

## **FAMILIES MATTER Counselling and Support Services Operating Report after year 12**

### **Introduction.**

This report outlines the activity of Families Matter Counselling And Support Services over the last year, December 2023 to December 2024. The service provides Counselling and Support Services to children primarily but also to their families.

Families Matter Counselling and Support Services provide free counselling for children and families in the Furness and South Lakes area. We work with families who are in need of but would be excluded from if they had to pay for, counselling. We have just reached the end of our eleventh year. Families Matter is a constituted Registered Company Ltd by guarantee (Number 08208848) with charitable aims and also a registered Charity (Number 1153446).

### **Service Philosophy And Counselling Approach.**

Counselling offers a range of interventions, the purpose of which is to contact, support and mobilise the inner resources of the client. Sometimes this involves counselling more than one member of the family especially in our service as often our clients are children and don't have the same level of autonomy as adults.

Contact between client and Counsellor is the foundation of the counselling process. The therapeutic relationship aims to create a safe environment for the client to explore their problems and pain and to take steps towards a solution and healing. The quality of the relationship is the primary therapeutic tool in the counselling.

In an effective therapeutic relationship, Counsellors support clients in accessing their emotional, cognitive, physical and spiritual resources for living so that they can take fuller charge of themselves and their lives, and approach both current and future problems from a stronger and more resourceful state.

The mobilisation of a persons inner resources can enable them to make creative and appropriate changes in their lives, and to heal past emotional wounds. They can take from counselling, not only solutions to, or acceptance of current difficulties, but also the ability and confidence to live more fully and happily in the future.

Often with Families Matter the client is the family. When we see the family system as the client it looks at everyone and with the work we do it sheds some light on hidden family dynamics and issues, once these are highlighted it allows the whole family system to breathe better and with the new awareness make positive changes.

The counselling that we provide is primarily short-term and in the main restricted to six sessions. The main exception to this is if the counselling is being paid for by another agency or the individual. This is made clear at the beginning of the counselling relationship. A small proportion of clients do go beyond these six sessions, by negotiating with the Clinical lead, when both the client and the Counsellor consider there is good therapeutic benefit to do so. The counselling takes place at a variety of venues that Families Matter use free of charge usually the place where the referral came from e.g. School or doctors surgery. The counsellors work with the whole range of issues brought to counselling.

## **Families Matter Organisation.**

Families matter has a strong board of Trustees who all come from backgrounds of working with children and families and three qualified sessional Counsellors who are experienced in working with children / young people and families.

Trustees x 4  
Clinical Lead Counsellor x 1  
Counsellors x 2

All the Counsellors have one and a half hours of clinical supervision monthly and follow the British Association For Counselling And Psychotherapy code of ethics and are members of the BACP. The therapists have regular therapists meetings together. All Counsellors and Trustees have been DBS cleared and have insurance.

We have defined the core skills needed by our team, and have mapped where training is needed to develop and extend these skills. We hope this year to access some funding possibilities to help fund the training needs of the counsellors to be able to provide a fuller menu particularly to children and Families. We would like to train one or more of the counsellors to become a traditional systemic Family psychotherapist. We would also like to train one or more of the counsellors in family mediation.

The individual Counsellors continue to be committed to their professional development and attend CPD training at their own cost in line with guidance of the BACP. This year again we have also funded the counsellors to access the BACP CPD hub. This is an online resource for therapists to access CPD from the BACP web site.

Our business model is such that almost all our funding is spent on seeing clients. We have developed a system for recording statistical data.

We have continued to work hard this year to manage waiting times and to reduce wasted appointments in our service. We are still, on the whole, managing to see people within two weeks of receiving the referral. We have adopted an opt in approach to all non self referrals. We tell the client that we have received a referral for them. We ask them to fill in and return the opt in slip. If we don't hear back from them, we discharge them. Also if the client misses an appointment, we write and ask them to get in touch if they still require our service. This has helped streamline our service but remain loyal to the person centred ethos, empowering the client. It is still clear that those referrals we receive from individuals themselves are the ones where we have percentages in the high nineties of attendance.

## **Working with other organisations.**

We have now finished working with CAMHS. CAMHS have a new model that they are working with and don't seem to be using outside agencies as much. Families Matter offer a model of family therapy based on the work of Bert Hellinger's Family Constellations model. This is sometimes used in the sessions with both families and individuals.

Families Matter continue to refer on to other agencies if the other services meets the needs of clients more specifically than Families Matter.

All the income generated is used to fund free counselling and support to families who would not otherwise access the support they need.

We are receiving referrals from agencies that either don't offer the Family therapy that Families Matter offer or they are so stretched themselves that they are looking for other agencies to offer support that they can't offer. This is a good system on one hand but also has the potential for Families Matter to become a victim of their own success. Families Matter have limited resources too and if we take all the work on that they get asked to take on by other agencies, then Families Matter could not sustain this. So we very carefully gate-keep the referral system.

## **Monitoring & Evaluation.**

The information taken from the referral form and Client feedback forms is taken and input onto a database so as to monitor outcomes. This data has been used to measure the effectiveness of the service both for Families Matter and also for funders.

We are currently looking at our outcomes, with a view to tighten this up and gain more measurable outcomes, we have developed and are using a new more robust data base system.

## **Referrals.**

Referrals are taken over the phone, via our website or by post. Families Matter have again this year also taken referrals from other agencies. Referrals are taken by the clinical lead and then given to the most appropriate counsellor for the client.

