



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

**From 1st February 2020
January 2021**

**Period start date To 31st
Period end date**

Charity name: The Foundation for Ribble Valley Families

Charity registration number:1161015

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To promote social inclusion for the public benefit of the people of Lancashire and North Yorkshire with a focus on Ribble Valley families by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>The overriding factor that has affected the main activities of the charity for the period 1 February 2020 to 31 January 2021 was the impact of the Covid-19 pandemic.</p> <p>The Foundation for Ribble Valley Families (FRVF) has continued to provide therapeutic coaching sessions using the Fusion Model at the core of its activities, to the benefit of individuals and families across the community, through self-referral and directly from professional groups such as GPs. However, these activities were carried out remotely with clients rather than face-to-face. FRVF was also able to provide a number of Mindfulness courses for clients remotely. Baby Massage and Messy Play sessions unfortunately had to be postponed throughout the period due to the restrictions of "lockdown" and social distancing during the pandemic.</p> <p>FRVF also maintained an online presence and retained a high profile in the community through social media, offering support and guidance</p>

		for people who may be finding social isolation difficult, with many people being furloughed or losing their jobs, and children being at home due to school closures.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees can confirm that they are aware of the guidance on public benefit and have taken this into account when planning the activities of the charity, ensuring that everything we do is wholly of benefit to members of the local community. This includes the fact that the purposes of the charity are wholly charitable.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

Achievements and Performance

	SORP reference	
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Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>FRVF had planned to extend its work in 20/21, however, objectives had to be re-set with the onset of the pandemic. The charity was able to continue to function in a limited capacity throughout the period, retaining some capacity to accept referrals from new clients by offering remote coaching sessions, as well as running a number of Mindfulness courses for existing clients. We were unable to offer group activities from The Family Thrive Centre including Baby Massage and Messy Play.</p> <p>FRVF did, however, make productive use of the period, especially in the areas of business planning, and the development of a pilot programme in a local primary school to support teachers and parents.</p> <p>We were also able to apply for grants during the period, especially to support our work during the pandemic, mainly from the local authorities both at county and borough council levels. No fundraising activities took place during the period due to the restrictions of the pandemic.</p> <p>It is perhaps ironic that the charity was able to stabilise and indeed improve its financial position during the year due to the provision of local authority grants and reduced overhead and administrative expenses.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	The charity was unable to undertake any fundraising activities throughout the period.
Investment performance	Para 1.41	

against objectives		
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	At the end of the financial period (31 January 2021) the charity was able to report an operating surplus of £18,316, an increase from the previous year's surplus of £5,442. This included a 36% decrease in gross profit but balanced against a 30% decrease in overhead and administrative costs. This does not take account of a Coronavirus Small Business Grant of £20,000. The reduction in overhead and administrative costs is largely as a result of lower centre costs (as the building was closed) and reduced provision of therapeutic coaching.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The charity has not felt the need, up to the end of this reporting period, to hold formal reserves, as it has very limited fixed costs or financial commitments. However, the board decided to retain a minimum of £10,000 during the period as a safety-net.
Amount of reserves held	Para 1.22	The amount of cash in hand at the end of the period was £20,120 (£7650 in the previous period). This is a more positive position than at the end of the previous period.
Reasons for holding zero reserves	Para 1.22	The charity has not felt the need, up to the end of this reporting period, to hold reserves, as it has very limited fixed costs or financial commitments. The charity does not employ any staff and recovers most of its other costs in the form of grants (e.g. premises). The charity could be wound up quite simply without the need to pay out creditors. This policy is to be reviewed for the new financial year as we increase our activity levels and expand our work in the community as we come out of the restrictions of the pandemic.
Details of fund materially in deficit	Para 1.24	The fund is not in deficit, with creditor payments being made within agreed arrangements.
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	There are no immediate concerns in this regard, especially as the charity continues to be successful in applying for and receiving grants and donations, and with continuing

		support from the local authority, local healthcare professionals and the wider community.
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Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	<p>Para 1.47</p> <p>For the period in question, the principal sources of funds included: local authority grants to keep some of the core mental health activities going during the pandemic, and other grants from both national and local organisations.</p>	
Investment policy and objectives including any social investment policy adopted	<p>Para 1.46</p>	
A description of the principal risks facing the charity	<p>Para 1.46</p>	<p>At the start of the period in question we were unaware of the impact of the COVID-19 Pandemic, including how long restrictions would last, but also importantly, the impact upon local people and communities in terms of their mental health and resilience. Apart from the impact of the pandemic, the major risk facing the charity is sustainability, and our ability to achieve financial security going forward. Our plans pre-pandemic were very much reliant upon our ability to attract sustainable</p>

