

ACORNS (NORTH TYNESIDE)

England & Wales · Charity number 1157078

Details

Other names	ACORNS
Status	Registered
Legal form	Charitable company
Company number	08838624
Registered	2014-05-16
Register	View on the Charity Commission register

Contact

Address	Acorns 7 Alma Place North Shields NE29 0LZ
Phone	01913498366
Email	admin@acornsproject.org.uk
Website	www.acornsproject.org.uk

Activities

Objects: To relieve the needs of children and young people, adults and families who have suffered from and/or are likely to suffer from violence in their homes or elsewhere particularly by the provision of support services and advice calculated to relieve those needs

Activities: Acorns offers a range of trauma informed support and therapeutic recovery services to address the impact of domestic abuse and violence on children, young people and families.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes
- **Who:** Children/young People

Geography

- North Tyneside
- Northumberland

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£539,527	£704,610	£44,957	21
2024-03-31	£650,015	£640,841	£210,040	21
2023-03-31	£628,004	£624,059	£200,866	16
2022-03-31	£595,339	£552,649	£196,921	21
2021-03-31	£368,705	£358,816	-	-

Trustees

Name	Role	Appointed
Fabienne Thompson	Chair	2021-04-27
David Lovenbury		2024-10-10
Georgia May Patricia Thompson		2026-03-16
Keith John Williamson		2020-06-16
Sarah Charlton		2024-10-10

Accounts

ACORNS (NORTH TYNESIDE)
A Company limited by guarantee

REPORT AND FINANCIAL STATEMENTS
For the year ended 31 March 2025

Charity number 1157078
Company number 08838624

1. Reference and administrative details

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2025.

The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Acorns project

7 Alma Place
North Shields
NE29 0LZ
Principal office hours; 09.30 – 6pm
Charity number 1157078
Company number 08838624

Trustees:

Fabienne Thompson	(chair)
Keith Williamson	(treasurer)
Sarah Charlton –	appointed 10 October 2024
David Lovenbury –	appointed 10 October 2024
Stefenie Anderson –	resigned 10 October 2024
Ruth Lewis –	resigned 10 October 2024
Lisa Anne Stephenson –	resigned 10 October 2024
Deborah Heron –	resigned 10 October 2024

Secretary:

Maxine Tennet

Banker:

Barclays PLC
3 Northumberland Square
North Shields NE30 1QX

Independent examiner:

Jim Dodd
33 The Glebe
Northumberland NE61 6HW

2. Structure, governance and management

The charity is overseen by a small board of Trustees, who are responsible for the overall direction, strategy and oversight of the organisation. At the end of the reporting period, the board consisted of 4 trustees who meet throughout the year to review the charity's performance, set strategic objectives and ensure compliance with legal and regulatory obligations.

TRUSTEES ANNUAL REPORT
For the year ended 31 March 2025

The board delegate day-to-day operational management to the CEO who reports directly into the board.

Trustees are appointed in accordance with the charity's governing document. New trustees are identified based on the skills and experience, and diversity required on the board. They are appointed by resolution of the existing trustees.

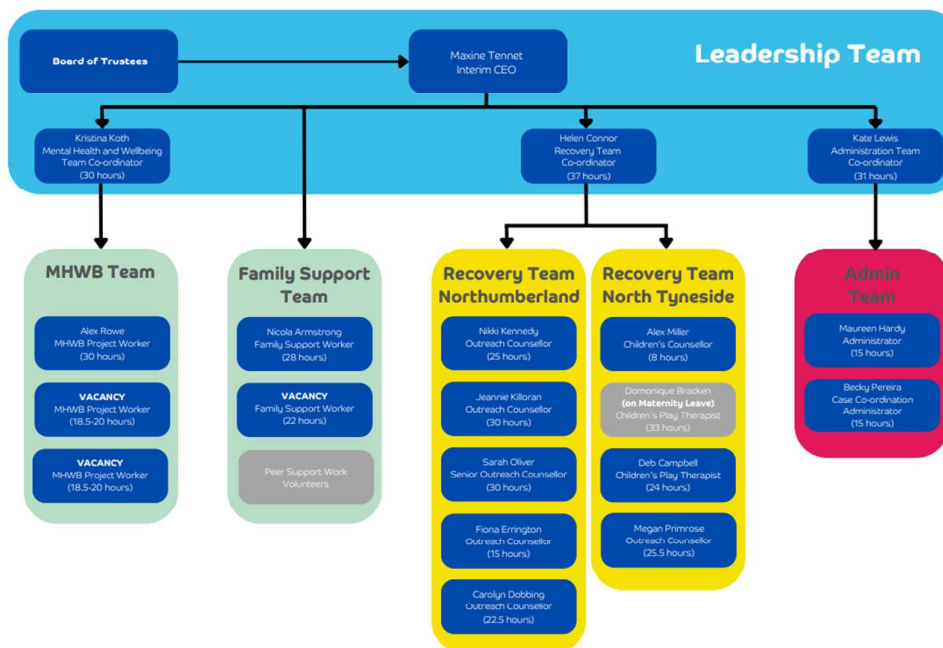
All new trustees receive an induction covering the charity's mission, policies, finances and the responsibilities of trusteeship, in line with Charity Commission Guidance.

Trustees make decisions collectively with each trustee having equal voting rights. Where urgent decisions are needed between meetings, delegated authority may be exercised by the Chair and one other trustee, in consultation with the Chief Executive.

Risk management process – Trustees maintain a risk register which is reviewed regularly. Key risks are identified, assessed and mitigated through appropriate policies, procedures and oversight

Pay policy for key personnel – The trustees consider the pay of key management personnel annually, taking into account bench-marking data, affordability and fairness. No trustee receives remuneration for their role as a trustee.

Organisational structure and decision-making;



3. Objectives and Activities:

The principal object of the charity is to relieve the needs of children and young people, adults and families who have suffered from and/or are likely to suffer from domestic abuse in their homes or elsewhere particularly by the provision of support services and advice calculated to relieve those needs.

Our Mission Statement: We support children, young people and families affected by domestic violence and abuse, in North Tyneside and Northumberland. We aim to help survivors to recognise their own strengths and skills, putting the power of their recovery in their hands. Together, we stand tall.

- Our values
 - physical and emotional safety
 - trustworthiness and transparency
 - choice and collaboration
 - empowerment by having a voice

Our Aims:

We will safeguard and promote the safety, welfare and rights of children, young people and their families who have suffered from violence and abuse within their home.

We aim to

- Improve the physical and mental health and well-being of families who have been impacted by domestic abuse
- Increase their personal resources by building self-esteem, confidence and assertiveness
- Empower them to increase their self-efficacy and live safely and independently
- Connect them to like-minded peers and reduce isolation, improving personal support networks and reducing the need for intensive intervention in the future.

Significant activities: Acorns has been providing valued services to victims and survivors of domestic violence aged four to 18 and their family members in North Tyneside for over 20 years, and services in Northumberland since 2018.

Acorns specialises in play therapy, one-to-one trauma informed counselling services, a wide range of wrap-around services such as parent and carer support, group work, prevention and healthy relationships work in schools and colleges, and one-to-one mental health and wellbeing support, in house, and in schools and the community.

How the charity's activities help carry out its aims for public benefit

The trustees confirm that they have complied with their duty under Section 17 of the Charities Act 2011 to have due regard to the Charity Commission's guidance on public benefit when reviewing the charity's aims and objectives, setting its strategy and planning and delivering its activities.

Acorns works with survivors of domestic abuse of all ages towards achieving positive outcomes. Specialist services have been developed to tackle the incidence and impact of domestic violence and abuse by improving safety, improving mental and physical health, increasing self-esteem and confidence, thereby increasing individual and family life chances

During the year, we provided specialist support services including counselling, advocacy, group and 1;1 support to children and families across North Tyneside and Northumberland.

The trustees are satisfied that the charity's work during the year has directly contributed to improving safety, wellbeing and outcomes for beneficiaries, and that it provides clear and demonstrable public benefit.

4. Achievements and Performance

We are a trauma informed organisation and all our services are designed around the needs of the individual and/or the family unit. We provide our services free, at our two premises in North Shields and our Wallsend Community hub, out in the community and within schools, colleges and children's centres, including those throughout Northumberland. We are experts in delivering domestic abuse services and of developing our services to meet the ongoing needs of the families we work with.

Entry into the service is through a children's referral. If a child has been accepted for one of our services, this grants access to our wraparound services for the rest of their family, such as supplementary activities and groups. This holistic, service user led approach aims to strengthen the family unit, focussing on resilience while improving attachment, trust and familial bonds. One Door – Many Rooms: we provide a four-tier service, and families work with us to create a bespoke care plan, based on their individual needs:



Tier 1 - Prevention

- Prevention Advice & guidance and signposting for the whole family
- Text helpline for young people
- Prevention programmes including healthy relationships work
- Psychoeducational and introductory welcome workshops for parents
- Drop in and flexible support services

Tier 2 - Coping

- Crisis support First Response Service for children aged 11+ - risk & safety planning
- Group programmes – Roots (age 8-12 – wellbeing and coping strategies) and Healing Together
- Emotional and practical support for carers (Family Support Service)
- Advocacy for adults and children
- Ad hoc interim support while awaiting counselling

Tier 3 - Participating

- Whole-family free activities to promote bonding and attachment for example: sports/water sports/day trips/short programme
- Adult peer support groups (parental engagement)
- 'Intro to Acorns' sessions, crafts, coffee mornings
- psychoeducation Adult Participation Board – regularly feeding into our work through co-production of adult services
- Consultations and feedback
- Open days and seasonal events
- Acorns Youth Panel - survivor voice panel, young people aged 13+, who deliver events, projects, marketing materials, and report to local domestic abuse strategic boards to ensure their voices are heard

Tier 4 - Recovery

- Recovery - Counselling and music, art and play therapy for children and young people including
- Theraplay & Traumaplay
- Forest School
- Neurofeedback Therapy
- Family therapies and family group work
- Parent and child bespoke interventions
- Young people's group programmes
- One to one mental health and wellbeing case work, both in house and in schools and the community
- Parent/Carer counselling service

The impact of our work.

Domestic abuse is a complex form of trauma, which presents in multifaceted ways. Survivors may experience a wide range of effects including: high levels of anxiety; self-blame; low self-esteem and self-worth; exhaustion; fear; anxiety; depression; loss of self-efficacy; social isolation; loss of trust; traumatic bonding; diminished perceptions of alternatives; hyper-arousal; hyper-vigilance; and impaired decision-making and problem-solving abilities.

Over the year we have been grateful for the continued support of a team of volunteers delivering Adult Recovery Services (counselling) and whilst the decision was taken to dissolve adult therapy, it does not diminish our thanks to the volunteers who have supported Acorns and adult clients in the recovery journey.

This year, we were unable to realise the expected level of income needed to sustain the charity in its current format, and so, as the year came to end, Trustees agreed that an organisation restructure was required in order to balance costs and income.

5. Financial review

Reserves Policy

We aim to maintain a level of free reserves sufficient to meet the charity's working capital requirements in order to sustain its current activities for at least 6 months in the event of a significant drop in funding. At 31 March 2025 total reserves were £44,957 (2024: £210,040) of which Restricted Funds were £nil (2024: £nil) and Unrestricted Funds were £44,957 (2024: £210,040). The level of reserves at the year-end falls short of our target and every effort will be made in the ensuing period to improve this.

Financial position

Key details of the year are:

Income	Reduced by £110k to	£540k
Expenditure	Increased by £64k to	£705k
Operating surplus/ (deficit)	Reduced by £174k to	£(165)k
Average staff numbers	unchanged	21
Free Reserves – these are the funds we have available to meet our expenses		£45k
How many days would our free reserves last if our income immediately ceased?		24 days

To say that this has been a challenging year would be something of an understatement. As the year progressed it became increasingly clear that our income would fall well short of expectations and that we needed to instigate a cost cutting strategy. Our two major outgoings are on premises and on staff and it was clear that we had no alternative other than to reduce both. At about the same time as these decisions were being taken, our CEO resigned and was replaced by our interim CEO whose task it became to work alongside the Board of Trustees to implement this strategy in such a way as to minimise any negative impact on our services. As we go into 2025/26 we are increasingly confident that these

measures are having the desired effect and, whilst there is still some way to go, we can start to feel cautiously optimistic about our direction of travel.

Last year we reported that we were actively seeking new premises. For the reasons outlined above, that aspiration has had to be shelved until the charity has been returned to a sound financial footing.

Going concern statement

The financial statements have been prepared on a going concern basis. In making their assessment the trustees have reviewed and considered relevant information, including their annual budget and future cash flows. The Trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

Risk Management

The Trustees have a risk management strategy that comprises: - an annual review of the risks the charity may face; the implementation and review of a formal risk mapping system and procedures to mitigate identified risks; the implementation of systems and procedures designed to minimise any potential impact on the Charity should they materialise.

Financial Risk

The organisation undertakes an annual strategic review to assess uncertainty in the economic climate and to mitigate any significant external risks to funding. Each year the organisation produces updated Business and Action Plans on which trustees and staff are fully consulted and progress against these is reviewed quarterly. A key element in the management of financial risk is the setting of a Reserves Policy and its regular review by trustees.

6. Plans for future periods

Over the coming year, we aim to maintain a lower cost base by ensuring staffing is aligned to project income; we have given notice on our lease of a 2nd property in North Shields and the staff will return to our main base. This will result in significant savings, once the notice period is over, or alternative tenants are found.

We will focus our work on our core values and objectives as set out in our governing document, supporting children and families to recover from domestic abuse, by taking a holistic 'whole-family' approach, but cutting back on additional services which are unfunded, costly or detract from our core aims.

With the support of an experienced Interim CEO, we aim to ensure financial stability throughout the year and focus on good value for commissioners and funders whilst delivering continued outstanding outcomes. In addition, we are also focused on building the resilience of the organisation by recruiting in a strategic manner and upskilling staff to ensure a workforce that is more multi-disciplinary and can be utilised more effectively.

7. Trustees responsibilities in relation to the financial statement

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP (Statement of Recommended Practice);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.
- The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and the group and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

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

Approved by order of the board of trustees on: 16 October 2025 and signed on its behalf by:



Fabienne Thompson
Chairperson

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

For the year ended 31 March 2025

I report on the financial statements of Acorns (North Tyneside) for the year ended 31 March 2025, which are set out on pages 9 to 21.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also directors of the company for the purposes of company law) 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.

The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a Fellow of the Association of Charity Independent Examiners.

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

- examine the accounts under section 145 of the 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 material matters have come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

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

Jim Dodds FCIE

33 The Glebe

Morpeth

NE61 6HW

Date: 9 December 2025



ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES

(INCLUDING SUMMARY INCOME & EXPENDITURE ACCOUNT)

For the year ended 31 March 2025

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2025 £	Total 2024 £
<u>Income from:</u>					
Donations and legacies	6	7,068	-	7,068	5,290
Charitable activities					
Grants and contracts	7	348,497	176,518	525,015	635,034
Other trading activities	8	6,096	-	6,096	9,677
Investments	9	1,348	-	1,348	14
Total income		363,009	176,518	539,527	650,015
<u>Expenditure on:</u>					
Raising funds	10	107	-	107	173
Charitable activities					
Operation of the charity	11	527,985	176,518	704,503	640,668
Total expenditure		528,092	176,518	704,610	640,841
Net income/(expenditure) and net movement of funds		(165,083)	-	(165,083)	9,174
<u>Reconciliation of funds</u>					
Total funds brought forward		210,040	-	210,040	200,866
Total funds carried forward		44,957	-	44,957	210,040

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The notes on pages 12 to 21 form an integral part of these accounts.

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

Charity Number 1157078

Company Number 08838624

BALANCE SHEET

As at 31 March 2025

	Notes	£	Total 2025 £	£	Total 2024 £
<u>Current assets</u>					
Debtors	18	12,163		6,131	
Cash at bank and in hand	19	161,420		276,914	
Total current assets		173,583		283,045	
Creditors: amounts falling due within one year	20	(128,626)		(73,005)	
Net current assets			44,957		210,040
Total assets less current liabilities			44,957		210,040
Total net assets or liabilities			44,957		210,040
<u>Funds of the charity</u>					
Unrestricted income funds			44,957		210,040
Restricted income funds			-		-
Total funds			44,957		210,040

The company was entitled to an 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 the 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.

The notes on pages 12 to 21 form an integral part of these accounts.

These financial statements were approved by the Board on: 16 October 2025

and are signed on its behalf by:



Keith Williamson

Trustee

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

Charity Number 1157078

Company Number 08838624

STATEMENT OF CASH FLOWS

For the year ended 31 March 2025

	Notes	2025 £	2024 £
<u>Cash flows from operating activities</u>			
Net Movement in funds		(165,083)	9,174
<u>Add back:</u>			
Deduct interest income shown in investment activities		(1,348)	(14)
Increase in trade receivables		(6,032)	4,800
Increase in trade payables		55,621	38,554
<i>Cash generated from operations</i>		(116,842)	52,514
<u>Cash flow from investing activities</u>			
Interest received		1,348	14
<i>Net cash used in investing activities</i>		1,348	14
 Decrease in cash and cash equivalents		 (115,494)	 52,528
Cash and cash equivalents at start of year		276,914	224,386
Cash and cash equivalents at end of year		161,420	276,914

The notes on pages 12 to 21 form an integral part of these accounts.

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

1 Accounting Policies

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

2 Basis of accounting

2.1 Basis of preparation

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Acorns (North Tyneside) meets the definition of a public benefit entity under FRS 102.

2.2 Preparation of the accounts on a going concern basis

The charity reported total unrestricted funds at the year end of £44,957 and has already secured a significant amount of funding for the current year. The trustees are of the view that the immediate future of the charity for the next 12 to 18 months is secure and that on this basis the charity is a going concern.

3 Income

3.1 Recognition of income

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received and the monetary value can be measured with sufficient reliability.

3.2 Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by FRS102 SORP or FRS102.

3.3 Grants and donations

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance or provision of other specified service is deferred until the criteria of income recognition are met.

ACORNS (NORTH TYNESIDE)

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

3.4 Donated goods and services

Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.

Donated services and facilities are included in the SoFA when received at the value of the gift to the charity provided that the value of the gift can be measured reliably. Donated services and facilities that are consumed immediately are recognised as income with the equivalent amount recognised as an expense under the appropriate heading in the SoFA.

3.5 Volunteer help

The value of volunteer help received is not included in the accounts but is described in the trustees' annual report.

3.6 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

3.7 Income from membership subscriptions

Membership subscriptions received in the nature of a gift are recognised in donations and legacies.

Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

3.8 Investment gains and losses

This includes any realised or unrealised gains or losses on the sale of investment and any gain or loss resulting from revaluing investments to market value at the end of the year.

3.9 Fund accounting

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

4 Expenditure and liabilities

4.1 Liability recognition

Liabilities are recognised when it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

4.2 Charitable activities

All expenditure is accounted for on an accrual basis. Expenditure on charitable activities includes the costs of services to families and other activities undertaken to further the purposes of the charity and their associated

ACORNS (NORTH TYNESIDE)

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

4.3 Governance and support costs

Support costs have been allocated between governance cost and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

4.4 Irrecoverable VAT

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

4.5 Creditors

The charity has creditors which are measured at settlement amounts less any trade discounts.

4.6 Provisions for liabilities

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

4.6 Pensions

The pension costs charged in the financial statements represent the contribution payable by the charity during the year.

5 Assets

5.1 Tangible fixed assets for use by the charity

Individual fixed assets costing £1,000 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis as follows:

The Charity currently has no tangible fixed assets.

5.2 Debtors

Debtors are measured at their recoverable amounts, being the amount the charity anticipates it will receive in settlement of the debt.

