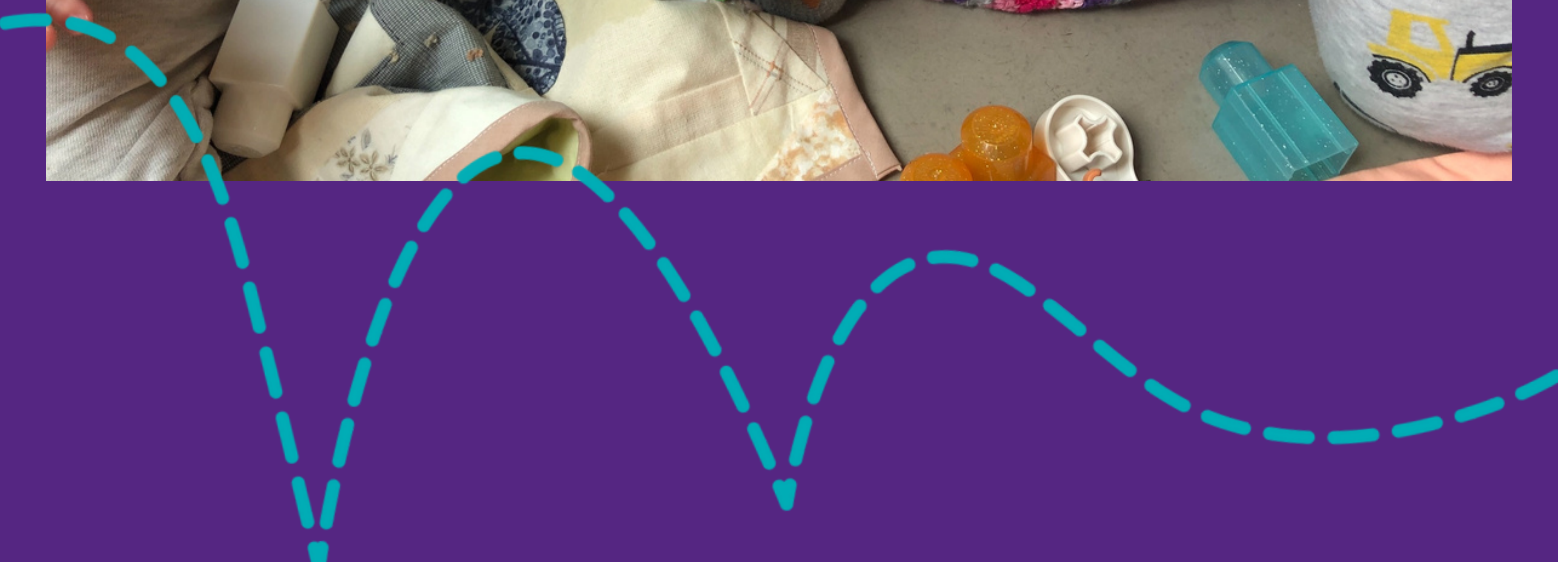


Annual Report
& Accounts
2022 - 23





Contents

What is Home-Start York?	3
Chair's Annual Report	4
Referrals and Needs	6
Referrer Feedback	7
Outcomes and Impact	8
Family Feedback	9
Progress and Achievements Report	10
Big Hopes Big Futures	12
Babystart Group	13
Our Volunteers	14
Thank You to Our Sponsors & Supporters	15
Structure, Governance and Management	16
Financial Review	16
Trustee Responsibilities in Relation to the Financial Statements	17
Accounts	18
Notes to the Financial Statements	19
Independent Examiner's Report	22



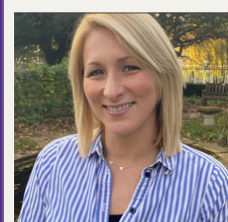
Maria O'Keeffe
Scheme Manager



Eleanor Carswell
Administrator



Susan Deery
Family Support Coordinator



Katy McGarry
Family Support Coordinator

Home-Start York has had one of its most successful years to date. Our charity is growing along with the need for support & this year, we have received the highest number of referrals (125) and developed exciting new projects with ways to provide meaningful, early intervention support for families.

Our small staff team works extremely hard to provide the right support to parents, when they need it most, training & matching one of our 57 committed and passionate volunteers who support & empower local parents, each week.

I would like to thank everyone involved with Home-Start York for making this another year to be proud of.

Maria O'Keeffe- Scheme Manager

What is Home-Start York?

Home-Start York is an independent charity offering family focussed support to parents with pre-school children in York since 1988.

