

CHILDREN HEARD AND SEEN

England & Wales · Charity number 1157879

Details

Status Registered

Legal form CIO

Registered 2014-07-16

Register [View on the Charity Commission register](#)

Contact

Address Hill End Camp
Eynsham Road
Farmoor
Oxford
OX2 9NJ

Phone 07557339258

Email contact@childrenheardandseen.co.uk

Website www.childrenheardandseen.co.uk

Activities

Objects: THE PROMOTION OF SOCIAL INCLUSION FOR THE PUBLIC BENEFIT AMONG CHILDREN AND YOUNG PEOPLE OF PRISONERS WHO ARE SOCIALLY EXCLUDED ON THE GROUNDS OF THEIR SOCIAL AND ECONOMIC POSITION INCLUDING: MENTORING SUPPORT AND GUIDANCE FOR CHILDREN, YOUNG PEOPLE AND THEIR FAMILIES ADVOCACY PARTNERSHIP WORKING

Activities: We currently offer activity days and mentoring support. Please go to our website www.ChildrenHeardAndSeen.co.uk to find out more.

Classification

- **How:** Provides Services
- **What:** General Charitable Purposes
- **Who:** Children/young People

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£579,454	£626,743	£521,351	21
2024-03-31	£651,296	£546,787	£568,640	15
2023-03-31	£574,521	£361,033	£464,131	10
2022-03-31	£371,271	£262,916	-	-
2021-03-31	£198,759	£191,620	-	-

Trustees

Name	Role	Appointed
Ralph Lubkowski	Chair	2019-04-06
DR Angela Herbert MBE		2025-11-11
Georgia Parry		2018-01-18
Kelly Gardner		2021-10-20
Kerry McCarthy		2025-09-24
Lord Darren Mott OBE		2025-11-03
Peter Redman		2024-01-19

CHILDREN HEARD AND SEEN

England & Wales - Charity number 1157879

Accounts

Children Heard and Seen

End of Year Trustee Report
April 1st 2024 – 31st March 2025

Charity Number: 1157879

Reference and Administrative Information

Charity Name: Children Heard and Seen
Charity Number: 1157879

Principal Address: Hill End Camp,
Eynsham Road,
Oxford
OX2 9NJ

Management Committee (Trustees):

Ralph Lubkowski	Chair
Helen Kilby	Safeguarding Lead (<i>until January 15th 2025</i>)
Peter Redman	Treasurer
Kelly Gardner	
Georgia Parry	
Sir Antony Baldry	(<i>until March 26th 2025</i>)

Senior Management Team

Sarah Burrows	Chief Executive Officer
Leanne Manning	Chief Operating Officer
James Ottley	Project Manager
Felix Tasker	Communications Officer

Our Aims and Objectives

Purposes and aims

Our charity's purpose, as laid out in our constitution, is as follows:

"The promotion of social inclusion for the public benefit among children and young people of prisoners who are socially excluded on the grounds of their social and economic position. This includes: mentoring support and guidance for children, young people and their families, advocacy and partnership working"

The aims of the charity are to improve outcomes for children impacted by parental imprisonment, raise awareness and public empathy surrounding the issues this group of young people face, and break the cycle of intergenerational offending. Our aims fully reflect the purposes that the charity was set up to further.

The focus of our work

Our main objectives for the year continued to be the promotion of the social inclusion of children impacted by parental imprisonment. The strategies we used to meet these objectives included:

- Providing a range of tailored support services to ensure children, young people, and their families, affected by parental imprisonment can access appropriate and timely support during an incredibly difficult time in their lives.
- Formalising our learning surrounding the experiences of children to build a strong evidence base for research-led policy.
- Raising awareness regarding the experiences of children with a parent in prison to influence social attitudes and reduce feelings of stigma, shame and social isolation.
- To influence key policymakers to effect systemic policy change, so that there is a national statutory framework of identification and community-based support for children with a parent in prison.

Ensuring our work delivers our aims

Our primary beneficiaries are children aged 0-18 impacted by parental imprisonment. During the reporting period (April 1st 2024 - March 31st 2025) we supported 664 children with a parent in prison, as well as their parent/carers. We offer a hybrid model of face-to-face and online support to children, dependent on geographical location and suitability.

The trustees have taken regard of the guidance issued by the Charity Commissioners on public benefit. The main activities undertaken include the provision of 1:1 support with trained practitioners, facilitating group work for children with a parent in prison, and providing volunteer mentoring for children. These activities, among others, and the achievements that flow from our work are described below.

Providing 1:1 Support

We provide intensive weekly one to one support for children with a parent in prison. Sessions provide an opportunity for the child to talk about their feelings relating to having a parent in prison, help them to develop strategies to manage those difficult feelings and to understand the process of imprisonment by covering each stage of the custodial sentence. We have developed a workbook for children to complete with their worker which takes them through these stages, and ends by looking to the future and encouraging children to think about what they want to achieve, where they want to be in 10 years and the steps, they need to take to make it a reality This is designed to instil a lasting positive self-image that empowers a young person to choose a different path to the offending parent. We also use 'Drawing and Talking' sessions with young people, which is a non-intrusive and attachment-based therapeutic intervention that allows the child to find a symbolic resolution to conflicts and for their trauma to begin to heal.

Our 1:1 support focuses on:

- Capturing the voice of the child – demonstrated in early stages of the workbook.
- Taking a child-focused and strength-based approach that reminds children of positive influences: promoting safety and identifying who they can turn to for support.
- Fostering a greater sense of self, sense of purpose and sense of belonging, ensuring that children can believe that they can achieve and aren't defined by their parent's offence.
- Recognising the complexity and breadth of lived experiences, as no two children are the same – adapting support accordingly.
- Providing a safe space to discuss the absent parent. This may be a topic that a child feels they are not able to discuss with their own family.
- Tailoring our approach to the individual needs of the child, taking into account their experiences, strengths and interests to make sure they receive the full benefit of our support.

Group Work for Children

We provide peer support work and group work for children with a parent in prison. These sessions combat feelings of shame by showing children that they are not alone. In group activities, our qualified practitioners use creative activities to help young people explore complex emotions in accessible and indirect ways. By speaking with other young people, children can share coping strategies and manage complex emotions surrounding their parent's imprisonment. This improves the emotional wellbeing of children who attend, allowing them to maximise their own potential in other areas.

Parental Peer Support Groups

Our support offer is constantly adapting to the needs of the families we support. We provide parental groups for adults caring for children with a parent in prison. These groups, facilitated by trained practitioners, provide a support network where families can share experiences, understand they are not alone, and develop skills to support their children in a safe environment.

Legal Advice Clinics

We offer 1:1 pro bono legal advice sessions delivered by a range of family, employment, criminal, and property lawyers. Our aim with this clinic is to protect the children we support and help parents and carers provide the stability children need.

Income Maximisation Clinic

Our 1:1 sessions, led by an Income Maximisation Specialist, provide financial guidance to families. This guidance reduces stress for families and creates a stabler, healthier living environment for children with a parent in prison.

Volunteer Mentoring

A Children Heard and Seen mentor is a caring and responsible adult volunteer who, in partnership with a child, develops a trusting relationship through which the child can seek and receive support and guidance. A volunteer mentor helps to ensure that a child has the opportunity to try new things, access resources, develop resilience, coping strategies and life skills to help the child make sense of their situation and feelings in order that they are able to make positive life choices and maximize their potential.

Volunteer mentors aim to provide:

- A neutral and consistent person outside of the family home to talk about feelings.
- A respectful relationship – both mentor and mentee, prior to matching, agree to boundaries how the relationship will work.

For further information about the nature of our support, as well as our achievements throughout the year, please view our latest Impact Report 2024/25, available [here](#).

Structure Governance and Management

Governing Document

The organisation is a Charitable Incorporated Organisation (CIO), registered on 16th of July 2014. The charity was established under a constitution which established the objects and powers of the CIO.

Recruitment and Appointment of Trustees

Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. A new potential trustee must be proposed and seconded by a member of the board to be considered for the role. The existing trustees then vote to determine whether the new trustee will be accepted onto the board. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Financial Review

Reserves Policy

Children Heard and Seen maintains reserves to ensure sufficient funds to discharge its responsibilities to employees, including any cover for unforeseen events such as prolonged sickness or redundancy. As a small charity, income from grants and donations may be received ahead of the project to which they are to be applied and may cause reserves to rise at certain points in time. The charity aims for a minimum of six months running costs in reserves, plus a small contingency, subject to project funding, held in specific identified accounts.

Principal Funding Sources

Our work is unique, and as such, we do not fit into most conventional funding streams. We are reliant on innovative funders that can understand the impact of parental imprisonment on children. We are so grateful to all of our supporters for their continued generosity, and we are committed to ensuring our income is used effectively and responsibly. This year, we have been so lucky to be supported by such a wide range of fantastic funders and donors, including the following, who contributed in excess of £500. Anonymous donors are greatly appreciated, but have not been named below:

BBC Children in Need
West Midlands VRP
Thames Valley VPP
St Helen and St Katherine School
Mazars Charitable Trust
AB Charitable Trust
Paul Hamlyn Foundation
Ennismore Foundation
Charles Hayward Foundation
Oxfordshire Community Foundation
The Talent Fun
Ian Mactaggart Trust
Leathersellers' Company Charitable Fund
Masonic Charitable Foundation
HughBonGo Fund
The Stanton Ballard Charitable Trust
Landsec Futures
The CriSeren Foundation
The Cumber Family Charitable Trust
Bicester Village
William Jackson Food Group

Sarah Hawkins
Mary O' Shaughnessy
HMP Ashfield
Robert Caston
Catherine Hilliard
Jilly Thomas
Ian Mactaggart Trust
Henrietta Harrison
Gillie Howarth
Jill Gort
Banbury Rotary Club
Felicity Parker
Mary Saunders
AirTanker
Emma Wilson

Declarations

The Trustees declare that they have approved the trustee's report above.

Signed on behalf of the charity's trustees

Signature(s)



|



Full Name(s) Ralph Lubkowski

|

Peter Redman

Position Chair of Trustees_

|

Trustee and Treasurer

Date: 29 September 2025

29 September 2025

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2025
for
Children Heard and Seen

Chapman Robison and Moore Limited
30 Bankside Court
Stationfields
Kidlington
Oxford
OX5 1JE

Children Heard and Seen

Contents of the Financial Statements
for the Year Ended 31 March 2025

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Children Heard and Seen

Report of the Trustees for the Year Ended 31 March 2025

The main Trustees report is being submitted on a separate document to these accounts.

STRATEGIC REPORT

Going concern

The trustees are confident of the ability of the charity to continue as a going concern in the foreseeable future.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The organisation is a Charitable Incorporated Organisation (CIO), registered on 16th of July 2014. The charity was established under a constitution which established the objects and powers of the CIO.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

CE002293 (England and Wales)

Registered Charity number

1157879

Registered office

Hillend Camp
Eynsham Road
Cumnor
Oxford
Oxfordshire
OX2 9NJ

Trustees

Ms H Kilby (resigned 15/01/2025)
Ms G Parry
Sir A Baldry (resigned 26/03/2025)
Ms K Gardner
Mr R Lubkowski
Mr P Redman

Independent Examiner

Alan P. Sowden FCCA
Chapman Robinson and Moore Limited
30 Bankside Court
Stationfields
Kidlington
Oxford
OX5 1JE

Children Heard and Seen

Report of the Trustees
for the Year Ended 31 March 2025

See separate attachment on the Charity Commission website.

Independent Examiner's Report to the Trustees of
Children Heard and Seen

Independent examiner's report to the trustees of Children Heard and Seen ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2025.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent Examiner's Report to the Trustees of
Children Heard and Seen

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act 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
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and 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.