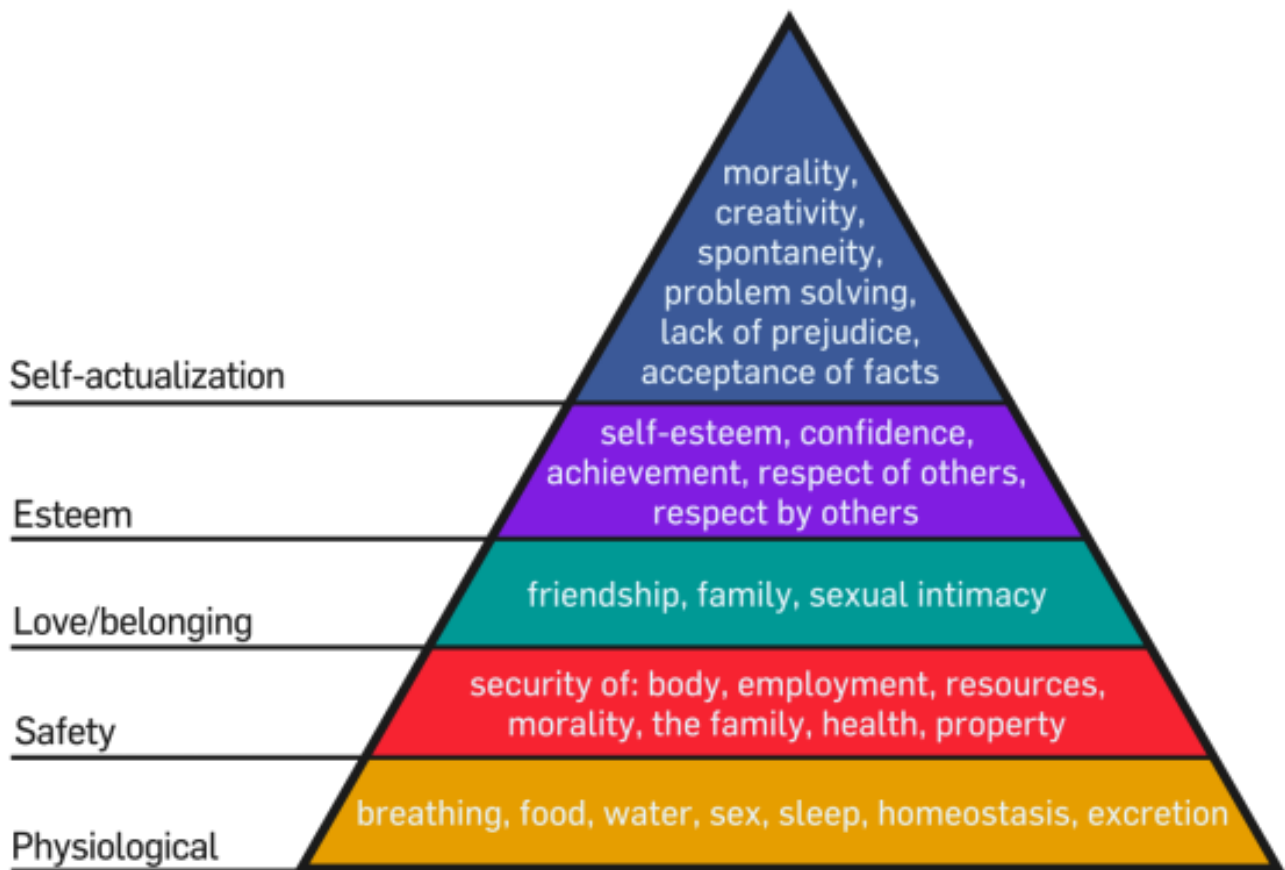
## **Pandemic & poverty**

We have been able to see more clients face to face and run groups this year. Some people have preferred to be seen over various platforms on the internet and over the telephone. We managed to on the whole make it work.

We have seen an increase in the level and depth of poverty that some of our local community are living in. Now these families are faced with feeding their children or keeping them warm and for some neither. Many families were already missing meals, this has moved things now to a whole new level.

We are often now faced with families that have run out of money and have no food. If we can, we help the families with food or money. Some times the counsellors give the clients money from their own money as facing people in extreme need and doing nothing is an impossible thing to do.

It is becoming increasingly difficult for families to access psychological help while in food or warmth poverty. The more our clients and the families are in need of the basic needs the more difficult it is for them to access and make use of the psychological services that we and other services offer. If I am hungry, how can I focus on anything other than getting that need met.? And its not until that need is met that I can move into the other zones on the diagram below. This is massively reducing their life chances and the possibility for social mobilisation, creating a class and personal stuckness. This in turn causes a frustration that can manifest in self destructive behaviours in an attempt to feel more whole. In Maslow's original 1943 article, "A theory of human motivation" he says about the hierarchy of needs is, "if I may assign arbitrary figures for the sake of illustration, it is as if the average citizen is satisfied perhaps 85% in his physiological needs, 70% in his safety needs, 50% in his love needs, 40% in his self-esteem needs and 10% in his self-actualisation needs" (Maslow, 1943, pp. 388-389). So on the pyramid representing the hierarchy of needs, the physiological needs should represent a much bigger piece of the pyramid. So for clients and families when the most basic needs are not being met, there is no chance at all for them to progress to self actualise, preventing them from being a fully functioning person.