Providing a unique, in-home, volunteer-led service, Home-Start York fills a local community need by reaching some of the most vulnerable families in York as well as those who are simply finding parenting difficult due to stresses.

Our volunteers receive training to support families with at least one child under 5 years old. Following a thorough needs assessment, families are matched with the volunteer best suited to help them meet their personal challenges.

Volunteers provide regular confidential support, guidance, and practical help to assist parents in giving their children the best possible start in life.

Our service aims to promote family resilience through early intervention, preventing difficulties escalating into crisis.

Our Support

Home Visiting - A volunteer is matched with a family and their identified needs, to provide emotional support for a couple of hours each week. The volunteer will help the family to build confidence, accompany them to groups or appointments and offer practical support with the baby or children in the family home.

Big Hopes, Big Futures - Parents with children 3-5 years receive a weekly home visit to engage in our 10-week school readiness programme. In a confidential, encouraging way parents and children will be supported together to prepare for their school experience. The programme is delivered in a fun, informative and thoughtful manner.

Baby-Start Group - This small group provides a block of 10 weekly support sessions for parents with 0-2's who feel unable to access larger groups and who will benefit from information on their babies first 2 years and meeting new mums. A volunteer may attend with their family to provide assistance or extra reassurance or they may come to share an activity they have experience in such as baby massage, story sacks or messy play.

Telephone support - A volunteer may provide weekly telephone support calls to parents if home visiting is not suitable. The same volunteer will phone each week to offer emotional support and guidance.

Launching in April 2023

Perinatal Support - From 30+ weeks pregnant a mum to be is linked with a volunteer, providing emotional support and guidance through weekly home visits. They will help her prepare practically and emotionally for baby's arrival, empowering her to build confidence as she becomes a new mum.



Chair's Report



As I am writing this in August 2023, I want to update you not only on the events of the 2022/23 financial year, but also to include the changes and exciting new development that has taken place since March.

The past eighteen months have seen us welcoming some new faces to both the staff team and the trustee board and several new volunteers. We are also especially excited about our new perinatal mental health project as for the first time we will be working with women who are in the later weeks of their pregnancy and have been highlighted as vulnerable to postnatal depression. The project enables our volunteers to begin building a relationship with parents before their baby arrives and we have already had several referrals.

This year we have said goodbye to Jo Harry, one of our Family Support Coordinators. Jo brought her joy and enthusiasm to the team and we know she will use her empathy and understanding to great effect in her new role as a school counsellor. Jo was replaced by Katy whose experience as a midwife has been invaluable to many of our families and volunteers. We have also welcomed Adele to the team as a Family Support Coordinator. Adele has been a Home-Start volunteer and a member of our trustee board, she brings a great deal of experience and understanding to the role.

Maria continues to manage the service and to face changes and new projects with enthusiasm. Susan and Eleanor have continued in the team as Family Support Coordinator and Administrator respectively, and I know Maria highly values their hard work and ideas.

The Trustee Board has recruited some new members this year and we are delighted to welcome Samantha Beardsley and Jane Keel to the board. We have two additional new members, Jessica Harrison and Jennifer Whitfield who will be joining us in the Autumn. Sadly, Sarah Ratcliffe is leaving the board this October. Sarah has been a trustee since 2019 and we have valued her input and legal expertise, especially her willingness to grapple with changes to Home-Start policies during her time with us. We wish her well in the future.





Fundraising is always a challenge for charities such as ours and we continue to be fortunate that Val Bowman, our treasurer, keeps a careful eye on our finances. Happily, we have received funding from City of York Council this year. We know this reflects the value they place on the preventative work that we do with vulnerable families across the city. We would not have been able to begin the new perinatal project without additional funding from The Whitwam Foundation and the Ed De Nunzio Trust. This additional funding has enabled us to employ an extra member of staff on a one year contract to help launch this work.

Sandra Furby is our deputy chair, and is always a good sounding board for me, and for Maria. Sandra, Sarah Blower and our volunteer representatives and trustees, Penny Heptonstall and Lesley Murphy all continue to share their experience and expertise with the board and staff. I would like to thank them all for their contribution and the generous amount of time they give to Home-Start.

Our dedicated and enthusiastic volunteers continue to prioritise home visiting and many have also undertaken additional training and can offer more specialist support such as our new perinatal mental health project and the Big Hopes, Big Futures school readiness programme. Some volunteers also join our Family Support Coordinator at the Groups that we run for vulnerable and isolated mothers and their babies.