Alan P. Sowden FCCA
The Association of Chartered Certified Accountants

Chapman Robison and Moore Limited
30 Bankside Court
Stationfields
Kidlington
Oxford
OX5 1JE

Date: 29/09/2025

Children Heard and Seen

Statement of Financial Activities for the Year Ended 31 March 2025

	Notes	Unrestricted funds £	Restricted funds £	31/3/25 Total funds £	31/3/24 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	234,267	341,987	576,254	642,601
Other income		3,200	-	3,200	8,695
Total		<u>237,467</u>	<u>341,987</u>	<u>579,454</u>	<u>651,296</u>
EXPENDITURE ON					
Raising funds	3	14,540	-	14,540	-
Charitable activities					
Charitable activities	4	85,284	489,938	575,222	477,222
Administration		31,299	2,991	34,290	67,011
Other		2,691	-	2,691	2,554
Total		<u>133,814</u>	<u>492,929</u>	<u>626,743</u>	<u>546,787</u>
NET INCOME/(EXPENDITURE)		103,653	(150,942)	(47,289)	104,509
RECONCILIATION OF FUNDS					
Total funds brought forward		190,782	377,858	568,640	464,131
TOTAL FUNDS CARRIED FORWARD		<u><u>294,435</u></u>	<u><u>226,916</u></u>	<u><u>521,351</u></u>	<u><u>568,640</u></u>

The notes form part of these financial statements

Children Heard and Seen

Balance Sheet
31 March 2025

	Notes	Unrestricted funds £	Restricted funds £	31/3/25 Total funds £	31/3/24 Total funds £
FIXED ASSETS					
Tangible assets	10	5,519	-	5,519	7,661
CURRENT ASSETS					
Debtors	11	18,705	-	18,705	13,925
Cash at bank		282,663	226,916	509,579	556,915
		<u>301,368</u>	<u>226,916</u>	<u>528,284</u>	<u>570,840</u>
CREDITORS					
Amounts falling due within one year	12	(12,452)	-	(12,452)	(9,861)
NET CURRENT ASSETS		<u>288,916</u>	<u>226,916</u>	<u>515,832</u>	<u>560,979</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>294,435</u>	<u>226,916</u>	<u>521,351</u>	<u>568,640</u>
NET ASSETS		<u>294,435</u>	<u>226,916</u>	<u>521,351</u>	<u>568,640</u>
FUNDS	13				
Unrestricted funds:					
General fund				43,695	190,782
Designated fund				250,740	-
				<u>294,435</u>	<u>190,782</u>
Restricted funds:					
Grants - restricted funding				226,916	377,858
TOTAL FUNDS				<u>521,351</u>	<u>568,640</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2025 in accordance with Section 476 of the Companies Act 2006.

The notes form part of these financial statements

Children Heard and Seen

Balance Sheet - continued

31 March 2025

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The financial statements were approved by the Board of Trustees and authorised for issue on 29/09/2025 and were signed on its behalf by:



Mr Peter Redman - Trustee



Mr R Lubkowski - Trustee

Children Heard and Seen

Cash Flow Statement
for the Year Ended 31 March 2025

	Notes	31/3/25 £	31/3/24 £
Cash flows from operating activities			
Cash generated from operations	1	(46,787)	107,186
Net cash (used in)/provided by operating activities		<u>(46,787)</u>	<u>107,186</u>
Cash flows from investing activities			
Purchase of tangible fixed assets		<u>(549)</u>	<u>(10,215)</u>
Net cash used in investing activities		<u>(549)</u>	<u>(10,215)</u>
Change in cash and cash equivalents in the reporting period		<u>(47,336)</u>	<u>96,971</u>
Cash and cash equivalents at the beginning of the reporting period		<u>556,915</u>	<u>459,944</u>
Cash and cash equivalents at the end of the reporting period		<u><u>509,579</u></u>	<u><u>556,915</u></u>

The notes form part of these financial statements

Notes to the Cash Flow Statement
for the Year Ended 31 March 2025

1. RECONCILIATION OF NET (EXPENDITURE)/INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES	31/3/25	31/3/24
	£	£
Net (expenditure)/income for the reporting period (as per the Statement of Financial Activities)	(47,289)	104,509
Adjustments for:		
Depreciation charges	2,691	2,554
Increase in debtors	(4,780)	(7,759)
Increase in creditors	2,591	7,882
Net cash (used in)/provided by operations	<u>(46,787)</u>	<u>107,186</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1/4/24	Cash flow	At 31/3/25
	£	£	£
Net cash			
Cash at bank	556,915	(47,336)	509,579
	<u>556,915</u>	<u>(47,336)</u>	<u>509,579</u>
Total	<u>556,915</u>	<u>(47,336)</u>	<u>509,579</u>

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

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

Computer equipment	25% on cost
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Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Notes to the Financial Statements - continued
for the Year Ended 31 March 2025

1. ACCOUNTING POLICIES - continued

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. DONATIONS AND LEGACIES

	31/3/25	31/3/24
	£	£
Grants	492,927	445,634
Donations	83,327	196,967
	<u>576,254</u>	<u>642,601</u>

3. RAISING FUNDS

Raising donations and legacies

	31/3/25	31/3/24
	£	£
Fundraising costs	14,540	-
	<u>14,540</u>	<u>-</u>

4. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 5) £	Totals £
Charitable activities	575,392	(170)	575,222
Administration	(13,497)	47,787	34,290
	<u>561,895</u>	<u>47,617</u>	<u>609,512</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2025

5. SUPPORT COSTS

	Management £	Finance £	Information technology £
Charitable activities	(3,032)	-	2,862
Administration	25,090	243	-
	<u>22,058</u>	<u>243</u>	<u>2,862</u>
		Governance	
	Other £	costs £	Totals £
Charitable activities	-	-	(170)
Administration	3,758	18,696	47,787
	<u>3,758</u>	<u>18,696</u>	<u>47,617</u>

6. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31/3/25 £	31/3/24 £
Depreciation - owned assets	<u>2,691</u>	<u>2,554</u>

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2025 nor for the year ended 31 March 2024.

Notes to the Financial Statements - continued
for the Year Ended 31 March 2025

8. STAFF COSTS

	31/3/25	31/3/24
	£	£
Wages and salaries	468,242	359,318
Social security costs	41,331	30,769
Other pension costs	8,673	15,841
	<u>518,246</u>	<u>405,928</u>

The average monthly number of employees during the year was as follows:

	31/3/25	31/3/24
Charitable activities	<u>21</u>	<u>15</u>

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	278,211	364,390	642,601
Other income	8,695	-	8,695
Total	<u>286,906</u>	<u>364,390</u>	<u>651,296</u>
EXPENDITURE ON			
Charitable activities			
Charitable activities	97,376	379,846	477,222
Administration	67,011	-	67,011
Other	2,554	-	2,554
Total	<u>166,941</u>	<u>379,846</u>	<u>546,787</u>
NET INCOME/(EXPENDITURE)	119,965	(15,456)	104,509
RECONCILIATION OF FUNDS			
Total funds brought forward	70,817	393,314	464,131

Notes to the Financial Statements - continued
for the Year Ended 31 March 2025

13. MOVEMENT IN FUNDS

	At 1/4/24 £	Net movement in funds £	At 31/3/25 £
Unrestricted funds			
General fund	43,782	(87)	43,695
Designated fund	147,000	103,740	250,740
	<u>190,782</u>	<u>103,653</u>	<u>294,435</u>
Restricted funds			
Grants - restricted funding	377,858	(150,942)	226,916
	<u>568,640</u>	<u>(47,289)</u>	<u>521,351</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	133,727	(133,814)	(87)
Designated fund	103,740	-	103,740
	<u>237,467</u>	<u>(133,814)</u>	<u>103,653</u>
Restricted funds			
Grants - restricted funding	341,987	(492,929)	(150,942)
	<u>579,454</u>	<u>(626,743)</u>	<u>(47,289)</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2025

13. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1/4/23 £	Net movement in funds £	At 31/3/24 £
Unrestricted funds			
General fund	70,817	119,965	190,782
Restricted funds			
Grants - restricted funding	393,314	(15,456)	377,858
TOTAL FUNDS	<u>464,131</u>	<u>104,509</u>	<u>568,640</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	286,906	(166,941)	119,965
Restricted funds			
Grants - restricted funding	364,390	(379,846)	(15,456)
TOTAL FUNDS	<u>651,296</u>	<u>(546,787)</u>	<u>104,509</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2025

13. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1/4/23 £	Net movement in funds £	At 31/3/25 £
Unrestricted funds			
General fund	70,817	119,878	190,695
Designated fund	-	103,740	103,740
	<u>70,817</u>	<u>223,618</u>	<u>294,435</u>
Restricted funds			
Grants - restricted funding	393,314	(166,398)	226,916
	<u>464,131</u>	<u>57,220</u>	<u>521,351</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	420,633	(300,755)	119,878
Designated fund	103,740	-	103,740
	<u>524,373</u>	<u>(300,755)</u>	<u>223,618</u>
Restricted funds			
Grants - restricted funding	706,377	(872,775)	(166,398)
	<u>1,230,750</u>	<u>(1,173,530)</u>	<u>57,220</u>

14. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2025 nor for the year ended 31 March 2024.

Children Heard and Seen

Detailed Statement of Financial Activities
for the Year Ended 31 March 2025

	31/3/25 £	31/3/24 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Grants	492,927	445,634
Donations	83,327	196,967
	<hr/>	<hr/>
	576,254	642,601
Other income		
Primary Purpose Trading	3,200	8,695
	<hr/>	<hr/>
Total incoming resources	579,454	651,296
EXPENDITURE		
Raising donations and legacies		
Fundraising costs	14,540	-
Charitable activities		
Wages	468,242	359,318
Social security	41,331	30,769
Pensions	8,673	15,841
Advertising	-	16,059
General expenses	43,649	53,075
	<hr/>	<hr/>
	561,895	475,062
Other		
Plant and machinery	2,691	2,554
Support costs		
Management		
Insurance	3,638	2,264
Telephone	3,146	2,802
Postage and stationery	2,406	2,320
Administration costs	2,258	25,610
Carried forward	11,448	32,996

This page does not form part of the statutory financial statements

Children Heard and Seen

Detailed Statement of Financial Activities
for the Year Ended 31 March 2025

	31/3/25 £	31/3/24 £
Management		
Brought forward	11,448	32,996
Rent	7,386	6,403
Computer costs	3,224	1,690
	<hr/>	<hr/>
	22,058	41,089
Finance		
Bank charges	243	306
Information technology		
Staff development	2,862	2,160
Other		
Travel	3,758	11,407
Governance costs		
Accountancy and legal fees	18,696	14,209
	<hr/>	<hr/>
Total resources expended	626,743	546,787
	<hr/>	<hr/>
Net (expenditure)/income	<u>(47,289)</u>	<u>104,509</u>

This page does not form part of the statutory financial statements

Independent Examiner's Report to the Trustees of
Children Heard and Seen

Independent examiner's report to the trustees of Children Heard and Seen ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2025.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent Examiner's Report to the Trustees of
Children Heard and Seen

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act 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
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and 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.

Alan P. Sowden FCCA
The Association of Chartered Certified Accountants

Chapman Robison and Moore Limited
30 Bankside Court
Stationfields
Kidlington
Oxford
OX5 1JE

Date: 29/09/2025

CHILDREN HEARD AND SEEN

England & Wales - Charity number 1157879

Accounts

Children Heard and Seen

End of Year Trustee Report
April 1st 2023 – 31st March 2024

Charity Number: 1157879

Reference and Administrative Information

Charity Name: Children Heard and Seen
Charity Number: 1157879

Principal Address: Hill End Centre,
Eynsham Road,
Oxford
OX2 9NJ

Management Committee (Trustees):

Ralph Lubkowski	Chair
Helen Kilby	Safeguarding Lead
Kelly Gardner	Treasurer until 19/01/2024
Georgia Parry	
Sir Antony Baldry	
Peter Redman	Trustee and Treasurer from 19/01/2024

Senior Management Team

Sarah Burrows	Chief Executive Officer
Leanne Manning	Chief Operating Officer
James Ottley	Project Manager
Felix Tasker	Policy and Strategic Communications Officer

Our Aims and Objectives

Purposes and aims

Our charity's purpose, as laid out in our constitution, is as follows:

"The promotion of social inclusion for the public benefit among children and young people of prisoners who are socially excluded on the grounds of their social and economic position. This includes: mentoring support and guidance for children, young people and their families, advocacy and partnership working"

The aims of the charity are to improve outcomes for children impacted by parental imprisonment, raise awareness and public empathy surrounding the issues this group of young people face, and break the cycle of intergenerational offending. Our aims fully reflect the purposes that the charity was set up to further.

