

# EXTRA - SUPPORT FOR FAMILIES

England & Wales - Charity number 1158891

## Details

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**Other names** EXTRA

**Status** Registered

**Legal form** CIO

**Registered** 2014-10-17

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

## Contact

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**Address** Extra - Support For Families  
Jaywick Community Resource Centre  
Brooklands Gardens  
Jaywick  
Clacton On Sea  
CO15 2JP

**Phone** 01255475001

**Email** [admin@extrasupportforfamilies.co.uk](mailto:admin@extrasupportforfamilies.co.uk)

**Website** [www.extrasupportforfamilies.co.uk](http://www.extrasupportforfamilies.co.uk)

## Activities

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**Objects:** TO ADVANCE EDUCATION AND PROMOTE GOOD MENTAL HEALTH AND WELLBEING AMONG PARENTS/CARERS IN NORTH EAST ESSEX BY PROVIDING AND ASSISTING IN THE PROVISION OF PROGRAMMES AND WORKSHOPS IN PARENTING SKILLS, FAMILY SUPPORT AND OTHER RELATED ACTIVITIES IN ORDER THAT THEIR CHILDREN MAY DEVELOP INTO EMOTIONALLY AND PHYSICALLY HEALTHY ADULTS.

**Activities:** Working to advance education and provide good mental health and wellbeing among parents/carers in North East Essex by providing and assisting in the provision of programmes and workshops in parenting skills, family support and other related activities in order that their children may develop into emotionally and physically able adults.

## Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, People With Disabilities, Other Defined Groups

## Geography

- Essex

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£187,039	£177,468	-	-
2024-03-31	£68,089	£174,668	-	-
2023-03-31	£72,910	£176,215	-	-
2022-03-31	£239,883	£152,514	-	-
2021-03-31	£244,492	£200,429	-	-

## Trustees

Name	Role	Appointed
Ben Charles Carroll		2014-10-17
Benjamin Mark Mann		2014-10-17
Erin Clare Goddard		2023-10-01
Keith James PHILLIPS		2024-05-15
LESLEY STEPHANIE GODDARD		2014-10-17
PATRICIA ROSEMARY BYFORD		2014-10-17

**EXTRA - SUPPORT FOR FAMILIES**

England & Wales - Charity number 1158891

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# Accounts

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Charity registration number: 1158891

# EXTRA - Support for Families

Annual Report and Financial Statements

for the Year Ended 31 March 2025

Lambert Chapman LLP  
3 Warners Mill  
Silks Way  
Braintree  
Essex  
CM7 3GB

## **EXTRA - Support for Families**

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## **EXTRA - Support for Families**

### **Reference and Administrative Details**

<b>Trustees</b>	P R Byford B C Carroll JP E C Goddard L S Goddard B M Mann K J Phillips
<b>Charity Registration Number</b>	1158891
<b>Principal Office</b>	Jaywick Community Resource Centre Brooklands Gardens Jaywick Clacton-On-Sea Essex CO15 2JP
<b>Independent Examiner</b>	Mark Pearson FCA Lambert Chapman LLP 3 Warners Mill Silks Way Braintree Essex CM7 3GB
<b>Bankers</b>	CAF Bank 25 Kings Hill Avenue West Malling Kent ME19 4JQ

## **EXTRA - Support for Families**

### **Trustees' Report**

The trustees present the annual report together with the financial statements of the charity for the year ended 31 March 2025.

#### **Objectives and activities**

##### ***Objects and aims***

EXTRA-Support for Families (known as 'EXTRA') aims to advance education and promote good health and wellbeing among parents/carers in North East Essex by providing and assisting in the provision of programmes and workshops in parenting skills, family support and other related activities in order that their children may develop into emotionally and physically able adults.

##### ***Objectives, strategies and activities***

The Tendring District of North East Essex contains some of the most deprived communities in England, in which parents are faced with significant challenges in bringing up their children. EXTRA offers a wide range of universal and targeted parenting support courses, workshops, and parenting peer support groups throughout the Tendring District. The informal and friendly approach of EXTRA's staff team and provision of a nurturing environment in groups, as well as practical support through childcare and transport for families when needed, has been an important factor in achieving the aims of the Charity. EXTRA has strong relationships with partner agencies, with established pathways to and from the project, as well as working with a range of partners to run parenting courses. During the last year we have also successfully worked with local council and health authorities to deliver training and facilitate groups, and this has brought some additional income. During the Covid years EXTRA developed online delivery, and we have continued both in person and online activities since that time.

The majority of our funding has contributed to the core costs and the delivery of programmes, which are free to access, and cover various needs identified by parents/carers. We have seen increasing numbers of parents who are coming to EXTRA presenting with their own emotional and mental health needs and have included support in these areas within our services.

We continue to support parents whose children have Special Educational Needs and Disabilities, through our SWAN programme and other specific workshops, such as the ADHD, Emotional Regulation and Sensory Child workshops. Parents and carers can self-refer to access support or are directed via the local Primary Care Network as part of their neurodevelopmental pathway.

##### ***Public benefit***

The Trustees believe that the activities undertaken within the Charity, to fulfil its aims and objectives, are done so to further public benefit.

The Trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

##### ***Use of volunteers***

We would like to thank our volunteers for their dedication and commitment to EXTRA. We are currently supported by one volunteer who oversees a Peer-to-Peer support group and is integral in welcoming new parents. Many of our volunteers have attended courses themselves and some have gone on to attend our facilitation skills training with a view to co-facilitating our programmes and workshops. One of our current associate facilitators came to us through this route.

## **EXTRA - Support for Families**

### **Trustees' Report (continued)**

#### **Financial review**

##### *Policy on reserves*

The total reserves of the Charity are £87,485, of which £77,979 is restricted. Available free reserves (which exclude fixed assets) £8,586.

EXTRA aims to maintain a policy of holding reserves to cover five months running costs, in the event that the charity needs to be closed. This is to cover staff redundancy payments, any outstanding office overheads, and to ensure that parents/carers actively engaged with EXTRA at that time can continue to attend and complete current programmes and be supported in their transition to other support providers.

Although currently we have £8,586 in available unrestricted reserves, we have Lottery funding which will support the Charity for the next 5 years.

##### *Principal funding sources*

The total costs of running our service during the year is £177,468.

Our main source of funding is through grants, which totalled £167,500 in the current financial year, consisting of:

- £99,000 - from the National Lottery Community Fund (Oct 24 – Mar 25)
- £49,500 - from the National Lottery Community Fund (April 25 brought forward to Jan 25)
- £19,000 - from the People's PostCode Trust (Nov 24 for 1 year funding)

The core costs not covered by grant funding received during the year was funded by Donations, other income from training activity, Interest Income and Unrestricted Reserves held by the Charity.

Our National Lottery grant has a further 3 ½ years to run. Due to unsuccessful funding bids during the year, the National Lottery generously allowed the £49,500, due to be transferred to EXTRA in April 2025, to be brought forward and we received this in January 2025. This is linked to annual service delivery and contributes towards the Charity's main objective of running supportive programmes for parents and carers.

The last 12 months has been a particularly challenging time to source funding, with increased demands being made on funders. Our priority for the coming year will be to actively seek additional support for our services. We will continue to closely monitor our unrestricted reserves, and to look at ways to improve these and explore different funding streams to ensure sustainability.

##### **Going concern**

The Trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

## EXTRA - Support for Families

### Trustees' Report (continued)

#### Trustees and officers

The trustees and officers serving during the year and since the year end were as follows:

Trustees:

- P R Byford
- B C Carroll JP
- E C Goddard
- L S Goddard
- B M Mann
- K J Phillips (appointed 15 May 2024)

Chairman: E C Goddard

#### Structure, governance and management

##### *Nature of governing document*

EXTRA is a Charitable Incorporated Organisation, governed by its constitution, a foundation model, dated 17 October 2014 and registered with the Charity Commission.

##### *Recruitment and appointment of trustees*

EXTRA has 6 Trustees who meet quarterly or more frequently as necessary. Trustees are appointed in accordance with its Constitution. Trustees are appointed for a term of 3 years by a resolution passed at a properly convened meeting of the Charity Trustees.

In selecting individuals for appointment, the Charity Trustees have regard to the skills, knowledge and experience needed for the effective administration of EXTRA Support for Families CIO.

##### *Induction and training of trustees*

It is policy for new Trustees to receive a copy of the Trust Constitution together with copies of Charity Commission Guidelines booklets. Training and induction are on an ongoing basis via attendance at Trustees' meetings.

The annual report was approved by the trustees of the charity on 24.11.25 and signed on its behalf by:



.....  
E C Goddard  
Chairman and trustee

## EXTRA - Support for Families

### Statement of Trustees' Responsibilities

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

The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

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

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charities (Accounts and Reports) Regulations 2008, and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

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

Approved by the trustees of the charity on 24.11.25 and signed on its behalf by:



E C Goddard  
Chairman and Trustee

## EXTRA - Support for Families

### Independent Examiner's Report to the trustees of EXTRA - Support for Families

I report to the trustees on my examination of the accounts of EXTRA - Support for Families for the year ended 31 March 2025.

#### Responsibilities and basis of report

As the charity trustees of EXTRA - Support for Families you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the EXTRA - Support for Families accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

#### Independent examiner's statement

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

1. accounting records were not kept in respect of EXTRA - Support for Families as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

*Mark Pearson*

.....  
Mark Pearson FCA

Lambert Chapman LLP  
3 Warners Mill  
Silks Way  
Braintree  
Essex  
CM7 3GB

Date: *02nd Dec 2025*

## EXTRA - Support for Families

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

	Note	Unrestricted funds £	Restricted funds £	Total 2025 £	Total 2024 £
<b>Income and Endowments from:</b>					
Donations and legacies	2	24,000	149,500	173,500	60,000
Charitable activities	3	-	6,215	6,215	-
Investment income	4	2,324	-	2,324	2,947
Other income	5	5,000	-	5,000	5,142
<b>Total income</b>		<u>31,324</u>	<u>155,715</u>	<u>187,039</u>	<u>68,089</u>
<b>Expenditure on:</b>					
Charitable activities	6	<u>(58,487)</u>	<u>(118,981)</u>	<u>(177,468)</u>	<u>(174,668)</u>
<b>Total expenditure</b>		<u>(58,487)</u>	<u>(118,981)</u>	<u>(177,468)</u>	<u>(174,668)</u>
<b>Net (expenditure)/income</b>		<u>(27,163)</u>	<u>36,734</u>	<u>9,571</u>	<u>(106,579)</u>
<b>Net movement in funds</b>		(27,163)	36,734	9,571	(106,579)
<b>Reconciliation of funds</b>					
Total funds brought forward		<u>36,669</u>	<u>41,245</u>	<u>77,914</u>	<u>184,493</u>
Total funds carried forward	16	<u>9,506</u>	<u>77,979</u>	<u>87,485</u>	<u>77,914</u>

All of the charity's activities derive from continuing operations during the above two periods.


The funds breakdown for 2024 is shown in note 16.

**EXTRA - Support for Families**  
**(Registration number: 1158891)**  
**Balance Sheet as at 31 March 2025**

	Note	2025 £	2024 £
<b>Fixed assets</b>			
Tangible assets	13	920	1,762
<b>Current assets</b>			
Cash at bank and in hand		97,641	87,411
<b>Creditors: Amounts falling due within one year</b>	14	<u>(11,076)</u>	<u>(11,259)</u>
<b>Net current assets</b>		<u>86,565</u>	<u>76,152</u>
<b>Net assets</b>		<u>87,485</u>	<u>77,914</u>
<b>Funds of the charity:</b>			
<b>Restricted income funds</b>			
Restricted funds	16	77,979	41,245
<b>Unrestricted income funds</b>			
Unrestricted funds		<u>9,506</u>	<u>36,669</u>
<b>Total funds</b>	16	<u>87,485</u>	<u>77,914</u>

The financial statements on pages 7 to 18 were approved by the trustees, and authorised for issue on

...24.11.25..... and signed on their behalf by:



E C Goddard  
Chairman and trustee

## **EXTRA - Support for Families**

### **Notes to the Financial Statements for the Year Ended 31 March 2025**

#### **1 Accounting policies**

##### **Statement of compliance**

The financial statements have been prepared in accordance with the second edition of the Charities Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

##### **Basis of preparation**

EXTRA - Support for Families meets the definition of a public benefit entity under FRS 102. The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

##### **Going concern**

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

##### **Judgements**

Apart from those judgements involving estimations, the trustees have not made any judgements in the process of applying the entity's accounting policies that have significant effect on the amounts recognised in the accounts.

##### **Key sources of estimation uncertainty**

There are no key assumptions concerning the future or other key estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

##### **Income and endowments**

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

##### ***Donations and legacies***

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured.

##### ***Grants receivable***

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

##### ***Investment income***

Interest income is recognised when receivable.

## EXTRA - Support for Families

### Notes to the Financial Statements for the Year Ended 31 March 2025 (continued)

#### *Charitable activities*

Income from charitable activities refers to monies received from activities such as running classes to further the Charity's objectives and other contracted services.

This income is recognised when received.

#### *Other income*

Other income relates to Employment Allowance received and is recognised when payroll is submitted each month.

#### **Expenditure**

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category.

#### *Charitable activities*

Expenditure on charitable activities comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

#### **Governance costs**

These include the costs attributable to the charity's compliance with constitutional and statutory requirements.