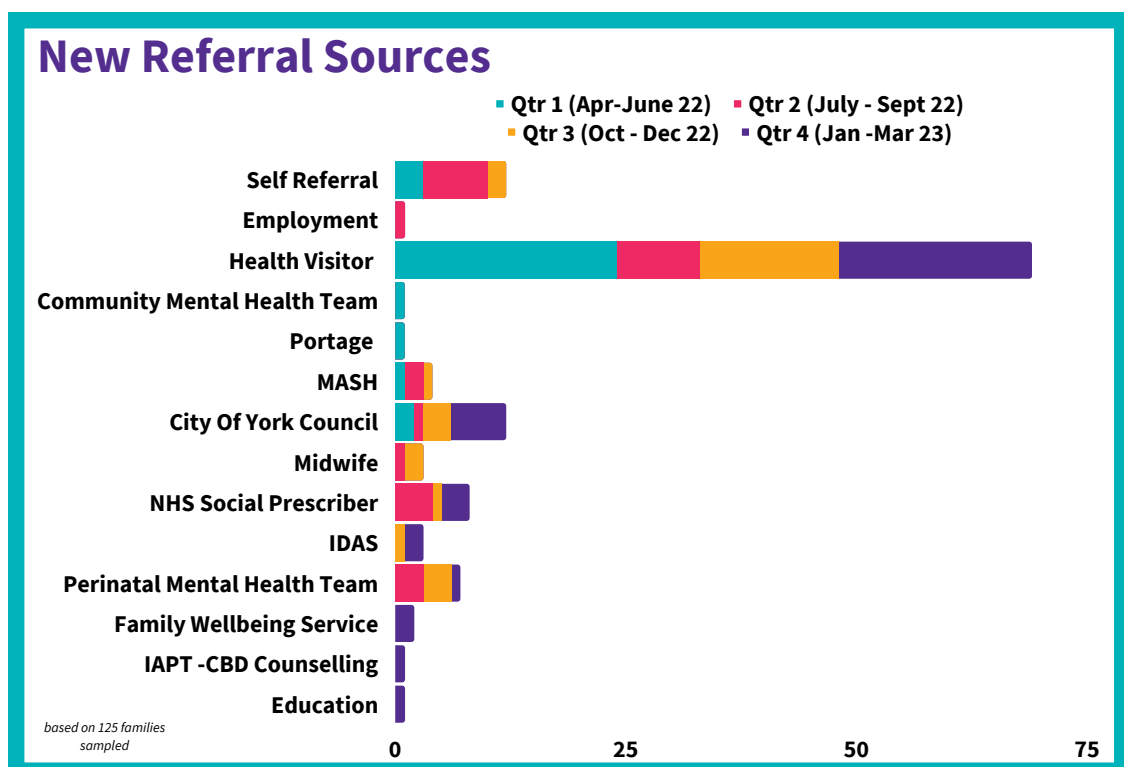
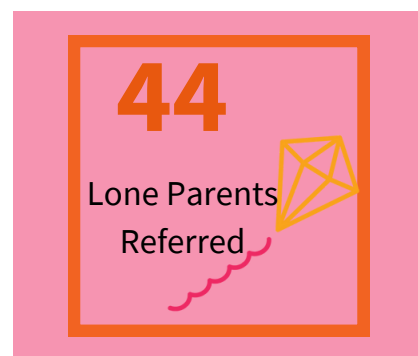
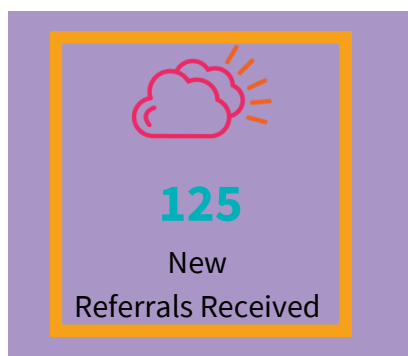
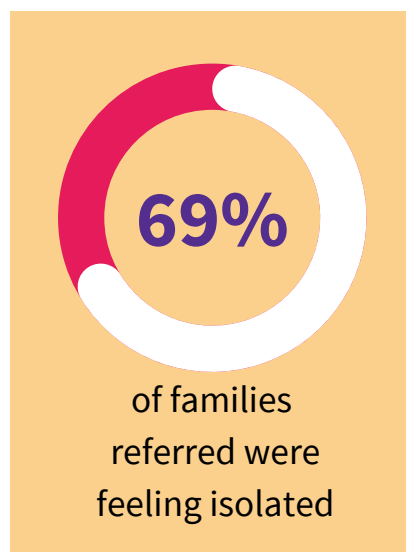
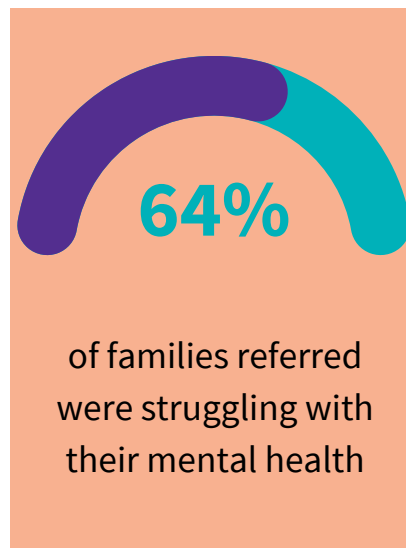
I am stepping down as Chair and trustee this year, however, I am confident that Sandra and the board will continue to support the staff team and the volunteers to provide the valuable service that Home-Start offers.

