Play Therapy** to bridge the gap for complex children while Child Psychotherapy impacted. Play, is a child's natural way of expressing themselves. Instead of talking through what is troubling them, children can use play to express their feelings and emotions. Play Therapy is integrative, working with the conscious and unconscious to work with the child holistically with whatever they bring to the session.

The therapy sessions benefit children experiencing social and emotional difficulties. Children are provided with 12 sessions usually lasting 45 minutes, where they have access to creative materials to include sand, clay, paint, puppets, dressing up and music. This specialist approach ensures the therapist meets the need of the child, and a trusting relationship is formed, and the child feels listened to and understood. With weekly therapy the child's emotional regulation improves, appropriate self-expression is empowered and the need to act out or internalise emotions is alleviated.

8 Children referred to receive newly commissioned Play Therapy Service Dec 20 – March 21
- **Free Parent Law Clinics** MTEP has worked in partnership with Essex University Law Department to provide a solution to the impact of the withdrawal of Legal Aid for separating families where children are involved in disputes including maintenance and access arrangements. This exciting project provides our parents with a free 45 minute legal advice meeting with law students from Essex Uni along with their supervising solicitor, and a follow up advice letter. This provides an essential service for our families who otherwise are unable to afford to get the advice they need, and also provides the law students with real community work experience. The free clinics are offered in our schools and rotate around the area to ensure equality of access. **Due to COVID Restrictions two Legal Clinics were offered online for MTEP parents to access.**

Section E

Financial review

Brief statement of the charity's policy on reserves

Mid Tending Education Partnership takes an active and realistic approach to the management of our Reserves, which accords with the regulatory frameworks in which we work and with good practice as laid down by the Charity Commission.

In order to sustain existing work for which funding has ceased, Mid Tending Education Partnership aims to maintain the General Reserve at a minimum level. In accordance with Charity Commission guidelines, MTEP has set this level to be equal to the costs of discharging our liabilities in the event of the company being wound up plus the costs represented by three to six months of continued operations.

Details of any funds materially in deficit

Not Applicable

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

This year Mid Tending Education Partnership has been successful in securing external funding to support the charities vital work.

- Emergency COVID Funding TESCO – PPE
- Essex Local Authority COVID Funding for Vulnerable Families
- Realising Ambitions Partnership Emotional Wellbeing funding for 1 Counsellor.
- Catalyst Funding to support children with SEN/Emotional Wellbeing Anxiety difficulties with Brief Solution Focused Therapy for transition and reintegration back into school following lockdown. Due to continued school closures funding carried forward into 21/22 Financial year for delivery.

Section F

Other optional information

Section G

Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	LEESA SHARPE.	
Position (eg Secretary, Chair, etc)	CHAIR	
Date	14.7.2021.	

Mid Tending Education Partnership		Charity No	1150415		
		Company No	8012490		
Annual accounts for the period					
Period start date	01/04/2020	To	Period end date	31/03/2021	

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Recommended categories by activity	Guidance Note	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total funds £ F04	Prior year funds £ F05
Income (Note 3)						
Income and endowments from:						
Donations and legacies	S01	10,000	39,300		49,300	34,403
Charitable activities	S02	84,060			84,060	85,440
Other trading activities	S03	2,009			2,009	12,104
Investments	S04	432			432	584
Separate material item of income	S05	-			-	
Other	S06	-			-	
Total	S07	96,501	39,300		135,801	132,531
Expenditure (Notes 6)						
Expenditure on:						
Raising funds	S08	12,805			12,805	11,717
Charitable activities	S09	74,868	22,953		97,821	143,475
Separate material expense item	S10				-	
Other	S11	2,076			2,076	21,088
Total	S12	89,748	22,953		112,701	176,280
Net income/(expenditure) before tax for the reporting period	S13	6,753	16,347	-	23,100	43,749
Tax payable	S14	-	-	-	-	-
Net income/(expenditure) after tax before investment gains/(losses)	S15	6,753	16,347	-	23,100	43,749
Net gains/(losses) on investments	S16	-	-	-	-	-
Net income/(expenditure) after tax	S17	6,753	16,347	-	23,100	43,749
Extraordinary items	S18	-	-	-	-	-
Transfers between funds	S19	-	-	-	-	-
Other recognised gains/(losses):						
Gains and losses on revaluation of fixed assets for the charity's own use	S20	-	-	-	-	-
Other gains/(losses)	S21	-	-	-	-	-
Net movement in funds	S22	6,753	16,347	-	23,100	43,749
Reconciliation of funds:						
Total funds brought forward	S23	128,780	22,953	-	151,733	195,482
Total funds carried forward	S24	135,533	39,300		174,833	151,733

Section B Balance sheet

		Guidance Note	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total this year £ F04	Total last year £ F05
Fixed assets							
Intangible assets (Note 15)	B01		-	-	-	-	-
Tangible assets (Note 14)	B02		-	-	-	-	-
Heritage assets (Note 16)	B03		-	-	-	-	-
Investments (Note 17)	B04		-	-	-	-	-
Total fixed assets	B05		-	-	-	-	-
Current assets							
Stocks (Note 18)	B06		-	-	-	-	-
Debtors (Note 19)	B07		-	-	-	-	-
Investments (Note 17.4)	B08		-	-	-	-	-
Cash at bank and in hand (Note 24)	B09		137,609	39,300	-	176,909	172,821
Total current assets	B10		137,609	39,300	-	176,909	172,821
Creditors: amounts falling due within one year (Note 20)	B11		2,076	-	-	2,076	21,088
Net current assets/(liabilities)	B12		135,533	39,300	-	174,833	151,733
Total assets less current liabilities	B13		135,533	39,300	-	174,833	151,733
Creditors: amounts falling due after one year (Note 20)	B14		-	-	-	-	-
Provisions for liabilities	B15		-	-	-	-	-
Total net assets or liabilities	B16		135,533	39,300	-	174,833	151,733
Funds of the Charity							
Endowment funds (Note 27)	B17		-	-	-	-	-
Restricted income funds (Note 27)	B18		-	39,300	-	39,300	22,953
Unrestricted funds	B19		135,533	-	-	135,533	128,780
Revaluation reserve	B20		-	-	-	-	-
Fair value reserve	B21		-	-	-	-	-
Total funds	B22		135,533	39,300	-	174,833	151,733

The company was entitled to exemption from audit under s477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

Signed by one or two trustees/directors on behalf of all the trustees/directors

Print Name	Date of approval dd/mm/yyyy
LEAST SHARPE	14.7.21

Signature of director authenticating accounts being sent to Companies House

Signature	Date dd/mm/yyyy
	14.7.21
	Print name

Independent Examiner's Report to Mid Tendring Education Partnership
Charity Number: 1150415

I report on the accounts of the charity for the year ended 31st March 2021 which are set out on the attached pages.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed. It is my responsibility to:

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

Basis of independent examiner's statement

My examination was carried out in accordance with 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 the 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 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act 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.

Suzanne Goody FCA

Howletts Chartered Accountants

8, Old Forge Court, Colchester Road, Elmstead Market, Essex. CO7 7EA

Date: 10th June 2021