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

Analysis of income

	Unrestricted Funds £	Restricted Funds £	Total 2025 £	Total 2024 £
6 Donations and legacies				
Donations	7,068	-	7,068	5,290
	<u>7,068</u>	<u>-</u>	<u>7,068</u>	<u>5,290</u>

7 Charitable activitiesIncome from grants

National Lottery Fund RC North East Region	20,000	-	20,000	58,700
1989 Willan Trust	-	-	-	10,000
Sy James's Place Foundation	-	4,167	4,167	10,000
Ballinger Charitable Trust	7,500	-	7,500	15,000
The Coutts Foundation	10,000	-	10,000	40,000
Trusthouse Charitable Foundation	-	-	-	30,000
Sir James Knott Trust	2,500	-	2,500	10,000
Garfield Weston Foundation	15,000	-	15,000	15,000
Postcode Trust	20,000	-	20,000	30,000
Angus Lawson Memorial Trust	2,000	20,000	22,000	20,000
LGA Foundation	1,500	5,000	6,500	5,000
CF Pea Green Boat Fund	-	5,000	5,000	-
National Lottery Fund Awards for All	-	15,000	15,000	5,000
REACH Fund	-	1,008	1,008	5,540
Masonic Charitable Foundation	-	-	-	5,000
Community Foundation Northumberland Village Homes Trust	-	-	-	5,000
Morrisons Trust	-	8,748	8,748	-
Other small grants <£2,500	1,500	14,165	15,665	-
<i>Sub total</i>	<u>80,000</u>	<u>73,088</u>	<u>153,088</u>	<u>264,240</u>

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

7 Charitable activities continued

	Unrestricted Funds £	Restricted Funds £	Total 2025 £	Total 2024 £
<i>Brought forward</i>	80,000	73,088	153,088	264,240
<u>Statutory income</u>				
North Tyneside Council	158,000	-	158,000	158,000
Northumberland County Council	98,324	-	98,324	98,324
Northumbria Police and Crime Commissioner (Community DA and SV Fund)	-	42,500	42,500	42,500
Northumbria Police and Crime Commissioner (PVSC Fund)	6,040	60,930	66,970	66,970
<u>Other income</u>				
Other income	6,133	-	6,133	5,000
	<u>348,497</u>	<u>176,518</u>	<u>525,015</u>	<u>635,034</u>

8 Other trading activities

Room hire	4,580	-	4,580	5,658
Fundraising events	1,008	-	1,008	2,826
Earned income	508	-	508	1,193
	<u>6,096</u>	<u>-</u>	<u>6,096</u>	<u>9,677</u>

9 Income from investments

Bank interest	1,348	-	1,348	14
	<u>1,348</u>	<u>-</u>	<u>1,348</u>	<u>14</u>

Income was £539,527 (2024: £650,015) of which £363,009 was unrestricted or designated (2024: £476,775) and £176,518 was restricted (2024: £173,240).

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

Analysis of expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	Total 2025 £	Total 2024 £
10 Raising funds				
Fundraising costs	107	-	107	173
	<u>107</u>	<u>-</u>	<u>107</u>	<u>173</u>
11 Charitable activities				
<u>Direct costs</u>				
Staff salaries	231,944	147,094	379,038	374,685
Staff travel & other staff costs	8,375	5,728	14,103	12,645
Equipment and materials	1,339	824	2,163	2,396
Consultancy and supervision	6,930	4,280	11,210	8,841
Training	3,409	513	3,922	7,774
Room hire	298	208	506	53
Recruitment	478	253	731	1,115
Events and activities	7,942	4,072	12,014	11,199
Client expenses	5,860	1,211	7,071	3,460
Sessional work	10,415	6,341	16,756	11,827
Volunteer costs	820	615	1,435	1,979
Project costs	8,900	4,371	13,271	-
<u>Support costs</u>				
Management staff salaries	123,228	-	123,228	94,568
Rent	57,986	-	57,986	52,913
General running costs	36,092	-	36,092	39,743
Professional fees	22,045	1,008	23,053	16,284
<u>Governance costs</u>				
Trustees meeting costs	574	-	574	236
Independent examiner's fees for reporting on the accounts	1,350	-	1,350	950
	<u>527,985</u>	<u>176,518</u>	<u>704,503</u>	<u>640,668</u>

Expenditure on charitable activities was £704,610 (2024: £640,841) of which £528,092 was unrestricted or designated (2024: £467,601) and £176,518 was restricted (2024: £173,240).

12 Fees for examination of the accounts

	2025 £	2024 £
Independent examiner's fees for reporting on the accounts	1,350	950
	<u>1,350</u>	<u>950</u>

There were no other fees paid to the examiner (2024: £nil)

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

13 Analysis of staff costs, and the cost of key management personnel

	2025 £	2024 £
Salaries and wages	457,040	426,941
Social security costs	36,503	33,927
Pension costs (defined contribution pension plan)	8,723	8,385
	502,266	469,253

No employee received remuneration above £60,000 (2024: nil).

The key management personnel of the charity, comprise the Trustees and the Chief Executive. The total employee benefits of the key management personnel of the charity were £53,834 (2024: £51,147).

14 Staff Numbers

The average monthly head count was 21 staff (2024: 21 staff) and the average monthly number of full-time equivalent employees during the year were as follows:

	2025 Number	2024 Number
The parts of the charity in which the employee's work:		
Charitable activities	14.2	15.5
Administration	1.8	1.8
	16.0	17.3

15 Transactions with trustees

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity.

Trustees' expenses

No trustee expenses have been incurred in the year.

Transaction(s) with related parties

There has been no related party transactions in the reporting period.

16 Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The employer's pension costs represent contributions payable by the charity to the fund and amount to £8,723 (2024: £8,385). There was £490 outstanding as at 31 March 2025 (2024: £1,668).

17 Corporation Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives.

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

18 Debtors and prepayments (receivable within 1 year)

	2025 £	2024 £
Trade debtors	350	608
Other debtors	11,813	5,523
	<u>12,163</u>	<u>6,131</u>

19 Cash at bank and in hand

	2025 £	2024 £
Short term deposits	65,016	6
Cash at bank	96,208	276,613
Cash in hand	196	295
	<u>161,420</u>	<u>276,914</u>

20 Creditors and accruals (payable within 1 year)

	2025 £	2024 £
Trade creditors	10,681	-
Taxation and social security	13,979	6,887
Pension	490	1,668
Accruals		
Independent examination of accounts	1,350	950
Deferred income	102,126	63,500
	<u>128,626</u>	<u>73,005</u>

21 Deferred income

Deferred income comprises of advance payments from grants that relate to future periods

	2025 £
Balance brought forward	63,500
Amount released to income earned from charitable activities	(63,500)
Amount deferred in year	102,126
Balance carried forward	<u>102,126</u>

22 Events after the end of the reporting period

No events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

23 Analysis of charitable funds**Analysis of movements in unrestricted funds**

	Fund balances brought forward £	Incoming resources £	Resources expended £	Transfers £	Fund balances carried forward £
Unrestricted funds					
General unrestricted fund	210,040	363,009	(528,092)	-	44,957
Totals	210,040	363,009	(528,092)	-	44,957

Purpose of unrestricted funds

General unrestricted fund The 'free reserves' of the charity.

Analysis of movement in restricted funds

	Fund balances brought forward £	Incoming resources £	Resources expended £	Transfers £	Fund balances carried forward £
Restricted funds					
Family Support	-	30,000	(30,000)	-	-
Prevent and Cope Children and Young People	-	52,700	(52,700)	-	-
Recovery North Tyneside	-	49,458	(49,458)	-	-
Recovery Northumberland	-	43,352	(43,352)	-	-
Reach Fund	-	1,008	(1,008)	-	-
Totals	-	176,518	(176,518)	-	-

Purpose of restricted funds

Restricted funds represent income resources used for a specific purpose within the charity as identified by the donor.

Family Support	Adult counselling service and Family Support service working with adults aged 18+.
Prevent and Cope Children and Young People	Young people's outreach 1-1 service, teen relationship service, First Response Service, flexible drop in for teens, group programme provision.
Recovery North Tyneside	Therapeutic interventions and counselling for children and young people aged 4-18 in North Tyneside.
Recovery Northumberland	Therapeutic interventions and counselling for children and young people aged 4-14 in Northumberland.
Reach Fund	Consultancy support with locating new premises.

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

24 Capital commitments

As at 31 March 2025, the charity had no capital commitments (2024 -£nil).

25 Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total 2025 £
Cash at bank and in hand	161,420	-	161,420
Other net current assets/(liabilities)	(116,463)	-	(116,463)
	<u>44,957</u>	<u>-</u>	<u>44,957</u>

	Unrestricted Funds £	Restricted Funds £	Total 2024 £
Cash at bank and in hand	276,914	-	276,914
Other net current assets/(liabilities)	(66,874)	-	(66,874)
	<u>210,040</u>	<u>-</u>	<u>210,040</u>

Accounts

ACORNS (NORTH TYNESIDE)

A company limited by guarantee

REPORT AND FINANCIAL STATEMENTS

For the year ended 31 Mar 2024

Charity number 1157078

Company number 08838624

TRUSTEES ANNUAL REPORT
For the year ended 31 March 2024

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives:

The principal object of the charity is to relieve the needs of children and young people, adults and families who have suffered from and/or are likely to suffer from violence in their homes or elsewhere particularly by the provision of support services and advice calculated to relieve those needs.

Our Mission Statement:

We support children, young people and families affected by domestic violence and abuse, in North Tyneside and Northumberland. We aim to help survivors to recognise their own strengths and skills, putting the power of their recovery in their hands. Together, we stand tall.

Our values

- physical and emotional safety
- trustworthiness and transparency
- choice and collaboration
- empowerment by having a voice

Our Aims:

We will safeguard and promote the safety, welfare and rights of children, young people and their families who have suffered from violence and abuse within their home. We aim to:

- Improve the physical and mental health and well-being of families who have been impacted by domestic abuse;
- Increase their personal resources by building self-esteem, confidence and assertiveness;
- Empower them to increase their self-efficacy and live safely and independently;
- Connect them to like-minded peers and reduce isolation, improving personal support networks and reducing the need for intensive intervention in the future.

Significant activities:

Acorns has been providing valued services to victims and survivors of domestic violence aged four to 18 and their family members in North Tyneside for over 20 years, and services in Northumberland since 2018. Acorns specialises in play therapy, one-to-one trauma informed counselling services, a wide range of wrap-around services such as parent and carer support, group work, prevention and healthy relationships work in schools and colleges, and one-to-one mental health and wellbeing support; in house, and in schools and the community.

Public benefit:

Acorns works with survivors of domestic abuse of all ages towards achieving positive outcomes. Specialist services have been developed to tackle the incidence and impact of domestic violence and abuse by improving safety, improving mental and physical health, increasing self-esteem and confidence, thereby increasing individual and family life chances. Information is strongly promoted

to partner agencies and within the community to ensure services reach those in the greatest need, with a particular focus on safeguarding children, young people and adults at risk of harm.

The trustees consider that they comply with their duty in Section 4 of the Charities Act 2006 to have due regard to public benefit.

Volunteers:

Acorns holds volunteers in high regard for their contributions at all levels of the organisation. Volunteers are trustees, fundraisers, peer supporters, and include our Adult Recovery Team and Family Support Team volunteers. As highly valued members of the team they receive induction and ongoing supervision and training.

ACHIEVEMENTS AND PERFORMANCE 2023/2024

Context and background:

We are a trauma informed organisation and all our services are designed around the needs of the individual and/or the family unit. We provide our services free, at our two premises in North Shields and our Wallsend Community hub, out in the community and within schools, colleges and children's centres, including those throughout Northumberland. We are experts in delivering domestic abuse services and of developing our services to meet the ongoing needs of the families we work with.

Entry into the service is through a children's referral. If a child has been accepted for one of our services, this grants access to our wraparound services for the rest of their family, such as supplementary activities and groups. This holistic, service user led approach aims to strengthen the family unit, focussing on resilience while improving attachment, trust and familial bonds.

One Door – Many Rooms:

We provide a four-tier service, and families work with us to create a bespoke care plan, based on their individual needs:

Tier 1 - Prevention

Advice & guidance and signposting for the whole family

- Text helpline for young people
- Prevention programmes including healthy relationships work
- Psychoeducational and introductory welcome workshops for parents
- Drop in and flexible support services

Tier 2 – Coping

- Crisis support First Response Service for children aged 11+ - risk & safety planning
- Group programmes – Roots (age 8-12 – wellbeing and coping strategies) and Healing Together®
- Emotional and practical support for carers (Family Support Service)
- Advocacy for adults and children
- Ad hoc interim support while awaiting counselling

Tier 3 - Participating

- Whole-family free activities to promote bonding and attachment for example: sports/water sports/day trips/short programmes

- Adult peer support groups (parental engagement) - 'Intro to Acorns' sessions, crafts, coffee mornings, psychoeducation
- Adult Participation Board – regularly feeding into our work through co-production of adult services, consultations and feedback
- Open days and seasonal events
- Acorns Youth Panel - survivor voice panel, young people aged 13+, who deliver events, projects, marketing materials, and report to local domestic abuse strategic boards to ensure their voices are heard.

Tier 4 - Recovery

- Counselling and music, art and play therapy for children and young people including Theraplay[®], Traumaplay[®], Forest School, and Neurofeedback Therapy will be available from 2024
- Family therapies and family group work, parent and child bespoke interventions, young people's group programmes
- One to one mental health and wellbeing case work, both in house and in schools and the community
- Parent/carers counselling service

The impact of our work

Domestic abuse is a complex form of trauma, which presents in multifaceted ways. Survivors may experience a wide range of effects including: high levels of anxiety; self-blame; low self-esteem and self-worth; exhaustion; fear; anxiety; depression; loss of self-efficacy; social isolation; loss of trust; traumatic bonding; diminished perceptions of alternatives; hyper-arousal; hyper-vigilance; and impaired decision-making and problem-solving abilities.

Our work aims to:

- Improve the physical, mental health and well-being of service users who have been impacted by trauma;
- Increase their personal resources by building self-esteem, confidence and assertiveness;
- Empower them to increase their self-efficacy and live safely and independently.

Our work is based around the TIME (trauma informed model of empowerment) model. The key elements of this are:

- Place and retain the survivor at the centre of practice;
- Continuous assessment of need through review and reflection;
- Accessible: enable survivors to benefit from support;
- Responsive: meet survivors' needs;
- Adaptable: to respond to the needs of survivors at each point of contact;
- Safe environment: supporting survivors to reconnect with a sense of self and control;
- Relational connection to build relationships: facilitated through trust, compassion and empathy;
- Empowerment: identify and promote strengths;
- Effective interventions meet survivors needs: reduce the impacts of trauma.

Our range of services can be put together as a holistic package for a family, ensuring their needs are met. This approach involves the whole family in decision making, and families work with us to develop their own support plans. We only work with families, not single adults for which other services are available.



We also provide access to family therapies, attachment work, and access to supplementary whole family activities, to help strengthen the family bonds and rebuild trust.

We work with children, young people and adults, and with more than one family member at a time. Most adults who use our services are women - around 96%, however we work with non-abusing male carers and an increasing number of men access our services.

The families who access our services say:

“I am not sure what is happening but he has been so much more content in himself. His sleeping was terrible but over the last few weeks he rests/ goes to sleep when I say. He loves his time with you- he has said he likes to do things he chooses” parent of 10-year-old boy.

“thank you for believing in me when I couldn’t do it myself. You have showed me what it’s like to say my feelings without being embarrassed or feel invalid”

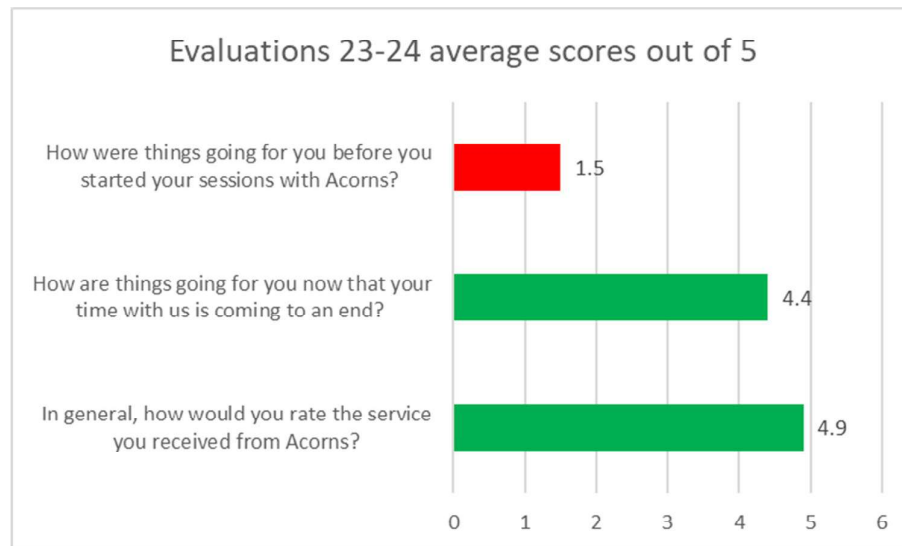
“thank you so much for making me feel comfortable enough to open up to you about my past and thanks for making me feel better when I’ve been sad”

“Since working with Acorns, and well you really, it’s given me the confidence to speak up about things more, it’s just helped me to realise stuff and what is right and wrong and I’ve just found my voice”

“Acorns are the only people who actually get it and talk any sense”

“You are doing a really good job. You help me so much. Just talking over things gives me idea on what to do, especially when I feel worried” 9-year-old boy.

"I have loved the time spent with you. You haven't hurried me, and came back when I needed it the most. If I could I would continue until I finish school. You get me when others don't" 14-year-old girl.



Improving the lives of the people that use our services

In 23-24 we offered 5058 1-1 sessions and delivered 4777 1-1 sessions to 420 children and young people, and 143 adults across all our teams and services. The team provided an additional 638 sessions through group activities.

We responded to an increase in demand for group programmes and participation opportunities, with impact measurements indicating equal or greater impact for those who attended group activities as who complete 1-1 interventions. 1-1 interventions took longer; around 60% of young people who received 1-1 support received over 13 sessions, rather than the planned 9-12 sessions. However, despite the diversification of services, and extended 1:1 support, wait times have remained steady, and in some areas have reduced, demonstrating that the teams are confidently managing these changes.

We recognise and acknowledge the dedication and hard work of our multi-skilled, highly effective staff team, who have made this possible.

We received over 800 referrals for all of our services in 23-24.

- Our Recovery teams supported 229 CYP's
- Our Mental Health & Wellbeing Team supported 127 CYP's
- Our Family Support team supported 30 parents/carers
- Our First Response team supported 64 CYP's
- Our Adult Counselling Team supported 78 parents/carers
- An increase in our family and group offer saw 638 attendances at these events
- The team delivered information sharing sessions to over 300 professionals at meetings, events and focus groups, and training sessions.

We record all our case work on a bespoke case management system, Charity Log. This allows us to report on a wide range of data, which then helps to inform ongoing service improvements.

In addition, we carry out comprehensive evaluations with both primary carers and young people using our service, including:

- ✓ The CORE-IMS clinical monitoring tool which measures clinical improvements in mood and wellbeing for adults accessing their own therapy;
- ✓ The Short Warwick Edinburgh Mental Health & Wellbeing Scale, for our outreach work with children and young people, and our family support work with parents and carers;
- ✓ We also phased out the SDQ (Strengths and Difficulties Questionnaire) and introduced a bespoke outcomes measure, the Acorns Goal Based Outcomes (GBO) Measure.

All the tools show positive improvements in mental health and wellbeing for service users.

Volunteers

Our volunteer development continued and volunteer support within our adult counselling service is well established with the service performing extremely highly in this period. The CORE (see above) impact data from this service shows an improvement in *89% of completed cases*, which is an exceptional result for counselling services for this client group. *Overall average* of scores in the period shows consistent improvement with scores dropping from Moderate Severe clinical need to Mild clinical need.

We now have a group of ten volunteers in our adult counselling service, and our trainee children's counsellors continue to excel. In 23-24 we offered additional volunteer opportunities within our Family Support team, creating opportunities for peer support for parents and carers, and have two regular contributors.

Partnership Working

Partnership and collaborative working is central to delivering effective services for all our service users:

- ✓ Partnership work is a strength across all our teams, and has been acknowledged across all services. Workers talk about the importance of their relationships with schools, early help workers, youth justice and others. We know we can achieve better outcomes for children and young people when we can work together effectively and feedback from our partners is very important to us.
- ✓ We are part of an integrated service of providers in Northumberland, and work closely with Harbour, NDAS (Northumberland Domestic Abuse Service), Cygnus Support and Rape Crisis to support survivors and their families. In North Tyneside and Northumberland, we work at a multi-agency level to ensure the safety of our beneficiaries.
- ✓ We partner with North Tyneside Art Studio and share a local community hub in Wallsend that brings people in the local community together, improving mental health and reducing isolation.
- ✓ Our Family Support team linked with two solicitors' practices who now offer free advice to our adult service users.
- ✓ We are part of the North Tyneside Mental Health Alliance, regularly attending events and offering support to other organisations.