#### **Tangible fixed assets**

Individual fixed assets are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

#### **Depreciation and amortisation**

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

<b>Asset class</b>	<b>Depreciation method and rate</b>
Plant and machinery	25% reducing balance method and 25% straight line method
Office equipment	33% straight line method

#### **Cash and cash equivalents**

Cash and cash equivalents comprise cash on hand and call deposits.

#### **Trade creditors**

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

## EXTRA - Support for Families

### Notes to the Financial Statements for the Year Ended 31 March 2025 (continued)

#### Fund structure

Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

#### 2 Income from donations and legacies

	Unrestricted funds General £	Restricted funds £	Total 2025 £	Total 2024 £
Grants, including capital grants;				
Grants	19,000	148,500	167,500	59,500
Donations and legacies	5,000	1,000	6,000	500
	<u>24,000</u>	<u>149,500</u>	<u>173,500</u>	<u>60,000</u>

#### 3 Income from charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2025 £	Total 2024 £
Training courses	-	6,215	6,215	-

#### 4 Investment income

	Unrestricted funds General £	Restricted funds £	Total 2025 £	Total 2024 £
Interest receivable and similar income;				
Interest receivable on bank deposits	2,324	-	2,324	2,947

#### 5 Other income

	Unrestricted funds General £	Restricted funds £	Total 2025 £	Total 2024 £
Other income	-	-	-	142
Employment allowance	5,000	-	5,000	5,000
	<u>5,000</u>	<u>-</u>	<u>5,000</u>	<u>5,142</u>

## EXTRA - Support for Families

### Notes to the Financial Statements for the Year Ended 31 March 2025 (continued)

#### 6 Expenditure on charitable activities

	Note	Unrestricted funds General £	Restricted funds £	Total 2025 £	Total 2024 £
Telephone		993	896	1,889	1,265
Direct costs		2,036	555	2,591	3,378
Depreciation of plant and machinery		98	-	98	374
Depreciation of office equipment		890	-	890	893
Staff training		203	-	203	1,244
Rent		-	12,962	12,962	12,661
Insurance		1,718	45	1,763	1,603
Computer software and maintenance costs		6,530	142	6,672	5,984
Printing, postage and stationery		1,768	1,983	3,751	5,152
Trade Subscriptions		1,316	-	1,316	307
Sundry expenses		163	-	163	378
Programme costs		2,417	1,403	3,820	8,784
Travel and Subsistence		215	28	243	657
Consulting		-	8,400	8,400	8,050
Staff entertainment		28	-	28	95
Bank charges		60	-	60	60
Advertising		768	413	1,181	384
Cleaning		334	-	334	631
Facilitators		2,206	8,714	10,920	3,560
Legal and professional fees		930	-	930	831
Staff costs	10	33,598	83,440	117,038	116,113
Governance costs	7	2,216	-	2,216	2,264
		<u>58,487</u>	<u>118,981</u>	<u>177,468</u>	<u>174,668</u>

## EXTRA - Support for Families

### Notes to the Financial Statements for the Year Ended 31 March 2025 (continued)

#### 7 Analysis of governance and support costs

##### Governance costs

	Unrestricted funds General £	Restricted funds £	Total 2025 £	Total 2024 £
Independent examiner fees				
Examination of the financial statements	2,216	-	2,216	2,264
	2,216	-	2,216	2,264

#### 8 Net incoming/outgoing resources

Net incoming/(outgoing) resources for the year include:

	2025 £	2024 £
Depreciation of fixed assets	988	1,267

#### 9 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

#### 10 Staff costs

The aggregate payroll costs were as follows:

	2025 £	2024 £
<b>Staff costs during the year were:</b>		
Wages and salaries	106,255	104,665
Social security costs	7,972	9,411
Pension costs	2,811	2,037
	117,038	116,113

The monthly average number of persons (including senior management / leadership team) employed by the charity during the year was as follows:

	2025 No	2024 No
Average employees	6	6

No employee received emoluments of more than £60,000 during the year

## EXTRA - Support for Families

### Notes to the Financial Statements for the Year Ended 31 March 2025 (continued)

The total employee benefits of the key management personnel of the charity were £49,103 (2024 - £51,701).

#### 11 Independent examiner's remuneration

	2025 £	2024 £
Examination of the financial statements	<u>2,216</u>	<u>2,264</u>

#### 12 Taxation

The charity is a registered charity and is potentially exempt from taxation on the basis that the surplus is retained for charitable purposes.

#### 13 Tangible fixed assets

	Plant and machinery £	Office equipment £	Total £
<b>Cost</b>			
At 1 April 2024	5,267	8,740	14,007
Additions	<u>-</u>	<u>145</u>	<u>145</u>
At 31 March 2025	<u>5,267</u>	<u>8,885</u>	<u>14,152</u>
<b>Depreciation</b>			
At 1 April 2024	4,874	7,370	12,244
Charge for the year	<u>98</u>	<u>890</u>	<u>988</u>
At 31 March 2025	<u>4,972</u>	<u>8,260</u>	<u>13,232</u>
<b>Net book value</b>			
At 31 March 2025	<u>295</u>	<u>625</u>	<u>920</u>
At 31 March 2024	<u>393</u>	<u>1,370</u>	<u>1,763</u>

## EXTRA - Support for Families

### Notes to the Financial Statements for the Year Ended 31 March 2025 (continued)

#### 14 Creditors: amounts falling due within one year

	2025 £	2024 £
Bank overdrafts	-	528
Trade creditors	587	141
Other taxation and social security	6,821	6,894
Accruals	3,668	3,696
	11,076	11,259

#### 15 Pension and other schemes

##### Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the charity to the scheme and amounted to £2,811 (2024 - £2,037).

#### 16 Funds

	Balance at 1 April 2024 £	Incoming resources £	Resources expended £	Balance at 31 March 2025 £
<b>Unrestricted funds</b>				
<i>General</i>				
Unrestricted funds	36,669	31,324	(58,487)	9,506
<b>Restricted funds</b>				
HCRG Care Group - PINS training	-	1,640	(1,640)	-
Essex County Council - NVR Small Grants	-	3,555	(3,555)	-
Essex Health & Wellbeing Alliance: Start Well Fund	40,991	-	(37,371)	3,620
ECF: Thrive Third sector Fund	-	1,000	(1,000)	-
North Colchester PCN - workshops	-	1,020	(1,020)	-
NLCF - RC London and South East Region	254	148,500	(74,395)	74,359
<b>Total restricted funds</b>	41,245	155,715	(118,981)	77,979
<b>Total funds</b>	77,914	187,039	(177,468)	87,485

## EXTRA - Support for Families

### Notes to the Financial Statements for the Year Ended 31 March 2025 (continued)

	Balance at 1 April 2023 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2024 £
<b>Unrestricted funds</b>					
<i>General</i>					
Unrestricted funds	120,319	8,589	(91,384)	(855)	36,669
<b>Restricted</b>					
TCVS	4	-	-	(4)	-
ECF: Chrysalis Fund	100	10,000	(10,104)	4	-
National Lottery Development Fund	19,070	-	(19,925)	855	-
Essex Health & Wellbeing Alliance: Start Well Fund	45,000	-	(4,009)	-	40,991
NLCF - RC London and South East Region	-	49,500	(49,246)	-	254
<b>Total restricted funds</b>	<u>64,174</u>	<u>59,500</u>	<u>(83,284)</u>	<u>855</u>	<u>41,245</u>
<b>Total funds</b>	<u>184,493</u>	<u>68,089</u>	<u>(174,668)</u>	<u>-</u>	<u>77,914</u>

## EXTRA - Support for Families

### Notes to the Financial Statements for the Year Ended 31 March 2025 (continued)

#### Purpose of Funds

##### *Unrestricted funds*

General funds - to cover running costs in the event of reduced funding. The trustees aim to have at least five months' worth of running costs in reserves.

##### *Restricted funds*

HCRG Care Group - PINS training: £1,640 was received from HCRG Care Group to enable us to provide training under the partnership for inclusion of neurodiversity in schools (PINS). This is a national pilot project which aims to improve outcomes for neurodivergent children and increase inclusivity in mainstream primary schools.

Essex County Council - NVR Small Grants: £3,555 was received to deliver a block of weekly training courses dealing with Non-Violent Response (NVR). The NVR is a therapeutic model for parents and carers that identifies, understands and addresses challenging or violent behavior in children and young adults.

Essex Health & Wellbeing Alliance: Start Well Fund - £45,000 was granted last financial year to assist in running supportive programmes for parents and carers to help provide therapeutic support for their children. The remaining balance has been carried forward to be used in future periods.

ECF: Thrive Third sector Fund: £1,000 was received from Essex Community Fund, as we were undertaking the Trusted Charity standards process and they provided a grant to support us, by contributing to the salaries of staff that were working on this process.

North Colchester PCN - workshops: £1,020 was received from North Colchester PCN for Extra Support for Families to provide workshops to health care providers in North Colchester. The workshops included Coping with Defiant Behaviour, ADHD and Emotional Regulation.

NLCF - RC London and South East Region - Grant received towards a project to improve parents/carers capacity to care for children and ensure the life chances of children are as good as possible, so that they can have positive relationships and healthy emotional well-being.

**EXTRA - Support for Families**

**Notes to the Financial Statements for the Year Ended 31 March 2025 (continued)**

**17 Analysis of net assets between funds**

	<b>Unrestricted funds General £</b>	<b>Restricted funds £</b>	<b>Total funds at 31 March 2025 £</b>
Tangible fixed assets	920	-	920
Current assets	16,298	81,343	97,641
Current liabilities	<u>(7,712)</u>	<u>(3,364)</u>	<u>(11,076)</u>
Total net assets	<u>9,506</u>	<u>77,979</u>	<u>87,485</u>
	<b>Unrestricted funds General £</b>	<b>Restricted funds £</b>	<b>Total funds at 31 March 2024 £</b>
Tangible fixed assets	1,762	-	1,762
Current assets	42,329	45,082	87,411
Current liabilities	<u>(7,422)</u>	<u>(3,837)</u>	<u>(11,259)</u>
Total net assets	<u>36,669</u>	<u>41,245</u>	<u>77,914</u>

**18 Related party transactions**

There were no related party transactions in the year.

**EXTRA - SUPPORT FOR FAMILIES**

England & Wales - Charity number 1158891

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# Accounts

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Charity registration number: 1158891

# EXTRA - Support for Families

Annual Report and Financial Statements

for the Year Ended 31 March 2024

Lambert Chapman LLP  
3 Warners Mill  
Silks Way  
Braintree  
Essex  
CM7 3GB

## **EXTRA - Support for Families**

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## **EXTRA - Support for Families**

### **Reference and Administrative Details**

<b>Trustees</b>	B C Carroll JP P R Byford L S Goddard B M Mann E C Goddard K J Phillips
<b>Charity Registration Number</b>	1158891
<b>Principal Office</b>	Jaywick Community Resource Centre Brooklands Gardens Jaywick Clacton-On-Sea Essex CO15 2JP
<b>Independent Examiner</b>	Lisa Greenwood FCCA Lambert Chapman LLP 3 Warners Mill Silks Way Braintree Essex CM7 3GB
<b>Bankers</b>	CAF Bank 25 Kings Hill Avenue West Malling Kent ME19 4JQ

## EXTRA - Support for Families

### Trustees' Report

The trustees present the annual report together with the financial statements of the charity for the year ended 31 March 2024.

#### **Objectives and activities**

##### *Objects and aims*

EXTRA - Support for Families (known as 'EXTRA') aims to advance education and promote good health and wellbeing among parents/carers in North East Essex by providing and assisting in the provision of programmes and workshops in parenting skills, family support and other related activities in order that their children may develop into emotionally and physically able adults.

##### *Objectives, strategies and activities*

The Tendring District of North Essex contains some of the most deprived communities in England, in which parents are faced with significant challenges in bringing up their children. EXTRA offers a wide range of universal and targeted parenting support courses, workshops, informal workshops, and parent peer support groups throughout the Tendring District. The informal and friendly approach of EXTRA's staff team and provision of a nurturing environment in groups, as well as practical support through childcare and transport for families, has been an important factor in achieving the aims of the Charity. EXTRA has strong relationships with partner agencies, with established referral pathways to and from the project, as well as working with a range of partners to run parenting courses. EXTRA also has trained parent volunteers to assist in the delivery of support in courses and parent peer support sessions.

The majority of our funding has contributed to the core running costs and the delivery of programmes such as Support with Additional Needs, Step by Step and various workshops and peer to peer support groups. Funding from Realising Ambitions allowed us to run the final three Improving Your Emotional Wellbeing courses, supporting parents' emotional health.

##### *Public benefit*

The Trustees believe that the activities undertaken within the Charity, to fulfil its aims and objectives, are done so to further public benefit.

The Trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

##### *Use of volunteers*

We would like to thank our volunteers for their dedication and commitment to EXTRA. EXTRA is currently supported by 3 volunteers who oversee the Peer-to-Peer support groups and are integral in welcoming new parents. Many of our volunteers have attended courses themselves and some have gone on to attend our facilitation skills training with a view to co-facilitating our programmes and workshops. One of our volunteers has been successful in her training and is now working as a Trainee associate facilitator.

## EXTRA - Support for Families

### Trustees' Report (continued)

#### Financial review

##### *Policy on reserves*

The total reserves of the Charity are £77,914, of which £41,245 is restricted. Available free reserves (which exclude fixed assets) £34,907.