The focus of our work

Our main objectives for the year continued to be the promotion of the social inclusion of children impacted by parental imprisonment. The strategies we used to meet these objectives included:

- Providing a range of tailored support services to ensure children, young people, and their families, affected by parental imprisonment can access appropriate and timely support during an incredibly difficult time in their lives.
- Formalising our learning surrounding the experiences of children to build a strong evidence base for research-led policy.
- Raising awareness regarding the experiences of children with a parent in prison to influence social attitudes and reduce feelings of stigma, shame and social isolation.
- To influence key-policy makers to effect systemic policy change, so that there is a national statutory framework of identification and support for children with a parent in prison.

Ensuring our work delivers our aims

Our primary beneficiaries are children aged 0-18 impacted by parental imprisonment. We currently have an active caseload of 456 children and 190 families. We offer face-to-face support to children living in parts of the Thames Valley area and the West Midlands, as well as online support to children living in other areas across England and Wales.

The trustees have taken regard of the guidance issued by the Charity Commissioners on public benefit. The main activities undertaken include the provision of 1:1 support with trained practitioners, facilitating group work for children with a parent in prison, and providing volunteer mentoring for children. These activities, among others, and the achievements that flow from our work are described below.

Providing 1:1 Support

We provide intensive weekly one to one support for children with a parent in prison. Sessions provide an opportunity for the child to talk about their feelings relating to having a parent in prison, help them to develop strategies to manage those difficult feelings and to understand the process of imprisonment by covering each stage of the custodial sentence. We have developed a workbook for children to complete with their worker which takes them through these stages, and ends by looking to the future and encouraging children to think about what they want to achieve, where they want to be in 10 years and the steps, they need to take to make it a reality This is designed to instil a lasting positive self-image that empowers a young person to choose a different path to the offending parent. We also use 'Drawing and Talking' sessions with young people, which is a non-intrusive and attachment-based therapeutic intervention that allows the child to find a symbolic resolution to conflicts and for their trauma to begin to heal.

Our 1:1 support focuses on:

- Capturing the voice of the child – demonstrated in early stages of the workbook.

- Taking a child-focused and strength-based approach that reminds children of positive influences: promoting safety and identifying who they can turn to for support.
- Fostering a greater sense of self, sense of purpose and sense of belonging, ensuring that children can believe that they can achieve and aren't defined by their parent's offence.
- Recognising the complexity and breadth of lived experiences, as no two children are the same – adapting support accordingly.
- Providing a safe space to discuss the absent parent. This may be a topic that a child feels they are not able to discuss with their own family.
- Tailoring our approach to the individual needs of the child, taking into account their experiences, strengths and interests to make sure they receive the full benefit of our support.

Group Work for Children

We provide peer support work and group work for children with a parent in prison. These sessions combat feelings of shame by showing children that they are not alone. In group activities, our qualified practitioners use creative activities to help young people explore complex emotions in accessible and indirect ways. By speaking with other young people, children can share coping strategies and manage complex emotions surrounding their parent's imprisonment. This improves the emotional wellbeing of children who attend, allowing them to maximise their own potential in other areas.

Parental Peer Support Groups

Our support offer is constantly adapting to the needs of the families we support. We provide parental groups for adults caring for children with a parent in prison. These groups, facilitated by trained practitioners, provide a support network where families can share experiences, understand they are not alone, and develop skills to support their children in a safe environment.

Financial and Legal Advice Clinics

Run by specialists, our Financial and Legal Advice Clinics help parents/carers foster a safe and stable home environment for their children. Delivered by Income Maximisation Specialists and a range of family, employment, criminal, and property lawyers, these clinics provide parents/carers with advice on topics ranging from restraining orders to income maximisation.

Volunteer Mentoring

A Children Heard and Seen mentor is a caring and responsible adult volunteer who, in partnership with a child, develops a trusting relationship through which the child can seek and receive support and guidance. A volunteer mentor helps to ensure that a child has the opportunity to try new things, access resources, develop resilience, coping strategies and life skills to help the child make sense of their situation and feelings in order that they are able to make positive life choices and maximize their potential.

Volunteer mentors aim to provide:

- A neutral and consistent person outside of the family home to talk about feelings.
- A respectful relationship – both mentor and mentee, prior to matching, agree to boundaries how the relationship will work.

For more information about our work this year, please view our latest [Impact Report](#), available [here](#).

Achievements and Performance

Nationally speaking, research suggests 65% of boys with a parent in prison go on to offend. However, this is not a predetermined outcome for children with a parent in prison. Through offering trauma-informed support tailored to the needs and circumstances of each child, we can break the cycle of intergenerational offending and achieve better outcomes for children and their families. Of the 1100+ children we have supported since inception, only five have gone on to commit an offence—a rate of just 0.5%.

In November, Children Heard and Seen won the 2023 Centre for Social Justice Awards at Westminster. The CSJ Awards is an annual, high-profile ceremony that celebrates grassroots charities fighting poverty across Britain. Our Founder and CEO, Sarah Burrows, also won the Long-Term Achievement Award at the Sheila McKechnie Foundation National Campaigner Awards. We were also winners at the Stephen Lloyd Awards for our Work on Operation Paramount in partnership with the Thames Valley Violence Prevention Partnership (VPP). These awards recognise projects that have real potential to create practical, sustainable social change—we are delighted that Operation Paramount has been recognised as one such project.

Additional Information

Operation Paramount

Previously there has been no statutory mechanism to identify children with a parent in prison. Operation Paramount is a ground-breaking initiative in partnership with the Thames Valley VPP. For the first time ever, data from the Prisons Service Database is being used to identify children left behind when their parent is sent to prison. Each month, the Thames Valley VPP uses a data sharing platform to run an assessment on those sent to prison who have a link to a child in the region. The identified families are contacted by a local Police Officer to arrange a voluntary welfare visit. During this visit, the nature of our support is explained, and our tailored package of support is offered to the family in question. In November 2021, Operation Paramount was launched as a pilot project in Oxfordshire. In February 2023, the project expanded across the Thames Valley region and is now live in Oxfordshire, Milton Keynes, Buckinghamshire and West Berkshire. From May 2022 - March 2024, Operation Paramount identified 786 children recently affected by parental imprisonment living in the Thames Valley region.

Operation Paramount has been replicated and the model of identification and support is currently active in the West Midlands. We have also been commissioned by the South Wales Violence Prevention Unit

and Cornwall Violence Reduction Unit to deliver training to professionals working with children impacted by parental imprisonment, so that they can offer support under the same model. This represents steps towards a much-needed national framework of identification and support for children with a parent in prison.

Summer Residential

This year's Summer Residential at Hill End was our largest yet, with 200 family members attending, from as far as Derbyshire, Darlington and Devon. The weekend provided an opportunity for children to take part in activities that build their self-confidence, raise their aspirations, and celebrate their skills and achievements surrounded by others who are sharing their experience.

One of the highlights the weekend was a visit from three Police Officers. They spoke to our young people to show them that they can achieve anything that they want to. For many children, their only previous experience of Police Officers is the arrest of their parent, and it is a great opportunity to show the Police Force in a different, more positive light.

Media Appearances: Sky News, Talk TV, and BBC Radio 5

This year, we have had numerous television and radio appearances. Twice throughout the year, our founder/CEO Sarah Burrows appeared on Sky News to highlight the lack of provision available for children when one of their parents is imprisoned for a sexual offence. In July 2023, Sarah appeared on Talk TV alongside Vix, a parent we support, to highlight the issue of identifying children with a parent in prison and explain the need for support. In September, Sarah and Joanne, another parent we support, appeared on Adrian Chiles' Radio 5 Live show to outline the lack of support around parental imprisonment. Through these appearances, we have raised awareness to a national audience on the work that Children Heard and Seen does and the needs of children with a parent in prison.

Accredited Training Packages

We have developed three CPD-accredited training programmes. We are currently offering; *Introduction to Parental Imprisonment*, *Children Heard and Seen Workbook Training* that equips practitioners to use our workbook with children, and *Safeguarding Children Impacted by Parental Imprisonment* - our latest programme to be accredited. Developing our training arm provides self-generating source of income for the charity and helps to make us sustainable. We have also recently secured funding to recruit a trainer to the team and will continue to develop additional training packages, specifically on the topic of supporting families affected by domestic abuse and children whose parent is serving a sentence for a sexual offence.

Family Blogs

One of our core aims is to raise awareness around parental imprisonment by amplifying the hidden voices of those affected. The aim is to encourage others with similar experiences to share their story, and in turn help to reduce the stigma associated with having a parent in prison. We hope this increased awareness of the harms of parental imprisonment will elevate the issue amongst MPs, Ministers and other key-policy makers. We have two series of family blogs:

Hidden Voices:

A series created by adults with lived experience of parental imprisonment. By sharing these hidden voices, we hope to show how the impacts of parental imprisonment can stay with people well into adulthood, whilst also highlighting the positive things young people can go on to achieve.

Parent's Story:

A series created by those caring for children with a parent in prison who we have supported. The series aims to shine a light on the harms experienced by children and families when a parent goes to prison and highlight the benefits that providing good support can bring.

Young Peoples' Voices:

A series created by young people with a parent in prison. The series aims to eradicate the stigma around parental imprisonment and demonstrate the importance of identifying and supporting children with a parent in prison.

Invisible Children Film

On 12th of September 2023, we launched our film 'Invisible Children' at Westminster to an audience including 35 MPs. The film demonstrates the importance of identification and support for children with a parent in prison and was followed by a discussion from a cross-party panel of experts. Since then, we have also been holding online screenings of 'Invisible Children' to professionals from a range of backgrounds: social workers, police officers, teachers, third sector workers, and many more. The film can be viewed [here](#).

Our Year at Westminster

Throughout this year, we have had energising and productive meetings with the Department of Education, the Prison and Education Ministers, MPs, and Lords to discuss how to implement a national system of identification and support for children with a parent in prison. As a result, Children Heard and Seen's name and our campaign aims have been named in two House of Lords debates and a House of Commons debate. These discussions and televised debates have brought much-needed attention to our work and the need for a national mechanism to identify and support children impacted by parental imprisonment.

Structure Governance and Management

Governing Document

The organisation is a Charitable Incorporated Organisation (CIO), registered on 16th of July 2014. The charity was established under a constitution which established the objects and powers of the CIO.

Recruitment and Appointment of Trustees

07557 339258

childrenheardandseen.co.uk

Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. A new potential trustee must be proposed and seconded by a member of the board to be considered for the role. The existing trustees then vote to determine whether the new trustee will be accepted onto the board. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Financial Review

Reserves Policy

Children Heard and Seen maintains reserves to ensure sufficient funds to discharge its responsibilities to employees, including any cover for unforeseen events such as prolonged sickness or redundancy. As a small charity, income from grants and donations may be received ahead of the project to which they are to be applied and may cause reserves to rise at certain points in time. The charity aims for a minimum of six months running costs in reserves, plus a small contingency, subject to project funding, held in specific identified accounts.

Principal Funding Sources

Our work is unique, and as such, we do not fit into most conventional funding streams. We are reliant on innovative funders that can understand the impact of parental imprisonment on children. We are so grateful to all of our supporters for their continued generosity, and we are committed to ensuring our income is used effectively and responsibly. This year, we have been so lucky to be supported by such a wide range of fantastic donors, including these donors, who contributed in excess of £500. Anonymous donors are greatly appreciated, but have not been named below:

Rahul Moodgal
BBC Children in Need
West Midlands VRP
Thames Valley VPP
Paul Hamlyn Foundation
Esmee Fairbairn Foundation
The Dulverton Trust
Leathersellers'
Ennismore Foundation
Batchworth Trust
Visual Education
The Talent Fund
The Northwick Trust
Bates Wells Foundation
Alex De Winton

Ian Mactaggart Trust
Rothschild Foundation
Trusthouse Charitable Foundation
Oxfordshire Community Foundation
E F Bulmer Trust
Masonic Charitable Foundation
CriSeren Foundation
John Rayner Charitable Trust
St. James' Place
Englefield Charitable Trust
Joanna Simpson Foundation
The Grocers' Charity
Childrensalon
Mary Saunders
The Charity Service



Lockwell Trustees
Joyce Chapman Foundation
The Northwick Trust
Christina Kautzky
Masonic Charitable
William Jackson Food Group
The John Rayner Charity
Buckinghamshire Community Foundation
Berkshire Community Foundation
Josh Smith

C Harrison
Stanton Ballard Trust
Bartle Family Charitable Trust
The Invigorate Charity
Banbury Rotary Club
Martin Hogg
Marian Cleworth
Divinity Road Residents' Association
United Reform Church
The Dragon School

Declarations

The Trustees declare that they have approved the trustee's report above.