- ✓ Our Youth Panel has been involved in national consultations including with Safe Lives, and with the Domestic Abuse Commissioner's Office, and producing a guide for professionals which has been disseminated throughout North Tyneside and Northumberland, and a video which was very positively received.
- ✓ Our CEO attended a Government Round Table with the Secretary for Safeguarding in September 2023 and presented Acorns Model as an example of best practice for working with children affected by domestic abuse.

Financial Stability

In this period, we successfully managed all contracts and grants reaching targets and milestones as required. We received funding from:

- ✓ National Lottery Community Fund
- ✓ 1989 Willan Charitable Trust
- ✓ St James Place Foundation
- ✓ NLCF Awards for All
- ✓ Angus Lawson Memorial Trust
- ✓ LGA Foundation
- ✓ Trusthouse Charitable Foundation
- ✓ Masonic Charitable Foundation
- ✓ Sir James Knott Trust
- ✓ Garfield Weston Foundation
- ✓ Postcode Lottery Fund
- ✓ Community Foundation – Northumberland Village Homes Trust
- ✓ NOPCC Community DA and SV Fund
- ✓ NOPCC PVSC Fund 22/23
- ✓ Ballinger Charitable Trust
- ✓ REACH fund
- ✓ The Coutts Foundation
- ✓ North Tyneside Council
- ✓ Northumberland County Council

In total over 2023/24 we received income from these 19 separate funding sources, and raised over £10,000 from fundraising, donations, and one-off unrestricted grants.

Networking and Information Sharing

Our website is regularly updated, and we connect with service users, the public and professional through our Facebook, Instagram, Twitter and Linked In pages. We are registered for Google My Business, and between November 2023 and April 2024 we registered:

- ✓ 637 business interactions
- ✓ 2549 people viewed
- ✓ 120 calls made
- ✓ 260 directions
- ✓ 257 website clicks

Strengthening the organisation

Training

We are strongly committed to developing our workforce and staff undertook training, including child protection, first aid, data protection, equality and diversity and health & safety training, and undertaking continuous professional development opportunities appropriate to their roles, such as Forest School and our TIME (trauma informed model of empowerment) training.

Organisational Development

This year, we have:

- ✓ Continued to improve our case management and reporting systems, and our outcome measurement to reflect the increased complex range of services we offer, allowing for detailed reporting and performance management
- ✓ Continued to invest in IT hardware and software
- ✓ Maintained a full staff team
- ✓ Refined monitoring systems and started to make use of emerging trends in data to develop services
- ✓ Come to the end of a successful 3-year Strategy covering 2021 – 2024, and we began planning for the next three years

FINANCIAL REVIEW

Reserves policy

We aim to maintain a level of free reserves sufficient to meet the charity's working capital requirements for at least 6 months in the event of a significant drop in funding. The reserves are needed to meet the working capital requirements of the charity in order to maintain the charity's current activities. The present level of reserves available to the charity of £210,040 equivalent to four months of annual expenditure does not meet this target level.

Financial position

Incoming resources in the period were £650,015 (2023: £628,004). Of this amount £173,240 (2023: £217,220) related to restricted project activities. There was a surplus of £9,174 (2023: £3,945) in the period. At 31 March 2024 total reserves were £210,040 (2023: £200,866) of which restricted funds were £nil (2023: £nil) and £210,040 (2023: £200,866) of unrestricted.

Acorns could not carry out the work that it does without the generous support of its funders. We would like to thank all of our funders, the list of whom is shown above, for their valued support.

TRUSTEES ANNUAL REPORT
For the year ended 31 March 2024

Key financial details of the year are:

Income	increased by 3.5%	to £650k
Annual Costs	increased by 2.6%	to £641k
Operating Surplus	increased by £5k	to £9k
Average Staff numbers	unchanged	21
Net Current Assets – these are the funds we have available to meet our monthly costs.	increased by 4.6%	to £210k
How long would our net current assets last, until our running costs reduced them to nil?		110 days

Going concern statement

The financial statements have been prepared on a going concern basis. In making their assessment the trustees have reviewed and considered relevant information, including their annual budget and future cash flows. The Trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

Risk Management

The Trustees have a risk management strategy that comprises:

- An annual review of the risks the charity may face;
- The implementation and review of a formal risk mapping system and procedures to mitigate identified risks;
- The implementation of systems and procedures designed to minimise any potential impact on the Trust should they materialise.

Financial Risk

The organisation undertakes an annual strategic review to assess uncertainty in the economic climate and to mitigate any significant external risks to funding. Each year the organisation produces updated Business and Action Plans on which trustees and staff are fully consulted and progress against these is reviewed quarterly. A key element in the management of financial risk is the setting of a Reserves Policy and its regular review by trustees.

FUTURE PLANS

Over 2023/24 we have begun work to prioritise business development and income generation plans, working towards making our organisation more sustainable, and identifying/seeking alternative funding streams as longer-term grants come to an end. We plan to increase the funds incoming through corporate fundraising, by extending our networks and creating mutually beneficial partnerships with businesses.

We are actively seeking a new premises as part of these plans, that will also allow us to further embed our services in our communities, and to work in partnership with other like-minded organisations.

ACORNS (NORTH TYNESIDE)
(A company limited by guarantee)

TRUSTEES ANNUAL REPORT
For the year ended 31 March 2024

We will further develop our participation objective, with our Youth Panel actively involved in local, regional and national work, supporting them effectively to ensure their voices are heard. Our Adult Participation Board also has plans for activism and consultancy work.

We will release our next 3-Year strategy for Acorns, with consultation currently underway with staff, our beneficiaries and commissioners and stakeholders.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered company number:
08838624 (England and Wales)

Registered charity number:
1157078

Registered Office
7 Alma Place
North Shields
Tyne and Wear
NE29 0LZ

Trustees
Ruth Lewis
Keith John Williamson - Treasurer
Deborah Heron – Deputy Chair
Fabienne Thompson - Chair
Stefenie Anderson
Lisa Stephenson

Resigned 10 May 2024

Company Secretary
A Traynor

Key Management Personnel
A Traynor

Independent Examiner
Jim Dodds FCIE
33 The Glebe
Morpeth
NE61 6HW

Bankers
Barclays Bank Plc
3 Northumberland Square
North Shields
Tyne and Wear
NE30 1QX

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

Acorns (North Tyneside) is a charitable company limited by guarantee, incorporated on 9th January 2014 and registered as a charity on 16th May 2014. The company was established under Articles of Association establishing the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Recruitment and appointment of new trustees

The Charity must have a minimum of three trustees with no maximum, the age eligibility is 16 years or over, all of whom must support the objects of the charity. The trustees are elected on a rolling basis at Board Meetings.

Organisational structure

The charity and its property are administered and managed by the trustees in accordance with the Memorandum, the Articles and the Companies and Charities Acts.

Induction and training of new trustees

New trustees meet with the Chief Executive Officer and the Board who provide them with a comprehensive introduction to Acorns. They receive the charitable status handbook, a copy of the Articles and the last published Financial Statements and are offered training in areas where they perceive they may have weaknesses.

Working relationships

We work closely with the local authority domestic abuse teams, children's services and with Harbour, and local schools and colleges to support families affected by domestic abuse. We feed into MARAC (Multi-agency Risk Assessment Conference) processes and are members of the North Tyneside and Northumberland Domestic Abuse Partnerships, and are involved with the Domestic Abuse Champions scheme.

Trustees responsibilities in relation to the financial statement

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

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

TRUSTEES ANNUAL REPORT
For the year ended 31 March 2024

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

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

Approved by order of the board of trustees on 27 November 2024 and signed on its behalf by:

Fabienne Thompson
Chairperson



ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

For the year ended 31 March 2024

I report on the financial statements of Acorns (North Tyneside) for the year ended 31 March 2024, which are set out on pages 14 to 26.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also directors of the company for the purposes of company law) 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.

The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a Fellow of the Association of Charity Independent Examiners.

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

- examine the accounts under section 145 of the 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 material matters have come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

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

Jim Dodds FCIE

33 The Glebe

Morpeth

NE61 6HW

Date: 27 November 2024



ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES

(INCLUDING SUMMARY INCOME & EXPENDITURE ACCOUNT)

For the year ended 31 March 2024

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
<u>Income from:</u>					
Donations and legacies	6	5,290	-	5,290	31,084
Charitable activities					
Grants and contracts	7	461,794	173,240	635,034	591,541
Other trading activities	8	9,677	-	9,677	5,364
Investments	9	14	-	14	15
Total income		476,775	173,240	650,015	628,004
<u>Expenditure on:</u>					
Raising funds	10	173	-	173	251
Charitable activities					
Operation of the charity	11	467,428	173,240	640,668	623,808
Total expenditure		467,601	173,240	640,841	624,059
Net income/(expenditure) and net movement of funds		9,174	-	9,174	3,945
<u>Reconciliation of funds</u>					
Total funds brought forward		200,866	-	200,866	196,921
Total funds carried forward		210,040	-	210,040	200,866

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The notes on pages 17 to 26 form an integral part of these accounts.

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

Charity Number 1157078

Company Number 08838624

BALANCE SHEET

As at 31 March 2024

	Notes	£	Total 2024 £	£	Total 2023 £
<u>Current assets</u>					
Debtors	18	6,131		10,931	
Cash at bank and in hand	19	276,914		224,386	
Total current assets		283,045		235,317	
Creditors: amounts falling due within one year	20	(73,005)		(34,451)	
Net current assets			210,040		200,866
Total assets less current liabilities			210,040		200,866
Total net assets or liabilities			210,040		200,866
<u>Funds of the charity</u>					
Unrestricted income funds			210,040		200,866
Restricted income funds			-		-
Total funds			210,040		200,866

The company was entitled to an 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 the respect to accounting records and the preparation of accounts.

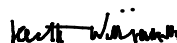
These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The notes on pages 17 to 26 form an integral part of these accounts.

These financial statements were approved by the Board on: 27 November 2024

and are signed on its behalf by:

Keith Williamson
Trustee



ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

Charity Number 1157078

Company Number 08838624

STATEMENT OF CASH FLOWS

For the year ended 31 March 2024

	Notes	2024 £	2023 £
<u>Cash flows from operating activities</u>			
Net Movement in funds		9,174	3,945
<u>Add back:</u>			
Deduct interest income shown in investment activities		(14)	(15)
Decrease in trade receivables		4,800	(10,931)
Increase in trade payables		38,554	(53,568)
<i>Cash generated from operations</i>		52,514	(60,569)
 <u>Cash flow from investing activities</u>			
Interest received		14	15
<i>Net cash used in investing activities</i>		14	15
 Increase in cash and cash equivalents		52,528	(60,554)
Cash and cash equivalents at start of year		224,386	284,940
Cash and cash equivalents at end of year		276,914	224,386

The notes on pages 17 to 26 form an integral part of these accounts.

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2024

1 Accounting Policies

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

2 Basis of accounting

2.1 Basis of preparation

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Acorns (North Tyneside) meets the definition of a public benefit entity under FRS 102.

2.2 Preparation of the accounts on a going concern basis

The charity reported total unrestricted funds at the year end of £210,040 and has already secured a significant amount of funding for the current year. The trustees are of the view that the immediate future of the charity for the next 12 to 18 months is secure and that on this basis the charity is a going concern.

3 Income

3.1 Recognition of income

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received and the monetary value can be measured with sufficient reliability.

3.2 Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by FRS102 SORP or FRS102.

3.3 Grants and donations

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance or provision of other specified service is deferred until the criteria of income recognition are met.

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2024

3.4 Donated goods and services

Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.

Donated services and facilities are included in the SoFA when received at the value of the gift to the charity provided that the value of the gift can be measured reliably. Donated services and facilities that are consumed immediately are recognised as income with the equivalent amount recognised as an expense under the appropriate heading in the SoFA.

3.5 Volunteer help

The value of volunteer help received is not included in the accounts but is described in the trustees' annual report.

3.6 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

3.7 Income from membership subscriptions

Membership subscriptions received in the nature of a gift are recognised in donations and legacies.

Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

3.8 Investment gains and losses

This includes any realised or unrealised gains or losses on the sale of investment and any gain or loss resulting from revaluing investments to market value at the end of the year.

3.9 Fund accounting

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

4 Expenditure and liabilities

4.1 Liability recognition

Liabilities are recognised when it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

4.2 Charitable activities

All expenditure is accounted for on an accrual basis. Expenditure on charitable activities includes the costs of services to families and other activities undertaken to further the purposes of the charity and their associated

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2024

4.3 Governance and support costs

Support costs have been allocated between governance cost and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

4.4 Irrecoverable VAT

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

4.5 Creditors

The charity has creditors which are measured at settlement amounts less any trade discounts.

4.6 Provisions for liabilities

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

4.6 Pensions

The pension costs charged in the financial statements represent the contribution payable by the charity during the year.

5 Assets

5.1 Tangible fixed assets for use by the charity

Individual fixed assets costing £1,000 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis as follows:

The Charity currently has no tangible fixed assets.

5.2 Debtors

Debtors are measured at their recoverable amounts, being the amount the charity anticipates it will receive in settlement of the debt.

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2024

Analysis of income

	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
6 Donations and legacies				
Donations	5,290	-	5,290	12,042
Grey College	-	-	-	8,542
The Bay Church	-	-	-	5,500
The Elsie Davis Trust	-	-	-	5,000
	<u>5,290</u>	<u>-</u>	<u>5,290</u>	<u>31,084</u>
7 Charitable activities				
<u>Income from grants</u>				
National Lottery Fund RC North East Region	58,700	-	58,700	40,000
1989 Willan Trust	-	10,000	10,000	-
Sy James's Place Foundation	-	10,000	10,000	-
Ballinger Charitable Trust	15,000	-	15,000	-
The Coutts Foundation	40,000	-	40,000	-
BBC Children in Need	-	-	-	34,026
Trusthouse Charitable Foundation	30,000	-	30,000	30,000
Sir James Knott Trust	-	10,000	10,000	10,000
Garfield Weston Foundation	15,000	-	15,000	-
Postcode Trust	30,000	-	30,000	-
Angus Lawson Memorial Trust	-	20,000	20,000	20,000
LGA Foundation	-	5,000	5,000	-
National Lottery Fund Awards for All	-	5,000	5,000	-
REACH Fund	-	5,540	5,540	-
Masonic Charitable Foundation	5,000	-	5,000	5,000
Community Foundation Northumberland Village Homes Trust	-	5,000	5,000	-
Other small grants	-	-	-	930
<i>Sub total</i>	<u>193,700</u>	<u>70,540</u>	<u>264,240</u>	<u>139,956</u>

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2024

7 Charitable activities continued

	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
<i>Brought forward</i>	193,700	70,540	264,240	139,956
<u>Statutory income</u>				
North Tyneside Council	158,000	-	158,000	189,213
North Tyneside CCG	-	-	-	16,314
Northumberland County Council	98,324	-	98,324	106,659
Northumbria Police and Crime Commissioner (Supporting Victims Fund)	-	-	-	16,494
Northumbria Police and Crime Commissioner (CADA Fund)	-	-	-	41,996
Northumbria Police and Crime Commissioner (Community DA and SV Fund)	-	42,500	42,500	42,500
Northumbria Police and Crime Commissioner (PVSC Fund)	6,770	60,200	66,970	33,360
<u>Other income</u>				
Other income	5,000	-	5,000	5,049
	<u>461,794</u>	<u>173,240</u>	<u>635,034</u>	<u>591,541</u>
8 Other trading activities				
Room hire	5,658	-	5,658	2,600
Fundraising events	2,826	-	2,826	2,764
Earned income	1,193	-	1,193	-
	<u>9,677</u>	<u>-</u>	<u>9,677</u>	<u>5,364</u>
9 Income from investments				
Bank interest	14	-	14	15
	<u>14</u>	<u>-</u>	<u>14</u>	<u>15</u>

Income was £650,015 (2023: £628,004) of which £476,775 was unrestricted or designated (2023: £410,784) and £173,240 was restricted (2023: £217,220).

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2024

Analysis of expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
10 Raising funds				
Fundraising costs	173	-	173	251
	<u>173</u>	<u>-</u>	<u>173</u>	<u>251</u>
11 Charitable activities				
<u>Direct costs</u>				
Staff salaries	228,810	145,875	374,685	368,973
Staff travel & other staff costs	7,443	5,202	12,645	10,400
Equipment and materials	1,470	926	2,396	3,363
Consultancy and supervision	5,211	3,630	8,841	7,993
Training	6,112	1,662	7,774	5,364
Room hire	26	27	53	422
Recruitment	774	341	1,115	415
Events and activities	6,591	4,608	11,199	10,913
Client expenses	3,262	198	3,460	4,901
Sessional work	7,126	4,701	11,827	8,426
Volunteer costs	1,449	530	1,979	1,517
<u>Support costs</u>				
Management staff salaries	94,568	-	94,568	92,572
Rent	52,913	-	52,913	50,958
General running costs	39,743	-	39,743	45,819
Professional fees	10,744	5,540	16,284	10,822
<u>Governance costs</u>				
Trustees meeting costs	236	-	236	-
Independent examiner's fees for reporting on the accounts	950	-	950	950
	<u>467,428</u>	<u>173,240</u>	<u>640,668</u>	<u>623,808</u>

Expenditure on charitable activities was £640,841 (2023: £624,059) of which £467,601 was unrestricted or designated (2023: £386,055) and £173,240 was restricted (2023: £238,004).

12 Fees for examination of the accounts

	2024 £	2023 £
Independent examiner's fees for reporting on the accounts	950	950
	<u>950</u>	<u>950</u>

There were no other fees paid to the examiner (2023: £nil)

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2024

13 Analysis of staff costs, and the cost of key management personnel

	2024 £	2023 £
Salaries and wages	426,941	420,792
Social security costs	33,927	33,509
Pension costs (defined contribution pension plan)	8,385	7,245
	469,253	461,545

No employee received remuneration above £60,000 (2023: nil).

The key management personnel of the charity, comprise the Trustees and the Chief Executive. The total employee benefits of the key management personnel of the charity were £51,147 (2023: £51,567).

14 Staff Numbers

The average monthly head count was 21 staff (2023: 21 staff) and the average monthly number of full-time equivalent employees during the year were as follows:

	2024 Number	2023 Number
The parts of the charity in which the employee's work:		
Charitable activities	15.5	14.0
Administration	1.8	1.8
	17.3	15.8

15 Transactions with trustees

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity.

Trustees' expenses

No trustee expenses have been incurred in the year.

Transaction(s) with related parties

There has been no related party transactions in the reporting period.

16 Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The employer's pension costs represent contributions payable by the charity to the fund and amount to £8,385 (2023: £7,245). There was £1,668 outstanding as at 31 March 2024 (2023: £1,583).

17 Corporation Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives.

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2024

18 Debtors and prepayments (receivable within 1 year)

	2024	2023
	£	£
Trade debtors	608	9,638
Other debtors	5,523	-
Prepayments	-	1,293
	6,131	10,931

19 Cash at bank and in hand

	2024	2023
	£	£
Short term deposits	6	6
Cash at bank	276,613	224,080
Cash in hand	295	300
	276,914	224,386

20 Creditors and accruals (payable within 1 year)

	2024	2023
	£	£
Trade creditors	-	47
Taxation and social security	6,887	-
Pension	1,668	1,583
Accruals		
Independent examination of accounts	950	950
Other accruals	-	633
Deferred income	63,500	-
Other creditors	-	31,238
	73,005	34,451

21 Deferred income

Deferred income comprises of advance payments from grants that relate to future periods

	2024
	£
Balance brought forward	-
Amount released to income earned from charitable activities	-
Amount deferred in year	63,500
Balance carried forward	63,500

22 Events after the end of the reporting period

No events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2024

23 Analysis of charitable funds**Analysis of movements in unrestricted funds**

	Fund balances brought forward	Incoming resources	Resources expended	Transfers	Fund balances carried forward
	£	£	£	£	£
Unrestricted funds					
General unrestricted fund	200,866	476,775	(467,601)	-	210,040
Totals	200,866	476,775	(467,601)	-	210,040

Purpose of unrestricted funds

General unrestricted fund The 'free reserves' of the charity.

