

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.

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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

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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.

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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"

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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,

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- 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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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;

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- 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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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

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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.

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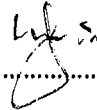
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- The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. 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


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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

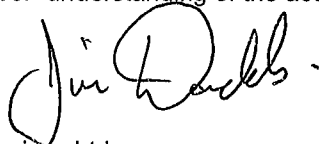
My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures 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 .

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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.

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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.

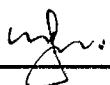
The notes on pages 15 to 23 form an integral part of these accounts.

These financial statements were approved by the Board on:

13/11/21

and are signed on its behalf by:

Keith Williamson
Trustee



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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.

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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

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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.

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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>

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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)

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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.

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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>

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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

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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>