EXTRA maintains a policy of holding reserves to cover at least five months running costs, approximately £70,000, in the event that the charity needs to be closed. This is to cover staff redundancy payments and any outstanding office overheads, and to ensure that parents/carers actively engaged with EXTRA at that time can continue to attend current termly programmes and be supported in their transition to other support providers.

Although currently we have £34,907 in available unrestricted reserves, we have Lottery funding which will support the Charity for the next 5 years.

##### *Principal funding sources*

The total costs for running our services is £174,668.

Our main source of funding is through grants, which totalled £59,500 in the current financial year, consisting of the following:

- £49,500 - National Lottery Community Fund Oct 23-Mar24
- £10,000 Essex Community Fund

The core costs not covered by funding received during the year was £91,384 which was funded by Donations, Interest Income and Unrestricted Reserves held by the Charity.

The Charity secured funding from the National Lottery Fund which totals £495,000, for a period of 5 years. This equates to £99,000 per year and is linked to annual service delivery. The grant was awarded in October 2023 and therefore only 6 months of income has been recognized in these accounts. This will contribute towards the Charity's main objective by way of running supportive programmes for parents and carers.

Last year we were awarded a grant from the Startwell fund for £45,000 over a two year period of which £22,500 per year is available. The Startwell fund is a partnership grant between Youth Enquiry Service (YES) and Extra. Extra's services can claim £28,200 of this grant. The grant is held in extras bank account but ringfenced money for YES.

EXTRA has been generously supported by funders since 2009, firstly as a Community Interest Company, and since 2014 as a Charitable Incorporated Organisation. We are working hard to secure funding to take the charity into the future and to explore different funding streams to ensure sustainability.

##### **Going concern**

The Trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.



## EXTRA - Support for Families

### Statement of Trustees' Responsibilities

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

The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

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

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charities (Accounts and Reports) Regulations 2008, and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

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

Approved by the trustees of the charity on .....<sup>4 SEPTEMBER 24</sup>..... and signed on its behalf by:



B C Carroll JP  
Chairman and Trustee

## EXTRA - Support for Families

### Independent Examiner's Report to the trustees of EXTRA - Support for Families

I report to the trustees on my examination of the accounts of EXTRA - Support for Families for the year ended 31 March 2024.

#### Responsibilities and basis of report

As the charity trustees of EXTRA - Support for Families you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the EXTRA - Support for Families accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

#### Independent examiner's statement

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

1. accounting records were not kept in respect of EXTRA - Support for Families as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

  
.....  
Lisa Greenwood FCCA

Lambert Chapman LLP  
3 Warners Mill  
Silks Way  
Braintree  
Essex  
CM7 3GB

Date: 20 September 2024

## EXTRA - Support for Families

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

	Note	Unrestricted funds £	Restricted funds £	Total 2024 £	Total 2023 £
<b>Income and Endowments from:</b>					
Donations and legacies	2	500	59,500	60,000	64,400
Charitable activities	3	-	-	-	2,352
Investment income	4	2,947	-	2,947	1,158
Other income	5	5,142	-	5,142	5,000
<b>Total income</b>		<u>8,589</u>	<u>59,500</u>	<u>68,089</u>	<u>72,910</u>
<b>Expenditure on:</b>					
Charitable activities	6	(91,384)	(83,284)	(174,668)	(176,215)
<b>Total expenditure</b>		<u>(91,384)</u>	<u>(83,284)</u>	<u>(174,668)</u>	<u>(176,215)</u>
Net expenditure		(82,795)	(23,784)	(106,579)	(103,305)
Gross transfers between funds		(855)	855	-	-
<b>Net movement in funds</b>		<u>(83,650)</u>	<u>(22,929)</u>	<u>(106,579)</u>	<u>(103,305)</u>
<b>Reconciliation of funds</b>					
Total funds brought forward		<u>120,319</u>	<u>64,174</u>	<u>184,493</u>	<u>287,798</u>
Total funds carried forward	17	<u>36,669</u>	<u>41,245</u>	<u>77,914</u>	<u>184,493</u>

All of the charity's activities derive from continuing operations during the above two periods.

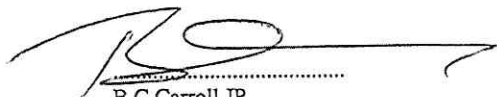
The funds breakdown for 2023 is shown in note 17.

**EXTRA - Support for Families**  
**(Registration number: 1158891)**  
**Balance Sheet as at 31 March 2024**

	Note	2024 £	2023 £
<b>Fixed assets</b>			
Tangible assets	13	1,762	2,404
<b>Current assets</b>			
Debtors	14	-	45,384
Cash at bank and in hand		<u>87,411</u>	<u>143,962</u>
		87,411	189,346
<b>Creditors: Amounts falling due within one year</b>	15	<u>(11,259)</u>	<u>(7,257)</u>
<b>Net current assets</b>		<u>76,152</u>	<u>182,089</u>
<b>Net assets</b>		<u>77,914</u>	<u>184,493</u>
<b>Funds of the charity:</b>			
<b>Restricted income funds</b>			
Restricted funds	17	41,245	64,174
<b>Unrestricted income funds</b>			
Unrestricted funds		<u>36,669</u>	<u>120,319</u>
<b>Total funds</b>	17	<u>77,914</u>	<u>184,493</u>

The financial statements on pages 7 to 18 were approved by the trustees, and authorised for issue on

4 SEPTEMBER 24 and signed on their behalf by:

  
 .....  
 B C Carroll JP  
 Chairman and trustee

## EXTRA - Support for Families

### Notes to the Financial Statements for the Year Ended 31 March 2024

#### 1 Accounting policies

##### Statement of compliance

The financial statements have been prepared in accordance with the second edition of the Charities Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

##### Basis of preparation

EXTRA - Support for Families meets the definition of a public benefit entity under FRS 102. The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

##### Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

##### Judgements

Apart from those judgements involving estimations, the trustees have not made any judgements in the process of applying the entity's accounting policies that have significant effect on the amounts recognised in the accounts.

##### Key sources of estimation uncertainty

There are no key assumptions concerning the future or other key estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

##### Income and endowments

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

##### *Donations and legacies*

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured.

##### *Grants receivable*

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

##### *Investment income*

Interest income is recognised when receivable.

##### *Charitable activities*

Income from charitable activities refers to monies received from activities such as running classes to further the Charity's objectives and other contracted services.

This income is recognised when received.

## EXTRA - Support for Families

### Notes to the Financial Statements for the Year Ended 31 March 2024 (continued)

#### *Other income*

Other income relates to Employment Allowance received and is recognised when payroll is submitted each month.

#### **Expenditure**

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category.

#### *Charitable activities*

Expenditure on charitable activities comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

#### **Governance costs**

These include the costs attributable to the charity's compliance with constitutional and statutory requirements.

#### **Tangible fixed assets**

Individual fixed assets are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

#### **Depreciation and amortisation**

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

<b>Asset class</b>	<b>Depreciation method and rate</b>
Plant and machinery	25% reducing balance method and 25% straight line method
Office equipment	33% straight line method

#### **Cash and cash equivalents**

Cash and cash equivalents comprise cash on hand and call deposits.

#### **Trade creditors**

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

#### **Fund structure**

Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

EXTRA - Support for Families

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

2 Income from donations and legacies

	Unrestricted funds General £	Restricted funds £	Total 2024 £	Total 2023 £
Grants, including capital grants;				
Grants	-	59,500	59,500	62,000
Donations and legacies	500	-	500	2,400
	<u>500</u>	<u>59,500</u>	<u>60,000</u>	<u>64,400</u>

3 Income from charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2024 £	Total 2023 £
Paid classes	-	-	-	2,352
	<u>-</u>	<u>-</u>	<u>-</u>	<u>2,352</u>

4 Investment income

	Unrestricted funds General £	Restricted funds £	Total 2024 £	Total 2023 £
Interest receivable and similar income;				
Interest receivable on bank deposits	2,947	-	2,947	1,158
	<u>2,947</u>	<u>-</u>	<u>2,947</u>	<u>1,158</u>

5 Other income

	Unrestricted funds General £	Restricted funds £	Total 2024 £	Total 2023 £
Employment Allowance	5,000	-	5,000	5,000
Other income	142	-	142	-
	<u>5,142</u>	<u>-</u>	<u>5,142</u>	<u>5,000</u>

EXTRA - Support for Families

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

6 Expenditure on charitable activities

	Note	Unrestricted funds General £	Restricted funds £	Total 2024 £	Total 2023 £
Telephone		594	671	1,265	2,944
Direct costs		760	2,618	3,378	4,517
Depreciation of plant and machinery		374	-	374	418
Depreciation of office equipment		893	-	893	2,185
Staff training		343	901	1,244	669
Rent		-	12,661	12,661	11,741
Insurance		-	1,603	1,603	1,519
Computer software and maintenance costs		2,600	3,384	5,984	4,183
Printing, postage and stationery		2,195	2,957	5,152	2,147
Trade Subscriptions		169	138	307	440
Sundry expenses		81	297	378	137
Programme costs		6,070	2,714	8,784	8,395
Travel and Subsistence		457	200	657	769
Consulting		-	8,050	8,050	16,235
Staff entertainment		95	-	95	124
Bank charges		60	-	60	72
Advertising		384	-	384	414
Cleaning		631	-	631	987
Facilitators		-	3,560	3,560	3,879
Legal and professional fees		420	411	831	2,155
Staff costs	10	75,258	40,855	116,113	108,613
Governance costs	7	-	2,264	2,264	3,672
		<u>91,384</u>	<u>83,284</u>	<u>174,668</u>	<u>176,215</u>

## EXTRA - Support for Families

### Notes to the Financial Statements for the Year Ended 31 March 2024 (continued)

#### 7 Analysis of governance and support costs

##### Governance costs

	Unrestricted funds General £	Restricted funds £	Total 2024 £	Total 2023 £
Independent examiner fees				
Examination of the financial statements	-	2,264	2,264	2,120
Other accountancy fees	-	-	-	1,194
Trustees expenses and meeting costs	-	-	-	358
	<u>-</u>	<u>2,264</u>	<u>2,264</u>	<u>3,672</u>

#### 8 Net incoming/outgoing resources

Net outgoing resources for the year include:

	2024 £	2023 £
Depreciation of fixed assets	<u>1,267</u>	<u>2,603</u>

#### 9 Trustees remuneration and expenses

During the year the charity made the following transactions with trustees:

**L S Goddard**

£Nil (2023: £304) of expenses were reimbursed to L S Goddard during the year.

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

#### 10 Staff costs

The aggregate payroll costs were as follows:

	2024 £	2023 £
<b>Staff costs during the year were:</b>		
Wages and salaries	104,665	97,697
Social security costs	9,411	8,804
Pension costs	<u>2,037</u>	<u>2,112</u>
	<u>116,113</u>	<u>108,613</u>

The monthly average number of persons (including senior management / leadership team) employed by the charity during the year was as follows:

	2024 No	2023 No
Average employees	<u>6</u>	<u>6</u>

## EXTRA - Support for Families

### Notes to the Financial Statements for the Year Ended 31 March 2024 (continued)

No employee received emoluments of more than £60,000 during the year

The total employee benefits of the key management personnel of the charity were £51,701 (2023 - £53,238).

#### 11 Independent examiner's remuneration

	2024 £	2023 £
Examination of the financial statements	2,264	2,120

#### 12 Taxation

The charity is a registered charity and is potentially exempt from taxation on the basis that the surplus is retained for charitable purposes.

#### 13 Tangible fixed assets

	Plant and machinery £	Office equipment £	Total £
<b>Cost</b>			
At 1 April 2023	5,267	8,115	13,382
Additions	-	625	625
At 31 March 2024	5,267	8,740	14,007
<b>Depreciation</b>			
At 1 April 2023	4,501	6,477	10,978
Charge for the year	374	893	1,267
At 31 March 2024	4,875	7,370	12,245
<b>Net book value</b>			
At 31 March 2024	392	1,370	1,762
At 31 March 2023	766	1,638	2,404

#### 14 Debtors

	2024 £	2023 £
Prepayments	-	384
Accrued income	-	45,000
	-	45,384

## EXTRA - Support for Families

### Notes to the Financial Statements for the Year Ended 31 March 2024 (continued)

#### 15 Creditors: amounts falling due within one year

	2024 £	2023 £
Bank overdrafts	528	-
Trade creditors	141	-
Other taxation and social security	6,894	4,179
Accruals	3,696	3,078
	<u>11,259</u>	<u>7,257</u>

#### 16 Pension and other schemes

##### Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the charity to the scheme and amounted to £2,037 (2023 - £2,112).