		<p>funding, and through forging links with local business partners, as well as applying for local and national grants. We also hoped to expand our fundraising.</p> <p>As pandemic restrictions ease in 2021/22 our plans will include: plans to secure long-term funding from the NHS and other local authority providers for mental health service provision, long-term grant applications and public donation, and plans to promote our services directly to local schools, businesses and the wider community throughout the locality.</p>
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Articles of Association
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Company Limited by Guarantee
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Appointed by the Trustee Board.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	The Foundation for Ribble Valley Families
Other name the charity uses	
Registered charity number	1161015

Charity's principal address	The Family Thrive Centre The Old Physiotherapy Centre New Market Street Clitheroe BB7 2JW

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Philip Kevin Mileham	Chair		
2	Gillian Harding			
3	Helen Mary Evans			
4	Susannah Elizabeth Owen			
5	Owen Michael Gilbert Phillips			
6	Dorothy Shears		11.12.20 - 31.01.21	Trustee Board
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees - names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
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[illegible]

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Accountant	Gary Farnsworth	Ridehalgh, Guardian House, 42 Preston New Road, Blackburn, BB2 6AH

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

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

P K Mileham

Full name(s)

Philip Kevin Mileham

**Position (eg
Secretary, Chair, etc)**

Chair

Date

23rd November 2021

THE FOUNDATION FOR RIBBLE VALLEY FAMILIES
Company Limited by Guarantee
UNAUDITED FINANCIAL STATEMENTS
31 JANUARY 2021

RIDEHALGH LIMITED

Chartered Accountants
Guardian House
42 Preston New Road
Blackburn
BB2 6AH

THE FOUNDATION FOR RIBBLE VALLEY FAMILIES
COMPANY LIMITED BY GUARANTEE
FINANCIAL STATEMENTS
YEAR ENDED 31 JANUARY 2021

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THE FOUNDATION FOR RIBBLE VALLEY FAMILIES

COMPANY LIMITED BY GUARANTEE

DIRECTORS' REPORT

YEAR ENDED 31 JANUARY 2021

The directors present their report and the unaudited financial statements of the company for the year ended 31 January 2021.

PRINCIPAL ACTIVITIES

The company is a registered charity (charity number 1161015) and was established to fulfil the following obligation:- To promote social inclusion for the public benefit of the people of Lancashire and North Yorkshire.

DIRECTORS

The directors who served the company during the year were as follows:

S.E. Owen
H.M. Evans
G. Harding
P.K. Mileham
O.M. Phillips
D. Shears

(Appointed 11 December 2020)

SMALL COMPANY PROVISIONS

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

This report was approved by the board of directors on 22 September 2021 and signed on behalf of the board by:

P.K. Mileham
Director

Registered office:
The Family Thrive Centre
The Old Physiotherapy Centre
New Market Street
Clitheroe
Lancashire
BB7 2JW

THE FOUNDATION FOR RIBBLE VALLEY FAMILIES
COMPANY LIMITED BY GUARANTEE
STATEMENT OF INCOME AND RETAINED EARNINGS
YEAR ENDED 31 JANUARY 2021

	Note	2021 £	2020 £
TURNOVER		48,699	76,941
Cost of sales		—	118
GROSS PROFIT		48,699	76,823
Administrative expenses		50,383	71,381
Other operating income		20,000	—
OPERATING PROFIT		18,316	5,442
PROFIT BEFORE TAXATION		18,316	5,442
Tax on profit		—	—
PROFIT FOR THE FINANCIAL YEAR AND TOTAL COMPREHENSIVE INCOME		18,316	5,442
RETAINED EARNINGS/(LOSSES) AT THE START OF THE YEAR		1,804	(3,638)
RETAINED EARNINGS AT THE END OF THE YEAR		20,120	1,804

All the activities of the company are from continuing operations.