Analysis of movement in restricted funds

	Fund balances brought forward	Incoming resources	Resources expended	Transfers	Fund balances carried forward
	£	£	£	£	£
Restricted funds					
Prevent and Cope Adults	-	20,000	(20,000)	-	-
Prevent and Cope Children and Young People	-	62,700	(62,700)	-	-
Recovery North Tyneside	-	45,000	(45,000)	-	-
Recovery Northumberland	-	40,000	(40,000)	-	-
Reach Fund	-	5,540	(5,540)	-	-
Totals	-	173,240	(173,240)	-	-

Purpose of restricted funds

Restricted funds represent income resources used for a specific purpose within the charity as identified by the donor.

Prevent and Cope Adults	Adult counselling service and Family Support service working with adults aged 18+.
Prevent and Cope Children and Young People	Young people's outreach 1-1 service, teen relationship service, First Response Service, flexible drop in for teens, group programme provision.
Recovery North Tyneside	Therapeutic interventions and counselling for children and young people aged 4-18 in North Tyneside.
Recovery Northumberland	Therapeutic interventions and counselling for children and young people aged 4-14 in Northumberland.
Reach Fund	Consultancy support with locating new premises.

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2024

24 Capital commitments

As at 31 March 2024, the charity had no capital commitments (2023 -£nil).

25 Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total 2024 £
Cash at bank and in hand	276,914	-	276,914
Other net current assets/(liabilities)	(66,874)	-	(66,874)
	<u>210,040</u>	<u>-</u>	<u>210,040</u>

	Unrestricted Funds £	Restricted Funds £	Total 2023 £
Cash at bank and in hand	224,386	-	224,386
Other net current assets/(liabilities)	(23,520)	-	(23,520)
	<u>200,866</u>	<u>-</u>	<u>200,866</u>

Accounts

ACORNS (NORTH TYNESIDE)

A company limited by guarantee

REPORT AND FINANCIAL STATEMENTS

For the year ended 31 Mar 2023

Charity number 1157078

Company number 08838624

TRUSTEES ANNUAL REPORT
For the year ended 31 March 2023

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives:

The principal object of the charity is to relieve the needs of children and young people, adults and families who have suffered from and/or are likely to suffer from violence in their homes or elsewhere particularly by the provision of support services and advice calculated to relieve those needs.

Our Mission Statement:

We support children, young people and families affected by domestic violence and abuse. We aim to help survivors to recognise their own strengths and skills, putting the power of their recovery in their hands. Together, we stand tall.

Our Aims:

We will safeguard and promote the safety, welfare and rights of children, young people and their families who have suffered from violence and abuse within their home. We aim to:

- Improve the physical and mental health and well-being of families who have been impacted by domestic abuse;
- Increase their personal resources by building self-esteem, confidence and assertiveness;
- Empower them to increase their self-efficacy and live safely and independently;
- Connect them to like-minded peers and reduce isolation, improving personal support networks and reducing the need for intensive intervention in the future.

Significant activities:

Acorns has been providing much valued services to victims and survivors of domestic violence aged four to 18 and their family members in the heart of North Tyneside for over 20 years, and we have been delivering services in Northumberland since 2018. Acorns specialises in play therapy and one-to-one trauma informed counselling services, as well as offering parent and carer support, group work, prevention and healthy relationships work in schools and colleges, and one-to-one mental health and wellbeing support, in house, and in schools and the community.

Public benefit:

Acorns works with survivors of domestic abuse of all ages towards achieving positive outcomes. Specialist services have been developed to tackle the incidence and impact of domestic violence and abuse by improving safety, improving mental and physical health, increasing self-esteem and confidence and thereby increasing individual and family life chances. Information is effectively promoted to partner agencies and within the community to ensure services reach those in the greatest need and with a particular focus on safeguarding children, young people and adults at risk of harm.

The trustees consider that they comply with their duty in Section 4 of the Charities Act 2006 to have due regard to public benefit.

Volunteers:

Acorns holds volunteers in high regard for their contributions at all levels of the organisation. This includes trustee duties, fundraising and individual and group peer support, as well as our highly valued adult counselling team. All volunteers receive induction and ongoing supervision and training.

ACHIEVEMENTS AND PERFORMANCE 2022/2023

Context and background:

We support children, young people and families affected by domestic violence and abuse in North Tyneside and Northumberland. We aim to help survivors to recognise their own strengths and skills, putting the power of their recovery in their hands. Together, we stand tall.

We offer a range of services under our priorities 'Prevent, Cope, Participate and Recover' including counselling and play, music and art therapy, and practical and well-being support and outreach services which include 1-1 emotional, mental health & wellbeing and practical support, group educational programmes, flexible drop-in services and a crisis service, for children and young people aged 4-18 (Up to 25 with SEN), their non-abusing carers and other family members.

We are a trauma informed organisation and all our services are designed around the needs of the individual and/or the family unit. We provide our services free, both at our two premises in North Shields, and out in the community and within schools, colleges and children's centres. We have lots of experience of delivering domestic abuse services and of developing and maintaining our services to meet the ongoing needs of the families we work with.

Entry into the service is through children's referrals. If a child has been accepted for one of our children's services, this opens up access to additional services for the rest of the family, including a variety of supplementary activities and groups. This holistic, service user led approach aims to strengthen the family unit, focussing on resilience while improving attachment, trust and familial bonds.

One Door – Many Rooms:

We provide a three-tier service, and families work with us to put together a bespoke care plan, based on their individual needs:

Tier 1 - Prevent

Advice & guidance and signposting for the whole family

- Text helpline for young people
- Prevention programmes – 4Real (healthy relationships)
- Psychoeducational and introductory workshops for parents
- Drop in and flexible support services

Tier 2 – Cope

- Crisis support First Response Service for children aged 11+ - risk & safety planning
- Group programmes – Roots (age 8-12 – wellbeing and coping strategies) and Healing Together®
- Emotional and practical support for carers (Family Support Service)
- Advocacy for adults and children
- Ad hoc interim support while awaiting counselling

Tier 3 - Recovery

- Counselling and music, art and play therapy for children and young people including Theraplay® and Traumaplay®
- Family therapies and family group work
- One to one mental health and wellbeing case work, both in house and in schools and the community
- Parent/carer counselling service

Participation

- Whole family free activities to promote bonding and attachment for example; sports/water sports/day trips/short programmes
- Adult peer support groups (parental engagement) - 'Intro to Acorns' sessions, crafts, coffee mornings, psychoeducation
- Open days and seasonal events
- Acorns Youth Panel - survivor voice panel, young people aged 13+, who deliver events, projects, marketing materials, and report to local domestic abuse strategic boards to ensure their voices are heard.

The impact of our work

Domestic abuse is a complex form of trauma, which presents in complex ways. Survivors may experience a wide range of effects such as: high levels of anxiety; self-blame; low self-esteem and self-worth; exhaustion; fear; anxiety; depression; loss of self-efficacy; social isolation; loss of trust; traumatic bonding; diminished perceptions of alternatives; hyper-arousal; hyper-vigilance; and impaired decision-making and problem-solving abilities.

Our work aims to:

- Improve the physical, mental health and well-being of service users who have been impacted by trauma;
- Increase their personal resources by building self-esteem, confidence and assertiveness;
- Empower them to increase their self-efficacy and live safely and independently.

The key elements of the TIME (trauma informed model of empowerment) model we use are:

- Place and retain the survivor at the centre of practice;
- Continuous assessment of need through review and reflection;
- Accessible: enable survivors to benefit from support;
- Responsive: meet survivors' needs;
- Adaptable: to respond to the needs of survivors at each point of contact;
- Safe environment: supporting survivors to reconnect with a sense of self and control;
- Relational connection to build relationships: facilitated through trust, compassion and empathy;
- Empowerment: identify and promote strengths;
- Effective interventions meet survivors needs: reduce the impacts of trauma.

Our range of services can be put together as a holistic package for a family, ensuring their needs are met. This approach involves the whole family in decision making, and families work with us to develop their own support plans. We only work with families, not single adults for which other services are available.

We also provide access to family therapies and attachment work, and access to supplementary whole family activities, to help strengthen the family bonds and rebuild trust.

We work with children, young people and adults, and with more than one family member at a time. The vast majority of adults who use our services are women - around 94%, however we do work with non-abusing male carers and we are seeing an increase in the number of men who are accessing our services.

The families who access our services say:

"XXX really felt she found a place and a person that understood her and helped her understand herself better"

"My daughter looked forward to her weekly support sessions. I felt we were given a lot support at Acorns and we have got through some struggles."

"Very welcoming and a very homely environment. From the moment you come in very friendly and caring staff ;)) My child's happiness & feeling important."

"Relaxed environment with family orientated atmosphere. Staff very friendly and approachable. Any concerns were addressed. Also free tea, coffee & biscuits."

"It was a real peace of mind having a safe place to come to where XXX could play and open up about her feelings in a way she may have worried about opening up to her family with."

"She is sad it's coming to an end - she loves it. She tells me every week what she's been up to in her sessions. She was even sad that school was closed this Monday because it meant she didn't have an Acorns session! I've bought her a game for Christmas that she plays with you so we can play together as a family."

"I go to college and they have offered further support but right now I say that I have you to help. You know where I come from and right now that's enough"

"x came home and we ended up having a conversation around her sessions. She told me things that bothered her in the past when I was getting to know my step children and I never knew this. It was a hard but beautiful conversation. We already have a brilliant relationship and so far her sessions are validating her feelings- enough to be able to come home and share things"

"I don't expect the answers but just knowing I can call up and get advice which helps me make the right decisions. I second guess myself all the time so just feeling able to spill out things is a god send. No one tells you how to be a parent or there's no what to do book. I only want the best for my daughter and love her dearly but know she sometimes feels I am against her. You knowing her and also me really helps us. Having access to Acorns, especially when you were the only ones that gave me the feeling that I am believed is something I will be forever grateful for."

Improving the lives of the people that use our services

Across all our teams and services, in 2022-2023, Acorns offered 6399 sessions (2021-2022 – 5275) and delivered 5600 sessions (2021-2022 – 4143) to 445 children and young people, and 118 adults. It was our busiest ever year, and this clearly demonstrated the impact of the extra funding we gratefully secured. We enjoyed a fantastic engagement rate of 83% across services (2021-2022 – 78%).

We recognise and acknowledge the dedication and hard work of our excellent, multi-skilled staff team, who have made this possible.

We received over 600 referrals for our services in 2022-2023.

- Our Recovery team in North Tyneside worked with 147 children and young people;
- Our Recovery Team in Northumberland worked with 113 children and young people;
- Our Mental Health & Wellbeing Team working with 185 children and young people;
- Our Family Support team supported 52 parents/carers;
- Our Adult Counselling Team supported 66 parents/carers.
- 259 individuals accessed our group programmes and our free family activities.
- The team delivered information sharing sessions to over 300 professionals at meetings, events and focus groups, and training sessions.

We record all of our case work on our bespoke case management system, Charity Log. This allows us to report on a wide range of data, which then feeds into our ongoing service improvements.

In addition, we carry out comprehensive evaluations with both primary carer and young person, including:

- ✓ Use of the CORE-IMS clinical monitoring tool which measures clinical improvements in mood and wellbeing for adults accessing their own therapy;
- ✓ The use of the Short Warwick Edinburgh Mental Health & Wellbeing Scale, for our outreach work with children and young people, and our family support work with parents and carers;
- ✓ The use of the SDQ (Strengths & Difficulties Questionnaire) for children and young people accessing therapeutic services.

All of our tools show positive improvements in mental health and wellbeing. We ask a number of evaluation questions when an intervention is complete. Where 5 is the best it can be, and 1 is the worst it can be, to the question “How were things going for you before you came to Acorns” the average response was ‘2’. To the question, “How are things going for you/your child now that your work with us has come to an end”, the average response was ‘4.6’. To the question, “In general, how would you rate the service you have received at Acorns”, the average response was ‘4.9’.

Volunteers

Our volunteer development continues and the volunteer work in our adult counselling service is well established with the service performing extremely highly in this period. The CORE data from this service shows an improvement in 89% of completed cases, which is a fantastic result when working with trauma and this client group. Overall average of scores shows consistent improvement with scores dropping from Moderate Severe clinical need to Mild clinical need.

We now have a core group of 10 dedicated volunteers for our adult counselling service, and our trainee children's counsellor continues to excel. In 23-24 we hope to offer additional volunteer opportunities within our Family Support team, creating opportunities for peer support for parents and carers.

Partnership Working

We managed to connect with people in a number of ways:

- ✓ Partnership work is a strength across all of our teams, and something that has been acknowledged across the board in staff reports. Workers talk about the importance of their relationships with schools, early help workers, youth justice and others. We know we can achieve better outcomes for children and young people when we can work together effectively and feedback from our partners is very important to us;
- ✓ We are part of an integrated service of providers in Northumberland, and work closely with Harbour, NDAS (Northumberland Domestic Abuse Service), Cygnus Support and Rape Crisis to support survivors and their families. In North Tyneside and Northumberland we work on a multi-agency level to ensure the safety of our beneficiaries;
- ✓ We have a partnership with North Tyneside Art Studio and share a local community hub in Wallsend that brings people in the local community together, improving mental health and reducing isolation;
- ✓ We delivered a presentation to school designated safeguarding leads to increase awareness of post separation abuse in relation to safeguarding and support for families as well as sharing important messages from our youth panel;
- ✓ Our Family Support team delivered regular wellbeing workshops, 'Welcome to Acorns' sessions and seasonal activities from our Wallsend Hub.

Financial Stability

In this period, we successfully managed all contracts and grants reaching targets and milestones as required.

We received funding from a range of sources including:

- ✓ North Tyneside Council
- ✓ Children in Need
- ✓ North Tyneside CCG Small Grants
- ✓ Northumbria Police & Crime Commissioner – x4 funding streams
- ✓ Northumberland CC
- ✓ The Angus Lawson Memorial Trust
- ✓ Trusthouse Charitable Foundation
- ✓ Masonic Charitable Foundation
- ✓ Sir James Knott Trust
- ✓ National Lottery Community Fund

In total, in this financial year we received income from 13 separate funding sources, and we have also raised over £30,000 from fundraising, donations, and one off unrestricted grants.

Networking and Information Sharing

Our website is regularly updated, and we connect with service users, the public and professional through our Facebook, Instagram, Twitter and Linked In pages. We are registered for Google My Business, and our latest insights report tells us that between November 2022 and April 2023 we registered:

- ✓ 834 business interactions
- ✓ 4215 people viewed
- ✓ 139 calls made
- ✓ 282 directions
- ✓ 413 website clicks

Strengthening the organisation

Training

Staff have undertaken various training opportunities throughout the year, including child protection, first aid, data protection, equality and diversity and health & safety training, as well as undertaking continuous professional development opportunities appropriate to their roles, such as Traumaplay © and our TIME (Trauma informed model of empowerment) training.

Organisational Development

This year, we have:

- ✓ Continued to improve our case management and reporting systems, and our outcome measurement;
- ✓ Continued to invest in IT hardware and software;
- ✓ Maintained a full staff team
- ✓ Refined monitoring systems and started seeing trends emerge in data.

FINANCIAL REVIEW

Reserves policy

We aim to maintain a level of free reserves sufficient to meet the charity's working capital requirements for at least 6 months in the event of a significant drop in funding. The reserves are needed to meet the working capital requirements of the charity in order to maintain the charity's current activities. The Trustees are aware that the present level of reserves available to the charity of £200,866 equivalent to four months of annual expenditure does not meet this target level and plan to address this with future operational surpluses.

Financial position

Incoming resources in the period were £628,004 (2022: £595,339). Of this amount £217,220 (2022: £295,805) related to restricted project activities. There was a surplus of £3,945 (2022: £42,690) in the period. At 31 March 2023 total reserves were £200,866 (2022: £196,921) of which restricted funds were £nil (2022: £20,784) and unrestricted funds were £200,866 (2022: £176,137).

Acorns could not carry out the work that it does without the generous support of its funders. We are grateful to North Tyneside Council, Children in Need, North Tyneside Clinical Commissioning Group

Small Grants, the Northumbria Office of the Police and Crime Commissioner, Northumberland CC, The Angus Lawson Memorial Trust, Trusthouse Charitable Foundation, Masonic Charitable Foundation, Sir James Knott Trust, and the National Lottery Community Fund for their valued support.

Going concern statement

The trustees have carried out an assessment of the charity's ability to continue as a going concern. The trustees consider that there are no material uncertainties affecting the current year's accounts and that adequate resources continue to be available to fund the activities of the charity for the next 12 to 18 months, on this basis the trustees are of the view that the charity is a going concern.

Risk Management

The Trustees have a risk management strategy that comprises:

- An annual review of the risks the charity may face;
- The implementation and review of a formal risk mapping system and procedures to mitigate identified risks;
- The implementation of systems and procedures designed to minimise any potential impact on the Trust should they materialise.

Due to uncertainty in the economic climate and to mitigate significant external risks to funding the organisation undertakes an annual strategic review. Each year the organisation produces updated Business and Action Plans on which trustees and staff are fully consulted and these are reviewed against progress quarterly. They are very much working documents which recognise the need for diversification, development, and expansion of the Charity's core functions. A key element in the management of financial risk is the setting of a Reserves Policy and its regular review by trustees.

FUTURE PLANS

After a more settled year, we hope that Acorns will continue to experience a period of stability and routine in the coming financial year, after a period of growth, disruption and major changes and adaptations.

We continue to horizon scan for suitable funding opportunities, to ensure our ongoing sustainability.

We have secured professional consultancy advice to explore our options for new more suitable premises.

Our Youth Panel is going from strength to strength and plan to increase their representation in Northumberland in the coming months.

In 2023-2024 we will explore opportunities to generate our own income, and increase the level of support we get through corporate fundraising.

ACORNS (NORTH TYNESIDE)
(A company limited by guarantee)

TRUSTEES ANNUAL REPORT
For the year ended 31 March 2023

REFERENCE AND ADMINISTRATIVE DETAILS

Registered company number:
08838624 (England and Wales)

Registered charity number:
1157078

Registered office
7 Alma Place
North Shields
Tyne and Wear
NE29 0LZ

Trustees
Ruth Lewis
Keith John Williamson - Treasurer
Deborah Heron – Deputy Chair
Fabienne Thompson - Chair
Stefenie Anderson
Lisa Stephenson

Company Secretary
A Traynor

Key Management Personnel
A Traynor

Independent Examiner
Jim Dodds
33 The Glebe
Stannington
Northumberland
NE61 6HW

Bankers
Barclays Bank Plc
3 Northumberland Square
North Shields
Tyne and Wear
NE30 1QX

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

TRUSTEES ANNUAL REPORT

For the year ended 31 March 2023

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

Acorns (North Tyneside) is a charitable company limited by guarantee, incorporated on 9th January 2014 and registered as a charity on 16th May 2014. The company was established under Articles of Association establishing the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Recruitment and appointment of new trustees

The Charity must have a minimum of three trustees with no maximum, the age eligibility is 16 years or over, all of whom must support the objects of the charity. The trustees are elected on a rolling basis at Board Meetings.

Organisational structure

The charity and its property are administered and managed by the trustees in accordance with the Memorandum, the Articles and the Companies and Charities Acts.

Induction and training of new trustees

New trustees meet with the Chief Officer and the Board who provide them with a comprehensive introduction to the workings and ethos of Acorns. They receive the charitable status handbook, a copy of the Articles and the last published Financial Statements and are offered training in areas where they perceive they may have weaknesses.

Working Relationships

We work closely with the local authority domestic abuse teams, children's services and with Harbour, and local schools and colleges to support families affected by domestic abuse. We feed into MARAC (Multi-agency Risk Assessment Conference) processes and are members of the North Tyneside and Northumberland Domestic Abuse Partnerships, and are involved with the Domestic Abuse Champions scheme.

TRUSTEES RESPONSIBILITIES IN RELATION TO THE FINANCIAL STATEMENT

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

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

TRUSTEES ANNUAL REPORT
For the year ended 31 March 2023

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

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

Approved by order of the board of trustees on 10 August 2023 and signed on its behalf by:



Fabienne Thompson
Chairperson

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

For the year ended 31 March 2023

I report on the financial statements of Acorns (North Tyneside) for the year ended 31 March 2023, which are set out on pages 13 to 25.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also directors of the company for the purposes of company law) 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.

The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a Fellow of the Association of Charity Independent Examiners.