Signed on behalf of the charity's trustees

Signature(s)			
Full Name(s)	Ralph Lubkowski		Peter Redman
Position	Chair of Trustees_		Trustee and Treasurer
Date:	19 December 2024		19 December 2024

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2024
for
Children Heard and Seen

Chapman Robison and Moore Limited
30 Bankside Court
Stationfields
Kidlington
Oxford
OX5 1JE

Children Heard and Seen

Contents of the Financial Statements
for the Year Ended 31 March 2024

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Children Heard and Seen

Report of the Trustees for the Year Ended 31 March 2024

The main Trustees report is being submitted on a separate document to these accounts

STRATEGIC REPORT

Going concern

The trustees are confident of the ability of the charity to continue as a going concern in the foreseeable future.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The organisation is a Charitable Incorporated Organisation (CIO), registered on 16th of July 2014. The charity was established under a constitution which established the objects and powers of the CIO.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

CE002293 (England and Wales)

Registered Charity number

1157879

Registered office

Hillend Camp
Eynsham Road
Cumnor
Oxford
Oxfordshire
OX2 9NJ

Trustees

Ms. B Rowe (resigned 31/3/2024)
Ms H Kilby
Ms G Parry
Sir A. Baldry
Ms K Gardner
R Lubkowski
Mr Peter Redman (appointed 19/1/2024)

Independent Examiner

Alan P. Sowden FCCA
Chapman Robinson and Moore Limited
30 Bankside Court
Stationfields
Kidlington
Oxford
OX5 1JE

Children Heard and Seen

Report of the Trustees
for the Year Ended 31 March 2024

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on 16 December 2024 and signed on the board's behalf by:



Mr Ralph Lubkowski – Chair of Trustees



Mr Peter Redman – Trustee (Treasurer)

Independent Examiner's Report to the Trustees of
Children Heard and Seen

Independent examiner's report to the trustees of Children Heard and Seen ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent Examiner's Report to the Trustees of
Children Heard and Seen

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act 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
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and 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.

Alan P. Sowden FCCA
The Association of Chartered Certified Accountants

Chapman Robison and Moore Limited
30 Bankside Court
Stationfields
Kidlington
Oxford
OX5 1JE

Date: 16/12/2024

Children Heard and Seen

Statement of Financial Activities
for the Year Ended 31 March 2024

	Notes	Unrestricted funds £	Restricted funds £	31/3/24 Total funds £	31/3/23 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	278,211	364,390	642,601	574,521
Other income		8,695	-	8,695	-
Total		<u>286,906</u>	<u>364,390</u>	<u>651,296</u>	<u>574,521</u>
EXPENDITURE ON					
Charitable activities	3				
Charitable activities		97,376	379,846	477,222	319,270
Administration		67,011	-	67,011	41,133
Other		2,554	-	2,554	630
Total		<u>166,941</u>	<u>379,846</u>	<u>546,787</u>	<u>361,033</u>
NET INCOME/(EXPENDITURE)		119,965	(15,456)	104,509	213,488
RECONCILIATION OF FUNDS					
Total funds brought forward		70,817	393,314	464,131	250,643
TOTAL FUNDS CARRIED FORWARD		<u>190,782</u>	<u>377,858</u>	<u>568,640</u>	<u>464,131</u>

The notes form part of these financial statements

Children Heard and Seen

Balance Sheet
31 March 2024

	Notes	Unrestricted funds £	Restricted funds £	31/3/24 Total funds £	31/3/23 Total funds £
FIXED ASSETS					
Tangible assets	9	7,661	-	7,661	-
CURRENT ASSETS					
Debtors	10	13,925	-	13,925	6,166
Cash at bank		179,057	377,858	556,915	459,944
		<u>192,982</u>	<u>377,858</u>	<u>570,840</u>	<u>466,110</u>
CREDITORS					
Amounts falling due within one year	11	(9,861)	-	(9,861)	(1,979)
NET CURRENT ASSETS		<u>183,121</u>	<u>377,858</u>	<u>560,979</u>	<u>464,131</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>190,782</u>	<u>377,858</u>	<u>568,640</u>	<u>464,131</u>
NET ASSETS		<u>190,782</u>	<u>377,858</u>	<u>568,640</u>	<u>464,131</u>
FUNDS	12				
Unrestricted funds				190,782	70,817
Restricted funds				377,858	393,314
TOTAL FUNDS				<u>568,640</u>	<u>464,131</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2024 in accordance with Section 476 of the Companies Act 2006.

The notes form part of these financial statements

Children Heard and Seen

Balance Sheet - continued

31 March 2024

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The financial statements were approved by the Board of Trustees and authorised for issue on 16 December 2024 and were signed on its behalf by:



Mr Peter Redman – Trustee (Treasurer)



Mr Ralph Lubkowski – Chair of Trustees

Children Heard and Seen

Cash Flow Statement
for the Year Ended 31 March 2024

	Notes	31/3/24 £	31/3/23 £
Cash flows from operating activities			
Cash generated from operations	1	107,186	208,617
Net cash provided by operating activities		<u>107,186</u>	<u>208,617</u>
Cash flows from investing activities			
Purchase of tangible fixed assets		(10,215)	-
Net cash (used in)/provided by investing activities		<u>(10,215)</u>	<u>-</u>
Change in cash and cash equivalents in the reporting period		<u>96,971</u>	<u>208,617</u>
Cash and cash equivalents at the beginning of the reporting period		<u>459,944</u>	<u>251,327</u>
Cash and cash equivalents at the end of the reporting period		<u><u>556,915</u></u>	<u><u>459,944</u></u>

The notes form part of these financial statements

Notes to the Cash Flow Statement
for the Year Ended 31 March 2024

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	31/3/24 £	31/3/23 £
Net income for the reporting period (as per the Statement of Financial Activities)	104,509	213,488
Adjustments for:		
Depreciation charges	2,554	-
Increase in debtors	(7,759)	(5,944)
Increase in creditors	7,882	1,073
Net cash provided by operations	<u>107,186</u>	<u>208,617</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1/4/23 £	Cash flow £	At 31/3/24 £
Net cash			
Cash at bank	459,944	96,971	556,915
	<u>459,944</u>	<u>96,971</u>	<u>556,915</u>
Total	<u>459,944</u>	<u>96,971</u>	<u>556,915</u>

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

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

Computer equipment	25% on cost
--------------------	-------------

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

1. ACCOUNTING POLICIES - continued

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. DONATIONS AND LEGACIES

	31/3/24 £	31/3/23 £
Grants	445,634	435,791
Donations	196,967	138,730
	<u>642,601</u>	<u>574,521</u>

3. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 4) £	Totals £
Charitable activities	475,062	2,160	477,222
Administration	-	67,011	67,011
	<u>475,062</u>	<u>69,171</u>	<u>544,233</u>

4. SUPPORT COSTS

	Management £	Finance £	Information technology £
Charitable activities	-	-	2,160
Administration	41,089	306	-
	<u>41,089</u>	<u>306</u>	<u>2,160</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

4. SUPPORT COSTS - continued

	Other £	Governance costs £	Totals £
Charitable activities	-	-	2,160
Administration	11,407	14,209	67,011
	<u>11,407</u>	<u>14,209</u>	<u>69,171</u>

5. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31/3/24 £	31/3/23 £
Depreciation - owned assets	2,554	-
	<u>2,554</u>	<u>-</u>

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

7. STAFF COSTS

	31/3/24 £	31/3/23 £
Wages and salaries	359,318	270,722
Social security costs	30,769	18,310
Other pension costs	15,841	14,627
	<u>405,928</u>	<u>303,659</u>

The average monthly number of employees during the year was as follows:

	31/3/24	31/3/23
Charitable activities	15	9
	<u>15</u>	<u>9</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31/3/24	31/3/23
	£	£
Trade debtors	4,926	2,337
Prepayments and accrued income	8,999	3,829
	<u>13,925</u>	<u>6,166</u>

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31/3/24	31/3/23
	£	£
Trade creditors	9,321	1,439
Accrued expenses	540	540
	<u>9,861</u>	<u>1,979</u>

12. MOVEMENT IN FUNDS

Please note there are designated reserves from the unrestricted funding of £147,000.

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Children Heard and Seen

Detailed Statement of Financial Activities
for the Year Ended 31 March 2024

	31/3/24 £	31/3/23 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Grants	445,634	435,791
Donations	196,967	138,730
	<hr/>	<hr/>
	642,601	574,521
Other income		
Primary Purpose Trading	8,695	-
	<hr/>	<hr/>
Total incoming resources	651,296	574,521
EXPENDITURE		
Charitable activities		
Wages	359,318	270,722
Social security	30,769	18,310
Pensions	15,841	14,627
Advertising	16,059	7,117
General expenses	53,075	8,494
	<hr/>	<hr/>
	475,062	319,270
Other		
Entertainment	-	630
Plant and machinery	2,554	-
	<hr/>	<hr/>
	2,554	630
Support costs		
Management		
Insurance	2,264	1,695
Telephone	2,802	2,146
Postage and stationery	2,320	2,517
Administration costs	25,610	4,405
Carried forward	32,996	10,763

This page does not form part of the statutory financial statements

Children Heard and Seen

Detailed Statement of Financial Activities
for the Year Ended 31 March 2024

	31/3/24	31/3/23
	£	£
Management		
Brought forward	32,996	10,763
Rent	6,403	5,647
Computer costs	1,690	1,318
	<hr/>	<hr/>
	41,089	17,728
Finance		
Bank charges	306	222
Information technology		
Staff development	2,160	-
Other		
Travel	11,407	10,950
Governance costs		
Accountancy and legal fees	14,209	12,233
	<hr/>	<hr/>
Total resources expended	546,787	361,033
	<hr/>	<hr/>
Net income	104,509	213,488
	<hr/> <hr/>	<hr/> <hr/>

This page does not form part of the statutory financial statements

Independent Examiner's Report to the Trustees of
Children Heard and Seen

Independent examiner's report to the trustees of Children Heard and Seen ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent Examiner's Report to the Trustees of
Children Heard and Seen

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act 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
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and 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.

Alan P. Sowden FCCA
The Association of Chartered Certified Accountants

Chapman Robison and Moore Limited
30 Bankside Court
Stationfields
Kidlington
Oxford
OX5 1JE

Date: 16/12/2024

CHILDREN HEARD AND SEEN

England & Wales - Charity number 1157879

Accounts

REGISTERED COMPANY NUMBER: CE002293 (England and Wales)
REGISTERED CHARITY NUMBER: 1157879

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2023
for
Children Heard and Seen

Chapman Robinson and Moore Limited
30 Bankside Court
Stationfields
Kidlington
Oxford
OX5 1JE

Contents of the Financial Statements
for the Year Ended 31 March 2023

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

OBJECTIVES AND ACTIVITIES

Objectives and aims

Our charity's purpose, as laid out in our constitution, is as follows:

'The promotion of social inclusion for the public benefit among children and young people of prisoners who are socially excluded on the grounds of their social and economic position. This includes: mentoring support and guidance for children, young people and their families, advocacy and partnership working'.

The aims of the charity are to improve outcomes for children impacted by parental imprisonment, raise awareness and public empathy surrounding the issues this group of young people face, and break the cycle of intergenerational offending. Our aims fully reflect the purposes that the charity was set up to further.