We are still coming across families every week who are struggling to meet even their most basic needs, people who have lost their jobs, people who have reached their limit of being helped three times by the food bank, people who are in genuine need. One of our counsellors, along with the help of a school food tech teacher, has run several after school cooking clubs.

## **Summary of year twelve of Families Matter.**

We received a generous donation of £15000 from Freda Scott foundation, who have kindly supported us since we opened.

BAE systems gave us £1800 again for cooking groups with young people, this gives them the skills and equipment to make basic nutritious meals.

Some of our trustees and one of our previous trustees, kindly donated towards this year's Christmas gifts for children.

Two of the counsellors donated towards Christmas presents for children.

We have seen 114 families this year, providing counselling for children, counselling for children and families together, and individual and relationship counselling for parents and other family members. This is a decrease in the yearly amount of families seen. The demand for the service is still high and we gate-keep the service very well to make sure the services is accessed by families that would benefit from the service whilst making sure statutory services still fulfil their obligation and not pass the burden to Families Matter of plugging a gap that should be filled by themselves. We didn't have as much money this year, so we saw less people.

We have been working with children and family members in schools, community centres, and children's centres to work right within the community, and this reduces our outgoings. Over 90% of the income of Families Matter has been used on the counselling and group work that we have provided.

We will continue to fundraise in order to be able to offer our services in the community. and are making links with other organisations. Mainly we have been focusing on our work with the families. We have been fortunate to receive some very good support during the year, that has enabled us to provide counselling and support services where it is needed.

This year we have seen from December 2023 to December 2024

Clients seen: 114

Female: 47

Male: 67

Age of clients:

0-4: 4

5-9: 27

10-15: 44

16-18: 20

Adults: 19

● 0-4yrs    ● 5-9yrs    ● 10-15yrs    ● 16-18yrs    ● Adult



Referred by:

Self: 88

School: 7

Social care: 1

Health: 18

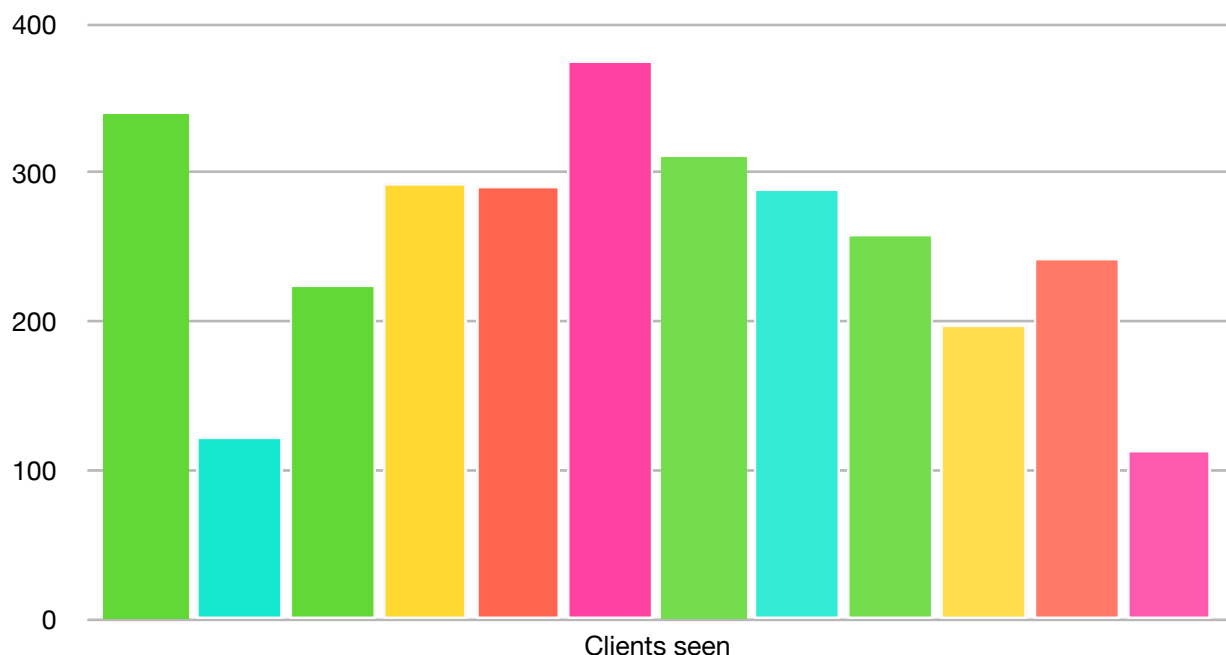
Since starting we have seen

YEAR	2012/13	13/14	14/15	15/16	16/17	17/18	18/19	19/20	20/21	21/22	22/23	23/24	Total
<b>Clients</b>	339	122	224	292	291	375	310	289	258	199	243	114	3056
Male	110	60	78	129	145	197	180	154	130	93	112	67	1455
Female	229	62	146	163	146	178	130	135	128	106	131	47	1601
0-4 yr	6	0	0	2	7	11	15	11	9	7	18	4	90
5-9 yr	37	20	28	36	30	37	39	30	25	11	19	27	339
10-15 yr	89	48	113	172	156	158	98	77	111	55	56	44	1169
16-18 yr	10	16	19	37	32	99	98	84	48	48	65	20	576
Adults	197	38	64	45	66	69	60	87	66	78	93	19	882

Referred by

Self	200	60	106	99	165	171	120	131	86	111	135	88	1472
School	110	52	47	44	54	91	90	80	129	63	68	7	835
Social care	20	8	4	11	12	26	14	22	24	10	22	1	174
Health	9	2	67	138	60	87	86	56	19	15	18	18	575

■ 2012/13 ■ 2013/14 ■ 2014/15 ■ 2015/16 ■ 2016/17 ■ 2017/18 ■ 2018/19  
■ 2019/20 ■ 2020/21 ■ 2021/22 ■ 2022/23 ■ 2023/24



They have all been seen in Furness / South Lakes.