**EXTRA - Support for Families**

**Notes to the Financial Statements for the Year Ended 31 March 2024 (continued)**

**17 Funds**

	Balance at 1 April 2023 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2024 £
<b>Unrestricted funds</b>					
<i>General</i>					
Unrestricted funds	120,319	8,589	(91,384)	(855)	36,669
<b>Restricted funds</b>					
TCVS	4	-	-	(4)	-
ECF: Chrysalis Fund	100	10,000	(10,104)	4	-
National Lottery Development Fund	19,070	-	(19,925)	855	-
Essex Health & Wellbeing Alliance: Start Well Fund	45,000	-	(4,009)	-	40,991
NLCF - RC London and South East Region	-	49,500	(49,246)	-	254
<b>Total restricted funds</b>	<u>64,174</u>	<u>59,500</u>	<u>(83,284)</u>	<u>855</u>	<u>41,245</u>
<b>Total funds</b>	<u>184,493</u>	<u>68,089</u>	<u>(174,668)</u>	<u>-</u>	<u>77,914</u>

## EXTRA - Support for Families

### Notes to the Financial Statements for the Year Ended 31 March 2024 (continued)

	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2023 £
<b>Unrestricted funds</b>					
<i>General</i>					
Unrestricted funds	121,802	10,510	(11,629)	(364)	120,319
<b>Restricted</b>					
CVST - Realising Ambitions	11,250	-	(11,591)	341	-
TCVS	5	-	(1)	-	4
ECF: Chrysalis Fund	-	15,000	(14,900)	-	100
National Lottery Development Fund	154,741	-	(135,671)	-	19,070
Essex Health & Wellbeing Alliance: Start Well Fund	-	45,000	-	-	45,000
ECF: East of England Co-op Emergency Fund	-	2,000	(2,023)	23	-
Christmas Outings for Families	-	400	(400)	-	-
<b>Total restricted funds</b>	<b>165,996</b>	<b>62,400</b>	<b>(164,586)</b>	<b>364</b>	<b>64,174</b>
<b>Total funds</b>	<b>287,798</b>	<b>72,910</b>	<b>(176,215)</b>	<b>-</b>	<b>184,493</b>

#### Purpose of Funds

##### Unrestricted funds

General funds - to cover running costs in the event of reduced funding. The trustees aim to have at least five months' worth of running costs in reserves.

##### Restricted funds

TCVS: To provide winter comfort packs for very vulnerable families.

ECF: Chrysalis Fund - A grant over 2 years to assist with core costs of a project to provide support services to families living in deprived areas of the Tendring district. This was all spent in the 2024 financial year.

National Lottery Development Fund: To enable EXTRA to plan, develop and continue to deliver support to parents/carers in the Tendring district, via a range of courses, workshops and peer to peer support groups. Some of the funds were allocated to plan for the future regarding sustainability and impact.

Essex Health & Wellbeing Alliance: Start Well Fund - £45,000 was granted last financial year to assist in running supportive programmes for parents and carers to help provide therapeutic support for their children. The remaining balance has been carried forward to be used in future periods.

NLCF - RC London and South East Region - Grant received towards a project to improve parents/carers capacity to care for children and ensure the life chances of children are as good as possible, so that they can have positive relationships and healthy emotional well-being.

EXTRA - Support for Families

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

18 Analysis of net assets between funds

	Unrestricted funds General £	Restricted funds £	Total funds at 31 March 2024 £
Tangible fixed assets	1,762	-	1,762
Current assets	42,329	45,082	87,411
Current liabilities	(7,422)	(3,837)	(11,259)
Total net assets	<u>36,669</u>	<u>41,245</u>	<u>77,914</u>
	Unrestricted funds General £	Restricted funds £	Total funds at 31 March 2023 £
Tangible fixed assets	2,404	-	2,404
Current assets	125,172	64,174	189,346
Current liabilities	(7,257)	-	(7,257)
Total net assets	<u>120,319</u>	<u>64,174</u>	<u>184,493</u>

19 Related party transactions

There were no related party transactions in the year.

**EXTRA - SUPPORT FOR FAMILIES**

England & Wales - Charity number 1158891

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# Accounts

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# EXTRA - Support for Families

Annual Report and Financial Statements

for the Year Ended 31 March 2023

Lambert Chapman LLP  
Chartered Accountants and Registered Statutory Auditors  
3 Warners Mill  
Silks Way  
Braintree  
Essex  
CM7 3GB

## **EXTRA - Support for Families**

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## **EXTRA - Support for Families**

### **Reference and Administrative Details**

<b>Trustees</b>	B C Carroll JP P R Byford L S Goddard B M Mann E C Goddard
<b>Charity Registration Number</b>	1158891
<b>Principal Office</b>	Jaywick Community Resource Centre Brooklands Gardens Jaywick Clacton-On-Sea Essex CO15 2JP
<b>Independent Examiner</b>	Lisa Greenwood FCCA Lambert Chapman LLP Chartered Accountants and Registered Statutory Auditors 3 Warners Mill Silks Way Braintree Essex CM7 3GB
<b>Bankers</b>	CAF Bank 25 Kings Hill Avenue West Malling Kent ME19 4JQ

# **EXTRA - Support for Families**

## **Trustees' Report**

The trustees present the annual report together with the financial statements of the charity for the year ended 31 March 2023.

### **Objectives and activities**

#### ***Objects and aims***

EXTRA - Support for Families (known as 'EXTRA') aims to advance education and promote good health and wellbeing among parents/carers in North East Essex by providing and assisting in the provision of programmes and workshops in parenting skills, family support and other related activities in order that their children may develop into emotionally and physically able adults.

#### ***Objectives, strategies and activities***

The Tendring District of North Essex contains some of the most deprived communities in England, in which parents are faced with significant challenges in bringing up their children. EXTRA offers a wide range of universal and targeted parenting support courses, workshops, informal workshops, and parent peer support groups throughout the Tendring District. The informal and friendly approach of EXTRA's staff team and provision of a nurturing environment in groups, as well as practical support through childcare and transport for families, has been an important factor in achieving the aims of the Charity. EXTRA has strong relationships with partner agencies, with established referral pathways to and from the project, as well as working with a range of partners to run parenting courses. EXTRA also has trained parent volunteers to assist in the delivery of support in courses and parent peer support sessions.

The majority of our funding has contributed to the core running costs and the delivery of programmes such as Support with Additional Needs, Step by Step and various workshops and peer to peer support groups. Funding from Realising Ambitions allowed us to run the final three Improving Your Emotional Wellbeing courses, supporting parents' emotional health.

#### ***Public benefit***

The Trustees believe that the activities undertaken within the Charity, to fulfil its aims and objectives, are done so to further public benefit.

The Trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

#### ***Use of volunteers***

We would like to thank our volunteers for their dedication and commitment to EXTRA. EXTRA is currently supported by 3 volunteers who oversee the Peer-to-Peer support groups and are integral in welcoming new parents. Many of our volunteers have attended courses themselves and some have gone on to attend our facilitation skills training with a view to co-facilitating our programmes and workshops. One of our volunteers has been successful in her training and is now working as a Trainee associate facilitator.

### **Financial review**

#### ***Policy on reserves***

The total reserves of the Charity are £184,493, of which £64,174 is restricted. Available free reserves (which exclude fixed assets) are £117,915.

EXTRA maintains a policy of holding reserves to cover at least five months running costs, approximately £70,000, in the event that the charity needs to be closed. This is to cover staff redundancy payments and any outstanding office overheads, and to ensure that parents/carers actively engaged with EXTRA at that time can continue to attend current termly programmes and be supported in their transition to other support providers.

## **EXTRA - Support for Families**

### **Trustees' Report (continued)**

#### ***Principal funding sources***

Our main source of funding is through grants, which total £62,000 in the year.

The largest grant secured in the year comes from CVS Tendering, which totals £45,000, and contributed towards the Charity's main objective by way of running supportive programmes for parents and carers.

We are fortunate to be in a good position with our unrestricted reserves and will continue to look into ways to improve these in the coming years.

EXTRA has been generously supported by funders since 2009, firstly as a Community Interest Company, and since 2014 as a Charitable Incorporated Organisation. We are working hard to secure funding to take the charity into the future and to explore different funding streams to ensure sustainability.

#### **Going concern**

The Trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

#### **Trustees and officers**

The trustees and officers serving during the year and since the year end were as follows:

Trustees:	B C Carroll JP
	P R Byford
	L S Goddard
	B M Mann
	K H Rowland (resigned 8 November 2023)
	E C Goddard (appointed 1 October 2023)

Chairman:	B C Carroll JP
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## **EXTRA - Support for Families**

### **Trustees' Report (continued)**

#### **Structure, governance and management**

##### ***Nature of governing document***

EXTRA is a Charitable Incorporated Organisation, governed by its constitution, a foundation model, dated 17th October 2014 and registered with the Charity Commission.

##### ***Recruitment and appointment of trustees***

EXTRA has 5 Trustees who meet quarterly or more frequently as necessary. Trustees are appointed in accordance with its Constitution. Trustees are appointed for a term of 3 years by a resolution passed at a properly convened meeting of the Charity Trustees.

In selecting individuals for appointment, the Charity Trustees have regard to the skills, knowledge and experience needed for the effective administration of EXTRA Support for Families CIO.

##### ***Induction and training of trustees***

It is policy for new Trustees to receive a copy of the Trust Constitution together with copies of Charity Commission Guideline booklets. Training and induction are on an ongoing basis via attendance at Trustees' meetings.

The annual report was approved by the trustees of the charity on 17 January 2024 and signed on its behalf by:

.....  
B C Carroll JP  
Chairman and trustee

## **EXTRA - Support for Families**

### **Statement of Trustees' Responsibilities**

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

The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

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

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charities (Accounts and Reports) Regulations 2008, and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

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

Approved by the trustees of the charity on 17 January 2024 and signed on its behalf by:

.....  
B C Carroll JP  
Chairman and Trustee

## **EXTRA - Support for Families**

### **Independent Examiner's Report to the trustees of EXTRA - Support for Families**

I report to the trustees on my examination of the accounts of EXTRA - Support for Families for the year ended 31 March 2023.

#### **Responsibilities and basis of report**

As the charity trustees of EXTRA - Support for Families you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the EXTRA - Support for Families accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

#### **Independent examiner's statement**

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

1. accounting records were not kept in respect of EXTRA - Support for Families as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

.....  
Lisa Greenwood FCCA  
Chartered Accountants and Registered Statutory Auditors  
3 Warners Mill  
Silks Way  
Braintree  
Essex  
CM7 3GB

18 January 2024

## EXTRA - Support for Families

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

	Note	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
<b>Income and Endowments from:</b>					
Donations and legacies	2	2,000	62,400	64,400	235,851
Charitable activities	3	2,352	-	2,352	-
Investment income	4	1,158	-	1,158	32
Other income	5	5,000	-	5,000	4,000
Total income		<u>10,510</u>	<u>62,400</u>	<u>72,910</u>	<u>239,883</u>
<b>Expenditure on:</b>					
Charitable activities	6	<u>(11,629)</u>	<u>(164,586)</u>	<u>(176,215)</u>	<u>(152,514)</u>
Total expenditure		<u>(11,629)</u>	<u>(164,586)</u>	<u>(176,215)</u>	<u>(152,514)</u>
Net (expenditure)/income		(1,119)	(102,186)	(103,305)	87,369
Gross transfers between funds		<u>(364)</u>	<u>364</u>	<u>-</u>	<u>-</u>
Net movement in funds		(1,483)	(101,822)	(103,305)	87,369
<b>Reconciliation of funds</b>					
Total funds brought forward		<u>121,802</u>	<u>165,996</u>	<u>287,798</u>	<u>200,429</u>
Total funds carried forward	18	<u><u>120,319</u></u>	<u><u>64,174</u></u>	<u><u>184,493</u></u>	<u><u>287,798</u></u>

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for 2022 is shown in note 18.

## EXTRA - Support for Families

(Registration number: 1158891)  
Balance Sheet as at 31 March 2023

	Note	2023 £	2022 £
<b>Fixed assets</b>			
Tangible assets	13	2,404	3,261
<b>Current assets</b>			
Debtors	14	45,384	104,236
Cash at bank and in hand	15	<u>143,962</u>	<u>183,626</u>
		189,346	287,862
<b>Creditors: Amounts falling due within one year</b>	16	<u>(7,257)</u>	<u>(3,325)</u>
<b>Net current assets</b>		<u>182,089</u>	<u>284,537</u>
<b>Net assets</b>		<u>184,493</u>	<u>287,798</u>
<b>Funds of the charity:</b>			
<b>Restricted income funds</b>			
Restricted funds	18	64,174	165,996
<b>Unrestricted income funds</b>			
Unrestricted funds		<u>120,319</u>	<u>121,802</u>
<b>Total funds</b>	18	<u>184,493</u>	<u>287,798</u>

The financial statements on pages 7 to 19 were approved by the trustees, and authorised for issue on

17 January 2024 and signed on their behalf by:

.....  
B C Carroll JP  
Chairman and trustee

## **EXTRA - Support for Families**

### **Notes to the Financial Statements for the Year Ended 31 March 2023**

#### **1 Accounting policies**

##### **Statement of compliance**

The financial statements have been prepared in accordance with the second edition of the Charities Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

##### **Basis of preparation**

EXTRA - Support for Families meets the definition of a public benefit entity under FRS 102. The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

##### **Going concern**

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

##### **Judgements**

Apart from those judgements involving estimations, the trustees have not made any judgements in the process of applying the entity's accounting policies that have significant effect on the amounts recognised in the accounts.

##### **Key sources of estimation uncertainty**

There are no key assumptions concerning the future or other key estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

##### **Income and endowments**

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

##### ***Donations and legacies***

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured.

##### ***Grants receivable***

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

##### ***Investment income***

Interest income is recognised when receivable.

##### ***Charitable activities***

Charitable activity income refers to monies received from such activities as running classes to further the Charity's objectives and other contracted services.

This income is recognised when received.

## EXTRA - Support for Families

### Notes to the Financial Statements for the Year Ended 31 March 2023 (continued)

#### *Other income*

Other income relates to Employer's allowance received and is recognised when payroll is submitted each month.