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

- examine the accounts under section 145 of the 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 material matters have come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

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

Jim Dodds
33 The Glebe
Stannington
NE61 6HW
Date 17 August 2023:



ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES

(INCLUDING SUMMARY INCOME & EXPENDITURE ACCOUNT)

For the year ended 31 March 2023

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
Income from:					
Donations and legacies	6	36,084	-	36,084	63,057
Charitable activities					
Grants and contracts	7	369,321	217,220	586,541	527,691
Other trading activities	8	5,364	-	5,364	4,576
Investments	9	15	-	15	15
Total income		410,784	217,220	628,004	595,339
Expenditure on:					
Raising funds	10	251	-	251	833
Charitable activities					
Operation of the charity	11	385,804	238,004	623,808	551,816
Total expenditure		386,055	238,004	624,059	552,649
Net income/(expenditure) and net movement of funds		24,729	(20,784)	3,945	42,690
Reconciliation of funds					
Total funds brought forward		176,137	20,784	196,921	154,231
Total funds carried forward		200,866	-	200,866	196,921

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The notes on pages 16 to 25 form an integral part of these accounts.

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

Charity Number 1157078

Company Number 08838624

BALANCE SHEET

As at 31 March 2023

	Notes	£	Total 2023 £	£	Total 2022 £
<u>Current assets</u>					
Debtors	18	10,931		-	
Cash at bank and in hand	19	224,386		284,940	
Total current assets		235,317		284,940	
Creditors: amounts falling due within one year	20	(34,451)		(88,019)	
Net current assets			200,866		196,921
Total assets less current liabilities			200,866		196,921
 Total net assets or liabilities					
			200,866		196,921
<u>Funds of the charity</u>					
Unrestricted income funds			200,866		176,137
Restricted income funds			-		20,784
Total funds			200,866		196,921

The company was entitled to an 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 the 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.

The notes on pages 16 to 25 form an integral part of these accounts.

These financial statements were approved by the Board on: 10 August 2023

and are signed on its behalf by:

Keith Williamson



Trustee

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

Charity Number 1157078

Company Number 08838624

STATEMENT OF CASH FLOWS

For the year ended 31 March 2023

	Notes	2023 £	2022 £
<u>Cash flows from operating activities</u>			
Net Movement in funds		3,945	42,690
<u>Add back:</u>			
Deduct interest income shown in investment activities		(15)	(15)
Increase in inventory		-	-
Increase in trade receivables		(10,931)	14,914
Decrease in trade payables		(53,568)	(26,519)
<i>Cash generated from operations</i>		(60,569)	31,070
<u>Cash flow from investing activities</u>			
Interest received		15	15
<i>Net cash used in investing activities</i>		15	15
 Decrease in cash and cash equivalents		 (60,554)	 31,085
Cash and cash equivalents at start of year		284,940	253,855
Cash and cash equivalents at end of year		224,386	284,940

The notes on pages 16 to 25 form an integral part of these accounts.

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2023

1 Accounting Policies

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

2 Basis of accounting

2.1 Basis of preparation

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Acorns (North Tyneside) meets the definition of a public benefit entity under FRS 102.

2.2 Preparation of the accounts on a going concern basis

The charity reported total unrestricted funds at the year end of £200,866 and has already secured a significant amount of funding for the current year. The trustees are of the view that the immediate future of the charity for the next 12 to 18 months is secure and that on this basis the charity is a going concern.

3 Income

3.1 Recognition of income

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received and the monetary value can be measured with sufficient reliability.

3.2 Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by FRS102 SORP or FRS102.

3.3 Grants and donations

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance or provision of other specified service is deferred until the criteria of income recognition are met.

ACORNS (NORTH TYNESIDE)

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2023

3.4 Donated goods and services

Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.

Donated services and facilities are included in the SoFA when received at the value of the gift to the charity provided that the value of the gift can be measured reliably. Donated services and facilities that are consumed immediately are recognised as income with the equivalent amount recognised as an expense under the appropriate heading in the SoFA.

3.5 Volunteer help

The value of volunteer help received is not included in the accounts but is described in the trustees' annual report.

3.6 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

3.7 Income from membership subscriptions

Membership subscriptions received in the nature of a gift are recognised in donations and legacies.

Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

3.8 Investment gains and losses

This includes any realised or unrealised gains or losses on the sale of investment and any gain or loss resulting from revaluing investments to market value at the end of the year.

3.9 Fund accounting

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

4 Expenditure and liabilities

4.1 Liability recognition

Liabilities are recognised when it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

4.2 Charitable activities

All expenditure is accounted for on an accrual basis. Expenditure on charitable activities includes the costs of services to families and other activities undertaken to further the purposes of the charity and their associated

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2023

4.3 Governance and support costs

Support costs have been allocated between governance cost and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

4.4 Irrecoverable VAT

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

4.5 Creditors

The charity has creditors which are measured at settlement amounts less any trade discounts.

4.6 Provisions for liabilities

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

4.6 Pensions

The pension costs charged in the financial statements represent the contribution payable by the charity during the year.

5 Assets

5.1 Tangible fixed assets for use by the charity

Individual fixed assets costing £1,000 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis as follows:

The Charity currently has no tangible fixed assets.

5.2 Debtors

Debtors are measured at their recoverable amounts, being the amount the charity anticipates it will receive in settlement of the debt.

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2023

Analysis of income

	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
6 Donations and legacies				
Donations	12,042	-	12,042	9,281
Grey College	8,542	-	8,542	-
The Bay Church	5,500	-	5,500	-
The Elsie Davis Trust	5,000	-	5,000	-
Community Foundation Reed Trust	-	-	-	4,500
Community Foundation Covid Recovery Fund	-	-	-	25,000
Community Foundation Pea Green Boat Fund	-	-	-	7,500
Community Foundation Northumberland Village Homes Trust	-	-	-	5,000
Community Foundation	-	-	-	6,776
Masonic Charitable Foundation	5,000	-	5,000	5,000
	<u>36,084</u>	<u>-</u>	<u>36,084</u>	<u>63,057</u>
7 Charitable activities				
<u>Income from grants</u>				
National Lottery Fund RC North East Region	15,000	25,000	40,000	20,000
BBC Children in Need	500	33,526	34,026	33,526
LGA Foundation	-	-	-	10,000
Wellesley Trust	-	-	-	10,000
Trusthouse Charitable Foundation	30,000	-	30,000	30,000
Sir James Knott Trust	-	10,000	10,000	10,000
Garfield Western Foundation	-	-	-	25,000
Postcode Trust	-	-	-	20,000
Scottish Power Foundation Award	-	-	-	18,421
Lloyds Bank Foundation	-	-	-	5,368
Angus Lawson Memorial Trust	-	20,000	20,000	24,479
Mind Covid Response Fund	-	-	-	7,483
Other small grants	930	-	930	-
<i>Sub total</i>	<u>46,430</u>	<u>88,526</u>	<u>134,956</u>	<u>214,277</u>

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2023

7 Charitable activities continued

	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
<i>Brought forward</i>	46,430	88,526	134,956	214,277
<u>Statutory income</u>				
North Tyneside Council	189,213	-	189,213	101,549
North Tyneside CCG	16,314	-	16,314	19,027
Northumberland County Council	106,659	-	106,659	73,247
Northumbria Police and Crime Commissioner (Supporting Victims Fund)	-	16,494	16,494	16,494
Northumbria Police and Crime Commissioner (CADA Fund)	2,396	39,600	41,996	68,719
Northumbria Police and Crime Commissioner (REVOC Project)	-	-	-	15,378
Northumbria Police and Crime Commissioner (Community DA and SV Fund)	-	42,500	42,500	15,000
Northumbria Police and Crime Commissioner (PVSC Fund)	3,260	30,100	33,360	-
<u>Other income</u>				
Other income	5,049	-	5,049	4,000
	<u>369,321</u>	<u>217,220</u>	<u>586,541</u>	<u>527,691</u>
8 Other trading activities				
Room hire	2,600	-	2,600	565
Fundraising events	2,764	-	2,764	3,298
Earned income	-	-	-	713
	<u>5,364</u>	<u>-</u>	<u>5,364</u>	<u>4,576</u>
9 Income from investments				
Bank interest	15	-	15	15
	<u>15</u>	<u>-</u>	<u>15</u>	<u>15</u>

Income was £628,004 (2022: £595,339) of which £410,784 was unrestricted or designated (2022: £299,534) and £217,220 was restricted (2022: £295,805).

ACORNS (NORTH TYNESIDE)

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2023

Analysis of expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
10 Raising funds				
Fundraising costs	251	-	251	833
	<u>251</u>	<u>-</u>	<u>251</u>	<u>833</u>
11 Charitable activities				
<u>Direct costs</u>				
Staff salaries	152,211	216,762	368,973	319,818
Staff travel	3,532	6,868	10,400	5,044
Equipment and materials	2,299	1,064	3,363	4,537
Consultancy and supervision	3,380	4,613	7,993	6,368
Training	3,063	2,301	5,364	5,495
Room hire	123	299	422	5,442
Recruitment	415	-	415	2,486
Events and activities	10,775	138	10,913	-
Building capabilities	-	-	-	7,463
Client expenses	4,901	-	4,901	-
Sessional work	2,943	5,483	8,426	16,271
Volunteer costs	1,041	476	1,517	1,342
<u>Support costs</u>				
Management staff salaries	92,572	-	92,572	74,456
Rent	50,958	-	50,958	42,913
General running costs	45,819	-	45,819	43,779
Professional fees	10,822	-	10,822	15,205
<u>Governance costs</u>				
Independent examiner's fees for reporting on the accounts	950	-	950	1,197
	<u>385,804</u>	<u>238,004</u>	<u>623,808</u>	<u>551,816</u>

Expenditure on charitable activities was £624,059 (2022: £552,649) of which £386,055 was unrestricted or designated (2022: £270,397) and £238,004 was restricted (2022: £282,252).

12 Fees for examination of the accounts

	2023 £	2022 £
Independent examiner's fees for reporting on the accounts	950	1,197
Other accountancy services paid to the examiner	-	2,083
	<u>950</u>	<u>3,280</u>

ACORNS (NORTH TYNESIDE)

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2023

13 Analysis of staff costs, and the cost of key management personnel

	2023 £	2022 £
Salaries and wages	420,792	362,412
Social security costs	33,509	26,173
Pension costs (defined contribution pension plan)	7,245	5,688
	461,545	394,273

No employee received remuneration above £60,000 (2022: nil).

The key management personnel of the charity, comprise the Trustees and the Chief Executive. The total employee benefits of the key management personnel of the charity were £51,567 (2022: £44,322).

14 Staff Numbers

The average monthly head count was 21 staff (2022: 21 staff) and the average monthly number of full-time equivalent employees during the year were as follows:

	2023 Number	2022 Number
The parts of the charity in which the employee's work:		
Charitable activities	14.0	16.0
Administration	1.8	2.0
	15.8	18.0

15 Transactions with trustees

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity.

Trustees' expenses

No trustee expenses have been incurred in the year.

Transaction(s) with related parties

There has been no related party transactions in the reporting period.

16 Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The employer's pension costs represent contributions payable by the charity to the fund and amount to £7,245 (2022: £5,688). There was £1,583 outstanding as at 31 March 2023 (2022: £1,222).

17 Corporation Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives.

ACORNS (NORTH TYNESIDE)

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2023

18 Debtors and prepayments (receivable within 1 year)

	2023 £	2022 £
Trade debtors	9,638	-
Prepayments	1,293	-
	<u>10,931</u>	<u>-</u>

19 Cash at bank and in hand

	2023 £	2022 £
Short term deposits	6	6
Cash at bank	224,080	284,634
Cash in hand	300	300
	<u>224,386</u>	<u>284,940</u>

20 Creditors and accruals (payable within 1 year)

	2023 £	2022 £
Trade creditors	47	6,814
Pension	1,583	1,222
Accruals		
Independent examination of accounts	950	1,197
Other accruals	633	476
Deferred income	-	66,222
Other creditors	31,238	12,088
	<u>34,451</u>	<u>88,019</u>

21 Deferred income

Deferred income comprises of advance payments from grants that relate to future periods

	2023 £
Balance brought forward	66,222
Amount released to income earned from charitable activities	(66,222)
Amount deferred in year	-
Balance carried forward	<u>-</u>

22 Events after the end of the reporting period

No events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2023

23 Analysis of charitable funds**Analysis of movements in unrestricted funds**

	Fund balances brought forward	Incoming resources	Resources expended	Transfers	Fund balances carried forward
	£	£	£	£	£
Unrestricted funds					
General unrestricted fund	176,137	410,784	(386,055)	-	200,866
Totals	176,137	410,784	(386,055)	-	200,866

Purpose of unrestricted funds

General unrestricted fund The 'free reserves' of the charity.

Analysis of movement in restricted funds

	Fund balances brought forward	Incoming resources	Resources expended	Transfers	Fund balances carried forward
	£	£	£	£	£
Restricted funds					
Prevent and Cope Adults	-	14,350	(14,350)	-	-
Prevent and Cope Children and Young People	5,652	84,197	(89,849)	-	-
Recovery North Tyneside	-	73,423	(73,423)	-	-
Recovery Northumberland	15,132	45,250	(60,382)	-	-
Totals	20,784	217,220	(238,004)	-	-

Purpose of restricted funds

Restricted funds represent income resources used for a specific purpose within the charity as identified by the donor

Prevent and Cope Adults	Adult counselling service and Family Support service working with adults aged 18+.
Prevent and Cope Children and Young People	Young people's outreach 1-1 service, teen relationship service, First Response Service, flexible drop in for teens, group programme provision.
Recovery North Tyneside	Therapeutic interventions and counselling for children and young people aged 4-18 in North Tyneside.
Recovery Northumberland	Therapeutic interventions and counselling for children and young people aged 4-18 Northumberland.

24 Capital commitments

As at 31 March 2023, the charity had no capital commitments (2022 -£nil).

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2023

25 Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
Cash at bank and in hand	224,386	-	224,386	284,940
Other net current assets/(liabilities)	(23,520)	-	(23,520)	(88,019)
	<u>200,866</u>	<u>-</u>	<u>200,866</u>	<u>196,921</u>

Accounts

ACORNS (NORTH TYNESIDE)

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REPORT AND FINANCIAL STATEMENTS

For the year ended 31 Mar 2022

Charity number 1157078

Company number 08838624

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TRUSTEES ANNUAL REPORT

For the year ended 31 March 2022

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives:

The principal object of the charity is to relieve the needs of children and young people, adults and families who have suffered from and/or are likely to suffer from violence in their homes or elsewhere particularly by the provision of support services and advice calculated to relieve those needs.

Our Mission Statement:

We support children, young people and families affected by domestic violence and abuse. We aim to help survivors to recognise their own strengths and skills, putting the power of their recovery in their hands. Together, we stand tall.

Our Aims:

We will safeguard and promote the safety, welfare and rights of children, young people and their families who have suffered from violence and abuse within their home. We aim to:

- Improve the physical and mental health and well-being of families who have been impacted by domestic abuse;
- Increase their personal resources by building self-esteem, confidence and assertiveness;
- Empower them to increase their self-efficacy and live safely and independently;
- Connect them to like-minded peers and reduce isolation, improving personal support networks and reducing the need for intensive intervention in the future.

Significant activities:

Acorns has been providing much valued services to victims and survivors of domestic violence aged four to 18 and their family members in the heart of North Tyneside for over 20 years, and we have been delivering services in Northumberland since 2018. Acorns specialises in play therapy and one-to-one trauma informed counselling services, as well as offering parent and carer support, group work, prevention and healthy relationships work in schools and colleges, and one-to-one outreach support both at school and in the community.

Public benefit:

Acorns works with survivors of domestic abuse of all ages towards achieving positive outcomes. Specialist services have been developed to tackle the incidence and impact of domestic violence and abuse by improving safety, improving mental and physical health, increasing self-esteem and confidence and thereby increasing individual and family life chances. Information is effectively promoted to partner agencies and within the community to ensure services reach those in the greatest need and with a particular focus on safeguarding children, young people and adults at risk of harm.

The trustees consider that they comply with their duty in Section 4 of the Charities Act 2006 to have due regard to public benefit.

Volunteers:

Acorns holds volunteers in high regard for their contributions at all levels of the organisation. This includes trustee duties, fundraising and individual and group peer support, as well as our highly valued adult counselling team. All volunteers receive induction and ongoing supervision and training.

ACHIEVEMENTS AND PERFORMANCE 2021/2022

Context and background:

We support children, young people and families affected by domestic violence and abuse in North Tyneside and Northumberland. We aim to help survivors to recognise their own strengths and skills, putting the power of their recovery in their hands. Together, we stand tall.

We offer a range of services under our priorities 'Prevent, Cope, Participate and Recover' including counselling and play, music and art therapy, and practical and well-being support and outreach services which include 1-1 emotional and practical support, group educational programmes, an open access drop-in and a crisis service, for children and young people aged 4-25, their non-abusing carers and other family members.

We are a trauma informed organisation and all our services are designed around the needs of the individual and/or the family unit. We provide our services free, both at our two premises in North Shields, and out in the community and within schools, colleges and children's centres. We have lots of experience of delivering domestic abuse services and of developing and maintaining our services to meet the ongoing needs of the families we work with.

Entry into the service is through children's referrals. If a child has been accepted for one of our children's services, this opens up access to additional services for the rest of the family, including a variety of supplementary activities and groups. This holistic, service user led approach aims to strengthen the family unit, focussing on resilience while improving attachment, trust and familial bonds.

One Door – Many Rooms:

We provide a three-tier service, and families work with us to put together a bespoke care plan, based on their individual needs:

Tier 1 - Prevent

Advice & guidance and signposting for the whole family

- Text helpline for young people
- Prevention programmes – 4Real (healthy relationships)
- Psychoeducational and introductory workshops for parents
- Drop in and flexible support services

Tier 2 – Cope

- Crisis support First Response Service for children aged 11+ - risk & safety planning
- Group programmes – Roots (age 8-12 – wellbeing and coping strategies) and Healing Together®
- Emotional and practical support for carers (Family Support Service)
- Advocacy for adults and children
- Ad hoc interim support while awaiting counselling

TRUSTEES ANNUAL REPORT

For the year ended 31 March 2022

Tier 3 - Recovery

- Counselling and music, art and play therapy for children and young people
- Family therapies and family group work
- One to one outreach case work in schools and the community
- Parent/carers counselling service

The impact of our work

Domestic abuse is a complex form of trauma, which presents in complex ways. Survivors may experience a wide range of effects such as: high levels of anxiety; self-blame; low self-esteem and self-worth; exhaustion; fear; anxiety; depression; loss of self-efficacy; social isolation; loss of trust; traumatic bonding; diminished perceptions of alternatives; hyper-arousal; hyper-vigilance; and impaired decision-making and problem-solving abilities.

Our work aims to:

- Improve the physical, mental health and well-being of service users who have been impacted by trauma;
- Increase their personal resources by building self-esteem, confidence and assertiveness;
- Empower them to increase their self-efficacy and live safely and independently.

The key elements of the TIME (trauma informed model of empowerment) model we use are:

- Place and retain the survivor at the centre of practice;
- Continuous assessment of need through review and reflection;
- Accessible: enable survivors to benefit from support;
- Responsive: meet survivors' needs;
- Adaptable: to respond to the needs of survivors at each point of contact;
- Safe environment: supporting survivors to reconnect with a sense of self and control;
- Relational connection to build relationships: facilitated through trust, compassion and empathy;
- Empowerment: Identify and promote strengths;
- Effective interventions meet survivors needs: reduce the impacts of trauma.

Our range of services can be put together as a holistic package for a family, ensuring their needs are met. This approach involves the whole family in decision making, and families work with us to develop their own support plans. We only work with families.

We also provide access to family therapies and attachment work, and access to supplementary whole family activities, to help strengthen the family bonds and rebuild trust.

We work with children, young people and adults, and with more than one family member at a time. The vast majority of adults who use our services are women - around 94%, however we do work with non-abusing male carers and we are seeing an increase in the number of men who are accessing our services.

Services:

The families who access our services say:

"I really appreciate you getting back to me and your ongoing kindness and helping A. Thank you for helping me and my family, it means so much to be heard because so many dozens of conversations over the years have felt surface level only – I have felt that no-one truly emphasized how very real and frightening this was to us, trying but failing to get the right support and understanding for A. I feel we are now in a better place and going in the right direction. Thank you so much"

"Thank you Acorns with numerous smiley faces, a spaceship and a pram and baby ;))"

"Very friendly. I feel you can openly discuss any concerns. Able to have a phone call with my worker outside of appointments to help me better manage a situation"

"I think everyone is fantastic and very friendly. It looks like it worked out really well as he is a lot better and appears to be happier."