In our previous annual reports, we highlighted the way men are at risk, particularly when they are 4 out of 5 suicides. We noticed that we continued to get a high percentage of males referred to our service this year too. I highlighted in the two year previous report how perhaps men need at times to see a man and I used the example how so many other



cultures the men spend time together and talk about things in their life and get support (emotional and practical) from each other and the women spend time together doing the same. When a male comes for counselling and is met by another male, there is a dynamic at work that is not really tangible.

Nationally statistically 75% of clients are female and only 25% male.

Families Matter have again bucked this trend, Families Matter have seen;

2012 32% male

2013 49.18%

2014 35%

2015 45%

2016 50%

2017 53%

2018 58%

2019 53%

2020 51%

2021 47%

2022 46%

2023 76%

This year again, we have seen many families. We have been told on a number of occasions that we are the only service offering any kind of Family therapy/counselling in the area.

## **Families Matter Future**

Families Matter have reached a point where they would like to fill in some of the gaps in their own service and provide a wider menu to reach some of the more difficult clients to reach and to reach the ones that are currently off limits to Families Matter.

- Provide assessments for adopted children and adults.
- Provide the therapeutic work for adopted children and adults.

Only registered adoption support agencies are permitted to provide counselling to adopted children or adults. Currently this service is bought in from out of the county at an astronomical cost. We would like to go through the process and become an adoption support agency.

We also feel it would be helpful to have at least one family mediator in the service. This could prove helpful to have in some family situations or even organisational conflict situations. Again this is a service that when a couple reach irreconcilable difference and decide to divorce, they must try and engage with mediation. This service is also currently bought in from out of the area too.

Families Matter are clearly very good at engaging men as the statistics show. Built on this and a clear interest from some of the counsellors in developing this. We would like to run groups particularly targeting young men who are most at risk. In the report 2017 we highlighted the desperate need and why the need is so high for this.

We have been successful in being awarded some money to run the male groups, as already stated Covid interrupted this. Hopefully in the future we will be able to continue this work.

- Run a group for boys to become peer listeners.
- Run a personal development group for boys/young men.
- Run a group for Dads and their children.

We will try and access a funding stream to help cover the costs of these trainings and the process of becoming an adoption support agency. This way we will be able to move forward with these ideas.

## Case Study

All identifiable information has been changed for reasons of confidentiality.

I saw the young thirteen year old male in the family. He presented as angry and withdrawn particularly from his mother. He told me on the first session that his parents had split up a long time ago, when he was six. "They had split up because they had had a fight". He totally blamed mum for this and he also blamed Mum for him not seeing dad. He is only allowed phone contact with Dad once a week. He was refusing school and pretty disengaged from the home environment and spent most of his time in his room.

I worked with the boy on his own exploring what was going on for him. It became apparent that he was holding his excluded Dads place for him. We looked at this and he slowly started to become aware of what he was doing.

We looked at more productive ways he could maintain his Dads place for the boy without this having to be destructive on the other relationships in the family.

He started to become less resentful and more engaging in the home. He talked about this with his Father and the father told him "you don't have to hold my place for me, we will always have a place with each other". The effect this had on the whole family was like the whole family could breathe properly again. The client started to engage properly with his Mum again and started attending school again.

## **Finances**

An ongoing feature of Families Matter is that because we do not own premises, our costs associated with running the charity are very low, so over 96% of our income is used to fulfil our charitable objectives, namely providing counselling services. We contend this provides significant value for money and should be attractive to donor organisations.

Please see the treasurers report for more financial details.

**FAMILIES MATTER COUNSELLING AND SUPPORT SERVICES LIMITED**

**FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED**

**30 SEPTEMBER 2024**

Company registered number 08208848

Charity registration number 1153446

**KNOX ACCOUNTING**

**FAMILIES MATTER COUNSELLING AND SUPPORT SERVICES LIMITED**

**FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED**

**30 SEPTEMBER 2024**

**Contents**

**Page**

1	Report of the directors
2	Statement of directors responsibilities
3	Accountants report
4	Profit and loss account
5	Balance sheet
6	Notes to the accounts

**The following page does not form part of the statutory accounts:**

7	Trading and profit and loss account
---	-------------------------------------

**FAMILIES MATTER COUNSELLING AND SUPPORT SERVICES LIMITED****FINANCIAL STATEMENTS****FOR THE YEAR ENDED****30 SEPTEMBER 2024****Report of the directors**

The directors present their annual report and financial statements for the year ended 30 September 2024.

**PRINCIPAL ACTIVITY**

The principal activity of the company during the period was the advancement of health by the promotion of emotional well being, improving mental health and reducing the impact of poverty in the Furness and South Lakes area.

No material uncertainties that may cast significant doubt about the ability of the company to continue as a going concern have been identified by the directors

**CHARITABLE STATUS**

The company is a registered charity number 1153446.