OBJECTIVES AND ACTIVITIES

Significant activities

Our main objectives for the year continued to be the promotion of the social inclusion of children impacted by parental imprisonment. The strategies we used to meet these objectives included:

" Providing a range of tailored support services to ensure children, young people, and their families, affected by parental imprisonment can access appropriate and timely support during an incredibly difficult time in their lives.

" Formalising our learning surrounding the experiences of children to build a strong evidence base for research-led policy.

" Raising awareness regarding the experiences of children with a parent in prison to influence social attitudes and reduce feelings of stigma, shame and social isolation.

" To influence key-policy makers to effect systemic policy change, so that there is a national statutory framework of identification and support for children with a parent in prison.

Ensuring our work delivers our aims

Our primary beneficiaries are children aged 0-18 impacted by parental imprisonment. We currently have an active caseload of 308 children and 161 parents/carers. We offer face-to-face support to children living in the Thames Valley area and the West Midlands, as well as online support to children living in other areas across England and Wales.

The trustees have taken regard of the guidance issued by the Charity Commissioners on public benefit. The main activities undertaken include the provision of 1:1 support with trained practitioners, facilitating group work for children with a parent in prison, and providing volunteer mentoring for children. These activities, among others, and the achievements that flow from our work are described below.

Providing 1:1 Support

We provide intensive weekly one to one support for children with a parent in prison. Sessions provide an opportunity for the child to talk about their feelings relating to having a parent in prison, help them to develop strategies to manage those difficult feelings and to help children understand the process of imprisonment by covering each stage of the custodial sentence. We have developed a workbook for children to complete with their worker which takes them through these stages, and ends by looking to the future and encouraging children to think about what they want to achieve, where they want to be in 10 years and the steps, they need to take to make it a reality This is designed to instil a lasting positive self-image that empowers a young person to choose a different path to the offending parent. We also use Drawing and Talking sessions with young people, which is a non-intrusive and attachment-based therapeutic intervention that allows the child to find a symbolic resolution to conflicts and for their trauma to begin to heal.

Our 1:1 support focuses on:

" Capturing the voice of the child - demonstrated in early stages of the workbook

" Taking a child-focused and strength-based approach that reminds children of positive influences: safety, who they can turn to for support.

" Fostering a greater sense of self, sense of purpose and sense of belonging, ensuring that children can believe that they can achieve and aren't defined by their parent's offence.

" Recognising the complexity and breadth of lived experiences, as no two children are the same - adapting support accordingly.

" Providing a safe space to discuss the absent parent. This may be a topic that a child feels they are not able to discuss with their own family

" Tailoring our approach to the individual needs of the child, taking into account their experiences, strengths and interests to make sure they receive the full benefit of our support.

Group Work for Children

We provide peer support work and group work for children with a parent in prison. These sessions combat feelings of shame by showing children that they are not alone. In group activities, our qualified practitioners use creative activities to help young people explore complex emotions in accessible and indirect ways. By speaking with other young people, children are able to share coping strategies and manage complex emotions surrounding their parent's imprisonment. This improves the emotional wellbeing of children who attend, allowing them to maximise their own potential in other areas.

Parental Peer Support Groups

OBJECTIVES AND ACTIVITIES

Our support offer is constantly adapting to the needs of the families we support. We provide parental groups for adults caring for children with a parent in prison. These groups, facilitated by trained practitioners provide a support network practitioner where families can share experiences, understand they are not alone, and develop skills to support their children in a safe environment.

Volunteer Mentoring

A Children Heard and Seen mentor is a caring and responsible adult volunteer who, in partnership with a child, develops a trusting relationship through which the child can seek and receive support and guidance. A volunteer mentor helps to ensure that a child has the opportunity to try new things, access resources, develop resilience, coping strategies and life skills to help the child make sense of their situation and feelings in order that they are able to make positive life choices and maximize their potential.

Volunteer mentors aim to provide:

" A neutral and consistent person outside of the family home to talk about feelings.

" A respectful relationship - both mentor and mentee, prior to matching, agree to boundaries how the relationship will look.

For more information about our work this year, please view our latest Impact Report, available [here](#).

Contributions Made by Volunteers

This year, our service benefitted from the support of more volunteers than ever before. The work of volunteers forms a key pillar of our ability to effect positive change in the lives of young people, be it through our volunteer mentor scheme or through facilitating online groups and activities, providing admin and data support, and much more. This reporting year, volunteers contributed 2256 combined total volunteering hours.

Public benefit

The Trustees confirm that they have complied with their duty under the Charities Act 2011 to have regard to public benefit guidance published by the Charity Commission. The Trustees believe that all of the charity's activities furthered its charitable purposes for the public benefit.

STRATEGIC REPORT

Achievement and performance

Charitable activities

"Before I had support from Children Heard and Seen I felt trapped, lonely and like I had no one to express my feelings to. My friend's dad said that she shouldn't associate with me because my dad was in prison and it made me feel very upset because I am not my dad. I didn't make any of the mistakes he did. Since being with Children Heard and Seen I have recognised the fact that it's not my fault. They've helped me understand and process the way I feel in a supportive way where it's positive and not negative. I wish there was something in place for other children up and down the country who are going through what I was going through." - Lucy (aged 17)

Nationally speaking, research suggests 65% of boys with a parent in prison go on to offend. However, this is not a predetermined outcome for children with a parent in prison. Through offering trauma-informed support tailored to the needs and circumstances of each child, we can break the cycle of intergenerational offending and achieve better outcomes for children and their families. Of the 860+ children we have supported since inception, only four have gone on to commit an offence - a rate of just 0.5%.

In April, Children Heard and Seen won the Directors Special Award at the Kids Count Inspiration Awards at Westminster. The awards recognise groups who have done great things to inspire young people in their own communities, against all odds. Our Founder and CEO, Sarah Burrows, also won the Community Impact - Fundraiser award at the Thames Valley Criminal Justice Charity Awards.

Additional Information

Operation Paramount

Previously there has been no statutory mechanism to identify children with a parent in prison. Operation Paramount is a ground-breaking initiative in partnership with the Thames Valley Violence Reduction Unit. For the first time ever, data from the Prisons Service Database is being used to identify children left behind when their parent is sent to prison. Each month, the Thames Valley VRU uses a data sharing platform to run an assessment on those sent to prison who have a link to a child in the region. The identified families are contacted by a local Police Officer to arrange a voluntary welfare visit. During this visit, the nature of our support is explained, and our tailored package of support is offered to the family in question. In November 2021, Operation Paramount was launched as a pilot project in Oxfordshire. In February 2023, the project expanded across the Thames Valley region and is now live in Oxfordshire, Milton Keynes, Buckinghamshire and West Berkshire. From November 2021 - March 2023, Operation Paramount identified 502 children recently affected by parental imprisonment living in the Thames Valley region.

Operation Paramount has been replicated and the model of identification and support is currently active in the West Midlands. We have also been commissioned by the South Wales Violence Prevention Unit and Cornwall Violence Reduction Unit to deliver training to professionals working with children impacted by parental imprisonment, so that they can offer support under the same model. This represents steps towards a much-needed national framework of identification and support for children with a parent in prison.

Summer Residential

This year's Summer Residential at Hill End was our largest yet, with 194 family members attending, from as far as Bournemouth, Darlington and Devon. The weekend provided an opportunity for children to take part in activities that build their self-confidence, raise their aspirations, and celebrate their skills and achievements surrounded by others who are sharing their experience. Many who attended had taken part in our Penpal scheme, meaning that they were able to meet and connect with their new friends in person for the first time.

One of the highlights the weekend was a visit from two Police Officers. They spoke to our young people to show them that they can achieve anything that they want to. For many children, their only previous experience of Police Officers is the arrest of their parent, and it is a great opportunity to show the Police Force in a different, more positive light.

BBC Radio 4's All in the Mind

In June 2022 members of our team and a parent we support were invited onto BBC Radio 4's 'All in the Mind' to discuss support for children who have a parent jailed for sexual offences, and the lack of government support for these families in need. We were able to raise awareness on the impact on families when the father is convicted of a sexual offence, an area with huge levels of stigma attached, leading to a large number of referrals to Children Heard and Seen from families affected by this offence.

Accredited Training Packages

We have developed three CPD-accredited training programmes. Over the reporting year, we delivered training on parental imprisonment to professionals in South Wales and Nottingham. We are currently offering; Introduction to Parental Imprisonment, Children Heard and Seen Workbook Training that equips practitioners to use our workbook with children, and Safeguarding Children Impacted by Parental Imprisonment - our latest programme to be accredited. Developing our training arm provides self-generating source of income for the charity and helps to make us sustainable. We have also recently secured funding to recruit a trainer to the team and will continue to develop additional training packages, specifically on the topic of supporting families affected by domestic abuse and children whose parent is serving a sentence for a sexual offence.

Family Blogs

One of our core aims is to raise awareness around parental imprisonment by amplifying the hidden voices of those affected. The aim is to encourage others with similar experiences to share their story, and in turn help to reduce the stigma associated with having a parent in prison. We hope this increased awareness of the harms of parental imprisonment will elevate the issue amongst MPs, Ministers and other key-policy makers. We have two series of family blogs:

Hidden Voices: A series created by adults with lived experience of parental imprisonment. By sharing these hidden voices, we hope to show how the impacts of parental imprisonment can stay with people well into adulthood, whilst also highlighting the positive things young people can go on to achieve.

Parent's Story: A series created by those caring for children with a parent in prison that we have supported. The series aims to shine a light on the harms experienced by children and families when a parent goes to prison and highlight the benefits that providing good support can bring.

Parental Imprisonment Practitioners Network

The Parental Imprisonment Practitioner Network was launched in April 2022, and met four times throughout the year. The network brings together practitioners and other professionals working for an organisation that is a touchpoint for children impacted by parental imprisonment. We have covered issues like visits, social care and contact from the point of view of the child. Our aim is to discuss good practice, knowledge and learning, sharing our voices with decision-makers able to improve the situation for children impacted by parental imprisonment.

Financial review

Financial position

The charity incurred a surplus for the year of £213,644 (2022 £108,355) whilst its net assets increased from £250,643 to £464,287.

STRATEGIC REPORT

Financial review

Principal funding sources

Our work is unique, and as such, we do not fit into most conventional funding streams. We are reliant on innovative funders that can understand the impact of parental imprisonment on children. We are so grateful to all of our supporters for their continued generosity, and we are committed to ensuring our income is used effectively and responsibly. This year, we have been so lucky to be supported by such a wide range of fantastic donors, including these donors, who contributed in excess of £500. Anonymous donors are greatly appreciated, but have not been named below:

Thames Valley Violence Reduction Unit The Funding Network
West Midlands Violence Reduction Unit Criseren Foundation
Paul Hamlyn Foundation Essex Community Foundation
Esmée Fairbairn Foundation Swire Charitable Trust
Network for Social Change Berkshire Community Foundation
Leathersellers' Company Charitable Fund Kelly Family Charitable Trust
Garfield Weston Foundation Childrensalon
Trusthouse Charitable Foundation EF Bulmer Trust
The Dulverton Trust Grocers' Hall
Ennismore Foundation Englefield Charitable Trust
Rothschild Foundation Leeds Building Society
Stanton Ballard Funderbirds
Visual Education Duncan Robertson
Michael Peagram John Beard
Simon Wolfson Sara Murray
C L Loyd Savills
Hugo Brunner Joanna Simpson Foundation
Ian Laing Angela Crean
Lucy Group Oxfordshire Community Foundation
Chris Miles Hugo Llewelyn
Richard Liwicki Kate Venables
Mary Saunders Katherine Wickens
Ellie Fitzgerald Anson Charitable Trust
Max Fitzgerald HMP Doncaster
Hugh Lowther HMP Oakwood
Guinness Bartle Family Trust
Provincial Grand Lodge of Durham Hemby Trust

Reserves policy

Children Heard and Seen maintains reserves to ensure sufficient funds to discharge its responsibilities to employees, including any cover for unforeseen events such as prolonged sickness or redundancy. Income from grants and donations may be received ahead of the project to which they are applied and may cause reserves to rise at certain points in time. The charity aims for a minimum of six months running costs in reserves, plus a small contingency, subject to project funding, held in specific identified accounts.