"Acorns have helped me in many ways, I've been going to Acorns for a while now and the service has really supported me and helped me through some difficult times. They know how to talk to me about anything I may need to know & I get offered support by my counsellor every session."

"I feel I received more than expected from the service. Everything was explained thoroughly but I received above and beyond support for myself and my son."

"Always there for me and my kids. Always have a solution and always see me or ring me whenever I need someone."

"I couldn't have had better support from all the team there. Not only throughout my childhood but now my early adulthood. They are easily accessible to communicate with, so even if I'm in a distressed situation I can easily contact them"

"It was difficult in the beginning and I worried it was the right place, but after a few weeks it got better and better"

"I am so grateful for the support my worker has given my daughter and me, her worker has been incredible and I am truly thankful for everything"

"I think Acorns is a fantastic place and I am so glad we came because the change in my child is just amazing because of Helen and the team"

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TRUSTEES ANNUAL REPORT

For the year ended 31 March 2022

Improving the lives of the people that use our services

A total of 5275 sessions were offered to children, young people and adults this year. Despite a high number of cancellations related to COVID and challenges relating to engagement, the team still managed to deliver 4143 sessions in total, Acorns' busiest ever year since our inception, with a fantastic engagement rate of 78%.

We supported:

- 458 children and young people
- Our Family Support Workers supported 45 parents/carers;
- Our Adult Counselling Team supported 55 parents/carers.
- 239 individuals accessed our group programmes and our free family activities.
- We engaged with over 150 individuals at open events.
- We hosted over 50 people at a conference launching our 3-year strategic plan.
- The team delivered information sharing sessions to over 150 professionals at meetings, events and focus groups, and training sessions.

We record all of our case work on our bespoke case management system, Charity Log. This allows us to report on a wide range of data, which then feeds into our ongoing service improvements.

In addition, we carry out comprehensive evaluations with both primary carer and young person, including:

- ✓ Use of the CORE-IMS clinical monitoring tool which measures clinical improvements in mood and wellbeing for adults accessing their own therapy;
- ✓ The use of the Short Warwick Edinburgh Mental Health & Wellbeing Scale, for our outreach work with children and young people, and our family support work with parents and carers;
- ✓ The use of the SDQ (Strengths & Difficulties Questionnaire) for children and young people accessing therapeutic services.

All of our tools show positive improvements in mental health and wellbeing. We ask a number of evaluation questions when an intervention is complete. Where 5 is the best it can be, and 1 is the worst it can be, to the question "How were things going for you before you came to Acorns" the average response was '2'. To the question, "How are things going for you/your child now that your work with us has come to an end", the average response was '4.7'. To the question, "In general, how would you rate the service you have received at Acorns", the average response was '4.9'.

Volunteers

Our volunteer development has been going really well, and the volunteer work in our adult counselling service is well established with the service performing extremely highly in this period. The CORE data from this service shows an improvement in 80% of completed cases, which is a fantastic result when working with trauma and this client group. Overall average of scores shows consistent improvement with scores dropping from Moderate Severe clinical need to Mild clinical need.

Four of our volunteer team left the service this year, one to join Acorns Northumberland Recovery Team, and three to move onto paid roles after gaining their experience with Acorns. Their feedback:

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TRUSTEES ANNUAL REPORT

For the year ended 31 March 2022

- ✓ "I would just like to say how much I have enjoyed working for Acorns and how grateful I am that you took a chance on me. It has been a privilege to work alongside your team and with this client group and I have learnt so much from you all. I am not leaving because I want to, if that makes sense, who knows maybe there will be an opportunity to come back one day. Wishing you and all the team the very best and thank you"
- ✓ "I have really enjoyed the atmosphere of community in the office. It is good to have others to speak to after a difficult call or just to have a few minutes of chat to be ready for the next piece of work. My colleagues have been a wonderful support group. I have also appreciated the in-house supervision. It is good to speak with someone who knows the client group, the requirements of the paperwork and gets to know my personal way of working. Both Nina and Julie have been so supportive and encouraging: while offering excellent advice with client work.

As a volunteer it has been brilliant to have travel expenses as well as free supervision while I have been at Acorns. I particularly enjoyed the TIME training. Thank you for facilitating it for me. Thank you for the opportunity. I have enjoyed my time with Acorns and it has been a really good learning experience. I hope the service goes from strength to strength."

- ✓ "I'd just like to take this opportunity to thank you for taking me on as a trainee then volunteer counsellor for Acorns. I have loved working with the clients who inspire me with their determination to live their fullest lives in the face of such challenging circumstances. I will miss working with them very much. I have learned loads from colleagues and especially Nina who is a great support! Acorns is an invaluable organisation and is doing essential work, I hope you get the funding to continue and grow."

We have since recruited a further four volunteers for our adult counselling service, and we are pleased to be able to offer a trainee counselling placement within our children's service for the first time in 22-23.

Partnership Working

Partnership working includes:

- ✓ We continue to work with Harbour to support children and young people and have a planned programme of joint working scheduled for the year ahead;
- ✓ We worked with Nordoff Robbins to offer music therapy opportunities;
- ✓ We ran a successful pilot programme of support with Tyneside and Northumberland MIND, to provide therapeutic support to children who have been affected by violent crime;
- ✓ We fully established our Community Hub in partnership with North Tyneside Art Studio and Walking With, at the Forum Shopping Centre in Wallsend, which is now the base for our adult participation events and programme;
- ✓ The CEO is involved in the work currently being carried out on the Mental Health and Emotional Wellbeing Strategy being developed by HIVE/Barnardos for young people, and has presented to this group;
- ✓ Our Outreach team continue to work closely with Phoenix Detached Youth Project to deliver joint work.

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TRUSTEES ANNUAL REPORT

For the year ended 31 March 2022

Financial Stability

In this period, we successfully managed all contracts and grants reaching targets and milestones as required.

We received funding from a range of sources including:

- ✓ North Tyneside Council
- ✓ Children in Need
- ✓ North Tyneside CCG Small Grants
- ✓ Scottish Power Foundation
- ✓ Lloyds Bank Foundation
- ✓ MIND Coronavirus Response Fund
- ✓ NOPCC – x4 funding streams
- ✓ Northumberland CC
- ✓ The Angus Lawson Memorial Trust
- ✓ Various funds and grants from the Community Foundation
- ✓ Trusthouse Charitable Foundation
- ✓ LGA Foundation
- ✓ Masonic Charitable Foundation
- ✓ Sir James Knott Trust
- ✓ National Lottery Community Fund
- ✓ Post Code Trust
- ✓ Garfield Weston Foundation

In total, in this financial year we received income from 23 separate funding sources, up from 17 in 20-21; and we have also raised £23,300 from fundraising, donations, and one off unrestricted grants, up from £19,000 in 20-21.

Networking and Information Sharing

Our website is regularly updated, and we connect with service users, the public and professional through our Facebook page. We are registered for Google my Business, and our latest insights report tells us that between November 2021 and April 2022 we registered:

- ✓ 944 business interactions
- ✓ 5751 people viewed
- ✓ 158 calls made
- ✓ 291 directions
- ✓ 495 website clicks

We managed to connect with people in a number of ways:

- ✓ We successfully held our Strategic Launch on the 16th July, to launch our three-year plan, along with our new brand. The event was well attended, and our information has been very well received.
- ✓ We supported development of our Youth Panel, currently made up of Acorns service users age 14-18. Our hopes are that children and young people will have a more active role in developing and evaluating Acorns as well as influencing wider service provision and decision making across the

TRUSTEES ANNUAL REPORT

For the year ended 31 March 2022

area. They are currently working on an application to the Children in Need Youth Social Action fund, to expand this work further.

- ✓ Our Youth Panel featured on the Children in Need BBC Radio 2 Takeover for Children in Need Day in November 2021, featuring a voiceover and a playlist, they also delivered a successful event for the 16 days of activism with young people from Phoenix Detached Youth Project; and delivered a further event for 12 young people in partnership with the Blue Button Café in Whitley Bay, for international Women's Day in March 2022.
- ✓ Partnership work is a strength across all of our teams, and something that has been acknowledged across the board in staff reports. Workers talk about the importance of their relationships with schools, early help workers, youth justice and others. We know we can achieve better outcomes for children and young people when we can work together effectively and feedback from our partners is very important to us. We have recently taken some time to contact schools that have been particularly accommodating and supportive of our work as we feel that it is important to acknowledge examples of good practice.
- ✓ We work closely with the local authority domestic abuse teams, children's services and with Harbour, and local schools and colleges to support men, women and children affected by domestic abuse. We feed into MARAC and are members of the North Tyneside Domestic Abuse Partnership, and are involved with the Domestic Abuse Champions scheme.

Strengthening the organisation

Training

Staff have undertaken various training opportunities throughout the year, including child protection, first aid, data protection, equality and diversity and health & safety training, as well as undertaking continuous professional development opportunities appropriate to their roles, such as Traumaplay © and our TIME (Trauma informed model of empowerment) training.

Organisational Development

This year, we have:

- ✓ Continued to improve our case management and reporting systems;
- ✓ Improved communications with the addition of new remote working capabilities, and investment in IT hardware and software;
- ✓ Implemented an online HR management system, streamlining leave allowances, sickness absence, personal development reviews and training records – bringing everything together in one place.
- ✓ Increased staff resources across all of our teams – we now employ 21 members of staff.
- ✓ Expanded all of our services in response to increased demand;
- ✓ Refined monitoring systems and started seeing trends emerge in data;
- ✓ Released our three-year strategic plan and new branding at a public event.

FINANCIAL REVIEW

Reserves policy

We aim to maintain a level of free reserves sufficient to meet the charity's working capital requirements in the event of a significant drop in funding. We have established a policy whereby the free reserves that we hold should be equivalent to at least 6-months of annual expenditure. The reserves are needed to meet the working capital requirements of the charity in order to maintain the charity's current activities. The present level of reserves available to the charity of £176,137 (2021: £147,000) equivalent to 4-months of annual expenditure does not meet this target level.

Financial position

Incoming resources in the period were £559,339 (2021: £368,705). Of this amount £295,805 (2021: £294,813) is related to restricted project activities. There was a surplus of £42,690 (2021: £9,889) in the period. At 31 March 2022 total reserves were £196,921 (2021: £154,231) of which restricted funds were £20,784 (2021: £7,231) and unrestricted funds were £176,137 (2021: £147,000).

Acorns could not carry out the work that it does without the generous support of its funders. We are grateful to North Tyneside Council, Children in Need, North Tyneside CCG Small Grants, Scottish Power Foundation, Lloyds Bank Foundation, MIND Coronavirus Response Fund, the Northumbria Office of the Police and Crime Commissioner, Northumberland CC, The Angus Lawson Memorial Trust, various funds and grants from the Community Foundation, Trusthouse Charitable Foundation, LGA Foundation, Masonic Charitable Foundation, Sir James Knott Trust, National Lottery Community Fund, Post Code Trust and the Garfield Weston Foundation for their valued support.

Going concern statement

In response to the COVID-19 pandemic, the trustees have reviewed and considered financial information and revised forecasts to take into account measures that they can take with the current financial resources available to mitigate the impact of the current adverse conditions. The trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

Risk Management

The Trustees have a risk management strategy that comprises:

- An annual review of the risks the charity may face;
- The implementation and review of a formal risk mapping system and procedures to mitigate identified risks;
- The implementation of systems and procedures designed to minimise any potential impact on the Trust should they materialise.

Due to uncertainty in the economic climate and to mitigate significant external risks to funding the organisation undertakes an annual strategic review. Each year the organisation produces updated Business and Action Plans on which trustees and staff are fully consulted and these are reviewed against progress quarterly. They are very much working documents which recognise the need for diversification, development, and expansion of the Charity's core functions. A key element in the management of financial risk is the setting of a Reserves Policy and its regular review by trustees.

FUTURE PLANS

We hope that Acorns will experience a period of stability and routine in the coming financial year, after two years of growth, disruption and major changes and adaptations.

We have seen an increase in the need for our Family Support service, as such we will seek funding to recruit a team leader to work with our two existing workers, to strengthen this service and manage a higher level of risk more effectively and specifically.

Participation - We hope to fully establish our Youth Panel by seeking dedicated funding for this work, to ensure communication channels for other young people in North Tyneside and Northumberland affected by domestic abuse. We hope to fully establish our Adult Participation work by creating a paid role to develop this work.

We plan to secure some professional consultancy advice to look at options for commercial property as we grow.

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

TRUSTEES ANNUAL REPORT

For the year ended 31 March 2022

REFERENCE AND ADMINISTRATIVE DETAILS

REGISTERED COMPANY NUMBER:

08838624 (England and Wales)

REGISTERED CHARITY NUMBER:

1157078

Registered office

7 Alma Place
North Shields
Tyne and Wear
NE29 0LZ

Trustees

Anita Lord
Joanne Curry
Ruth Lewis
Keith John Williamson
Deborah Heron
Fabienne Thompson
Stefenie Anderson
Lisa Stephenson

Resigned 27.04.21

Resigned 27.04.21

Appointed 27.04.21

Appointed 27.04.21 – Chairperson

Appointed 27.04.21

Appointed 27.04.21

Company Secretary

A Traynor

Key Management Personnel

A Traynor

Independent examiner

Jim Dodds
Connected Voice Business Services Ltd
Higham House
Higham Place
Newcastle Upon Tyne
NE1 8AF

Bankers

Barclays Bank Plc
3 Northumberland Square
North Shields
Tyne and Wear
NE30 1QX

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

TRUSTEES ANNUAL REPORT

For the year ended 31 March 2022

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

Acorns (North Tyneside) is a charitable company limited by guarantee, incorporated on 9th January 2014 and registered as a charity on 16th May 2014. The company was established under Articles of Association establishing the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Recruitment and appointment of new trustees

There are a minimum of three trustees with no maximum, the age eligibility is 16 years or over, all of whom must support the objects of the charity. The trustees are elected on a rolling basis at Board Meetings.

Organisational structure

The charity and its property is administered and managed by the trustees in accordance with the Memorandum, the Articles and the Companies and Charities Acts.

Induction and training of new trustees

New Trustees meet with the Chief Officer and the Board who provide them with a comprehensive introduction to the workings and ethos of Acorns. They receive the charitable status handbook, a copy of the Articles and the last published Financial Statements and are offered training in areas where they perceive they may have weaknesses.

Working Relationships

We work closely with the local authority domestic abuse teams, children's services and with Harbour, and local schools and colleges to support families affected by domestic abuse. We feed into MARAC and are members of the North Tyneside Domestic Abuse Partnership, and are involved with the Domestic Abuse Champions scheme.

Trustees responsibilities in relation to the financial statement

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

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

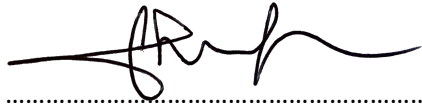
TRUSTEES ANNUAL REPORT
For the year ended 31 March 2022

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

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

Approved by order of the board of trustees on 01/11/22..... and signed on its behalf by:

Fabienne Thompson
Chairperson


.....

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

For the year ended 31 March 2022

I report on the financial statements of Acorns (North Tyneside) for the year ended 31 March 2022, which are set out on pages 15 to 27.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also directors of the company for the purposes of company law) 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.

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

- examine the accounts under section 145 of the 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.

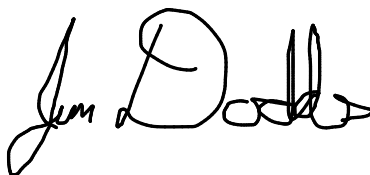
Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

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

Jim Dodds
Connected Voice Business Services Ltd
Higham House
Higham Place
Newcastle upon Tyne
NE1 8AF
Date: 02/11/22



ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES

(INCLUDING SUMMARY INCOME & EXPENDITURE ACCOUNT)

For the year ended 31 March 2022

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £
<u>Income from:</u>					
Donations and legacies	6	31,579	34,776	66,355	20,153
Charitable activities					
Grants and statutory funding	7	266,662	261,029	527,691	348,052
Other trading activities	8	1,278	-	1,278	490
Investments	9	15	-	15	10
Total income		299,534	295,805	595,339	368,705
<u>Expenditure on:</u>					
Raising funds	10	833	-	833	-
Charitable activities					
Operation of the charity	10	269,564	282,252	551,816	358,816
Total expenditure		270,397	282,252	552,649	358,816
Net income/(expenditure) and net movement of funds		29,137	13,553	42,690	9,889
<u>Reconciliation of funds</u>					
Total funds brought forward		147,000	7,231	154,231	144,342
Total funds carried forward		176,137	20,784	196,921	154,231

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

The notes on pages 18 to 27 form an integral part of these accounts.

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

Charity Number 1157078

Company Number 08838624

BALANCE SHEET

As at 31 March 2022

	Notes	£	Total 2022 £	£	Total 2021 £
<u>Current assets</u>					
Debtors	17	-		14,914	
Cash at bank and in hand	18	284,940		253,855	
Total current assets		284,940		268,769	
Creditors: amounts falling due within one year	19	(88,019)		(114,538)	
Net current assets			196,921		154,231
Total assets less current liabilities			196,921		154,231
Total net assets or liabilities			196,921		154,231
<u>Funds of the charity</u>					
Unrestricted income funds			176,137		147,000
Restricted income funds			20,784		7,231
Total funds			196,921		154,231

The company was entitled to an 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 the 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.

The notes on pages 18 to 27 form an integral part of these accounts.

These financial statements were approved by the Board on: 01/11/22

and are signed on its behalf by:

Keith Williamson
Trustee



ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

Charity Number 1157078

Company Number 08838624

STATEMENT OF CASH FLOWS

For the year ended 31 March 2022

	Notes	2022 £	2021 £
<u>Cash flows from operating activities</u>			
Net movement in funds		42,690	9,889
<u>Add back:</u>			
Deduct interest income shown in investing activities		(15)	(10)
Decrease (increase) in debtors		14,914	(9,495)
Increase (decrease) in creditors		(26,519)	109,339
<i>Cash generated from operations</i>		31,070	109,723
<u>Cash flow from investing activities</u>			
Interest received		15	10
<i>Net cash used in investing activities</i>		15	10
 Increase in cash and cash equivalents		 31,085	 109,733
Cash and cash equivalents at start of year		253,855	144,122
Cash and cash equivalents at end of year		284,940	253,855

The notes on pages 18 to 27 form an integral part of these accounts.

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

1 Accounting Policies

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

2 Basis of accounting

2.1 Basis of preparation

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Acorns (North Tyneside) meets the definition of a public benefit entity under FRS 102.

2.2 Preparation of the accounts on a going concern basis

The financial statements have been prepared on a going concern basis. In making their assessment the trustees have reviewed and considered relevant information, including their annual budget and future cash flows. In response to the COVID-19 pandemic, the trustees have revised their forecasts to take into account measures that they can take with the current resources available to mitigate the impact of the current adverse conditions. The trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

3 Income

3.1 Recognition of income

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received and the monetary value can be measured with sufficient reliability.

3.2 Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by FRS102 SORP or FRS102.

3.3 Grants and donations

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of the provision of a specified service is deferred until the criteria of income recognition are met.

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

3.4 Donated goods and services

Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.

Donated services and facilities are included in the SoFA when received at the value of the gift to the charity provided that the value of the gift can be measured reliably. Donated services and facilities that are consumed immediately are recognised as income with the equivalent amount recognised as an expense under the appropriate heading in the SoFA.

3.5 Volunteer help

The value of volunteer help received is not included in the accounts but is described in the trustees' annual report.

3.6 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

3.7 Income from membership subscriptions

Membership subscriptions received in the nature of a gift are recognised in donations and legacies.

Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

3.8 Investment gains and losses

This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

3.9 Fund accounting

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

4 Expenditure and liabilities

4.1 Liability recognition

Liabilities are recognised when it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

4.2 Charitable activities

All expenditure is accounted for on an accrual basis. Expenditure on charitable activities includes the costs of services to families and other activities undertaken to further the purposes of the charity and their associated support costs.

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

4.3 Governance and support costs

Support costs have been allocated between governance cost and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

4.4 Irrecoverable VAT

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

4.5 Creditors

The charity has creditors which are measured at settlement amounts less any trade discounts.

4.6 Provisions for liabilities

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

4.6 Pensions

The pension costs charged in the financial statements represent the contribution payable by the charity during the year.

5 Assets

5.1 Tangible fixed assets for use by the charity

Individual fixed assets costing £1,000 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a reducing balance basis:

The Charity currently has no tangible fixed assets.