**DIRECTORS**

The directors who served during the year were as follows:

M Mawdsley  
J A Drake  
E A Jackson  
T G R McNaughton

The above report has been prepared in accordance with the small companies regime of the Companies Act 2006.

**Signed on behalf  
of the board**

**Margaret Mawdsley  
Secretary**

**30 November 2024**

**FAMILIES MATTER COUNSELLING AND SUPPORT SERVICES LIMITED****FINANCIAL STATEMENTS****FOR THE YEAR ENDED****30 SEPTEMBER 2024****Statement of directors responsibilities**

The directors are responsible for preparing the annual report and the accounts in accordance with applicable law and regulations.

Company law requires the directors to prepare financial statements for each year.

Under that law the directors have elected to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The accounts are required by law to give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing these accounts, the directors are required to:

select suitable accounting policies and then apply them consistently;

make judgments and estimates that are reasonable and prudent;

prepare the financial statements on a going concern basis unless it is inappropriate to presume that the company will continue in business.

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



**FAMILIES MATTER COUNSELLING AND SUPPORT SERVICES LIMITED**

ACCOUNTANTS' REPORT  
ON THE UNAUDITED FINANCIAL STATEMENTS TO THE BOARD OF DIRECTORS OF  
FAMILIES MATTER COUNSELLING AND SUPPORT SERVICES LIMITED

In order to assist you to fulfill your duties under the Companies Act 2006, we have compiled the financial statements of the company which comprise the Income and Expenditure Account and Balance Sheet and the related notes from the accounting records and information and explanations you have given to us.

This report is made to the company's Board of Directors as a body in accordance with the terms of our engagement. Our work has been undertaken so that we might compile the financial statements that we have been engaged to compile, report to the company's Board of Directors that we have done so, and state those matters that we have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's Board of Directors, as a body, for our work or for this report.

You have acknowledged on the balance sheet your duty to ensure that the company has kept proper accounting records and to prepare financial statements for the year ended 30 September 2016 that give a true and fair view under the Companies Act 2006. You consider that the company is exempt from the statutory requirement for an audit for the period.

We have not been instructed to carry out an audit of the financial statements. For this reason we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the financial statements.

The logo for Knox Accounting, featuring the word 'Knox' in a stylized, handwritten-style script.

**Knox Accounting  
Barrow in Furness  
Cumbria  
LA14 1LZ**

**30 November 2024**

## FAMILIES MATTER COUNSELLING AND SUPPORT SERVICES LIMITED

## INCOME AND EXPENDITURE ACCOUNT

## FOR THE YEAR ENDED

30 SEPTEMBER 2024

	Notes	Restricted	Unrestricted 2024 £	Total	2023 £
<b>INCOME</b>	1,2	-	19,960	19,960	30,954
<b>LESS:</b>					
Operational Costs			24,672	24,672	40,646
Administration Costs		-	4,924	4,924	4,883
<b>SURPLUS/(DEFICIT) FOR THE YEAR BEFORE INTEREST</b>	3	-	(9,636)	(9,636)	(14,575)
Interest payable		-	-	-	-
<b>SURPLUS/(DEFICIT) FOR THE YEAR AFTER INTEREST</b>		-	(9,636)	(9,636)	(14,575)
Total funds brought forward		-	13,598	13,599	28,174
Total funds carried forward		-	3,963	3,963	13,599

The notes on pages 6a and 6b form part of these accounts

## FAMILIES MATTER COUNSELLING AND SUPPORT SERVICES LIMITED

## BALANCE SHEET AS AT

30 SEPTEMBER 2024

		2024		2023	
		£	£	£	£
	Notes				
<b>FIXED ASSETS</b>					
Tangible Assets	4		1,061		1,180
<b>CURRENT ASSETS:</b>					
Trade debtors			-		-
Cash at Bank and in hand			3,050		12,568
			<u>3,050</u>		<u>12,568</u>
<b>CURRENT LIABILITIES:</b>					
<b>CREDITORS:</b> Amounts Falling					
Due Within One Year	5		<u>150</u>		<u>150</u>
<b>NET CURRENT ASSETS</b>			<u>2,900</u>		<u>12,419</u>
<b>TOTAL ASSETS</b>			<u><u>3,963</u></u>		<u><u>13,599</u></u>
<b>SHARE CAPITAL AND RESERVES</b>					
Share Capital	6		-		-
Restricted Funds	7		-		-
Unrestricted Funds	7		<u>3,963</u>		<u>13,599</u>
			<u><u>3,963</u></u>		<u><u>13,599</u></u>

The notes on pages 6a and 6b form part of these accounts

The accounts have been prepared in accordance with the provisions of the Companies Act 2006 applicable to companies subject to the small companies regime, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

For the financial year ended 30 September 2024 the company was entitled to exemption from audit under section 477 Companies Act 2006, and no notice has been deposited under section 476B(2).

The directors acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with section 386 of the Act and preparing accounts which give a true and fair view of the state of affairs of the company as at the year end and of its profit for the financial year in accordance with the requirements of sections 393 and 394 and which otherwise comply with the requirements of the Companies Act 2006, so far as applicable to the company.

Signed on behalf of the board

J A Drake  
Director

Approved by the board of directors: 30 November 2024

# FAMILIES MATTER COUNSELLING AND SUPPORT SERVICES LIMITED

## NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 30 SEPTEMBER 2024

### NOTE 1 ACCOUNTING POLICIES

#### a Basis of Accounting

The accounts have been prepared in accordance with appropriate accounting standards and under the historical cost convention. The accounts have also been prepared in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008) and the Statement of Recommended Practice, Accounting and Reporting by Charities (SORP 2005).