#### **Expenditure**

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category.

#### *Charitable activities*

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

#### **Governance costs**

These include the costs attributable to the charity's compliance with constitutional and statutory requirements.

#### **Tangible fixed assets**

Individual fixed assets are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

#### **Depreciation and amortisation**

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

<b>Asset class</b>	<b>Depreciation method and rate</b>
Plant and Machinery	25% reducing balance method and 25% straight line method
Office equipment	33% straight line method

#### **Cash and cash equivalents**

Cash and cash equivalents comprise cash on hand and call deposits.

#### **Fund structure**

Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

## EXTRA - Support for Families

### Notes to the Financial Statements for the Year Ended 31 March 2023 (continued)

#### 2 Income from donations and legacies

	Unrestricted funds General £	Restricted funds £	Total 2023 £	Total 2022 £
Grants, including capital grants;				
Grants	-	62,000	62,000	235,851
Donations and legacies	2,000	400	2,400	-
	2,000	62,400	64,400	235,851

#### 3 Income from charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2023 £	Total 2022 £
Paid classes	2,352	-	2,352	-
	2,352	-	2,352	-

#### 4 Investment income

	Unrestricted funds General £	Restricted funds £	Total 2023 £	Total 2022 £
Interest receivable and similar income;				
Interest receivable on bank deposits	1,158	-	1,158	32
	1,158	-	1,158	32

#### 5 Other income

	Unrestricted funds General £	Restricted funds £	Total 2023 £	Total 2022 £
Employer's allowance	5,000	-	5,000	4,000
	5,000	-	5,000	4,000

## EXTRA - Support for Families

### Notes to the Financial Statements for the Year Ended 31 March 2023 (continued)

#### 6 Expenditure on charitable activities

	Note	Unrestricted funds General £	Restricted funds £	Total 2023 £	Total 2022 £
Telephone		-	2,944	2,944	3,287
Direct costs		534	3,983	4,517	799
Depreciation of plant and machinery		418	-	418	476
Depreciation of office equipment		2,185	-	2,185	1,929
Staff training		669	-	669	2,411
Rent		-	11,741	11,741	12,181
Insurance		-	1,519	1,519	1,417
Computer software and maintenance costs		-	4,183	4,183	2,149
Printing, postage and stationery		-	2,147	2,147	2,746
Trade Subscriptions		-	440	440	616
Sundry expenses		-	137	137	830
Programme costs		34	8,361	8,395	1,340
Travel and Subsistence		22	747	769	4,887
Consulting		-	16,235	16,235	5,285
Staff entertainment		124	-	124	-
Bank charges		-	72	72	16
Advertising		30	384	414	-
Facilitators		-	3,879	3,879	-
Cleaning		-	987	987	-
Legal and professional fees		-	2,155	2,155	-
Staff costs	10	6,153	102,460	108,613	109,136
Governance costs	7	1,460	2,212	3,672	3,009
		<u>11,629</u>	<u>164,586</u>	<u>176,215</u>	<u>152,514</u>

## EXTRA - Support for Families

### Notes to the Financial Statements for the Year Ended 31 March 2023 (continued)

#### 7 Analysis of governance and support costs

##### Governance costs

	Unrestricted funds General £	Restricted funds £	Total 2023 £	Total 2022 £
Independent examiner fees				
Examination of the financial statements	2,120	-	2,120	1,879
Other accountancy fees	(660)	1,854	1,194	1,130
Trustees expenses and meeting costs	-	358	358	-
	<u>1,460</u>	<u>2,212</u>	<u>3,672</u>	<u>3,009</u>

#### 8 Net incoming/outgoing resources

Net (outgoing)/incoming resources for the year include:

	2023 £	2022 £
Depreciation of fixed assets	<u>2,603</u>	<u>2,405</u>

#### 9 Trustees remuneration and expenses

During the year the charity made the following transactions with trustees:

##### L S Goddard

£304 (2022: £Nil) of expenses were reimbursed to L S Goddard during the year.

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

#### 10 Staff costs

The aggregate payroll costs were as follows:

	2023 £	2022 £
<b>Staff costs during the year were:</b>		
Wages and salaries	97,697	100,403
Social security costs	8,804	6,282
Pension costs	2,112	2,451
	<u>108,613</u>	<u>109,136</u>

The monthly average number of persons (including senior management / leadership team) employed by the charity during the year was as follows:

	2023 No	2022 No
Average employees	<u>6</u>	<u>6</u>

## EXTRA - Support for Families

### Notes to the Financial Statements for the Year Ended 31 March 2023 (continued)

No employee received emoluments of more than £60,000 during the year

The total employee benefits of the key management personnel of the charity were £53,238 (2022 - £46,681).

#### 11 Independent examiner's remuneration

	2023 £	2022 £
Examination of the financial statements	<u>2,120</u>	<u>1,879</u>

#### 12 Taxation

The charity is a registered charity and is potentially exempt from taxation on the basis that the surplus is retained for charitable purposes.

#### 13 Tangible fixed assets

	Plant and Machinery £	Office equipment £	Total £
<b>Cost</b>			
At 1 April 2022	5,267	6,369	11,636
Additions	<u>-</u>	<u>1,746</u>	<u>1,746</u>
At 31 March 2023	<u>5,267</u>	<u>8,115</u>	<u>13,382</u>
<b>Depreciation</b>			
At 1 April 2022	4,083	4,292	8,375
Charge for the year	<u>418</u>	<u>2,185</u>	<u>2,603</u>
At 31 March 2023	<u>4,501</u>	<u>6,477</u>	<u>10,978</u>
<b>Net book value</b>			
At 31 March 2023	<u>766</u>	<u>1,638</u>	<u>2,404</u>
At 31 March 2022	<u>1,184</u>	<u>2,077</u>	<u>3,261</u>

#### 14 Debtors

	2023 £	2022 £
Prepayments	384	384
Accrued income	<u>45,000</u>	<u>103,852</u>
	<u>45,384</u>	<u>104,236</u>

## EXTRA - Support for Families

### Notes to the Financial Statements for the Year Ended 31 March 2023 (continued)

#### 15 Cash and cash equivalents

	2023 £	2022 £
Cash at bank	<u>143,962</u>	<u>183,626</u>

#### 16 Creditors: amounts falling due within one year

	2023 £	2022 £
Other taxation and social security	4,179	1,147
Other creditors	-	157
Accruals	<u>3,078</u>	<u>2,021</u>
	<u>7,257</u>	<u>3,325</u>

#### 17 Pension and other schemes

##### Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the charity to the scheme and amounted to £2,112 (2022 - £2,451).

## EXTRA - Support for Families

### Notes to the Financial Statements for the Year Ended 31 March 2023 (continued)

#### 18 Funds

	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2023 £
<b>Unrestricted funds</b>					
<i>General</i>					
Unrestricted funds	121,802	10,510	(11,629)	(364)	120,319
<b>Restricted funds</b>					
CVST - Realising Ambitions	11,250	-	(11,591)	341	-
TCVS	5	-	(1)	-	4
National Lottery Development Fund	154,741	-	(135,671)	-	19,070
EFC: Chrysalis Fund	-	15,000	(14,900)	-	100
Essex Health & Wellbeing Alliance: Start Well Fund	-	45,000	-	-	45,000
ECF: East of England Co-op Emergency Fund	-	2,000	(2,023)	23	-
Christmas Outings for Families	-	400	(400)	-	-
<b>Total restricted funds</b>	<u>165,996</u>	<u>62,400</u>	<u>(164,586)</u>	<u>364</u>	<u>64,174</u>
<b>Total funds</b>	<u><u>287,798</u></u>	<u><u>72,910</u></u>	<u><u>(176,215)</u></u>	<u><u>-</u></u>	<u><u>184,493</u></u>

## EXTRA - Support for Families

### Notes to the Financial Statements for the Year Ended 31 March 2023 (continued)

	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2022 £
<b>Unrestricted funds</b>					
<i>General</i>					
Unrestricted funds	119,519	4,032	(6,405)	4,656	121,802
<b>Restricted</b>					
The Rank Fund	548	300	(713)	(135)	-
CVST - Realising Ambitions	-	15,000	(3,750)	-	11,250
TCVS	148	-	(143)	-	5
COVID-19 Response Fund	4,074	-	-	(4,074)	-
The National Lottery Community Fund - Extension Fund	66,291	-	(66,291)	-	-
Henry Smith	6,033	20,000	(26,033)	-	-
Garfield Weston	3,816	-	(3,816)	-	-
Autism Anglia	-	4,781	(4,781)	-	-
Colchester Catalyst	-	8,925	(8,979)	54	-
ECF Covid Response	-	20,000	(19,499)	(501)	-
ECF Realising Ambitions	-	2,985	(2,985)	-	-
National Lottery Development Fund	-	161,813	(7,072)	-	154,741
CJRS Grant	-	2,047	(2,047)	-	-
<b>Total restricted funds</b>	<u>80,910</u>	<u>235,851</u>	<u>(146,109)</u>	<u>(4,656)</u>	<u>165,996</u>
<b>Total funds</b>	<u><u>200,429</u></u>	<u><u>239,883</u></u>	<u><u>(152,514)</u></u>	<u><u>-</u></u>	<u><u>287,798</u></u>

## **EXTRA - Support for Families**

### **Notes to the Financial Statements for the Year Ended 31 March 2023 (continued)**

#### **Purpose of Funds**

##### Unrestricted funds

General funds - to cover running costs in the event of reduced funding. The trustees aim to have at least five months' worth of running costs in reserves.

##### Restricted funds

CVST - Realising Ambitions: To deliver parenting programmes to help parents and carers improve their mental health. Last year a grant of £15,000 was received to enable the Charity to provide courses between January 2022 and March 2023. One course was in the prior year ending March 2022, a further three courses fall within this financial year. This was all spent during the year.

TCVS: To provide winter comfort packs for very vulnerable families. This was all spent in the year.

National Lottery Development Fund: To enable EXTRA to plan, develop and continue to deliver support to parents/carers in the Tendring district, via a range of courses, workshops and peer to peer support groups. Some of the funds were allocated to plan for the future regarding sustainability and impact.

ECF: Chrysalis Fund - A grant over 2 years to assist with core costs of a project to provide support services to families living in deprived areas of the Tendring district. £100 remains at the end of the 2023 period to be used on wages in the next financial year.

Essex Health & Wellbeing Alliance: Start Well Fund - £45,000 was granted in the year to assist in running supportive programmes for parents and carers to help provide therapeutic support for their children. This balance has been carried forward to be used in future periods.

ECF: East of England Co-op Emergency Fund - £2,000 was provided in the year to provide a centre for parents, carers and others experiencing isolation in Jaywick. This was all spent in the year.

Christmas Outings for Families: Donations from Sea Lions and Gallopers Wind Farm of £200 each were given to provide Christmas outings for families that the Charity helps support.

## EXTRA - Support for Families

### Notes to the Financial Statements for the Year Ended 31 March 2023 (continued)

#### 19 Analysis of net assets between funds

	Unrestricted funds General £	Restricted funds £	Total funds at 31 March 2023 £
Tangible fixed assets	2,404	-	2,404
Current assets	125,172	64,174	189,346
Current liabilities	(7,257)	-	(7,257)
Total net assets	<u>120,319</u>	<u>64,174</u>	<u>184,493</u>

	Unrestricted funds General £	Restricted funds £	Total funds at 31 March 2022 £
Tangible fixed assets	3,261	-	3,261
Current assets	121,866	165,996	287,862
Current liabilities	(3,325)	-	(3,325)
Total net assets	<u>121,802</u>	<u>165,996</u>	<u>287,798</u>

#### 20 Related party transactions

There were no related party transactions in the year.

**EXTRA - SUPPORT FOR FAMILIES**

England & Wales - Charity number 1158891

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# Accounts

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# EXTRA - Support for Families

Annual Report and Financial Statements

for the Year Ended 31 March 2022

Lisa Greenwood FCCA  
Lambert Chapman LLP  
Chartered Accountants and Registered Statutory Auditors  
3 Warners Mill  
Silks Way  
Braintree  
Essex  
CM7 3GB

## **EXTRA - Support for Families**

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## **EXTRA - Support for Families**

### **Reference and Administrative Details**

<b>Trustees</b>	B C Carroll JP P R Byford L S Goddard B M Mann K H Rowland
<b>Charity Registration Number</b>	1158891
<b>Principal Office</b>	Jaywick Community Resource Centre Brooklands Gardens Jaywick Clacton-On-Sea Essex CO15 2JP
<b>Independent Examiner</b>	Lisa Greenwood FCCA Lambert Chapman LLP Chartered Accountants and Registered Statutory Auditors 3 Warners Mill Silks Way Braintree Essex CM7 3GB
<b>Bankers</b>	CAF Bank 25 Kings Hill Avenue West Malling Kent ME19 4JQ

# **EXTRA - Support for Families**

## **Trustees' Report**

The trustees present the annual report together with the financial statements of the charity for the year ended 31 March 2022.

### **Objectives and activities**

#### ***Objects and aims***

EXTRA - Support for Families (known as 'EXTRA') aims to advance education and promote good health and wellbeing among parents/carers in North East Essex by providing and assisting in the provision of programmes and workshops in parenting skills, family support and other related activities in order that their children may develop into emotionally and physically able adults.