5.2 Debtors

Debtors are measured at their recoverable amounts, being the amount the charity anticipates it will receive in settlement of the debt.

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

Analysis of income

	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £
6 Donations and legacies				
Donations	9,281	-	9,281	8,653
Charities Aid Foundation	-	-	-	5,000
Community Foundation Reed Trust	-	4,500	4,500	
Community Foundation COVID Recovery Fund	-	25,000	25,000	
Community Foundation Pea Green Boat Fund	7,500		7,500	
Community Foundation Northumberland Village Homes Trust	5,000		5,000	
Community Foundation	1,500	5,276	6,776	6,500
Masonic Charitable Foundation	5,000	-	5,000	-
Fundraising	3,298	-	3,298	-
	<u>31,579</u>	<u>34,776</u>	<u>66,355</u>	<u>20,153</u>
7 Charitable activities				
<u>Grant income</u>				
National Lottery Community Fund	-	20,000	20,000	65,135
National Lottery Community Fund Covid Fund	-	-	-	9,200
Awards for All	-	-	-	1,525
BBC Children in Need	1,189	32,337	33,526	32,805
LGA Foundation	-	10,000	10,000	-
Wellesley Trust	-	10,000	10,000	-
Trusthouse Charitable Foundation	30,000	-	30,000	-
Sir James Knott Trust	-	10,000	10,000	-
Garfield Weston Foundation	25,000	-	25,000	-
Postcode Trust	-	20,000	20,000	-
Austin and Hope Pilkington Trust	-	-	-	-
Scottish Power Foundation Award	-	18,421	18,421	18,158
St James's Place Foundation	-	-	-	10,000
Lloyds Bank Foundation	-	5,368	5,368	20,332
Angus Lawson Memorial Trust	-	24,479	24,479	3,313
Fund	-	7,483	7,483	10,478
<i>Sub total</i>	<u>56,189</u>	<u>158,088</u>	<u>214,277</u>	<u>170,946</u>

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £
7 Charitable activities continued				
<i>Brought forward</i>	56,189	158,088	214,277	170,946
<u>Statutory income</u>				
North Tyneside Council	101,549	-	101,549	57,762
North Tyneside CCG	19,027	-	19,027	16,916
Northumberland County Council	73,247	-	73,247	14,914
HMRC Job Retention Scheme	-	-	-	13,297
Northumbria Police and Crime Commissioner (Supporting Victims Fund)	-	16,494	16,494	16,494
Northumbria Police and Crime Commissioner (CADA Fund)	9,408	59,311	68,719	28,506
Northumbria Police and Crime Commissioner (REVOC Project)	3,242	12,136	15,378	-
Northumbria Police and Crime Commissioner (DA Uplift Fund)	-	15,000	15,000	-
Northumbria Police and Crime Commissioner (Covid Emergency Fund)	-	-	-	13,016
<u>Other income</u>				
Other income	4,000	-	4,000	16,201
	<u>266,662</u>	<u>261,029</u>	<u>527,691</u>	<u>348,052</u>
8 Other trading activities				
Room Hire	565	-	565	490
Earned income	713	-	713	-
	<u>1,278</u>	<u>-</u>	<u>1,278</u>	<u>490</u>
Analysis of income continued				
	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £
9 Income from investments				
Bank interest	15	-	15	10
	<u>15</u>	<u>-</u>	<u>15</u>	<u>10</u>

Income was £595,339 (2021: £368,705) of which £299,534 was unrestricted or designated (2021: £73,892) and £295,805 was restricted (2021: £294,813)

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

Analysis of expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £
10 Raising funds				
Fundraising costs	833	-	833	-
	<u>833</u>	<u>-</u>	<u>833</u>	<u>-</u>
10 Charitable activities				
<u>Direct costs</u>				
Staff salaries	69,270	250,548	319,818	189,428
Staff travel	509	4,535	5,044	1,309
Equipment and materials	4,537	-	4,537	701
Consultancy and supervision	750	5,618	6,368	4,215
Training	1,187	4,308	5,495	4,143
Room hire	4,470	972	5,442	206
Recruitment	2,486	-	2,486	1,928
Building capabilities	7,463	-	7,463	-
Client expenses	-	-	-	2,688
Sessional work	-	16,271	16,271	6,660
Volunteer costs	1,342	-	1,342	713
<u>Support costs</u>				
Management staff salaries	74,456	-	74,456	64,100
Rent	42,913	-	42,913	18,996
General running costs	43,779	-	43,779	49,834
Professional fees	15,205	-	15,205	12,594
<u>Governance costs</u>				
Trustees meeting costs	-	-	-	161
Independent examiner's fees for reporting on the accounts	1,197	-	1,197	1,140
	<u>269,564</u>	<u>282,252</u>	<u>551,816</u>	<u>358,816</u>

Expenditure on charitable activities was £552,649 (2021: £358,816) of which £270,397 was unrestricted or designated (2021: £43,792) and £282,252 was restricted (2021: £315,024)

11 Fees for examination of the accounts

	2022 £	2021 £
Independent examiner's fees for reporting on the accounts	1,197	1,140
Other accountancy services paid to the examiner	2,083	1,492
	<u>3,280</u>	<u>2,632</u>

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

12 Analysis of staff costs and the cost of key management personnel

	2022 £	2021 £
Salaries and wages	362,412	231,171
Social security costs	26,173	14,943
Pension costs (defined contribution pension plan)	5,688	2,882
	394,274	248,996

No employee received remuneration above £60,000 (2021: nil)

The key management personnel of the charity, comprise the trustees and the Chief Executive. The total benefits of the key management personnel of the charity were £44,322. (2021: £44,322)

13 Staff numbers

The average monthly head count was 21 staff (2021: 12 staff) and the average monthly number of full-time equivalent employees during the year were as follows:

	2022 Number	2021 Number
The parts of the charity in which the employee's work		
Charitable activities	16.0	11.5
Administration	2.0	2.0
	18.0	13.5

14 Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The employer's pension costs represent contributions payable by the charity to the fund and amount to £5,688 (2021: £2,882). There was £1,222 outstanding as at 31 March 2022 (2021: £761).

15 Transactions with trustees

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity (2021: £nil).

Trustees' expenses

No trustee expenses have been incurred in the year.

Transaction(s) with related parties

There have been no related party transactions in the reporting period.

16 Corporation Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives.

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

17 Debtors and prepayments (receivable within 1 year)

	2022	2021
	£	£
Other debtors	-	14,914
	-	14,914

18 Cash at bank and in hand

	2022	2021
	£	£
Short term deposits	6	6
Cash at bank	284,634	253,549
Cash in hand	300	300
	284,940	253,855

19 Creditors and accruals (payable within 1 year)

	2022	2021
	£	£
Trade creditors	6,814	-
Other creditors	12,564	7,419
Pension	1,222	761
Accruals		
Independent examination of accounts	1,197	1,140
Deferred income	66,222	105,218
	88,019	114,538

20 Deferred income

Deferred income comprises of advance payments from grants that relate to future periods.

	2022
	£
Balance brought forward	105,218
Amount released to income earned from charitable activities	(105,218)
Amount deferred in year	66,222
Balance carried forward	66,222

21 Events after the end of the reporting period

No events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

22 Analysis of charitable funds

Analysis of movements in unrestricted funds

	Fund balances brought forward £	Incoming resources £	Resources expended £	Transfers £	Fund balances carried forward £
Unrestricted funds					
General unrestricted fund	147,000	299,534	(270,397)	-	176,137
Totals	147,000	299,534	(270,397)	-	176,137

Purpose of unrestricted funds

General unrestricted fund The 'free reserves' of the charity.

Analysis of movement in restricted funds

	Fund balances brought forward £	Incoming resources £	Resources expended £	Transfers £	Fund balances carried forward £
Restricted funds					
Prevent and Cope Adults	-	5,368	(5,368)	-	-
Prevent and Cope Children and Young People	-	115,351	(109,699)	-	5,652
Recovery North Tyneside	-	106,868	(106,868)	-	-
Recovery Northumberland	7,231	68,218	(60,317)	-	15,132
Totals	7,231	295,805	(282,252)	-	20,784

Purpose of restricted funds

Restricted funds represent income resources used for a specific purpose within the charity as identified by the donor.

Prevent and Cope Adults	Adult counselling service and Family Support service working with adults aged 18+.
Prevent and Cope Children and Young People	Young people's outreach 1-1 service, teen relationship service, First Response Service, flexible drop in for teens, Group programme provision.
Recovery North Tyneside	Therapeutic interventions and counselling for children and young people aged 4-18 in North Tyneside.
Recovery Northumberland	Therapeutic interventions and counselling for children and young people aged 4-18 in Northumberland.

23 Capital commitments

As at 31 March 2022, the charity had no capital commitments (2021 -£nil).

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

24 Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £
Cash at bank and in hand	264,156	20,784	284,940	253,855
Other net current assets/(liabilities)	(88,019)	-	(88,019)	(99,624)
	<u>176,137</u>	<u>20,784</u>	<u>196,921</u>	<u>154,231</u>

25 Operating lease

The Charity has come to the end of a fixed term lease and is now on a month-to-month lease agreement. The Charity is considering either renewing the lease or moving to new premises in the future.

Accounts

ACORNS (NORTH TYNESIDE)

A company limited by guarantee

REPORT AND FINANCIAL STATEMENTS

For the year ended 31 Mar 2021

Charity number 1157078

Company number 08838624

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

TRUSTEES ANNUAL REPORT

For the year ended 31 March 2021

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives:

The principal object of the charity is to relieve the needs of children and young people, adults and families who have suffered from and/or are likely to suffer from violence in their homes or elsewhere particularly by the provision of support services and advice calculated to relieve those needs.

Our Mission Statement:

We support children, young people and families affected by domestic violence and abuse. We aim to help survivors to recognise their own strengths and skills, putting the power of their recovery in their hands. Together, we stand tall.

Our Aims:

We will safeguard and promote the safety, welfare and rights of children, young people and their families who have suffered from violence and abuse within their home. We aim to:

- Improve the physical and mental health and well-being of families who have been impacted by domestic abuse;
- Increase their personal resources by building self-esteem, confidence and assertiveness;
- Empower them to increase their self-efficacy and live safely and independently;
- Connect them to like-minded peers and reduce isolation, improving personal support networks and reducing the need for intensive intervention in the future.

Significant activities:

Acorns has been providing much valued services to victims and survivors of domestic violence aged four to 18 and their family members in the heart of North Tyneside for 20 years, and we have been delivering services in Northumberland since 2018. Acorns specialises in play therapy and one-to-one trauma informed counselling services, as well as offering parent and carer support, group work, prevention and healthy relationships work in schools and colleges, and one-to-one outreach support both at school and in the community.

Public benefit:

Acorns works with survivors of domestic abuse of all ages towards achieving positive outcomes. Specialist services have been developed to tackle the incidence and impact of domestic violence and abuse by improving safety, improving mental and physical health, increasing self-esteem and confidence and thereby increasing individual and family life chances. Information is effectively promoted to partner agencies and within the community to ensure services reach those in the greatest need and with a particular focus on safeguarding children, young people and adults at risk of harm.

The trustees consider that they comply with their duty in Section 4 of the Charities Act 2006 to have due regard to public benefit.

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

TRUSTEES ANNUAL REPORT

For the year ended 31 March 2021

Volunteers:

Acorns holds volunteers in high regard for their contributions at all levels of the organisation. This includes trustee duties, fundraising and individual and group peer support, as well as our highly valued adult counselling team. All volunteers receive induction and ongoing supervision and training.

ACHIEVEMENTS AND PERFORMANCE 2020/2021

Context and background:

We support families who have experienced or are experiencing domestic violence to heal, recover and grow, in North Tyneside and Northumberland.

We offer a range of services under our priorities 'Prevent, Cope and Recover' including counselling and play, music and art therapy, and practical and well-being support and outreach services which include 1-1 emotional and practical support, group educational programmes, an open access drop-in and a crisis service, for children and young people aged 4-25, their non-abusing carers and other family members.

We are a trauma informed organisation and all our services are designed around the needs of the individual and/or the family unit. We provide our services free, both at our two premises in North Shields, and out in the community and within schools, colleges and children's centres. We have lots of experience of delivering domestic abuse services – 20 years - and of developing and maintaining our services to meet the ongoing needs of the families we work with.

Entry into the service is through children's referrals. If a child has been accepted for one of our children's services, this opens up access to additional services for the rest of the family, including a variety of supplementary activities and groups. This holistic, service user led approach aims to strengthen the family unit, focussing on resilience while improving attachment, trust and familial bonds.

One Door – Many Rooms:

We provide a three-tier service, and families work with us to put together a bespoke care plan, based on their individual needs:

Tier 1 - Prevent

Advice & guidance and signposting for the whole family

- Text helpline for young people
- Prevention programmes – 4Real (healthy relationships)
- Psychoeducational workshops for parents
- Drop in and flexible support services

Tier 2 – Cope

- Crisis support First Response Service for children aged 11+ - risk & safety planning
- Group programmes – Roots (age 8-12 – wellbeing and coping strategies) and Healing Together®
- Emotional and practical support for carers (Family Support Service)
- Advocacy for adults and children
- Ad hoc interim support while awaiting counselling

ACORNS (NORTH TYNESIDE)

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TRUSTEES ANNUAL REPORT

For the year ended 31 March 2021

Tier 3 - Recovery

- Counselling and music, art and play therapy for children and young people
- One to one outreach case work in schools and the community
- Parent/carers counselling service

The impact of our work

Domestic abuse is a complex form of trauma, which presents in complex ways. Survivors may experience a wide range of effects such as: high levels of anxiety; self-blame; low self-esteem and self-worth; exhaustion; fear; anxiety; depression; loss of self-efficacy; social isolation; loss of trust; traumatic bonding; diminished perceptions of alternatives; hyper-arousal; hyper-vigilance; and impaired decision-making and problem-solving abilities.

Our work aims to:

- Improve the physical, mental health and well-being of service users who have been impacted by trauma;
- Increase their personal resources by building self-esteem, confidence and assertiveness;
- Empower them to increase their self-efficacy and live safely and independently.

The key elements of the TIME (trauma informed model of empowerment) model we use are:

- Place and retain the survivor at the centre of practice;
- Continuous assessment of need through review and reflection;
- Accessible: enable survivors to benefit from support;
- Responsive: meet survivors' needs;
- Adaptable: to respond to the needs of survivors at each point of contact;
- Safe environment: supporting survivors to reconnect with a sense of self and control;
- Relational connection to build relationships: facilitated through trust, compassion and empathy;
- Empowerment: Identify and promote strengths;
- Effective interventions meet survivors needs: reduce the impacts of trauma.

Our range of services can be put together as a holistic package for a family, ensuring their needs are met. This approach involves the whole family in decision making, and families work with us to develop their own support plans. We only work with families.

We also provide access to family therapies and attachment work, and access to supplementary whole family activities, to help strengthen the family bonds and rebuild trust.

We work with children, young people and adults, and with more than one family member at a time. The vast majority of adults who use our services are women - around 94%, however we do work with non-abusing male carers and we are seeing an increase in the number of men who are accessing our services.

ACORNS (NORTH TYNESIDE)

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TRUSTEES ANNUAL REPORT

For the year ended 31 March 2021

Services:

The families who access our services say:

"A massive thank you to my worker for helping me, she did not see the broken person in front of her but the old me and the passion I have to help others. She has helped me build back up my resilience to my situation and point me in the right direction of turning my negatives into positives"

"Just like when people talk about being in a protective bubble, this is how I feel about Acorns. It's a hard shell that finally gives children the safe haven they have wanted. Instead of feeling like just one person lost in this big old world, Acorns helps put the world in your hands. Helping regain confidence and happiness to help give each child the start in life they all deserved. It's okay not to be okay and together we are strong".

"When I have needed to talk you've helped me through my toughest times and when going through it. You have been the best support I have ever had."

"I just wanted to say a massive thank you for everything you have done for me, you have really influenced me to change. Go back two years and I don't think I would have been able to deal with the half the stuff I have this year without completely breaking down and relying on everyone around me. I have noticed changes in me and I'm looking forward to more changes in myself. I am happy with my body and my mental health and as content as I could be when you have your GCSE in a year. So just a massive thank you for everything you have done for me. You will never know how much you have helped me"

"It has been the best service I have ever experienced. They have supported me and my children. Helped with other services and making me go from strength to strength"

"People are fighting and getting angry and this is a place to keep them happy and not fight anymore."

"Acorns has made me confident to tell my worries to my family, and that has made me happy"

"I had many questions and worries and my worker has always taken the time to listen and provide advice and reassure me that I'm doing my best. She has been an incredible support to my son and myself. Thank you so much."

"You should be so proud that you have been able to completely turn someone's life around! I am so grateful for everything you have done for me"

"You were one of the only stable things over this time and I honestly don't know what position I would be in if it hadn't had been for you"

"Communicate with different agencies well. Does everything they say they will. All staff are brilliant. Make it so welcoming for adults and children. An amazing extra support I never knew about"

ACORNS (NORTH TYNESIDE)

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TRUSTEES ANNUAL REPORT

For the year ended 31 March 2021

Improving the lives of the people that use our services

A total of 2,111 sessions was offered to children and young people this year. Despite a high number of cancellations related to COVID, the team still managed to deliver 1,670 sessions in total, during a year where we had to halt all face to face services for 5 months. This is testament to the determination of the team, who freely and enthusiastically adapted to new ways of working, and implemented new technologies to ensure we could still provide support.

Other work in the period includes:

- Our Family Support Workers supported 45 parents/carers;
- Our First Response team supported 71 CYP's;
- Our Adult Counselling Team supported 55 parents/carers.

Volunteers

We have had some fantastic feedback from the volunteer team:

"Thank you for giving me the opportunity to be part of such an amazing service"

"I'm enjoying working at Acorns and Amron House is such a lovely environment to counsel in. Thanks for your hard work keeping it all together"

In addition we are pleased to welcome to Acorns two of our ex-service users, who will lead participation for parents and carers, and youth participation respectively. This is a huge step for Acorns and we are really excited about this.

Partnership Working

The pandemic brought out the best in our community, and during this period we have made some excellent partnerships with local organisations, which will strengthen our offer moving forward.

- We continue to work with Harbour to support children and young people in North Shields refuge;
- We have developed a partnership with the national music therapy charity, Nordoff Robbins, and have a qualified music therapist, working within our Recovery Team to deliver one-to-one work and therapeutic music groups to adults and children. This complements our existing offer of art therapy and play therapy, meaning we can offer still more choice to families;
- We are working with SportWorks to provide a weekly family activity session for our families, Active Acorns. As part of this work, we provided a nutritious evening meal for families after the sessions, in partnership with the Second Bite Academy, a local CIC based in Whitley Bay.
- We were successful in our application for funding to run a project in partnership with Tyneside and Northumberland MIND, to provide therapeutic support to children who have been affected by violent crime. The results of this pilot programme will be given to the OPCC to inform future commissioning priorities,

ACORNS (NORTH TYNESIDE)

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TRUSTEES ANNUAL REPORT

For the year ended 31 March 2021

- We are currently involved in the design and development of a dedicated community hub in Wallsend Forum shopping centre, in partnership with North Tyneside Art Studio, a local mental health charity who's goals align very much with ours. This space will be available for use by ourselves and by other local community groups, to deliver art therapy and peer support groups, with lots of opportunities for cross referrals, and with an overarching aim of reducing social isolation. We are very excited about this project.

Independent Evaluation

As part of the reporting requirements of the National Lottery Community Fund, we commissioned an independent evaluation of our service. Cullagh Warnock, who had previously undertaken a strengths review for Acorns at the beginning of the 4-year grant, which initiated a number of changes within the organisation, kindly returned to carry out this work. Highlights included:

- ✓ All of the recommendations in the strengths review have been implemented and completed;
- ✓ Our new policy of 'opening up' our service and work, in order to integrate with the communities where we work, and de-mystify our services, was commended;
- ✓ Our proactive and comprehensive response to the COVID-19 pandemic was highlighted;
- ✓ Greater involvement of our service users was noted;
- ✓ The evaluation overall is very positive, and highlights the improvements made across all of our services and processes.

Financial Stability

In this period, we successfully managed all contracts and grants reaching targets and milestones as required.