#### b Turnover

Income comprises of grants and donations received during the year except when donors specify that amounts given to the charity may be used in future accounting years, the income is deferred until those years.

#### c Tangible Fixed Assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life:

Office Equipment	10% on the reducing balance
------------------	-----------------------------

### NOTE 2 INCOME

In the period to 30 September 2014 none of the company's income was derived from outside the United Kingdom.

### NOTE 3 EXCESS OF INCOME

The surplus of income is stated after charging:

	2024 £	2023 £
Depreciation of owned assets	<u>118</u>	<u>131</u>

### NOTE 4 TANGIBLE FIXED ASSETS

	Office Equipment	Total
<b>Cost</b>		
At 1 October 2023	1,799	1,799
Additions	-	-
At 30 September 2024	<u>1,799</u>	<u>1,799</u>
<b>Depreciation</b>		
At 1 October 2023	619	619
Charge for year	118	118
At 30 September 2024	<u>737</u>	<u>737</u>
<b>Net Book values</b>		
At 30 September 2024	<u>1,061</u>	<u>1,061</u>
At 30 September 2023	<u>1,180</u>	<u>1,180</u>

**FAMILIES MATTER COUNSELLING AND SUPPORT SERVICES LIMITED**

**NOTES TO THE ACCOUNTS  
FOR THE YEAR ENDED  
30 SEPTEMBER 2024**

**NOTE 5 CREDITORS:** Amounts falling due within one year

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Trade Creditors	-	-
Accruals	150	150
Grants in advance	-	-
	<u>150</u>	<u>150</u>

**NOTE 6 SHARE CAPITAL**

The company is limited by guarantee and therefore has no share capital.

**NOTE 7 RESERVES**

	<b>Restricted</b>	<b>Unrestricted</b>	<b>Total</b>
At 1 October 2023	-	13,599	13,599
Excess of income for the period	<u>-</u>	<u>(9,636)</u>	<u>(9,636)</u>
At 30 September 2024	<u>-</u>	<u>3,963</u>	<u>3,963</u>

**NOTE 8 GRANTS RECEIVED**

	<b>2024</b>	<b>2023</b>
	<b>£</b>	
Orsted - Grantscape	-	4,095
Sir John Fisher	-	-
Frances C Scott Trust	<u>15,200</u>	<u>20,000</u>
	<u>15,200</u>	<u>24,095</u>

## FAMILIES MATTER COUNSELLING AND SUPPORT SERVICES LIMITED

## INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED

30 SEPTEMBER 2024

	2024		2023	
	£	£	£	£
<b>INCOME SOURCES:</b>				
Grants		15,200		24,095
Donations		2,360		2,784
Fees Received		2,400		4,075
Fundraising income		-		-
Interest Received		-		-
		<u>19,960</u>		<u>30,954</u>
<b>DIRECT CHARITABLE EXPENDITURE:</b>				
Counselling costs	22,200		38,405	
Training costs	-		-	
Charitable contributions	2,307		1,792	
Young people	-		296	
Travelling	-		24	
Fees and licenses	-		-	
Telephone	6		-	
Stationery & Postage	42		-	
Depreciation	118		131	
		<u>24,672</u>		<u>40,646</u>
		(4,712)		(9,692)
<b>ADMINISTRATION COSTS</b>				
CRB fees	-		-	
Administration costs	4,133		4,140	
Insurances	219		219	
Advertising	-		-	
Legal and professional fees	252		268	
Bank charges	60		62	
Accountancy	260		193	
Computer consumables	-		-	
Donations	-		-	
		<u>4,924</u>		<u>4,883</u>
<b>SURPLUS/(DEFICIT) FOR THE PERIOD</b>		<u>(9,636)</u>		<u>(14,575)</u>

**FAMILIES MATTER COUNSELLING AND SUPPORT SERVICES LIMITED****FINANCIAL STATEMENTS****FOR THE YEAR ENDED****30 SEPTEMBER 2024****CLIENT APPROVAL**

I confirm that I am in agreement with the financial statements on pages 1 to 6, which show the following results:

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Turnover	19,960	30,954
Net surplus	(9,636)	(14,575)
Corporation tax payable	-	-
Dividends	-	-
Share capital	-	-
Accumulated reserves	3,962	13,599
Balance sheet total	3,963	13,599

I further confirm that I am agreeable to a copy of the relevant accounts being submitted to HMRC, along with the Company's Corporation Tax return form CT600, and an abbreviated set to Companies House.

**J A Drake**  
**Director**

**Dated**                      **30 November 2024**

**FAMILIES MATTER COUNSELLING AND SUPPORT SERVICES LIMITED**

**FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED**

**30 SEPTEMBER 2024**

Company registered number 08208848

Charity registration number 1153446

**KNOX ACCOUNTING**



**FAMILIES MATTER COUNSELLING AND SUPPORT SERVICES LIMITED**

**FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED**

**30 SEPTEMBER 2024**

**Contents**

**Page**

1	Report of the directors
2	Statement of directors responsibilities
3	Accountants report
4	Profit and loss account
5	Balance sheet
6	Notes to the accounts

**The following page does not form part of the statutory accounts:**

7	Trading and profit and loss account
---	-------------------------------------

**FAMILIES MATTER COUNSELLING AND SUPPORT SERVICES LIMITED****FINANCIAL STATEMENTS****FOR THE YEAR ENDED****30 SEPTEMBER 2024****Report of the directors**

The directors present their annual report and financial statements for the year ended 30 September 2024.