#### ***Objectives, strategies and activities***

The Tendring District of North Essex contains some of the most deprived communities in England, in which parents are faced with significant challenges in bringing up their children. EXTRA offers a wide range of universal and targeted parenting support courses and workshops, informal workshops, and parent peer support groups throughout the Tendring District. The informal and friendly approach of EXTRA's staff team and provision of a nurturing environment in groups, as well as practical support through childcare and transport for families, has been an important factor in achieving the aims of the charity. EXTRA has strong relationships with partner agencies, with established referral pathways to and from the project, as well as working with a range of partners to run parenting courses. EXTRA also has trained parent volunteers to assist in the delivery of support in courses and parent peer support sessions.

The majority of our funding has contributed to the core running costs and the delivery of programmes such as Positive Parenting, Support With Additional Needs and Step by Step. Funding from Realising Ambitions allowed us to run Improving Your Emotional Wellbeing, the first of four courses supporting parents' emotional health.

#### ***Public benefit***

The Trustees believe that the activities undertaken within the Charity, to fulfil its aims and objectives, are done so to further public benefit.

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

#### ***Use of volunteers***

We would like to thank our volunteers for their dedication and commitment to EXTRA. EXTRA is currently supported by 3 volunteers who oversee the Peer to Peer support groups and are integral in welcoming new parents. Many of our volunteers have attended courses themselves and some have gone on to attend our facilitation skills training with a view to co-facilitating our programmes and workshops.

## **EXTRA - Support for Families**

### **Trustees' Report (continued)**

#### **Achievements and performance**

EXTRA's evaluations have shown that the support offered makes a big difference to the majority of the parents and carers attending EXTRA's programmes and, in some cases, parents have been able to turn the situation around in their family, which has reduced high level interventions from other agencies. Within the period from 1st April 2021 to 31st March 2022, EXTRA supported 232 unique individuals.

This year EXTRA saw a continuation of the measures put in place to support parents throughout the pandemic. We continued with the online delivery of some courses, whilst others were set up as dual delivery. As restrictions eased, we welcomed parents back into our Centre.

We helped families access food in the community and delivered support through one-to-one phone calls, online courses and parent/carer peer support groups. EXTRA's evaluations showed that following attendance at parenting courses:

- 84% of parents/carers reported feeling better about themselves;
- 83% felt that they had a good or improved relationship with their children;
- 86% said they were confident or had improved confidence in managing their children's behaviour;
- 82.5% felt they knew people in the same situation as them; and
- 90.5% said that they felt able to go on to support others.

These statistics show that parents began to feel less isolated, gain confidence and improve their own emotional wellbeing. By supporting others parents were able to further impact the wider community.

#### **Financial review**

##### ***Policy on reserves***

The total reserves of the Charity are £287,798, of which £165,996 is restricted. Available free reserves (which exclude fixed assets) are £118,541.

EXTRA maintains a policy of holding reserves to cover at least three months running costs, approximately £50,000, in the event that the charity needs to be closed. This is to cover staff redundancy payments and any outstanding office overheads, and to ensure that parents/carers actively engaged with EXTRA at that time can be supported in their transition to other support providers.

##### ***Principal funding sources***

Our main source of funding is through grants, which total £235,851 in the year.

The largest grant secured in the year comes from the National Lottery which totals £161,813. Although all of the income has been recognised in these accounts, we are physically yet to receive £103,852, which means restricted reserves are considerably higher than usual at the year end.

We are fortunate to be in a good position with our unrestricted reserves, and will continue to look into way to improve these in the coming years.

EXTRA has been generously supported by funders since 2009, firstly as a Community Interest Company, and since 2014 as a Charitable Incorporated Organisation. We are working hard to secure funding to take the charity into the future but this is becoming increasingly difficult to attract.

#### **Going concern**

The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.



## **EXTRA - Support for Families**

### **Statement of Trustees' Responsibilities**

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

The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

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

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charities (Accounts and Reports) Regulations 2008, and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

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

Approved by the trustees of the charity on 11 January 2023 and signed on its behalf by:

.....  
B C Carroll JP  
Chairman and Trustee

## **EXTRA - Support for Families**

### **Independent Examiner's Report to the trustees of EXTRA - Support for Families**

I report to the trustees on my examination of the accounts of EXTRA - Support for Families for the year ended 31 March 2022.

#### **Responsibilities and basis of report**

As the charity trustees of EXTRA - Support for Families you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the EXTRA - Support for Families accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

#### **Independent examiner's statement**

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

1. accounting records were not kept in respect of EXTRA - Support for Families as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

.....  
Lisa Greenwood FCCA  
Lambert Chapman LLP

Chartered Accountants and Registered Statutory Auditors  
3 Warners Mill  
Silks Way  
Braintree  
Essex  
CM7 3GB

24 January 2023

## EXTRA - Support for Families

### Statement of Financial Activities for the Year Ended 31 March 2022

	Note	Unrestricted funds £	Restricted funds £	Total 2022 £	Total 2021 £
<b>Income and Endowments from:</b>					
Donations and legacies	2	-	235,851	235,851	233,165
Investment income	3	32	-	32	70
Other income	4	4,000	-	4,000	11,257
Total income		<u>4,032</u>	<u>235,851</u>	<u>239,883</u>	<u>244,492</u>
<b>Expenditure on:</b>					
Charitable activities	5	<u>(6,405)</u>	<u>(146,109)</u>	<u>(152,514)</u>	<u>(160,772)</u>
Total expenditure		<u>(6,405)</u>	<u>(146,109)</u>	<u>(152,514)</u>	<u>(160,772)</u>
Net (expenditure)/income		(2,373)	89,742	87,369	83,720
Gross transfers between funds		<u>4,656</u>	<u>(4,656)</u>	-	-
Net movement in funds		2,283	85,086	87,369	83,720
<b>Reconciliation of funds</b>					
Total funds brought forward		<u>119,519</u>	<u>80,910</u>	<u>200,429</u>	<u>116,709</u>
Total funds carried forward	17	<u><u>121,802</u></u>	<u><u>165,996</u></u>	<u><u>287,798</u></u>	<u><u>200,429</u></u>

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for 2021 is shown in note 17.

**EXTRA - Support for Families**  
**(Registration number: 1158891)**  
**Balance Sheet as at 31 March 2022**

	Note	2022 £	2021 £
<b>Fixed assets</b>			
Tangible assets	12	3,261	5,165
<b>Current assets</b>			
Debtors	13	104,236	-
Cash at bank and in hand	14	<u>183,626</u>	<u>198,367</u>
		287,862	198,367
<b>Creditors: Amounts falling due within one year</b>	15	<u>(3,325)</u>	<u>(3,103)</u>
<b>Net current assets</b>		<u>284,537</u>	<u>195,264</u>
<b>Net assets</b>		<u><u>287,798</u></u>	<u><u>200,429</u></u>
<b>Funds of the charity:</b>			
<b>Restricted income funds</b>			
Restricted funds	17	165,996	80,910
<b>Unrestricted income funds</b>			
Unrestricted funds		<u>121,802</u>	<u>119,519</u>
<b>Total funds</b>	17	<u><u>287,798</u></u>	<u><u>200,429</u></u>

The financial statements on pages 7 to 18 were approved by the trustees, and authorised for issue on 11 January 2023 and signed on their behalf by:

.....  
B C Carroll JP  
Chairman and trustee

## **EXTRA - Support for Families**

### **Notes to the Financial Statements for the Year Ended 31 March 2022**

#### **1 Accounting policies**

##### **Statement of compliance**

The financial statements have been prepared in accordance with the second edition of the Charities Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

##### **Basis of preparation**

EXTRA - Support for Families meets the definition of a public benefit entity under FRS 102. The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

##### **Going concern**

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

##### **Reclassification of comparative amounts**

It has been noted that the depreciation charges were incorrectly allocated in the 31 March 2021 accounts. The comparative brought forward depreciation charges have been amended accordingly within the current financial year. The net book value of the fixed assets in total for 2021 remains unchanged.

##### **Judgements**

Apart from those judgements involving estimations, the trustees have not made any judgements in the process of applying the entity's accounting policies that have significant effect on the amounts recognised in the accounts.

##### **Key sources of estimation uncertainty**

During the year, grants have been received to support the Charity by covering its core costs. The expenditure on core costs in the year has been allocated to the earlier grants received first and then to grants received later on in the year.

##### **Income and endowments**

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

##### ***Grants receivable***

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

##### ***Investment income***

Interest income is recognised when receivable.

##### **Expenditure**

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category.

## EXTRA - Support for Families

### Notes to the Financial Statements for the Year Ended 31 March 2022 (continued)

#### *Charitable activities*

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

#### **Governance costs**

These include the costs attributable to the charity's compliance with constitutional and statutory requirements.

#### **Tangible fixed assets**

Individual fixed assets are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

#### **Depreciation and amortisation**

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

<b>Asset class</b>	<b>Depreciation method and rate</b>
Plant and Machinery	25% reducing balance method and 25% straight line method
Office equipment	33% straight line method

The depreciation rates have been amended to those shown above which are felt to be more appropriate for the assets held. This is not a change in accounting policy, merely a change in accounting estimate.

#### **Cash and cash equivalents**

Cash and cash equivalents comprise cash on hand and call deposits.

#### **Fund structure**

Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

## **2 Income from donations and legacies**

	<b>Unrestricted funds General £</b>	<b>Restricted funds £</b>	<b>Total 2022 £</b>	<b>Total 2021 £</b>
Grants, including capital grants;				
Grants	-	235,851	235,851	233,165
	-	235,851	235,851	233,165

## EXTRA - Support for Families

### Notes to the Financial Statements for the Year Ended 31 March 2022 (continued)

#### 3 Investment income

	Unrestricted funds General £	Restricted funds £	Total 2022 £	Total 2021 £
Interest receivable and similar income;				
Interest receivable on bank deposits	32	-	32	70

#### 4 Other income

	Unrestricted funds General £	Restricted funds £	Total 2022 £	Total 2021 £
CJRS income	4,000	-	4,000	11,257

#### 5 Expenditure on charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2022 £	Total 2021 £
Telephone	-	3,287	3,287	4,313
Direct costs	-	799	799	-
Depreciation of plant and machinery	476	-	476	408
Depreciation of office equipment	1,929	-	1,929	1,728
Staff training	-	2,411	2,411	3,116
Rent	-	12,181	12,181	11,056
Insurance	-	1,417	1,417	1,571
Computer software and maintenance costs	-	2,149	2,149	1,262
Printing, postage and stationery	-	2,746	2,746	2,680
Trade Subscriptions	-	616	616	787
Sundry expenses	-	830	830	3,834
Programme costs	-	1,340	1,340	4,274
Travel and Subsistence	-	4,887	4,887	2,503
Consulting	-	5,285	5,285	5,031
Bank charges	-	16	16	-
Staff costs	4,000	105,136	109,136	116,307
Governance costs	-	3,009	3,009	1,902
	6,405	146,109	152,514	160,772

## EXTRA - Support for Families

### Notes to the Financial Statements for the Year Ended 31 March 2022 (continued)

#### 6 Analysis of governance and support costs

##### Governance costs

	Unrestricted funds General £	Restricted funds £	Total 2022 £	Total 2021 £
Independent examiner fees				
Examination of the financial statements	-	1,879	1,879	1,902
Other accountancy fees	-	1,130	1,130	-
	-	3,009	3,009	1,902
	-	3,009	3,009	1,902

#### 7 Net incoming/outgoing resources

Net incoming resources for the year include:

	2022 £
Depreciation of fixed assets	2,405

#### 8 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year. No trustees have received any reimbursed expenses from the charity during the year.

#### 9 Staff costs

The aggregate payroll costs were as follows:

	2022 £	2021 £
<b>Staff costs during the year were:</b>		
Wages and salaries	100,403	109,468
Social security costs	6,282	3,879
Pension costs	2,451	2,960
	109,136	116,307
	109,136	116,307

The monthly average number of persons (including senior management / leadership team) employed by the charity during the year was as follows:

	2022 No	2021 No
Average employees	6	5

No employee received emoluments of more than £60,000 during the year

## EXTRA - Support for Families

### Notes to the Financial Statements for the Year Ended 31 March 2022 (continued)

#### 10 Independent examiner's remuneration

	2022 £	2021 £
Examination of the financial statements	<u>1,879</u>	<u>1,902</u>

#### 11 Taxation

The charity is a registered charity and is potentially exempt from taxation on the basis that the surplus is retained for charitable purposes.

#### 12 Tangible fixed assets

	Plant and Machinery £	Office equipment £	Total £
<b>Cost</b>			
At 1 April 2021	5,267	5,868	11,135
Additions	<u>-</u>	<u>501</u>	<u>501</u>
At 31 March 2022	<u>5,267</u>	<u>6,369</u>	<u>11,636</u>
<b>Depreciation</b>			
At 1 April 2021	3,607	2,363	5,970
Charge for the year	<u>476</u>	<u>1,929</u>	<u>2,405</u>
At 31 March 2022	<u>4,083</u>	<u>4,292</u>	<u>8,375</u>
<b>Net book value</b>			
At 31 March 2022	<u>1,184</u>	<u>2,077</u>	<u>3,261</u>
At 31 March 2021	<u>1,660</u>	<u>3,505</u>	<u>5,165</u>

#### 13 Debtors

	2022 £	2021 £
Prepayments	384	-
Accrued income	<u>103,852</u>	<u>-</u>
	<u>104,236</u>	<u>-</u>

The accrued income relates to a grant awarded by The National Lottery in January 2022. Although the Charity has met the recognition criteria, the £103,852 has been received in the next financial year.