The notes on pages 4 to 5 form part of these financial statements.

THE FOUNDATION FOR RIBBLE VALLEY FAMILIES

COMPANY LIMITED BY GUARANTEE

STATEMENT OF FINANCIAL POSITION

31 JANUARY 2021

	Note	2021 £	£	2020 £	£
CURRENT ASSETS					
Cash at bank and in hand		20,120		7,650	
CREDITORS: amounts falling due within one year	5	<u>—</u>		<u>5,846</u>	
NET CURRENT ASSETS			<u>20,120</u>		<u>1,804</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>20,120</u>		<u>1,804</u>
CAPITAL AND RESERVES					
Profit and loss account			20,120		1,804
MEMBERS FUNDS			<u>20,120</u>		<u>1,804</u>

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with Section 1A of FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

For the year ending 31 January 2021 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements were approved by the board of directors and authorised for issue on 22 September 2021, and are signed on behalf of the board by:

P.K. Mileham
Director

Company registration number: 09382059

The notes on pages 4 to 5 form part of these financial statements.

THE FOUNDATION FOR RIBBLE VALLEY FAMILIES

COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 JANUARY 2021

1. GENERAL INFORMATION

The company is a private company limited by guarantee, registered in England and Wales. The address of the registered office is The Family Thrive Centre, The Old Physiotherapy Centre, New Market Street, Clitheroe, Lancashire, BB7 2JW.

2. STATEMENT OF COMPLIANCE

These financial statements have been prepared in compliance with Section 1A of FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland'.

3. ACCOUNTING POLICIES

(a) Basis of preparation

The financial statements have been prepared on the historical cost basis.

The financial statements are prepared in sterling, which is the functional currency of the entity.

(b) Government grants

Government grants or assistance of a revenue nature are recognised in the same period as the related expenditure. Where the grant is for the purpose of giving immediate financial support with no future related costs the income is recognised in the period in which it becomes receivable.

(c) Revenue recognition

Turnover shown in the income and expenditure account represents amounts received during the year.

4. COMPANY LIMITED BY GUARANTEE

The company is limited by guarantee. In the event of the company requiring funds in order to continue as a going concern the directors have undertaken to contribute the necessary capital. It is unlikely these circumstances will arise in the foreseeable future.

5. CREDITORS: amounts falling due within one year

	2021	2020
	£	£
Trade creditors	—	846
Other creditors	—	5,000
	<u>—</u>	<u>5,846</u>
	<u>—</u>	<u>5,846</u>

6. DIRECTORS' ADVANCES, CREDITS AND GUARANTEES

There are no transactions with directors that require disclosure under FRS 102 Section 1A.

THE FOUNDATION FOR RIBBLE VALLEY FAMILIES

COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

YEAR ENDED 31 JANUARY 2021

7. RELATED PARTY TRANSACTIONS

The company was under the control of the directors throughout the year.

No transactions with related parties were undertaken such as are required to be disclosed under the provisions of FRS 102 Section 1A.

THE FOUNDATION FOR RIBBLE VALLEY FAMILIES
COMPANY LIMITED BY GUARANTEE
MANAGEMENT INFORMATION
YEAR ENDED 31 JANUARY 2021

The following pages do not form part of the financial statements.

THE FOUNDATION FOR RIBBLE VALLEY FAMILIES

COMPANY LIMITED BY GUARANTEE

CHARTERED ACCOUNTANTS REPORT TO THE BOARD OF DIRECTORS ON THE PREPARATION OF THE UNAUDITED STATUTORY FINANCIAL STATEMENTS OF THE FOUNDATION FOR RIBBLE VALLEY FAMILIES

YEAR ENDED 31 JANUARY 2021

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the financial statements of The Foundation for Ribble Valley Families for the year ended 31 January 2021, which comprise the statement of income and retained earnings, statement of financial position and the related notes from the company's accounting records and from information and explanations you have given us.

As a practising member firm of the Institute of Chartered Accountants in England and Wales (ICAEW), we are subject to its ethical and other professional requirements which are detailed at www.icaew.com/en/membership/regulations-standards-and-guidance.