**PRINCIPAL ACTIVITY**

The principal activity of the company during the period was the advancement of health by the promotion of emotional well being, improving mental health and reducing the impact of poverty in the Furness and South Lakes area.

No material uncertainties that may cast significant doubt about the ability of the company to continue as a going concern have been identified by the directors

**CHARITABLE STATUS**

The company is a registered charity number 1153446.

**DIRECTORS**

The directors who served during the year were as follows:

M Mawdsley  
J A Drake  
E A Jackson  
T G R McNaughton

The above report has been prepared in accordance with the small companies regime of the Companies Act 2006.

**Signed on behalf  
of the board**

**Margaret Mawdsley  
Secretary**

**30 November 2024**

**FAMILIES MATTER COUNSELLING AND SUPPORT SERVICES LIMITED****FINANCIAL STATEMENTS****FOR THE YEAR ENDED****30 SEPTEMBER 2024****Statement of directors responsibilities**

The directors are responsible for preparing the annual report and the accounts in accordance with applicable law and regulations.

Company law requires the directors to prepare financial statements for each year.

Under that law the directors have elected to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The accounts are required by law to give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing these accounts, the directors are required to:

select suitable accounting policies and then apply them consistently;

make judgments and estimates that are reasonable and prudent;

prepare the financial statements on a going concern basis unless it is inappropriate to presume that the company will continue in business.

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

**FAMILIES MATTER COUNSELLING AND SUPPORT SERVICES LIMITED**

ACCOUNTANTS' REPORT  
ON THE UNAUDITED FINANCIAL STATEMENTS TO THE BOARD OF DIRECTORS OF  
FAMILIES MATTER COUNSELLING AND SUPPORT SERVICES LIMITED

In order to assist you to fulfill your duties under the Companies Act 2006, we have compiled the financial statements of the company which comprise the Income and Expenditure Account and Balance Sheet and the related notes from the accounting records and information and explanations you have given to us.

This report is made to the company's Board of Directors as a body in accordance with the terms of our engagement. Our work has been undertaken so that we might compile the financial statements that we have been engaged to compile, report to the company's Board of Directors that we have done so, and state those matters that we have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's Board of Directors, as a body, for our work or for this report.

You have acknowledged on the balance sheet your duty to ensure that the company has kept proper accounting records and to prepare financial statements for the year ended 30 September 2016 that give a true and fair view under the Companies Act 2006. You consider that the company is exempt from the statutory requirement for an audit for the period.

We have not been instructed to carry out an audit of the financial statements. For this reason we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the financial statements.

The logo for Knox Accounting, featuring the word 'Knox' in a stylized, handwritten-style script.

**Knox Accounting  
Barrow in Furness  
Cumbria  
LA14 1LZ**

**30 November 2024**

## FAMILIES MATTER COUNSELLING AND SUPPORT SERVICES LIMITED

## INCOME AND EXPENDITURE ACCOUNT

## FOR THE YEAR ENDED

30 SEPTEMBER 2024

	Notes	Restricted	Unrestricted 2024 £	Total	2023 £
<b>INCOME</b>	1,2	-	19,960	19,960	30,954
<b>LESS:</b>					
Operational Costs			24,672	24,672	40,646
Administration Costs		-	4,924	4,924	4,883
<b>SURPLUS/(DEFICIT) FOR THE YEAR BEFORE INTEREST</b>	3	-	(9,636)	(9,636)	(14,575)
Interest payable		-	-	-	-
<b>SURPLUS/(DEFICIT) FOR THE YEAR AFTER INTEREST</b>		-	(9,636)	(9,636)	(14,575)
Total funds brought forward		-	13,598	13,599	28,174
Total funds carried forward		-	3,963	3,963	13,599

The notes on pages 6a and 6b form part of these accounts

## FAMILIES MATTER COUNSELLING AND SUPPORT SERVICES LIMITED

## BALANCE SHEET AS AT

30 SEPTEMBER 2024

		2024		2023	
		£	£	£	£
	Notes				
<b>FIXED ASSETS</b>					
Tangible Assets	4		1,061		1,180
<b>CURRENT ASSETS:</b>					
Trade debtors			-		-
Cash at Bank and in hand			3,050		12,568
			<u>3,050</u>		<u>12,568</u>
<b>CURRENT LIABILITIES:</b>					
<b>CREDITORS:</b> Amounts Falling					
Due Within One Year	5		<u>150</u>		<u>150</u>
<b>NET CURRENT ASSETS</b>			<u>2,900</u>		<u>12,419</u>
<b>TOTAL ASSETS</b>			<u><u>3,963</u></u>		<u><u>13,599</u></u>
<b>SHARE CAPITAL AND RESERVES</b>					
Share Capital	6		-		-
Restricted Funds	7		-		-
Unrestricted Funds	7		<u>3,963</u>		<u>13,599</u>
			<u><u>3,963</u></u>		<u><u>13,599</u></u>

The notes on pages 6a and 6b form part of these accounts

The accounts have been prepared in accordance with the provisions of the Companies Act 2006 applicable to companies subject to the small companies regime, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

For the financial year ended 30 September 2024 the company was entitled to exemption from audit under section 477 Companies Act 2006, and no notice has been deposited under section 476B(2).