Going concern

The trustees are confident of the ability of the charity to continue as a going concern in the foreseeable future.

Principal risks and uncertainties

- 1) Referrals may exceed the capacity of the charity.
- 2) Funding opportunities may be limited.
- 3) Current staffing levels may not be able to be maintained.
- 4) Securing significant funding creates additional reporting requirements which create increased responsibilities for the CEO and the Board of Trustees.

STRATEGIC REPORT

Future plans

Following the readjustment post pandemic, the next twelve months will be a period of resettlement for the charity. There will not be any significant upscaling with the focus being on successfully securing funding for additional specialist work and establishing the training arm of Children Heard and Seen. The learning to be achieved via specialist interventions will provide evidence-based foundations on which to grow the charity. The training offer will be increased as a means of sharing good practice and generating income for the charity. A mixed model of delivery where the charity influences practice amongst professionals across the country, whilst growing its presence in additional geographic areas will allow for steady growth beginning in mid- 2023. Any change in policy that increases awareness and support for children impacted by parental imprisonment will be responded to by the charity, until this point lobbying of decision makers will continue. The charity has grown steadily since its inception and it is key to any future development that the children centred, whole family approach is maintained at the core of the charity. There is no desire for immediate upscaling, whilst the charity responded to the pandemic and met the needs of children nationally it would be a significant risk to expand without the full evidence base being in place, with all specialist staff in place and the charity will be better placed for continued growth.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The organisation is a Charitable Incorporated Organisation (CIO), registered on 16th of July 2014. The charity was established under a constitution which established the objects and powers of the CIO.

Recruitment and appointment of new trustees

Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. A new potential trustee must be proposed by a member of the board and seconded to be considered for the role. The existing trustees then vote to determine whether the new trustee will be accepted onto the board. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the charity.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

CE002293 (England and Wales)

Registered Charity number

1157879

Registered office

Hillend Camp
Eynsham Road
Cumnor
Oxford
Oxfordshire
OX2 9NJ

Trustees

Ms. B Soper
Ms H Kilby
Ms G Parry
Sir T Baldry
Ms K Gardener
R Lubowski

Company Secretary

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on and signed on the board's behalf by:

.....
Trustee

Statement of Financial Activities
for the Year Ended 31 March 2023

	Notes	Unrestricted fund £	Restricted funds £	31/3/23 Total funds £	31/3/22 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	242,215	332,306	574,521	371,271
EXPENDITURE ON					
Charitable activities					
Charitable activities	3	95,572	223,698	319,270	237,600
Administration		41,133	-	41,133	25,255
Other		630	-	630	61
Total		137,335	223,698	361,033	262,916
NET INCOME					
Transfers between funds	10	104,880	108,608	213,488	108,355
		(127,566)	127,566	-	-
Net movement in funds		(22,686)	236,174	213,488	108,355
RECONCILIATION OF FUNDS					
Total funds brought forward		93,503	157,140	250,643	142,288
TOTAL FUNDS CARRIED FORWARD		70,817	393,314	464,131	250,643

Balance Sheet
31 March 2023

	Notes	Unrestricted fund £	Restricted funds £	31/3/23 Total funds £	31/3/22 Total funds £
CURRENT ASSETS					
Debtors	8	6,166	-	6,166	222
Cash at bank		66,630	393,314	459,944	251,327
		<u>72,796</u>	<u>393,314</u>	<u>466,110</u>	<u>251,549</u>
CREDITORS					
Amounts falling due within one year	9	(1,979)	-	(1,979)	(906)
		<u>70,817</u>	<u>393,314</u>	<u>464,131</u>	<u>250,643</u>
NET CURRENT ASSETS					
		<u>70,817</u>	<u>393,314</u>	<u>464,131</u>	<u>250,643</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>70,817</u>	<u>393,314</u>	<u>464,131</u>	<u>250,643</u>
NET ASSETS					
		<u>70,817</u>	<u>393,314</u>	<u>464,131</u>	<u>250,643</u>
FUNDS					
Unrestricted funds	10			70,817	93,503
Restricted funds				393,314	157,140
				<u>464,131</u>	<u>250,643</u>
TOTAL FUNDS					
				<u>464,131</u>	<u>250,643</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The financial statements were approved by the Board of Trustees and authorised for issue on and were signed on its behalf by:

.....
Trustee

Children Heard and Seen

Cash Flow Statement
for the Year Ended 31 March 2023

	Notes	31/3/23 £	31/3/22 £
Cash flows from operating activities			
Cash generated from operations	1	208,617	109,039
Net cash provided by operating activities		<u>208,617</u>	<u>109,039</u>
Change in cash and cash equivalents in the reporting period		208,617	109,039
Cash and cash equivalents at the beginning of the reporting period		<u>251,327</u>	<u>142,288</u>
Cash and cash equivalents at the end of the reporting period		<u><u>459,944</u></u>	<u><u>251,327</u></u>

The notes form part of these financial statements

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	31/3/23	31/3/22
	£	£
Net income for the reporting period (as per the Statement of Financial Activities)	213,488	108,355
Adjustments for:		
Increase in debtors	(5,944)	(222)
Increase in creditors	1,073	906
	<u>208,617</u>	<u>109,039</u>
Net cash provided by operations	<u>208,617</u>	<u>109,039</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1/4/22	Cash flow	At 31/3/23
	£	£	£
Net cash			
Cash at bank	251,327	208,617	459,944
	<u>251,327</u>	<u>208,617</u>	<u>459,944</u>
Total	<u>251,327</u>	<u>208,617</u>	<u>459,944</u>

1. ACCOUNTING POLICIES**Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. DONATIONS AND LEGACIES

	31/3/23	31/3/22
	£	£
Grants	435,791	322,735
Donations	138,730	48,536
	<u>574,521</u>	<u>371,271</u>

3. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 4) £	Totals £
Charitable activities	319,270	-	319,270
Administration	-	41,133	41,133
	<u>319,270</u>	<u>41,133</u>	<u>360,403</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2023

4. SUPPORT COSTS

	Management £	Finance £	Other £	Governance costs £	Totals £
Administration	17,728	222	10,950	12,233	41,133

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the year ended 31 March 2022.

6. STAFF COSTS

	31/3/23 £	31/3/22 £
Wages and salaries	270,722	203,826
Social security costs	18,310	13,704
Other pension costs	14,627	5,073
	<u>303,659</u>	<u>222,603</u>

The average monthly number of employees during the year was as follows:

	31/3/23	31/3/22
Charitable activities	9	8

No employees received emoluments in excess of £60,000.

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	48,536	322,735	371,271
EXPENDITURE ON			
Charitable activities			
Charitable activities	14,325	223,275	237,600
Administration	25,255	-	25,255
Other	61	-	61
Total	<u>39,641</u>	<u>223,275</u>	<u>262,916</u>
NET INCOME	8,895	99,460	108,355
RECONCILIATION OF FUNDS			
Total funds brought forward	84,608	57,680	142,288
TOTAL FUNDS CARRIED FORWARD	<u>93,503</u>	<u>157,140</u>	<u>250,643</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2023

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31/3/23	31/3/22
	£	£
Trade debtors	2,337	222
Prepayments and accrued income	3,829	-
	<u>6,166</u>	<u>222</u>

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31/3/23	31/3/22
	£	£
Trade creditors	1,439	906
Accrued expenses	540	-
	<u>1,979</u>	<u>906</u>

10. MOVEMENT IN FUNDS

	At 1/4/22	Net movement in funds	Transfers between funds	At 31/3/23
	£	£	£	£
Unrestricted funds				
General fund	93,503	104,880	(127,566)	70,817
Restricted funds				
Grants - restricted funding	157,140	108,608	127,566	393,314
	<u>250,643</u>	<u>213,488</u>	<u>-</u>	<u>464,131</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	242,215	(137,335)	104,880
Restricted funds			
Grants - restricted funding	332,306	(223,698)	108,608
	<u>574,521</u>	<u>(361,033)</u>	<u>213,488</u>

Comparatives for movement in funds

	At 1/4/21	Net movement in funds	At 31/3/22
	£	£	£
Unrestricted funds			
General fund	84,608	8,895	93,503
Restricted funds			
Grants - restricted funding	57,680	99,460	157,140
	<u>142,288</u>	<u>108,355</u>	<u>250,643</u>

10. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	48,536	(39,641)	8,895
Restricted funds			
Grants - restricted funding	322,735	(223,275)	99,460
TOTAL FUNDS	<u>371,271</u>	<u>(262,916)</u>	<u>108,355</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1/4/21 £	Net movement in funds £	Transfers between funds £	At 31/3/23 £
Unrestricted funds				
General fund	84,608	113,775	(127,566)	70,817
Restricted funds				
Grants - restricted funding	57,680	208,068	127,566	393,314
TOTAL FUNDS	<u>142,288</u>	<u>321,843</u>	<u>-</u>	<u>464,131</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	290,751	(176,976)	113,775
Restricted funds			
Grants - restricted funding	655,041	(446,973)	208,068
TOTAL FUNDS	<u>945,792</u>	<u>(623,949)</u>	<u>321,843</u>

11. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2023 nor for the year ended 31 March 2022.

Children Heard and Seen

Detailed Statement of Financial Activities
for the Year Ended 31 March 2023

	31/3/23	31/3/22
	£	£
INCOME AND ENDOWMENTS		
Donations and legacies		
Grants	435,791	322,735
Donations	138,730	48,536
	<u>574,521</u>	<u>371,271</u>
Total incoming resources	574,521	371,271
EXPENDITURE		
Charitable activities		
Wages	270,722	203,826
Social security	18,310	13,704
Pensions	14,627	5,073
Advertising	7,117	123
General expenses	8,494	14,874
	<u>319,270</u>	<u>237,600</u>
Other		
Entertainment	630	61
Support costs		
Management		
Insurance	1,695	1,299
Telephone	2,146	1,810
Postage and stationery	2,517	3,603
Administration costs	4,405	1,598
Rent	5,647	4,800
Computer costs	1,318	1,133
	<u>17,728</u>	<u>14,243</u>
Finance		
Sundries	-	122
Bank charges	222	209
	<u>222</u>	<u>331</u>
Other		
Travel	10,950	2,523
Governance costs		
Accountancy and legal fees	12,233	8,158
	<u>361,033</u>	<u>262,916</u>
Total resources expended	361,033	262,916
Net income	<u>213,488</u>	<u>108,355</u>

CHILDREN HEARD AND SEEN

England & Wales - Charity number 1157879

Accounts

Children Heard and Seen

**End of Year Trustee Report
April 1st 2021 – 31st March 2022**

Charity Number: 1157879

Reference and Administrative Information

Charity Name: Children Heard and Seen
Charity Number: 1157879

Principal Address: Hill End Centre,
Eynsham Road,
Oxford
OX2 9NJ

Management Committee (Trustees):

Bryony Rowe	Chair
Helen Kilby	Safeguarding Lead
Georgia Parry	Treasurer (until 20 th October) – remains a trustee
Sir Tony Baldry	
Kelly Gardener	Treasurer (from 20 th October)
Ralph Lubowski	

Senior Management Team

Sarah Burrows CEO

Our Aims and Objectives

Purposes and aims

Our charity's purpose, as laid out in our constitution, is as follows:

"The promotion of social inclusion for the public benefit among children and young people of prisoners who are socially excluded on the grounds of their social and economic position. This includes: mentoring support and guidance for children, young people and their families, advocacy and partnership working"

The aims of the charity are to improve outcomes for children impacted by parental imprisonment, raise awareness and public empathy surrounding the issues this group of young people face, and break the cycle of intergenerational offending. Our aims fully reflect the purposes that the charity was set up to further.

The focus of our work

Our main objectives for the year continued to be the promotion of the social inclusion of children impacted by parental imprisonment. The strategies we used to meet these objectives included:

- Providing a range of tailored support services to ensure children, young people, and their families, affected by parental imprisonment can access appropriate and timely support during an incredibly difficult time.
- Formalising our learning surrounding the experiences of children to build a strong evidence base for research led policy that results in the implementation of a national framework of identification and support.
- Raising awareness regarding the experiences of children with a parent in prison to influence social attitudes and reduce feelings of stigma, shame and social isolation.