## EXTRA - Support for Families

### Notes to the Financial Statements for the Year Ended 31 March 2022 (continued)

#### 14 Cash and cash equivalents

	2022 £	2021 £
Cash on hand	-	469
Cash at bank	183,626	197,898
	<u>183,626</u>	<u>198,367</u>

#### 15 Creditors: amounts falling due within one year

	2022 £	2021 £
Other taxation and social security	1,147	1,867
Other creditors	157	156
Accruals	2,021	1,080
	<u>3,325</u>	<u>3,103</u>

#### 16 Pension and other schemes

##### Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the charity to the scheme and amounted to £2,451 (2021 - £2,960).

## EXTRA - Support for Families

### Notes to the Financial Statements for the Year Ended 31 March 2022 (continued)

#### 17 Funds

	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2022 £
<b>Unrestricted funds</b>					
<i>General</i>					
Unrestricted funds	119,519	4,032	(6,405)	4,656	121,802
<b>Restricted funds</b>					
The Rank Fund	548	300	(713)	(135)	-
CVST - Realising Ambitions	-	15,000	(3,750)	-	11,250
TCVS	148	-	(143)	-	5
COVID-19 Response Fund	4,074	-	-	(4,074)	-
The National Lottery Community Fund - Extension Fund	66,291	-	(66,291)	-	-
Henry Smith	6,033	20,000	(26,033)	-	-
Garfield Weston	3,816	-	(3,816)	-	-
Autism Anglia	-	4,781	(4,781)	-	-
Colchester Catalyst	-	8,925	(8,979)	54	-
ECF Covid Response	-	20,000	(19,499)	(501)	-
ECF Realising Ambitions	-	2,985	(2,985)	-	-
National Lottery Development Fund	-	161,813	(7,072)	-	154,741
CJRS Grant	-	2,047	(2,047)	-	-
<b>Total restricted funds</b>	<u>80,910</u>	<u>235,851</u>	<u>(146,109)</u>	<u>(4,656)</u>	<u>165,996</u>
<b>Total funds</b>	<u><u>200,429</u></u>	<u><u>239,883</u></u>	<u><u>(152,514)</u></u>	<u><u>-</u></u>	<u><u>287,798</u></u>

## EXTRA - Support for Families

### Notes to the Financial Statements for the Year Ended 31 March 2022 (continued)

	Balance at 1 April 2020 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2021 £
<b>Unrestricted funds</b>					
<i>General</i>					
Unrestricted funds	63,267	11,327	(256)	45,181	119,519
<b>Restricted</b>					
The National Lottery Community Fund	45,181	45,000	(45,000)	(45,181)	-
ECF Chrysalis Fund	3,750	-	(3,750)	-	-
The Rank Fund	72	600	(124)	-	548
CVST - Realising Ambitions	3,000	-	(3,000)	-	-
Live Well Transformation Fund	1,439	-	(3,039)	1,600	-
TCVS	-	500	(352)	-	148
COVID-19 Response Fund	-	11,065	(6,991)	-	4,074
The National Lottery Community Fund - Extension Fund	-	116,000	(49,709)	-	66,291
Henry Smith	-	40,000	(32,367)	(1,600)	6,033
Garfield Weston	-	20,000	(16,184)	-	3,816
<b>Total restricted funds</b>	<u>53,442</u>	<u>233,165</u>	<u>(160,516)</u>	<u>(45,181)</u>	<u>80,910</u>
<b>Total funds</b>	<u><u>116,709</u></u>	<u><u>244,492</u></u>	<u><u>(160,772)</u></u>	<u><u>-</u></u>	<u><u>200,429</u></u>

## **EXTRA - Support for Families**

### **Notes to the Financial Statements for the Year Ended 31 March 2022 (continued)**

#### **Purpose of Funds**

##### Unrestricted funds

General funds - to cover running costs in the event of reduced funding. The trustees aim to have at least three months' worth of running costs in reserves.

##### Restricted funds

The Rank Fund: To provide trips for Jaywick Young Parents.

CVST - Realising Ambitions: To deliver parenting programmes to help parents and carers improve their mental health. During the year a grant of £15,000 was received to enable the Charity to provide courses between January 2022 and March 2023. One course was held in the year ending March 2022, a further three courses fall within the next financial year.

TCVS: To provide winter comfort packs for very vulnerable families.

COVID-19 Response Fund: To equip EXTRA's Hall and the Jaywick Community Resource Centre to be COVID 19 secure and able to safely accommodate parents/carers and groups face to face in the building. Last year fixed assets were purchased from this fund and classified as restricted. Upon review of the assets purchased, it has been deemed that there are no restrictions on the use of the assets, and therefore a transfer has taken place to move the funds in the current year.

The NLCF Extension Fund: The money was granted in the previous accounting period to provide ongoing support for parents and families who experience issues relating to prevent domestic abuse, mental health problems, children who have additional needs and general parenting. It also allows us to offer long term support and confidence building strategies so parents and carers can make a difference in the children's lives.

Henry Smith: To enable EXTRA to continue the vital work of providing a full programme of parenting support and parent led peer support groups within Tendring.

Garfield Weston: To enable EXTRA to keep developing services to families in need of support in the Tendring area of Northeast Essex.

Autism Anglia: To work in partnership with EXTRA to deliver 7 building confidence and self esteem sessions for autistic young people.

Colchester Catalyst: To enable EXTRA to pilot the delivery of termly Managing Anxiety Online courses, which reduce barriers to accessibility such as transport and child care.

ECF COVID Response: To feed into the core costs of supporting parents/carers to recover from the effects of the pandemic, particularly the compounding effect upon mental health and feelings of isolation.

ECF Realising Ambitions: The provision of an additional Managing Anxiety online course in the spring term 2021.

National Lottery Development Fund: To enable EXTRA to plan, develop and continue to deliver support to parents/carers in the Tendring district, via a range of courses, workshops and peer to peer support groups. Some of the funds were allocated to plan for the future regarding sustainability and impact.

## EXTRA - Support for Families

### Notes to the Financial Statements for the Year Ended 31 March 2022 (continued)

CJRS Grant: A grant provided by the government to cover employees salaries throughout COVID-19.

#### 18 Analysis of net assets between funds

	<b>Unrestricted funds General £</b>	<b>Restricted funds £</b>	<b>Total funds at 31 March 2022 £</b>
Tangible fixed assets	3,261	-	3,261
Current assets	121,866	165,996	287,862
Current liabilities	<u>(3,325)</u>	<u>-</u>	<u>(3,325)</u>
Total net assets	<u>121,802</u>	<u>165,996</u>	<u>287,798</u>

	<b>Unrestricted funds General £</b>	<b>Restricted funds £</b>	<b>Total funds at 31 March 2021 £</b>
Tangible fixed assets	1,115	4,050	5,165
Current assets	121,507	76,860	198,367
Current liabilities	<u>(3,103)</u>	<u>-</u>	<u>(3,103)</u>
Total net assets	<u>119,519</u>	<u>80,910</u>	<u>200,429</u>

#### 19 Related party transactions

There were no related party transactions in the year.

**EXTRA - SUPPORT FOR FAMILIES**

England & Wales - Charity number 1158891

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# Accounts

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**EXTRA - SUPPORT FOR FAMILIES  
CHARITABLE INCORPORATED ORGANISATION (CIO)  
TRUSTEES REPORT AND FINANCIAL STATEMENTS  
THE YEAR ENDED 31<sup>ST</sup> MARCH 2021**

**Charity Number 1158891**

**Clacton Business Services Ltd  
Chartered Accountants  
Hurlingham Chambers  
61 Station Road  
Clacton on Sea  
Essex  
CO15 1SD**

**EXTRA - SUPPORT FOR FAMILIES CIO  
INDEX**

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**EXTRA - SUPPORT FOR FAMILIES CIO**  
**(Limited by Guarantee)**  
**REFERENCE AND ADMINISTRATIVE DETAILS OF THE**  
**CHARITABLE INCORPORATED**  
**ORGANISATION (CIO)**  
**For the year ended 31<sup>st</sup> March 2021**

**The Trustees of the Charity**

B C Carroll – Chairman  
P R Byford – Treasurer  
L S Goddard – Trustee  
B M Mann – Trustee  
A G Mowle – Trustee

**CIO registered number**

1158891

**Registered office**

Jaywick Community Resource Centre  
Brooklands Gardens  
Jaywick  
Clacton on Sea  
Essex CO15 2JP

**Accountants**

Clacton Business Services Ltd  
Chartered Accountant  
Hurlingham Chambers  
61 Station Road  
Clacton on Sea  
Essex CO15 1SD

**Bankers**

CAF Bank

**EXTRA - SUPPORT FOR FAMILIES CIO  
TRUSTEES REPORT  
FOR THE YEAR ENDED 31<sup>ST</sup> MARCH 2021**

The trustees have pleasure in presenting their report and the financial statements for the year ended 31<sup>st</sup> March 2021. The charity resulted from the conversion of Extra - Support for Families Community Interest Company (Company No 06925252) with effect from 1<sup>st</sup> February 2015.

Reference and administrative details are shown in the schedule of members of the board and professional advisers on page 1.

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

### **Constitution**

Extra - Support for Families (EXTRA) Charitable Incorporated Organisation (CIO) is governed by its constitution dated October 2014.

It was registered as a CIO with the Charity Commission in October 2014.

The purpose of the CIO is:

To advance education and promote good mental health and wellbeing among parents / carers in North East Essex by providing and assisting in the provision of programmes and workshops in parenting skills, family support and other related activities in order that their children may develop into emotionally and physically able adults.

### **Appointment of Trustees**

Trustees are appointed by invitation.

### **Trustee Induction**

It is policy for new trustees to receive a copy of the Trust Constitution together with copies of the following Charity Commission Guideline booklets:

CC3A: The Essential Trustee – An introduction

CC3: The Essential Trustee – What you need to know

CC11: Trustee Expenses and Payments

Training and induction are on an ongoing basis via attendance at trustee meetings.

### **Organisation**

EXTRA has 5 Trustees who meet on a quarterly basis. Trustees are appointed in accordance with its constitution. Apart from the first trustees (4), trustees are appointed for a term of 3 years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees have regard to the skills, knowledge and experience needed for the effective administration of Extra - Support for Families CIO.

**EXTRA - SUPPORT FOR FAMILIES CIO  
TRUSTEES REPORT  
FOR THE YEAR ENDED 31<sup>ST</sup> MARCH 2021**

**STRUCTURE, GOVERNANCE AND MANAGEMENT (cont.)**

**Risk management**

EXTRA's risk management policy is regularly updated in line with PQASSO quality assurance procedures.

**OBJECTIVES AND ACTIVITIES**

In setting out its aims and objectives the trustees confirm that they have had regard to the CIO Commissioners guidance on public benefit and are satisfied that the organisation conforms to these requirements.

**How the charity meets its aims**

The Tendring District of North Essex contains some of the most deprived communities in England in which parents are faced with significant challenges in bringing up their children.

EXTRA offers a wide range of universal and targeted parenting support courses and workshops, informal workshops and parent peer support groups throughout the Tendring District.

The informal friendly approach of EXTRA's staff team and provision of a nurturing environment in groups as well as practical support through childcare and transport for families has been an important factor in achieving the aims of the charity.

EXTRA has strong relationships with partner agencies with established referral pathways to and from the project as well as working with a range of partners to run parenting courses. EXTRA also has trained parent volunteers to assist in the delivery of support in courses and parent peer support sessions.

**Review of achievements**

EXTRA's evaluations have shown that the support offered makes a big difference to the majority of the parents and carers attending EXTRA's programmes and, in some cases, families have been able to turn the situation around in their family, which has reduced high level interventions from other agencies.

Within the period from 1st April 2020 to 31<sup>st</sup> March 2021, EXTRA supported 236 unique individuals.

This year EXTRA needed to promptly adjust and adapt the support for parents/carers in line with working from home and to ensure the needs of our parents and carers were being met. Many parents/carers needed help with basic needs, such as accessing food as well as support to cope with anxiety and parenting challenges. We helped families access food in the community and delivered support through one-to-one phone calls, online courses and virtual parent/carer peer support groups. EXTRA's evaluations showed that, on average following attending parenting courses, 82% of the parents/carers reported: feeling better about themselves; having improved relationships with their children; communicating better with their children and knowing others in the same situation as themselves. Due to the virtual nature of support in this period the friendships that normally develop within the courses were not formed. However, our evaluations showed that 86% of participants who completed questionnaires, reported knowing other people in the same situation as themselves, thus making them feel more socially connected.

**EXTRA - SUPPORT FOR FAMILIES CIO  
TRUSTEES REPORT  
FOR THE YEAR ENDED 31<sup>ST</sup> MARCH 2021**

**FINANCIAL REVIEW**

**Reserves**

EXTRA draws on its reserves to bridge the gap between expenditure and income, when necessary. The trustees aim to keep reserves of £50,000 to cover at least three months running costs, to cover such as staff redundancy payments and any outstanding office overheads in the event that the charity needs to be closed.

**Summary of the Year**

This has been a challenging year for EXTRA due to the COVID-19 pandemic, however we were pleased to be able to provide a good range of support during this period of change and uncertainty. Through most of the year our support was delivered virtually. There was a short period in Autumn 2020 when we resumed face to face delivery, only to have to resort to virtual delivery again until April 2021. In summer 2020 EXTRA developed and delivered 2 new online courses on Positive Parenting and Managing Anxiety (held twice) in response to demand from parents/carers. We offered one to one weekly telephone support to our most vulnerable families, including delivering courses on a one-to-one basis for some. Our parent peer support group for parents/carers of children who have additional needs grew in numbers during the year.