The directors acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with section 386 of the Act and preparing accounts which give a true and fair view of the state of affairs of the company as at the year end and of its profit for the financial year in accordance with the requirements of sections 393 and 394 and which otherwise comply with the requirements of the Companies Act 2006, so far as applicable to the company.

Signed on behalf of the board

J A Drake  
Director

Approved by the board of directors: 30 November 2024

# FAMILIES MATTER COUNSELLING AND SUPPORT SERVICES LIMITED

## NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 30 SEPTEMBER 2024

### NOTE 1 ACCOUNTING POLICIES

#### a Basis of Accounting

The accounts have been prepared in accordance with appropriate accounting standards and under the historical cost convention. The accounts have also been prepared in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008) and the Statement of Recommended Practice, Accounting and Reporting by Charities (SORP 2005).

#### b Turnover

Income comprises of grants and donations received during the year except when donors specify that amounts given to the charity may be used in future accounting years, the income is deferred until those years.

#### c Tangible Fixed Assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life:

Office Equipment	10% on the reducing balance
------------------	-----------------------------

### NOTE 2 INCOME

In the period to 30 September 2014 none of the company's income was derived from outside the United Kingdom.

### NOTE 3 EXCESS OF INCOME

The surplus of income is stated after charging:

	2024 £	2023 £
Depreciation of owned assets	<u>118</u>	<u>131</u>

### NOTE 4 TANGIBLE FIXED ASSETS

	Office Equipment	Total
<b>Cost</b>		
At 1 October 2023	1,799	1,799
Additions	-	-
At 30 September 2024	<u>1,799</u>	<u>1,799</u>
<b>Depreciation</b>		
At 1 October 2023	619	619
Charge for year	118	118
At 30 September 2024	<u>737</u>	<u>737</u>
<b>Net Book values</b>		
At 30 September 2024	<u>1,061</u>	<u>1,061</u>
At 30 September 2023	<u>1,180</u>	<u>1,180</u>

## FAMILIES MATTER COUNSELLING AND SUPPORT SERVICES LIMITED

**NOTES TO THE ACCOUNTS  
FOR THE YEAR ENDED  
30 SEPTEMBER 2024**

**NOTE 5 CREDITORS:** Amounts falling due within one year

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Trade Creditors	-	-
Accruals	150	150
Grants in advance	-	-
	<u>150</u>	<u>150</u>

**NOTE 6 SHARE CAPITAL**

The company is limited by guarantee and therefore has no share capital.

**NOTE 7 RESERVES**

	<b>Restricted</b>	<b>Unrestricted</b>	<b>Total</b>
At 1 October 2023	-	13,599	13,599
Excess of income for the period	<u>-</u>	<u>(9,636)</u>	<u>(9,636)</u>
At 30 September 2024	<u>-</u>	<u>3,963</u>	<u>3,963</u>

**NOTE 8 GRANTS RECEIVED**

	<b>2024</b>	<b>2023</b>
	<b>£</b>	
Orsted - Grantscape	-	4,095
Sir John Fisher	-	-
Frances C Scott Trust	<u>15,200</u>	<u>20,000</u>
	<u>15,200</u>	<u>24,095</u>



## FAMILIES MATTER COUNSELLING AND SUPPORT SERVICES LIMITED

## INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED

30 SEPTEMBER 2024

	2024		2023	
	£	£	£	£
<b>INCOME SOURCES:</b>				
Grants		15,200		24,095
Donations		2,360		2,784
Fees Received		2,400		4,075
Fundraising income		-		-
Interest Received		-		-
		<u>19,960</u>		<u>30,954</u>
<b>DIRECT CHARITABLE EXPENDITURE:</b>				
Counselling costs	22,200		38,405	
Training costs	-		-	
Charitable contributions	2,307		1,792	
Young people	-		296	
Travelling	-		24	
Fees and licenses	-		-	
Telephone	6		-	
Stationery & Postage	42		-	
Depreciation	118		131	
	<u>24,672</u>		<u>40,646</u>	
	(4,712)		(9,692)	
<b>ADMINISTRATION COSTS</b>				
CRB fees	-		-	
Administration costs	4,133		4,140	
Insurances	219		219	
Advertising	-		-	
Legal and professional fees	252		268	
Bank charges	60		62	
Accountancy	260		193	
Computer consumables	-		-	
Donations	-		-	
	<u>4,924</u>		<u>4,883</u>	
<b>SURPLUS/(DEFICIT) FOR THE PERIOD</b>		<u>(9,636)</u>		<u>(14,575)</u>

**FAMILIES MATTER COUNSELLING AND SUPPORT SERVICES LIMITED****FINANCIAL STATEMENTS****FOR THE YEAR ENDED****30 SEPTEMBER 2024****CLIENT APPROVAL**

I confirm that I am in agreement with the financial statements on pages 1 to 6, which show the following results:

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Turnover	19,960	30,954
Net surplus	(9,636)	(14,575)
Corporation tax payable	-	-
Dividends	-	-
Share capital	-	-
Accumulated reserves	3,962	13,599
Balance sheet total	3,963	13,599

I further confirm that I am agreeable to a copy of the relevant accounts being submitted to HMRC, along with the Company's Corporation Tax return form CT600, and an abbreviated set to Companies House.

**J A Drake**  
**Director**

**Dated**                      **30 November 2024**