Ensuring our work delivers our aims

Our primary beneficiaries are children aged 0-18 impacted by parental imprisonment. We currently have an active caseload of 275 children. We are primarily based in Oxfordshire, but the introduction of online support during the pandemic means that we now also offer online support to families across the country. Approximately 30% of the families we now support live in Oxfordshire, with the rest living in different parts of England, including London, Essex, Liverpool, Manchester, Cornwall and many more.

The trustees have taken regard of the guidance issued by the Charity Commissioners on public benefit. The main activities undertaken include the provision of 1:1 support with trained practitioners, facilitating group work for children with a parent in prison, and providing volunteer mentoring for children. These activities, among others, and the achievements that flow from our work are described below.

Providing 1:1 Support

We provide intensive weekly one to one support for children with a parent in prison. Sessions provide an opportunity for the child to talk about their feelings relating to having a parent in prison, help them to develop strategies to manage those difficult feelings and to help children understand the process of imprisonment by covering each stage of the custodial sentence. We have developed a workbook for children to complete with their worker which takes them through these stages, and ends by looking to the future and encouraging children to think about what they want to achieve, where they want to be in 10 years and the steps, they need to take to make it a reality This is designed to instil a lasting positive self-image that empowers a young person to choose a different path to the offending parent. We also use Drawing and Talking sessions with young people, which is a non-intrusive and attachment based therapeutic intervention that allows the child to find a symbolic resolution to conflicts and for their trauma to begin to heal.

Our 1:1 support focuses on:

- Capturing the voice of the child – demonstrated in early stages of the workbook
- Taking a child-focused and strength-based approach that reminds children of positive influences: safety, who they can turn to for support.
- Fostering a greater sense of self, sense of purpose and sense of belonging, ensuring that children can believe that they can achieve and aren't defined by their parent's offence.

- Recognising the complexity and breadth of lived experiences, as no two children are the same – adapting support accordingly.
- Providing a safe space to discuss the absent parent. This may be a topic that a child feels they are not able to discuss with their own family
- Tailoring our approach to the individual needs of the child, taking into account their experiences, strengths and interests to make sure they receive the full benefit of our support.

This year, we delivered over 2800 1:1 support sessions for children impacted by parental imprisonment.

Group Work for Children

We provide peer support work and group work for children with a parent in prison. These sessions combat feelings of shame by showing children that they are not alone. In group activities, our qualified practitioners use creative activities to help young people explore complex emotions in accessible and indirect ways. By speaking with other young people, children are able to share coping strategies and manage complex emotions surrounding their parent's imprisonment. This improves the emotional wellbeing of children who attend, allowing them to maximise their own potential in other areas.

Group Work for Adults Caring for a Child with a Parent in Prison

We support and empower volunteers with lived experience to lead the delivery of peer support groups for adults looking after children with a parent in prison. Some peer support groups are general for families impacted by imprisonment, some are for families where the parent is in prison specifically for sexual offences. Tailoring sessions in this way allows us to respond to complex needs.

Volunteer Mentoring

A Children Heard and Seen mentor is a caring and responsible adult volunteer who, in partnership with a child, develops a trusting relationship through which the child can seek and receive support and guidance. A volunteer mentor helps to ensure that a child has the opportunity to try new things, access resources, develop resilience, coping strategies and life skills to help the child make sense of their situation and feelings in order that they are able to make positive life choices and maximize their potential.

Volunteer mentors aim to provide:

- A neutral and consistent person outside of the family home to talk about feelings.
- A respectful relationship – both mentor and mentee, prior to matching, agree to boundaries how the relationship will look.

For more information about our work this year, please view our latest **Impact Report**, available [here](#).

Contributions Made by Volunteers

This year, our service benefitted from the support of more volunteers than ever before. The work of volunteers forms a key pillar of our ability to effect positive change in the lives of young people, be it

through our volunteer mentor scheme or through facilitating online groups and activities, providing admin and data support, and much more. This reporting year, volunteers contributed:

- **1870** combined total volunteering hours
- **204** group sessions supported
- **36** active volunteers
- **12** new volunteer mentors recruited.

Achievements and Performance

*“Since my family found Children Heard and Seen, my son feels like he isn’t the only child in the world that this has happened to, and he feels as though he has joined a community with no judgement, just support” - **Bonnie, Mother of two children***

In the most recent reporting year, **April 2021 – March 2022**, here are some of our key achievements:

- **2800** one-to-one sessions delivered to children with a parent in prison
- **150** in person and online activity groups for children
- **858** volunteer mentoring hours given, providing children with a neutral person outside of the family home to talk about complicated feelings
- **80** children provided with specialised letter-templates to help them write to a parent in prison
- **75** second hand laptops provided to families, allowing them to access online support

Nationally speaking, research suggests that 65% of boys with a parent in prison go on to offend. This is not a predetermined outcome for children with a parent in prison. Through offering trauma-informed support tailored to the needs and circumstance of each child, we can break the cycle of intergenerational offending and achieve better outcomes for families. Of the 700+ children we have supported since inception, only two have gone on to commit an offence, showing a fall to just 0.4%, highlighting the difference we are making in breaking the cycle of intergenerational offending and setting young people on a better path.

In March, Children Heard and Seen were awarded the Positive Impact Award 2022 by the Violent Crime Prevention Board (VCPB) for our work in supporting children with a parent in prison. Our Founder and CEO, Sarah Burrows, also won the Leading Innovation and Social Change Award at the same ceremony. The VCPB Awards 2022 sought to recognise people and organisations that make a difference within our communities.

Additional Information

Operation Paramount

There are currently no statutory provisions to support or identify children with a parent in prison. We have partnered with TVP, Thames Valley VRU and Oxfordshire County Council to launch a pilot initiative helping to deliver a rapid support to children with a parent in prison. For the first time, the VRU will use Ministry of Justice data to identify children of individuals sent to prison. When a child is identified, the family is

contacted and offered a referral to support provided by Children Heard and Seen. We hope the pilot will mark the first step towards a national framework of identification and support for children with a parent in prison.

Launching Operation Paramount resulted in a significant amount of media attention, and our work was featured TV on BBC South and ITV News. We were also featured on BBC Radio Oxford, BBC Radio Berkshire, Jack FM, and in the Oxford Mail. During the week of the launch 17 new families from across the country referred themselves to us as a result of this coverage.

Break the Cycle Campaign

In January, the Daily Express worked with us to launch a media campaign called Break the Cycle, raising awareness surrounding parental imprisonment. We were a significant contributor to the launch article and the campaign plans to conduct interviews with families we support for future articles. Hopefully the Break the Cycle Campaign will drive change and address the shame and stigma faced by young people with a parent in prison.

Specialised Support

Our long-term assessment of the needs of children shows large-scale systemic change is necessary in the way the government responds to them. Our goals do not centre purely on scaling up the charity to offer support to more children, we also advocate for more systemic change by shining a light on the difficulties experienced by children with a parent in prison. Our long-term goals involve introducing a series of specialised and innovative posts to develop learning surrounding the experiences of children with a parent in prison, where influenced by particular factors.

In April, we secured multi-year funding from The Esmée Fairbairn Foundation to support children who have a parent in prison for sexual offences. In July, we secured funding to launch an innovative new project providing direct support to children with a mother in prison.

Family Blogs

One of our core aims is to raise awareness surrounding experiences of parental imprisonment and encourage families impacted to have their voices heard. To meet this aim, we began two new blog series this year. These included:

Parent's Story:

A series created by those caring for children with a parent in prison that we have supported. The series aims to shine a light on the harms experienced by children and families when a parent goes to prison and highlight the benefits that providing good support can bring.

Hidden Voices:

A series created by adults with lived experience of parental imprisonment. By sharing these hidden voices, we hope to show how the impacts of parental imprisonment can stay with people well into adulthood, whilst also highlighting the positive things young people can go on to achieve.

Summer Residential

This year's Summer Residential at Hill End was extremely successful. 150 family members attended, travelling from as far as Cornwall, Manchester, and Leeds. The children who attended had a fantastic time, taking part in bug hunts, campfire socials and more, connecting with nature and building strong bonds with other children in similar situations to their own. Many who attended had previously accessed our online activity groups and one-to-one support during the pandemic. The residential offered the children an opportunity to meet and connect with their new friends in person.

Structure Governance and Management

Governing Document

The organisation is a Charitable Incorporated Organisation (CIO), registered on 16th of July 2014. The charity was established under a constitution which established the objects and powers of the CIO.

Recruitment and Appointment of Trustees

Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. A new potential trustee must be proposed by a member of the board and seconded to be considered for the role. The existing trustees then vote to determine whether the new trustee will be accepted onto the board. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Financial Review

Reserves Policy

Children Heard and Seen maintains reserves to ensure sufficient funds to discharge its responsibilities to employees, including any cover for unforeseen events such as prolonged sickness or redundancy. As a small charity, income from grants and donations may be received ahead of the project to which they are to be applied and may cause reserves to rise at certain points in time. The charity aims for a minimum of six months running costs in reserves, plus a small contingency, subject to project funding, held in specific identified accounts.

Principal Funding Sources

Our work is unique, and as such, we do not fit into most conventional funding streams. We are reliant on innovative funders that can understand the impact of parental imprisonment on children. We are so grateful to all of our supporters for their continued generosity, and we are committed to ensuring our income is used effectively and responsibly. This year, we have been so lucky to be supported by such a wide range of fantastic donors, including these donors, who contributed in excess of £500:

Milton Keynes Community Foundation
 HCD Memorial Fund
 Bernard Lewis Charitable Trust
 Mazaars Charitable Trust
 Visual Education
 The Sisters Trust
 TFN - The Funding Network
 ESC Lottery - ESC
 National Lottery Community Fund
 Esmée Fairbairn Foundation
 Thames Valley police and Crime Commissioner
 Community Grant
 Woodward Charitable Trust
 Trusthouse Charitable Foundation
 Berkshire Community Foundation
 Buckinghamshire Community Foundation
 Garfield Weston
 The Weavers Benevolent Fund

Ennismore Foundation
 Paul Hamlyn Foundation
 Little Lives UK
 Charles Hayward Foundation
 HMP Hewell
 BCL Solicitors
 Arnold Clark
 High Sheriff of Devon
 Peter Baker foundation
 Doncaster Prison
 Charlotte Blackman
 D J Ashmore
 Rathbone Charitable Trust
 Jane Hearn
 The Bartlett Family
 Anson Charitable Trust
 Meridian Rotary Club

Declarations

The Trustees declare that they have approved the trustee's report above.