**TRUSTEES' RESPONSIBILITIES**

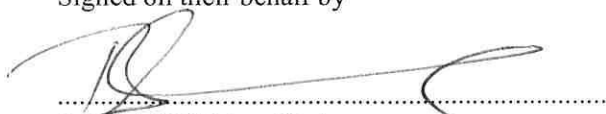
Under the charities Act 2011, the Trustees are required to prepare statement of accounts for each financial year which gives a true and fair view of the state of affairs of the Charity at the end of the financial year and of the incoming resources and application of resources in the year. In preparing the statement, the Trustees are required to:

- Select suitable accounting policies and apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the statements of accounts;
- Prepare financial statements on the going concern basis unless it is inappropriate presume that the Charity will continue its operations.

The Trustees are responsible for keeping proper records which disclose with reasonable accuracy at any time the financial position of the Charity at that time and to enable the Trustees to ensure that any statement of account prepared by them complies with the regulations under the Charities Act 2011. They are also responsible for safeguarding the assets of the Trust and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees on..... 25/1/2022 .....

Signed on their behalf by



B C CARROLL – Chairman

**EXTRA - SUPPORT FOR FAMILIES CIO  
INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES  
FOR THE YEAR ENDED 31<sup>ST</sup> MARCH 2021**

I have examined the accounts of Extra - Support for Families Charitable Incorporated Organisation (CIO) for the year ended 31<sup>st</sup> March 2021 which are set out on pages 6 to 13.

**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(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed

It is my responsibility to:

- Examine the accounts under section 145 of the 2011 Act;
- To follow the procedures laid down in the general directions given by the Charity Commission 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 Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented by 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 S130 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.

.....  
Clacton Business Services Ltd  
Chartered Accountants

.....  
Date

**EXTRA - SUPPORT FOR FAMILIES CIO**  
**STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31<sup>ST</sup> MARCH 2021**

	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £	Total Funds 2020 £
<b>INCOMING RESOURCES</b>				
<b>Voluntary Income</b>				
Grants Received:				
Henry Smith	-	40,000	40,000	40,000
YES Counselling	-	-	-	5,833
YES Parenting	-	-	-	5,833
The National Lottery Community Fund (NLCF)	-	45,000	45,000	90,000
ECF Chrysalis Fund	-	-	-	15,000
Rank Fund	-	600	600	-
Colchester Catalyst	-	-	-	10,000
Transformation Fund	-	-	-	19,456
Garfield Weston	-	20,000	20,000	7,500
Realising Ambitions Funding Programme	-	-	-	9,612
Live Well Transformation Fund	-	-	-	10,801
TVCS	-	500	500	-
COVID-19 Response Fund	-	11,065	11,065	-
The NLCF Extension Fund	-	116,000	116,000	-
<b>Investment Income</b>				
Interest Received	70	-	70	201
<b>Other Income</b>				
HMRC JRS Grants	11,257	-	11,257	-
<b>Total Income</b>	<b>11,327</b>	<b>233,165</b>	<b>244,492</b>	<b>214,236</b>

**EXTRA - SUPPORT FOR FAMILIES CIO**  
**STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31<sup>ST</sup> MARCH 2021**


	Note	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £	Total Funds 2020 £
<b>RESOURCES EXPENDED</b>					
<b>Charitable Activities</b>					
Rent		-	11,056	11,056	10,698
Staff Costs	9	-	116,307	116,307	116,580
Telephone and Internet		-	4,313	4,313	3,676
Postage and Stationery		-	2,680	2,680	2,962
Advertising		-	-	-	1,663
Travelling/Refreshments		-	2,503	2,503	7,269
Insurance		-	1,571	1,571	1,509
Programme Costs		-	4,274	4,274	22,809
Training		-	3,116	3,116	10,590
IT		-	1,261	1,261	-
Sundry Expenses		-	3,834	3,834	352
Subscriptions		-	787	787	1,220
Accountancy & Payroll	10	-	1,902	1,902	1,734
Supervision Consultancy		-	5,031	5,031	5,694
Depreciation		256	1,881	2,137	328
<b>Total Expenses</b>		<b>256</b>	<b>160,516</b>	<b>160,772</b>	<b>187,084</b>
<b>Net Income / (Deficit) for the Year</b>		11,071	72,649	83,720	27,152
<b>Funds brought forward</b>		<b>63,267</b>	53,442	116,709	89,557
<b>Transfer between funds</b>	8	<b>45,181</b>	<b>(45,181)</b>	-	-
Total Funds at 31 March 2021		<u>119,519</u>	<u>80,910</u>	<u>200,429</u>	<u>116,709</u>

The notes on page 9 to 13 form part of these financial statements.

**EXTRA - SUPPORT FOR FAMILIES CIO**  
**BALANCE SHEET**  
**FOR THE YEAR ENDED 31<sup>ST</sup> MARCH 2021**

		<u>2021</u>	<u>2020</u>
	Note	£	£
<b>FIXED ASSETS</b>			
Tangible assets	3	5,165	1,371
<b>CURRENT ASSETS</b>			
Debtors		-	-
Prepayments		-	-
Cash at bank and in hand		198,367	118,310
<b>CREDITORS: Amounts falling due</b>			
<b>Within one year</b>	4	(3,103)	(2,972)
<b>NET CURRENT ASSETS</b>		<u>195,264</u>	<u>115,338</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>200,429</u>	<u>116,709</u>
<b>CHARITY FUNDS</b>			
Unrestricted funds – general		119,519	63,267
Restricted funds	5	80,910	53,442
		<u>200,429</u>	<u>116,709</u>

Approved by the Trustees on.....25/1/2022.....and signed on their behalf by

  
 B C CARROLL  
 Chairman

The notes on pages 9 to 13 form part of these financial statements.

**EXTRA - SUPPORT FOR FAMILIES CIO**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31<sup>ST</sup> MARCH 2021**

## 1. ACCOUNTING POLICIES

### **Basis of preparation of the financial statements**

The financial statements have been prepared in accordance with the second edition of the Charities Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

### **Funds**

Unrestricted funds are donations and other income received or generated for the objects of the charity without further specified purposes and is available as general funds.

Designated funds comprise unrestricted fund that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which have to be used in accordance with specific restrictions imposed by donors which have been raised by the charity for particular purposes.

### **Resources expended**

Resources expended are recognised in the year in which they are incurred.

The bulk of resources expended are on charitable activities. Governance and fundraising costs in the opinion of the trustees are less than 5% of total expenditure and therefore the split is deemed not to be material.

### **Fixed assets**

All fixed assets are initially recorded at cost.

### **Depreciation**

Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of the asset as follows:

Equipment	-15% of written down value or 25% of cost
Office Equipment	-33% of written down value or 33% of cost

### **Incoming resources**

Grants, including grants for the purchase of fixed assets, are recognised in full in the statement of financial activities in the year in which they are receivable.

Income from investments is recognised when receivable.

**EXTRA - SUPPORT FOR FAMILIES CIO**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31<sup>ST</sup> MARCH 2021**

**2. NET INCOME**

Net income is stated after charging/(crediting)	<b><u>2021</u></b>	<b><u>2020</u></b>
	<b><u>£</u></b>	<b><u>£</u></b>
Depreciation	<u>2,137</u>	<u>328</u>

**3. TANGIBLE FIXED ASSETS**

	Office Equipment	Plant and Equipment	Total
	<b><u>£</u></b>	<b><u>£</u></b>	<b><u>£</u></b>
Cost at 1 <sup>st</sup> April 2020	<u>908</u>	<u>4,296</u>	<u>5,204</u>
Additions	<u>4,960</u>	<u>971</u>	<u>5,931</u>
Cost at 31 <sup>st</sup> March 2021	<u><b>5,868</b></u>	<u><b>5,267</b></u>	<u><b>11,135</b></u>
Depreciation at 1 <sup>st</sup> April 2020	<u>635</u>	<u>3,198</u>	<u>3,833</u>
Charge for the year	<u>408</u>	<u>1,729</u>	<u>2,137</u>
Depreciation at 31 <sup>st</sup> March 2021	<u><b>1,043</b></u>	<u><b>4,927</b></u>	<u><b>5,970</b></u>
Net book value at 31 <sup>st</sup> March 2021	<u><b>4,825</b></u>	<u><b>340</b></u>	<u><b>5,165</b></u>
Net book value at 1 <sup>st</sup> April 2020	<u>273</u>	<u>1,098</u>	<u>1,371</u>

**4. CREDITORS**

	<b><u>2021</u></b>	<b><u>2020</u></b>
	<b><u>£</u></b>	<b><u>£</u></b>
Accruals	1,080	1,050
Creditors	156	-
PAYE	<u>1,867</u>	<u>1,922</u>
	<u>3,103</u>	<u>2,972</u>

**EXTRA - SUPPORT FOR FAMILIES CIO**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31<sup>ST</sup> MARCH 2021**

**5. STATEMENT OF RESTRICTED FUNDS**

	Brought Forward	Incoming resources	Resources expended	Transfers in/(out)	Carried forward
	£	£	£	£	£
The National Lottery Community Fund	45,181	45,000	45,000	(45,181)	-
ECF Chrysalis Fund	3,750	-	3,750	-	-
Rank Fund	72	600	124	-	548
Realising Ambitions Funding Programme	3,000	-	3,000	-	-
Live Well Transformation Fund	1,439	-	3,039	1,600	-
TCVS	-	500	352	-	148
COVID-19 Response Fund	-	11,065	6,991	-	4,074
The NLCF Extension Fund	-	116,000	49,709	-	66,291
Henry Smith	-	40,000	32,367	(1,600)	6,033
Garfield Weston	-	20,000	16,184	-	3,816
<b>Total</b>	<b>53,442</b>	<b>233,165</b>	<b>160,516</b>	<b>(45,181)</b>	<b>80,910</b>

**6. ANALYSIS OF NET ASSETS BETWEEN RESTRICTED FUNDS**

	Tangible Fixed Assets	Net Current Assets	Total Funds
	£	£	£
Rank Fund	-	548	548
TCVS	-	148	148
COVID-19 Response Fund	4,050	24	4,074
The NLCF Extension Fund	-	66,291	66,291
Henry Smith	-	6,033	6,033
Garfield Weston	-	3,816	3,816
<b>Total</b>	<b>4,050</b>	<b>76,860</b>	<b>80,910</b>

**EXTRA - SUPPORT FOR FAMILIES CIO**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31<sup>ST</sup> MARCH 2021**

**7. PURPOSE OF FUNDS**

**Unrestricted funds**

General funds – to cover running costs in the event of reduced funding. The trustees aim to have at least three months' worth of running costs in reserves.

**Restricted funds**

The National Lottery Community Fund: To provide ongoing support for parents and families who experience issues relating to poverty, domestic abuse, mental health problems, children who have additional needs and general parenting. To offer long term support and confidence building strategies so parents and carers can make a difference in the children's lives.

Essex Community Foundation, Chrysalis Fund: Towards core staff costs.

The Rank Foundation: To provide trips for the Jaywick Young Parents Group.

Realising Ambitions Funding Programme: To deliver parenting programmes to help parents and carers improve their mental health.

Live Well Transformation Fund: Training to develop the staff team's skills in order to help support children to have the best start in life and to support the mental and physical wellbeing of children and families within the Tendring District.

TCVS: To provide winter comfort packs for very vulnerable families.

COVID-19 Response Fund: To equip EXTRA's Hall and the Jaywick Community Resource Centre to be COVID-19 secure and able to safely accommodate parents/carers and groups face to face in the building.

Henry Smith: To enable EXTRA to continue the vital work of providing a full programme of parenting support and parent led peer support groups within Tendring.

Garfield Weston: To enable EXTRA to keep developing and delivering services to families in need of support in the Tendring area of Northeast Essex.

**8. TRANSFERS BETWEEN FUNDS**

During the financial year ending 31<sup>st</sup> March 2021 there were 2 transfers between funds, they were as follows:

- 1) £45,181.00 from The National Lottery Community Fund into Unrestricted fund.

This transfer was to correct an error on the 2017 financial accounts, expenses totalling this amount should have been restricted but were incorrectly stated as unrestricted during the year.

- 2) £1,599.62 from The Henry Smith fund into the Live Well Transformation Fund.

This transfer was to cover the overspend on the Live Well Transformation Fund on training expenses.

**EXTRA - SUPPORT FOR FAMILIES CIO**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31<sup>ST</sup> MARCH 2021**

**9. STAFF COSTS AND EMOLUMENTS**

	Year ended 31 <sup>st</sup> March 2021
	£
<b>Total staff costs were as</b>	
Staff Salaries	100,840
Facilitator Salaries	15,363
Social Security	3,879
Pension Contributions	2,960
SMP Reclaimed	(6,735)
	116,307

**Particulars of employees**

The numbers of employees during the year were 1 full time and 4 part time.

	2021 No
Manager	1
Programme officer	1
Administrative support	3

No employee received emoluments of more than £60,000 during the year.

**10. ACCOUNTANCY & PAYROLL FEES**

	<u>2021</u>	<u>2020</u>
The total figure includes independent examiners fees for the year of:	1,380	1,050