Along with our ongoing contract with NTC, we also received funding from:

- National Lottery Community Fund
- National Lottery Awards for All
- Children in Need
- CCG small grants programme
- Scottish Power Foundation
- Northumberland County Council
- Northumbria Police and Crime Commissioner
- St James Place Foundation
- Community Foundation
- Lloyds Bank Foundation
- The Angus Lawson Memorial Trust
- MIND

We raised £19,000 from fundraising, donations, and one off unrestricted grants.

We would like to thank all of the amazing organisations that fund us for all of your support.

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TRUSTEES ANNUAL REPORT

For the year ended 31 March 2021

Networking and Information Sharing

Our website is regularly updated, and we connect with service users, the public and professionals through our Facebook page. We registered for Google my Business in November 2020, and have registered over 4,000 searches since then.

The pandemic meant that our usual programme of events couldn't go ahead, however we still managed to connect with people in a number of ways:

- Some of the team and two anonymised stories from service users featured on Look North in July 2020, explaining the urgent need for domestic abuse services;
- One worker was interviewed for BBC Newcastle, and featured on there during Children in Need week;
- We won an award for our innovative approach to working in rural areas, from the Scottish Power Foundation;
- We held a public branding consultation and an in-person focus group with 6 families;
- We carried out a COVID-19 Survey with the families we were working with during the first lock down, and produced a full report on our work done during this time;
- Remote events for International Women's Day, including Yoga, an 'online' facial, with products being delivered before the session, and an online music therapy for mindfulness session;
- The CEO gave a talk to the North Tyneside Women's Labour Group at their regional conference for International Women's Day.

We work closely with the local authority domestic abuse teams, children's services and with Harbour, and local schools and colleges to support men, women and children affected by domestic abuse. We feed into MARAC and are members of the North Tyneside Domestic Abuse Partnership, and are involved with the Domestic Abuse Champions scheme. The Manager attends the Northumbria PCC Domestic Abuse Scrutiny Panel and delivers domestic abuse awareness training in partnership with the LSCB Training Board. The Outreach team delivers various group sessions throughout the area.

Strengthening the organisation

Training

Staff have undertaken various training opportunities throughout the year, including child protection, first aid, data protection, equality and diversity and health & safety training, as well as undertaking continuous professional development opportunities appropriate to their roles.

Organisational Development

This year, we have:

- Continued to improve our case management and reporting systems;
- Improved communications with the addition of new remote working capabilities, and investment in IT hardware and software;
- Increased staff resources across all of our teams including implementing a second level of line management, which improves support for staff;
- Expanded all of our services in response to the increased demand caused by the pandemic;

ACORNS (NORTH TYNESIDE)

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TRUSTEES ANNUAL REPORT

For the year ended 31 March 2021

- Carried out a staff survey with very positive results;
- Refined monitoring systems and started seeing trends emerge in data;
- Consolidated our new financial management processes;
- Written a three-year strategic plan, to be launched in July 2021, along with our new branding and logo.

FINANCIAL REVIEW

Reserves policy

We aim to maintain a level of free reserves sufficient to meet the charity's working capital requirements in the event of a significant drop in funding. We have established a policy whereby the free reserves that we hold should be equivalent to at least 6-months of annual expenditure. The reserves are needed to meet the working capital requirements of the charity in order to maintain the charity's current activities. The present level of reserves available to the charity of £147,000 – equivalent to 5-months of annual expenditure does not meet this target level.

Financial position

Incoming resources in the period were £368,705 (2020: £288,110). Of this amount £294,813 (2020: £160,031) related to restricted project activities. There was a surplus of £9,889 (2020: £720) in the period. At 31 March 2021 total reserves were £154,231 (2020: £144,342) of which restricted funds were £7,231 (2020: £27,442) and £147,000 (2020: £116,900) of unrestricted.

Acorns could not carry out the work that it does without the generous support of its funders. We are grateful to National Lottery Community Fund; National Lottery Awards for All; Children in Need; North Tyneside Council, North Tyneside CCG small grants programme; The Scottish Power Foundation; Northumberland County Council; Northumbria Police and Crime Commissioner; St James Place Foundation; Community Foundation; The Lloyds Bank Foundation; The Angus Lawson Memorial Trust and MIND for their valued support.

Going concern statement

In response to the COVID-19 pandemic, the trustees have reviewed and considered financial information and revised forecasts to take into account measures that they can take with the current financial resources available to mitigate the impact of the current adverse conditions. The trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

FUTURE PLANS

We continue to seek to sustain our funding in order to maintain our current level of delivery while demand is so high.

We plan to offer family therapy to improve parental/child attachment and trust, a parent coffee morning once a week as part of a plan to create a peer support network, and workshops for parents that use psychodynamic education to explain the effects of trauma on families and how this can be mitigated, to dispel any worries they may have.

The pandemic has delayed our plans to develop our Youth Panel, however this work has now resumed, and is service-user led. This will ensure that all children and young people who access Acorns have a voice and a say in how we run our services.

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TRUSTEES ANNUAL REPORT

For the year ended 31 March 2021

We will continue to gather data using our new monitoring tools, including, for 21-22, the SDQ 'Strengths and Difficulties Questionnaire' which will support us to evidence the value of our work.

REFERENCE AND ADMINISTRATIVE DETAILS

REGISTERED COMPANY NUMBER:

08838624 (England and Wales)

REGISTERED CHARITY NUMBER:

1157078

Registered office

7 Alma Place
North Shields
Tyne and Wear
NE29 0LZ

Trustees

Anita Lord
Helen Woods-Waters
Joanne Curry
Caz Lawson
Ruth Lewis
Keith John Williamson

Chairperson
Resigned 29.09.2020

Resigned 13.05.2020

Appointed 16.06.2020

Company Secretary

A Burton

Key Management Personnel

A Burton

Independent examiner

Jim Dodds
Connected Voice Business Services Ltd
Higham House
Higham Place
Newcastle Upon Tyne
NE1 8AF

Bankers

Barclays Bank Plc
3 Northumberland Square
North Shields
Tyne and Wear
NE30 1QX

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

TRUSTEES ANNUAL REPORT

For the year ended 31 March 2021

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

Acorns (North Tyneside) is a charitable company limited by guarantee, incorporated on 9th January 2014 and registered as a charity on 16th May 2014. The company was established under Articles of Association establishing the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Recruitment and appointment of new trustees

There are a minimum of three trustees with no maximum, the age eligibility is 16 years or over, all of whom must support the objects of the charity. The trustees are elected on a rolling basis at Board Meetings.

Organisational structure

The charity and its property is administered and managed by the trustees in accordance with the Memorandum, the Articles and the Companies and Charities Acts.

Induction and training of new trustees

New Trustees meet with the Chief Officer and the Board who provide them with a comprehensive introduction to the workings and ethos of Acorns. They receive the charitable status handbook, a copy of the Articles and the last published Financial Statements and are offered training in areas where they perceive they may have weaknesses.

Working Relationships

We work closely with the local authority domestic abuse teams, children's services and with Harbour, Victims First and local schools and colleges to support families affected by domestic abuse. We feed into MARAC and are members of the North Tyneside Domestic Abuse Partnership, and are involved with the Domestic Abuse Champions scheme. The Manager attends the Northumbria OPCC Domestic Abuse Scrutiny Panel.

Trustees responsibilities in relation to the financial statement

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

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

ACORNS (NORTH TYNESIDE)
(A company limited by guarantee)

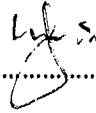
TRUSTEES ANNUAL REPORT
For the year ended 31 March 2021

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

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

Approved by order of the board of trustees on ^{23/11 '21} and signed on
its behalf by:

Keith Williamson
Trustee


.....

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

For the year ended 31 March 2021

I report on the financial statements of Acorns (North Tyneside) for the year ended 31 March 2021, which are set out on pages 13 to 23.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also directors of the company for the purposes of company law) 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.

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

- examine the accounts under section 145 of the 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

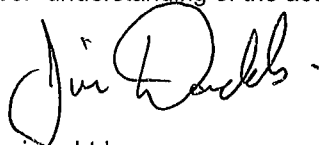
My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures 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 material matters have come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

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



Jim Dodds
Connected Voice Business Services Ltd
Higham House
Higham Place
Newcastle upon Tyne
NE1 8AF
Date: 26/11/21 .

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES

(INCLUDING SUMMARY INCOME & EXPENDITURE ACCOUNT)

For the year ended 31 March 2021

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2021 £	Total 2020 £
Income from:					
Donations and legacies	6	20,153	-	20,153	6,246
Charitable activities					
Grants and statutory funding	7	53,239	294,813	348,052	281,824
Other trading activities	8	490	-	490	-
Investments	9	10	-	10	40
Total income		73,892	294,813	368,705	288,110
Expenditure on:					
Charitable activities					
Operation of the charity	10	43,792	315,024	358,816	287,390
Total expenditure		43,792	315,024	358,816	287,390
Net income/(expenditure) and net movement of funds		30,100	(20,211)	9,889	720
Reconciliation of funds					
Total funds brought forward		116,900	27,442	144,342	143,622
Total funds carried forward		147,000	7,231	154,231	144,342

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

The notes on pages 15 to 23 form an integral part of these accounts.

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

Charity Number 1157078

Company Number 08838624

BALANCE SHEET

As at 31 March 2021

	Notes	£	Total 2021 £	£	Total 2020 £
<u>Current assets</u>					
Debtors	17	14,914		5,419	
Cash at bank and in hand	18	253,855		144,122	
Total current assets		268,769		149,541	
Creditors: amounts falling due within one year	19	(114,538)		(5,199)	
Net current assets			154,231		144,342
Total assets less current liabilities			154,231		144,342
Total net assets or liabilities			154,231		144,342
<u>Funds of the charity</u>					
Unrestricted income funds			147,000		116,900
Restricted income funds			7,231		27,442
Total funds			154,231		144,342

The company was entitled to an 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 the 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.

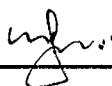
The notes on pages 15 to 23 form an integral part of these accounts.

These financial statements were approved by the Board on:

13/11/21

and are signed on its behalf by:

Keith Williamson
Trustee



ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2021

1 Accounting Policies

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

2 Basis of accounting

2.1 Basis of preparation

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Acorns (North Tyneside) meets the definition of a public benefit entity under FRS 102.

2.2 Preparation of the accounts on a going concern basis

The financial statements have been prepared on a going concern basis. In making their assessment the trustees have reviewed and considered relevant information, including their annual budget and future cash flows. In response to the COVID-19 pandemic, the trustees have revised their forecasts to take into account measures that they can take with the current resources available to mitigate the impact of the current adverse conditions. The trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

3 Income

3.1 Recognition of income

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received and the monetary value can be measured with sufficient reliability.

3.2 Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by FRS102 SORP or FRS102.

3.3 Grants and donations

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of the provision of a specified service is deferred until the criteria of income recognition are met.

ACORNS (NORTH TYNESIDE)

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2021

3.4 Donated goods and services

Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.

Donated services and facilities are included in the SoFA when received at the value of the gift to the charity provided that the value of the gift can be measured reliably. Donated services and facilities that are consumed immediately are recognised as income with the equivalent amount recognised as an expense under the appropriate heading in the SoFA.

3.5 Volunteer help

The value of volunteer help received is not included in the accounts but is described in the trustees' annual report.

3.6 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

3.7 Income from membership subscriptions

Membership subscriptions received in the nature of a gift are recognised in donations and legacies.

Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

3.8 Investment gains and losses

This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

3.9 Fund accounting

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

4 Expenditure and liabilities

4.1 Liability recognition

Liabilities are recognised when it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

4.2 Charitable activities

All expenditure is accounted for on an accrual basis. Expenditure on charitable activities includes the costs of services to families and other activities undertaken to further the purposes of the charity and their associated support costs

ACORNS (NORTH TYNESIDE)

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2021

4.3 Governance and support costs

Support costs have been allocated between governance cost and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

4.4 Irrecoverable VAT

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

4.5 Creditors

The charity has creditors which are measured at settlement amounts less any trade discounts.

4.6 Provisions for liabilities

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

4.6 Pensions

The pension costs charged in the financial statements represent the contribution payable by the charity during the year.

5 Assets

5.1 Tangible fixed assets for use by the charity

Individual fixed assets costing £1,000 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a reducing balance basis:

The Charity currently has no tangible fixed assets.

5.2 Debtors

Debtors are measured at their recoverable amounts, being the amount the charity anticipates it will receive in settlement of the debt.

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2021

Analysis of income

	Unrestricted Funds £	Restricted Funds £	Total 2021 £	Total 2020 £
6 Donations and legacies				
Donations	8,653	-	8,653	6,246
Charities Aid Foundation	5,000	-	5,000	-
Community Foundation	6,500	-	6,500	-
	<u>20,153</u>	<u>-</u>	<u>20,153</u>	<u>6,246</u>
7 Charitable activities				
<u>Grant income</u>				
National Lottery Community Fund	-	65,135	65,135	126,905
National Lottery Community Fund Covid Fund	9,200	-	9,200	-
Awards for All	1,525	-	1,525	-
BBC Children in Need	-	32,805	32,805	32,096
Willan Charitable Trust	-	-	-	10,000
Joicy Trust	-	-	-	5,000
Kelly Family Charitable Trust	-	-	-	5,000
Austin and Hope Pilkington Trust	-	-	-	1,000
Scottish Power Foundation Award	-	18,158	18,158	-
St James's Place Foundation	-	10,000	10,000	-
Lloyds Bank Foundation	-	20,332	20,332	-
Angus Lawson Memorial Trust	-	3,313	3,313	-
MIND Coronavirus Response Fund	-	10,478	10,478	-
<u>Statutory income</u>				
North Tyneside Council	-	57,762	57,762	57,762
North Tyneside CCG	-	16,916	16,916	4,819
Northumberland County Council	-	14,914	14,914	14,492
HMRC Job Retention Scheme	13,297	-	13,297	-
	-	16,494	16,494	24,399
Northumbria Police and Crime Commissioner				
Northumbria Police and Crime Commissioner (CADA Fund)	-	28,506	28,506	-
Northumbria Police and Crime Commissioner Covid Emergency Fund	13,016	-	13,016	-
<u>Other income</u>				
Other income	16,201	-	16,201	351
	<u>53,239</u>	<u>294,813</u>	<u>348,052</u>	<u>281,824</u>
8 Other trading activities				
Room Hire	490	-	490	-
	<u>490</u>	<u>-</u>	<u>490</u>	<u>-</u>

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2021

Analysis of income continued

	Unrestricted Funds £	Restricted Funds £	Total 2021 £	Total 2020 £
9 Income from investments				
Bank interest	10	-	10	40
	<u>10</u>	<u>-</u>	<u>10</u>	<u>40</u>

Income was £368,705 (2020: £288,110) of which £73,892 was unrestricted or designated (2020: £128,079) and £294,813 was restricted (2020: £160,031)

Analysis of expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	Total 2021 £	Total 2020 £
10 Charitable activities				
<u>Direct costs</u>				
Staff salaries	-	189,428	189,428	166,013
Staff travel	-	1,309	1,309	5,154
Equipment and materials	-	701	701	10,904
Consultancy and supervision	-	4,215	4,215	2,875
Training	-	4,143	4,143	3,580
Room hire	-	206	206	1,136
Recruitment	1,928	-	1,928	160
Building capabilities	-	-	-	671
Client expenses	1,885	803	2,688	-
Sessional work	-	6,660	6,660	3,543
Volunteer costs	87	626	713	-
<u>Support costs</u>				
Management staff salaries	687	63,413	64,100	55,988
Rent	5,560	13,436	18,996	10,000
Sundries	-	-	-	265
General running costs	19,750	30,084	49,834	21,520
Professional fees	12,594	-	12,594	4,231
<u>Governance costs</u>				
Trustees meeting costs	161	-	161	-
Independent examiner's fees for reporting on the accounts	1,140	-	1,140	1,350
	<u>43,792</u>	<u>315,024</u>	<u>358,816</u>	<u>287,390</u>

Expenditure on charitable activities was £358,816 (2020: £287,390) of which £43,792 was unrestricted or designated (2020: £108,461) and £315,024 was restricted (2020: £178,929)

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2021

11 Fees for examination of the accounts

	2021 £	2020 £
Independent examiner's fees for reporting on the accounts	1,140	1,320
Other accountancy services paid to the examiner	1,492	-
	<u>2,632</u>	<u>1,320</u>

12 Analysis of staff costs and the cost of key management personnel

	2021 £	2020 £
Salaries and wages	231,171	205,870
Social security costs	14,943	13,729
Pension costs (defined contribution pension plan)	2,882	2,402
	<u>248,996</u>	<u>222,001</u>

No employee received remuneration above £60,000 (2020: nil)

The key management personnel of the charity, comprise the trustees and the Chief Executive. The total benefits of the key management personnel of the charity were £44,322. (2020: £37,855)

13 Staff numbers

The average monthly head count was 16 staff (2020: 12 staff) and the average monthly number of full-time equivalent employees during the year were as follows:

	2021 Number	2020 Number
The parts of the charity in which the employee's work		
Charitable activities	11.5	10.0
Administration	2.0	2.0
	<u>13.5</u>	<u>12.0</u>

14 Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The employer's pension costs represent contributions payable by the charity to the fund and amount to £2,882 (2020: £2,402). There was £761 outstanding as at 31 March 2021 (2020: £600)

15 Transactions with trustees

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity (2020: £nil).

Trustees' expenses

No trustee expenses have been incurred in the year.

ACORNS (NORTH TYNESIDE)

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2021

Transaction(s) with related parties

There have been no related party transactions in the reporting period.

16 Corporation Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives.

17 Debtors and prepayments (receivable within 1 year)

	2021 £	2020 £
Other debtors	14,914	5,419
	<u>14,914</u>	<u>5,419</u>

18 Cash at bank and in hand

	2021 £	2020 £
Short term deposits	6	6
Cash at bank	253,549	143,816
Cash in hand	300	300
	<u>253,855</u>	<u>144,122</u>

19 Creditors and accruals (payable within 1 year)

	2021 £	2020 £
Other creditors	8,180	1,391
Accruals		
Independent examination of accounts	1,140	1,350
Deferred income	105,218	2,458
	<u>114,538</u>	<u>5,199</u>

20 Deferred income

Deferred income comprises of advance payments from grants that relate to future periods

	2021 £
Balance brought forward	2,458
Amount released to income earned from charitable activities	(2,458)
Amount deferred in year	105,218
Balance carried forward	<u>105,218</u>

ACORNS (NORTH TYNESIDE)

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2021

21 Events after the end of the reporting period

No events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

22 Analysis of charitable funds**Analysis of movements in unrestricted funds**

	Fund balances brought forward £	Incoming resources £	Resources expended £	Transfers £	Fund balances carried forward £
Unrestricted funds					
General unrestricted fund	116,900	73,892	(43,792)	-	147,000
Totals	116,900	73,892	(43,792)	-	147,000

Purpose of unrestricted funds

General unrestricted fund The 'free reserves' of the charity

Analysis of movement in restricted funds

	Fund balances brought forward £	Incoming resources £	Resources expended £	Transfers £	Fund balances carried forward £
Restricted funds					
Management and Admin	-	79,768	(79,768)	-	-
Prevent and Cope Adults	4,769	45,106	(49,875)	-	-
Prevent and Cope Children and Young People	4,305	65,464	(69,769)	-	-
Recovery North Tyneside	18,368	61,203	(79,571)	-	-
Recovery Northumberland	-	43,272	(36,041)	-	7,231
Totals	27,442	294,813	(315,024)	-	7,231

Purpose of restricted funds

Restricted funds represent income resources used for a specific purpose within the charity as identified by the donor.

Management and Admin	Senior management and admin team costs, salaries, training and expenses
Prevent and Cope Adults	Adult counselling service and Family Support service working with adults aged 18+
Prevent and Cope Children and Young People	Young people's outreach 1-1 service, teen relationship service, First Response Service, flexible drop in for teens, Group programme provision

ACORNS (NORTH TYNESIDE)

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2021

Purpose of restricted funds continued

Recovery North Tyneside	Therapeutic interventions and counselling for children and young people aged 4-18 in North Tyneside
Recovery Northumberland	Therapeutic interventions and counselling for children and young people aged 4-18 in Northumberland

23 Capital commitments

As at 31 March 2021, the charity had no capital commitments (2020 -£nil)

24 Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total 2021 £	Total 2020 £
Cash at bank and in hand	246,624	7,231	253,855	144,122
Other net current assets/(liabilities)	(99,624)	-	(99,624)	220
	<u>147,000</u>	<u>7,231</u>	<u>154,231</u>	<u>144,342</u>