

Charity registration number: 1158891

EXTRA - Support for Families

Annual Report and Financial Statements

for the Year Ended 31 March 2025

Lambert Chapman LLP
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Essex
CM7 3GB

EXTRA - Support for Families

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EXTRA - Support for Families

Reference and Administrative Details

Trustees	P R Byford B C Carroll JP E C Goddard L S Goddard B M Mann K J Phillips
Charity Registration Number	1158891
Principal Office	Jaywick Community Resource Centre Brooklands Gardens Jaywick Clacton-On-Sea Essex CO15 2JP
Independent Examiner	Mark Pearson FCA Lambert Chapman LLP 3 Warners Mill Silks Way Braintree Essex CM7 3GB
Bankers	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

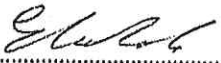
EXTRA has 6 Trustees who meet quarterly or more frequently as necessary. Trustees are appointed in accordance with its Constitution. Trustees are appointed for a term of 3 years by a resolution passed at a properly convened meeting of the Charity Trustees.

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 FCA

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Essex
CM7 3GB

Date: 02nd December 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 £
Income and Endowments from:					
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
Total income		<u>31,324</u>	<u>155,715</u>	<u>187,039</u>	<u>68,089</u>
Expenditure on:					
Charitable activities	6	<u>(58,487)</u>	<u>(118,981)</u>	<u>(177,468)</u>	<u>(174,668)</u>
Total expenditure		<u>(58,487)</u>	<u>(118,981)</u>	<u>(177,468)</u>	<u>(174,668)</u>
Net (expenditure)/income		<u>(27,163)</u>	<u>36,734</u>	<u>9,571</u>	<u>(106,579)</u>
Net movement in funds		(27,163)	36,734	9,571	(106,579)
Reconciliation of funds					
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 £
Fixed assets			
Tangible assets	13	920	1,762
Current assets			
Cash at bank and in hand		97,641	87,411
Creditors: Amounts falling due within one year	14	<u>(11,076)</u>	<u>(11,259)</u>
Net current assets		<u>86,565</u>	<u>76,152</u>
Net assets		<u>87,485</u>	<u>77,914</u>
Funds of the charity:			
Restricted income funds			
Restricted funds	16	77,979	41,245
Unrestricted income funds			
Unrestricted funds		<u>9,506</u>	<u>36,669</u>
Total funds	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:

Asset class	Depreciation method and rate
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
	<u>2,216</u>	<u>-</u>	<u>2,216</u>	<u>2,264</u>

8 Net incoming/outgoing resources

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

	2025 £	2024 £
Depreciation of fixed assets	<u>988</u>	<u>1,267</u>

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

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	<u>6</u>	<u>6</u>

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 £
Cost			
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>
Depreciation			
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>
Net book value			
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
	<u>11,076</u>	<u>11,259</u>

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 £
Unrestricted funds				
<i>General</i>				
Unrestricted funds	36,669	31,324	(58,487)	9,506
Restricted funds				
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
Total restricted funds	<u>41,245</u>	<u>155,715</u>	<u>(118,981)</u>	<u>77,979</u>
Total funds	<u>77,914</u>	<u>187,039</u>	<u>(177,468)</u>	<u>87,485</u>

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 £
Unrestricted funds					
<i>General</i>					
Unrestricted funds	120,319	8,589	(91,384)	(855)	36,669
Restricted					
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
Total restricted funds	<u>64,174</u>	<u>59,500</u>	<u>(83,284)</u>	<u>855</u>	<u>41,245</u>
Total funds	<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

	Unrestricted funds General £	Restricted funds £	Total funds at 31 March 2025 £
Tangible fixed assets	920	-	920
Current assets	16,298	81,343	97,641
Current liabilities	(7,712)	(3,364)	(11,076)
Total net assets	<u>9,506</u>	<u>77,979</u>	<u>87,485</u>
	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>

18 Related party transactions

There were no related party transactions in the year.