This report is made solely to the Board of Directors of The Foundation for Ribble Valley Families, as a body, in accordance with the terms of our engagement letter. Our work has been undertaken solely to prepare for your approval the financial statements of The Foundation for Ribble Valley Families and state those matters that we have agreed to state you, as a body, in this report in accordance with ICAEW Technical Release 07/16 AAF as detailed at www.icaew.com/compilation. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than The Foundation for Ribble Valley Families and its Board of Directors, as a body, for our work or for this report.

It is your duty to ensure that The Foundation for Ribble Valley Families has kept adequate accounting records and to prepare statutory financial statements that give a true and fair view of the assets, liabilities, financial position and profit of The Foundation for Ribble Valley Families. You consider that The Foundation for Ribble Valley Families is exempt from the statutory audit requirement for the year.

We have not been instructed to carry out an audit or a review of the financial statements of The Foundation for Ribble Valley Families. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory financial statements.

RIDEHALGH LIMITED
Chartered Accountants

Guardian House
42 Preston New Road
Blackburn
BB2 6AH

22 September 2021

THE FOUNDATION FOR RIBBLE VALLEY FAMILIES

DETAILED INCOME STATEMENT

YEAR ENDED 31 JANUARY 2021

	2021 £	2020 £
TURNOVER		
Baby massage	2,135	2,178
Donations	13,106	60,513
Therapeutic life coaching & training	–	1,430
Room hire	3,468	–
Grants	29,990	9,750
Events	–	3,070
	<u>48,699</u>	<u>76,941</u>
 COST OF SALES		
Purchases	–	118
	<u>–</u>	<u>118</u>
 GROSS PROFIT	<u>48,699</u>	<u>76,823</u>
 OVERHEADS		
ADMINISTRATIVE EXPENSES		
Room hire	–	770
Rent rates and water	2,003	2,241
Light and heat	1,762	4,717
Insurance	286	286
Repairs and maintenance	748	617
Telephone	455	307
Printing, postage and stationery	228	239
Sundry expenses	–	37
Advertising and website costs	432	314
Legal and professional fees	2,650	2,263
Therapeutic life coaching and training	41,819	59,590
	<u>50,383</u>	<u>71,381</u>
 OTHER OPERATING INCOME		
Coronavirus small business grant	20,000	–
	<u>18,316</u>	<u>5,442</u>
 OPERATING PROFIT	<u>18,316</u>	<u>5,442</u>
 PROFIT BEFORE TAXATION	<u><u>18,316</u></u>	<u><u>5,442</u></u>

THE FOUNDATION FOR RIBBLE VALLEY FAMILIES
Company Limited by Guarantee
UNAUDITED FINANCIAL STATEMENTS
31 JANUARY 2021

RIDEHALGH LIMITED

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THE FOUNDATION FOR RIBBLE VALLEY FAMILIES
COMPANY LIMITED BY GUARANTEE
FINANCIAL STATEMENTS
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THE FOUNDATION FOR RIBBLE VALLEY FAMILIES

COMPANY LIMITED BY GUARANTEE

DIRECTORS' REPORT

YEAR ENDED 31 JANUARY 2021

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G. Harding
P.K. Mileham
O.M. Phillips
D. Shears

(Appointed 11 December 2020)

SMALL COMPANY PROVISIONS

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This report was approved by the board of directors on 22 September 2021 and signed on behalf of the board by:

P.K. Mileham
Director

Registered office:
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The Old Physiotherapy Centre
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BB7 2JW

THE FOUNDATION FOR RIBBLE VALLEY FAMILIES
COMPANY LIMITED BY GUARANTEE
STATEMENT OF INCOME AND RETAINED EARNINGS
YEAR ENDED 31 JANUARY 2021

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PROFIT BEFORE TAXATION		18,316	5,442
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THE FOUNDATION FOR RIBBLE VALLEY FAMILIES

COMPANY LIMITED BY GUARANTEE

STATEMENT OF FINANCIAL POSITION

31 JANUARY 2021

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Profit and loss account			20,120		1,804
MEMBERS FUNDS			<u>20,120</u>		<u>1,804</u>

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For the year ending 31 January 2021 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

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P.K. Mileham
Director

Company registration number: 09382059

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THE FOUNDATION FOR RIBBLE VALLEY FAMILIES

COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 JANUARY 2021

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(a) Basis of preparation

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(b) Government grants

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(c) Revenue recognition

Turnover shown in the income and expenditure account represents amounts received during the year.

