

ACORNS (NORTH TYNESIDE)

A company limited by guarantee

REPORT AND FINANCIAL STATEMENTS

For the year ended 31 Mar 2022

Charity number 1157078

Company number 08838624

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

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/carer 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"

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

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:

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.

ACORNS (NORTH TYNESIDE)

(A company limited by guarantee)

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.

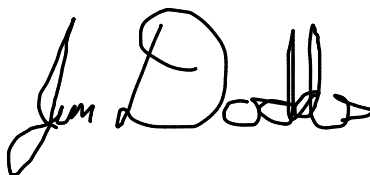
Independent examiner's statement

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)

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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)

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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.