Signed on behalf of the charity's trustee's

Signature(s) Bryony Rowe

Full Name(s) BRYONY ROWE

Position Chair of Trustees

Date: 23/5/22

ANT BAWDY

SIR ANTONY BAWDY

Trustee

23/5/22

Children Heard and Seen

Income & expenditure account for the year ended 31st March, 2022

Children Heard and Seen

Income & Expenditure Account for the year ended 31st March, 2022

	2022	2021
<u>Income</u>		
Donations	48,536.09	43,014.41
Grants	322,734.68	155,745.00
	<hr/>	<hr/>
<u>Total Income</u>	371,270.77	198,759.41
	<hr/> <hr/>	<hr/> <hr/>
<u>Expenditure</u>		
Administration costs	27,256.89	12,961.27
Fund raising costs	0.00	156.00
Charitable activities	235,658.96	178,502.25
	<hr/>	<hr/>
Total Expenditure	262,915.85	191,619.52
	<hr/> <hr/>	<hr/> <hr/>
Net income	108,354.92	7,139.89
Balance as at 1st April 2021	142,287.65	135,147.76
	<hr/>	<hr/>
Total funds at 31st March, 2022	250,642.57	142,287.65
	<hr/> <hr/>	<hr/> <hr/>
Represented by:		
Cash reserves	251,327.00	142,287.65
Debtors	222.00	0.00
Creditors	-906.43	0.00
	<hr/>	<hr/>
	250,642.57	142,287.65
	<hr/> <hr/>	<hr/> <hr/>

Children Heard and Seen
Independent examiners report

Independent examiner's report to the trustees of Children Heard and Seen

I report on the accounts for the year ended 31st March 2022

Respective responsibilities of trustees and examiner

The Charity's Trustees are responsible for the preparation of the accounts. The Charity's Trustees consider that an audit is not required for this year (under section 144 of the Charities Act 2011) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts (under section 145 of the 2011 Charities Act;
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the 2011 Act); and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. 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 you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements

- to keep accounting records in accordance with section 130 of the 2011 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed 

Name: P T Skinner
Professional qualification: FCCA
Address: 30 Bankside Court, Stationfields, Kidlington, Oxon OX5 1JE
Date: 10-May-22



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Children Heard and Seen

No (if any)
1157879

CC16a

Receipts and payments accounts

For the period from	Period start date 1st April 2021	To	Period end date 31st March 2022
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	48,536	-	-	48,536	43,014
Grants	-	322,735	-	322,735	155,745
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	48,536	322,735	-	371,271	198,759
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	48,536	322,735	-	371,271	198,759
A3 Payments					
Administration Costs	27,257	-	-	27,257	12,961
Charitable activities	12,384	223,275	-	235,659	178,502
Fundraising Costs	-	-	-	-	156
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	39,641	223,275	-	262,916	191,619
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	39,641	223,275	-	262,916	191,619
Net of receipts/(payments)	8,895	99,460	-	108,355	7,140
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	84,608	57,680	-	142,288	-
Cash funds this year end	93,503	157,140	-	250,643	7,140

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		68,799	181,844	-
		-	-	-
		-	-	-
	Total cash funds	68,799	181,844	-

(agree balances with receipts and payments account(s))

	Agreement Error Unrestricted funds to nearest £	Agreement Error Restricted funds to nearest £	OK Endowment funds to nearest £
B2 Other monetary assets			
Debtors	222	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Creditors	906	-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
<i>Bryony Rowe</i>	BRYONY ROWE	9/7/22

CHILDREN HEARD AND SEEN

England & Wales - Charity number 1157879

Accounts



Trustees' Annual Report for the period



Period start date			Period end date				
From	01	April	2020	To	31	March	2021

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

Hill End Centre, Eynsham Road, Cumnor,	
Postcode	OX2 9NJ

Names of the charity trustees who manage the charity

Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1 Bryony Rowe	Chair		
2 David Harsant	Treasurer	Until 11//3/21	
3 Helen Kilby			
4 Georgia Parry	Treasurer	From 11/3/21	
5 Ralph Lubkowski			
6 Antony Baldry			
7			
8			
9			
10			
11			

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

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

Sarah Burrows

Section B Structure, governance and management

Description of the charity's trusts

Constitution

Type of governing document
(eg. trust deed, constitution)

Charitable Incorporated Organisation

How the charity is constituted
(eg. trust, association, company)

Trustee selection methods
(eg. appointed by, elected by)

Proposed and seconded at trustee meetings then vote agreement.

Additional governance issues (Optional information)

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

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

Section C Objectives and activities

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

- Providing high quality, tailored support for children with a parent in prison
- Breaking the cycle of inter-generational offending and family breakdown.
- Increasing awareness around the pain of parental imprisonment and uplifting children's voices.
- Raising the aspirations and achievement of young people with a parent in prison.
- Using our knowledge to advocate for changes in policy, both locally and nationally.
- Working innovatively in partnership with stakeholders, other partners and funders.

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

The trustees have taken regard of the guidance issued by the Charity Commissioners on public benefit. The main activities undertaken include the following.

TAR

Targeted Individual Support

Targeted face to face one to one support for children and parents living in Oxfordshire, Berkshire and Birmingham. The introduction of online services and support groups during the pandemic now means that we are able to offer online support to children across England and Wales.

For children, this focuses on exploring emotions and feelings about having a parent in prison and is carried out through the medium of music, art or Draw and Talk. Individual children's support takes place in school or at the child's home, or online and is usually between six and twelve sessions. We have produced a workbook filled with guided exercises to be completed in one to one sessions. These exercises cover each stage of the custodial sentence, and are designed to instil a lasting positive self-image in young people that rises their aspirations and allows them to maximise their potential.

Individual work with parents also supports the exploration of feelings depending on individual circumstances and may be through practical support. The number of sessions vary according to need and is decided with the parent.

Volunteer Mentoring

- To provide 6-12 months of weekly volunteer mentoring provision to children in Oxfordshire, Berkshire and Birmingham who have a parent in prison. Mentors act as positive role models and provide a neutral figure outside the family home that a child can speak to about things they are finding difficult.
- Activities enable children to pursue their interests, provide opportunities to experience success, increase children's self-efficacy and self-esteem; develop sustainable support networks within the community and through the engagement of other services.

Additional details of objectives and activities (Optional information)

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

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

For more information about the work we have done this year, please read our Impact Report using the link below.

<https://childrenheardandseen.co.uk/2021/04/28/impact-report-2020-2021/>

Summary of the main achievements of the charity during the year

During the reporting period, we provided direct support to 225 children impacted by parental imprisonment. Key achievements during this period included:

- Delivered 472 online activity groups for children and their carers
- 1200+ one to one support sessions delivered to children
- 162 new children referred
- 125 volunteers recruited
- 46 active volunteers
- 51 children provided with volunteer mentoring
- 60+ laptops provided to allow families to access online support

When lockdown began, we moved our support online, providing a range of new and modified services, including online support and activity groups, alongside online meetings of our Youth Advocates Programme. We also offered one-to-one support via Zoom for children about whom we were particularly concerned, allowing them to discuss any difficulties in a confidential and secure environment with an experienced professional, away from the potential stress of a group setting.

Our online groups and one to one support have been extremely popular and we have delivered over 450 online group sessions in the last 12 months. Those who have benefitted from our online groups have provided feedback indicating that these services have provided an essential link to the outside world, fostering a sense of community and alleviating feelings of isolation among the families that we work with. One parent described our range of sessions as being “all really positive for different reasons, I like the fact you cater for everyone's needs,” and another stating “All that we have attended have been fantastic.” The value of this work was also recognised by the Criminal Justice Alliance in December 2020, who awarded us the Outstanding Regional and Local Organisation Award for our ability to adapt to the challenges of the pandemic and continue supporting families.

We created two innovative collections of poems and drawings from the families that we work with to allow them to share their experiences. In total, these collections included over 60 entries. The finished books were sent to MPs, Prison Governors and High Sheriffs across the country to raise awareness about the experiences of children impacted by parental imprisonment.

We have developed our own workbook filled with guided exercises to be completed by children in their one to one sessions with us. Sessions cover each stage of the custodial sentence, and are designed to help children process feelings and raise aspirations. Workbooks were introduced in Autumn 2020 and are now provided to new referrals who receive one to one support.

We took part in radio interviews to raise the profile of the charity and supported family members with lived experiences to take part in interviews and have their voices heard. These included:

- BBC South,
- BBC Radio Oxford
- Times Radio
- ITV News

Section D

Achievements and performance

- Channel 4,
- Channel 5
- BBC Radio 4 Woman's Hour
- One Small Thing Podcast

We also provided evidence at the Human Rights Select Committee about the experience of children with a mother in prison during the pandemic. Children Heard and Seen were the only organisation invited to give expert evidence, as other organisations had ceased providing services during the height of the first lockdown.

In February, we also provided Wellbeing boxes to 92 families across the country filled with items to boost emotional wellbeing during the third lockdown and remind children impacted by parental imprisonment that they are valued and appreciated by their communities.

Section E

Financial review

Brief statement of the charity's policy on reserves

Children Heard and Seen maintains reserves to ensure sufficient funds to discharge its responsibilities to employees, including any cover for unforeseen events such as prolonged sickness or redundancy. As a small charity, income from grants and donations may be received ahead of the project to which they are to be applied, and may cause reserves to rise at certain points in time. The charity aims for a minimum of six months running costs in reserves, plus a small contingency, subject to project funding, held in specific identified accounts.

Details of any funds materially in deficit

Further financial review details (Optional information)

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

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

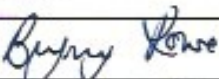
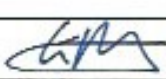
Donors who have kindly contributed in excess of £500

BBC Children in Need • Bernard Lewis Charitable Trust • TVP Draw & Talk • Sussex Community Foundation • Berkshire Community Foundation • Oakdale Family Trust • Quartet Community Foundation • TVP Police Property Fund • Oxfordshire Community Foundation • BBC Booster Grant • TVP High Sheriff of Berkshire • Criminal Justice Awards • Cheshire Assura Grant • Ground Work Bags of Help • Tambour Foundation • Good Exchange • Dudley Fishbourne Charitable Trust • Timpson Foundation • Bartle Community Trust • Councillor Priority Fund • Sharon Stallibrass • Roger Swindells • Max Windich • Caroline Stacy • Deborah Linskey • Evenlode Investment Management Ltd • Leon Acquah.

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	BRYONY ROWE	GEORGIA PARRY
Position (eg Secretary, Chair, etc)	Chair of Trustees	TREASURER
Date	21/6/21	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Children Heard and Seen

1157879

Receipts and payments accounts

CC16a

For the period
from

Period start date
1st April 2020

To

Period end date
31st March 2021

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	43,014	-	-	43,014	29,178
Grants	1,400	154,345	-	155,745	105,419
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	44,414	154,345	-	198,759	134,597
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	44,414	154,345	-	198,759	134,597
A3 Payments					
Administration costs	12,961	-	-	12,961	10,401
Fundraising costs	156	-	-	156	121
Charitable activities	27,955	150,547	-	178,502	152,156
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	41,072	150,547	-	191,619	162,678
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	41,072	150,547	-	191,619	162,678
Net of receipts/(payments)	3,342	3,798	-	7,140	28,081
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	3,342	3,798	-	7,140	28,081

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		84,608	57,680	-
		-	-	-
		-	-	-
	Total cash funds	84,608	57,680	-
	(agree balances with receipts and payments account(s))	Agreement OK	Agreement OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
<i>B. Rowe</i>	B. ROWE	5/5/21

Children Heard and Seen

Income & expenditure account for the year ended 31st March, 2021

Children Heard and Seen

Income & Expenditure Account for the year ended 31st March, 2021

	2021	2020
<u>Income</u>		
Donations	43,014.41	29,177.72
Grants	155,745.00	105,419.37
	<hr/>	<hr/>
<u>Total Income</u>	198,759.41	134,597.09
	<hr/> <hr/>	<hr/> <hr/>
<u>Expenditure</u>		
Administration costs	12,961.27	10,400.81
Fund raising costs	156.00	121.00
Charitable activities	178,502.25	152,156.08
	<hr/>	<hr/>
Total Expenditure	191,619.52	162,677.89
	<hr/> <hr/>	<hr/> <hr/>
Net income	7,139.89	-28,080.80
Balance as at 1st April 2020	135,147.76	163,228.56
	<hr/>	<hr/>
Total funds at 31st March, 2021	142,287.65	135,147.76
	<hr/> <hr/>	<hr/> <hr/>
Represented by:		
Cash reserves	142,287.65	135,147.76
	<hr/>	<hr/>
	142,287.65	135,147.76
	<hr/> <hr/>	<hr/> <hr/>

Children Heard and Seen Independent examiners report

Independent examiner's report to the trustees of Children Heard and Seen

I report on the accounts for the year ended 31st March 2021

Respective responsibilities of trustees and examiner

The Charity's Trustees are responsible for the preparation of the accounts. The Charity's Trustees consider that an audit is not required for this year (under section 144 of the Charities Act 2011) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts (under section 145 of the 2011 Charities Act;
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the 2011 Act); and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. 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 you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

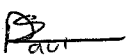
In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements

- to keep accounting records in accordance with section 130 of the 2011 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed 

Name: P T Skinner
Professional qualification: FCCA
Address: 30 Bankside Court, Stationfields, Kidlington, Oxon OX5 1JE
Date: 24-May-21