4. COMPANY LIMITED BY GUARANTEE

The company is limited by guarantee. In the event of the company requiring funds in order to continue as a going concern the directors have undertaken to contribute the necessary capital. It is unlikely these circumstances will arise in the foreseeable future.

5. CREDITORS: amounts falling due within one year

	2021	2020
	£	£
Trade creditors	—	846
Other creditors	—	5,000
	<u>—</u>	<u>5,846</u>
	<u>—</u>	<u>5,846</u>

6. DIRECTORS' ADVANCES, CREDITS AND GUARANTEES

There are no transactions with directors that require disclosure under FRS 102 Section 1A.

THE FOUNDATION FOR RIBBLE VALLEY FAMILIES

COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

YEAR ENDED 31 JANUARY 2021

7. RELATED PARTY TRANSACTIONS

The company was under the control of the directors throughout the year.

No transactions with related parties were undertaken such as are required to be disclosed under the provisions of FRS 102 Section 1A.

THE FOUNDATION FOR RIBBLE VALLEY FAMILIES
COMPANY LIMITED BY GUARANTEE
MANAGEMENT INFORMATION
YEAR ENDED 31 JANUARY 2021

The following pages do not form part of the financial statements.

THE FOUNDATION FOR RIBBLE VALLEY FAMILIES

COMPANY LIMITED BY GUARANTEE

CHARTERED ACCOUNTANTS REPORT TO THE BOARD OF DIRECTORS ON THE PREPARATION OF THE UNAUDITED STATUTORY FINANCIAL STATEMENTS OF THE FOUNDATION FOR RIBBLE VALLEY FAMILIES

YEAR ENDED 31 JANUARY 2021

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This report is made solely to the Board of Directors of The Foundation for Ribble Valley Families, as a body, in accordance with the terms of our engagement letter. Our work has been undertaken solely to prepare for your approval the financial statements of The Foundation for Ribble Valley Families and state those matters that we have agreed to state you, as a body, in this report in accordance with ICAEW Technical Release 07/16 AAF as detailed at www.icaew.com/compilation. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than The Foundation for Ribble Valley Families and its Board of Directors, as a body, for our work or for this report.

It is your duty to ensure that The Foundation for Ribble Valley Families has kept adequate accounting records and to prepare statutory financial statements that give a true and fair view of the assets, liabilities, financial position and profit of The Foundation for Ribble Valley Families. You consider that The Foundation for Ribble Valley Families is exempt from the statutory audit requirement for the year.

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RIDEHALGH LIMITED
Chartered Accountants

Guardian House
42 Preston New Road
Blackburn
BB2 6AH

22 September 2021

THE FOUNDATION FOR RIBBLE VALLEY FAMILIES

DETAILED INCOME STATEMENT

YEAR ENDED 31 JANUARY 2021

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 COST OF SALES		
Purchases	—	118
	<u>—</u>	<u>118</u>
 GROSS PROFIT	<u>48,699</u>	<u>76,823</u>
 OVERHEADS		
ADMINISTRATIVE EXPENSES		
Room hire	—	770
Rent rates and water	2,003	2,241
Light and heat	1,762	4,717
Insurance	286	286
Repairs and maintenance	748	617
Telephone	455	307
Printing, postage and stationery	228	239
Sundry expenses	—	37
Advertising and website costs	432	314
Legal and professional fees	2,650	2,263
Therapeutic life coaching and training	41,819	59,590
	<u>50,383</u>	<u>71,381</u>
 OTHER OPERATING INCOME		
Coronavirus small business grant	20,000	—
	<u>18,316</u>	<u>5,442</u>
 OPERATING PROFIT	<u>18,316</u>	<u>5,442</u>
 PROFIT BEFORE TAXATION	<u><u>18,316</u></u>	<u><u>5,442</u></u>