Last year I commented on how our families are facing increasing fuel bills and rising food prices and it is evident that many families are still struggling with the impact of inflation on their budgets. I remain confident that Maria and the team will respond to any new challenges with their usual pragmatism, good will and compassion, and know that I speak for the trustees and all our Home-Start families when I express our gratitude for all that they do.

Susan Halstead
Chair of Trustees
August 2023



Referrals and Needs



Referrer feedback

The help is fantastic - whether it the group work or 1:1 support. It provides an additional resource to women who really need extra support at that time and also provides them with some security if other services are no longer involved. You are amazing please keep offering this wonderful service.

I have just completed a visit with a family, she loved your group and is still in touch with the other attendees and without doubt this has had a very positive effect on her mental health and her ability to parent her 1 year old daughter. Home-Start's work is invaluable for families in York.

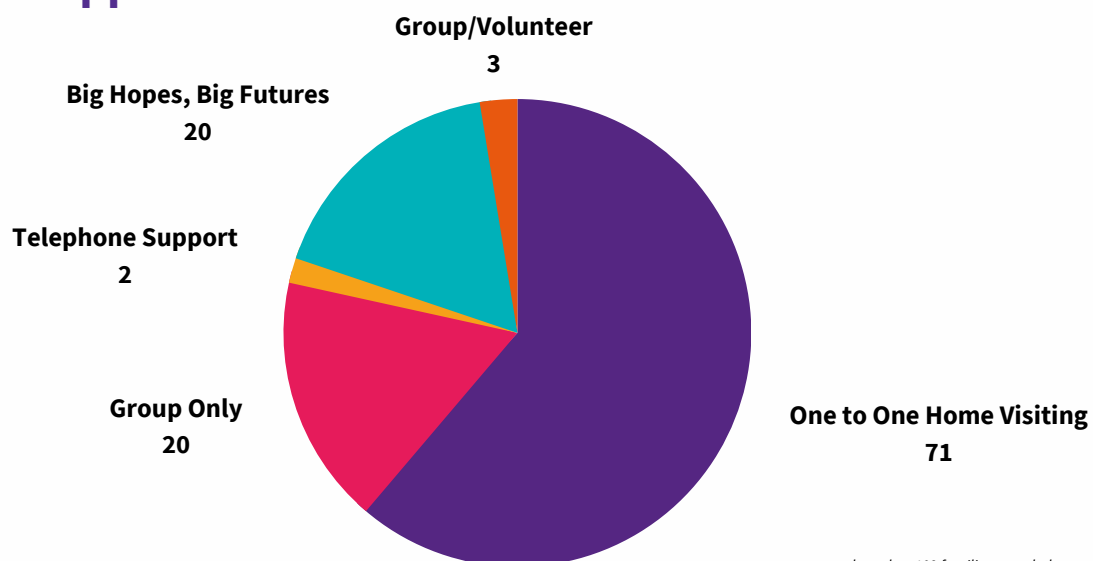
Volunteers are armed with valuable advice, practical support and someone they can talk to. This is invaluable to many families who struggle with the pressure of parenthood. Thank you for the brilliant work you do with the young children of York and their families. Your flexible, helpful and friendly approach provides an unique and invaluable addition to the services available in York.

Your service is absolutely fantastic! The support you offer to families is so valuable. I continue to hear positive stories of how the volunteer helped and I continue to inform other professionals of your service. Thank you for all of the support you give us and also the support you give the families.

I am very much looking forward to hearing about your new antenatal service you will be providing. This service is so needed in York to support families and women's mental health. Thank you for all your hard work and your wonderful volunteers.

Gathered from Early Help, Family Wellbeing, Portage, Healthy Child Team, Community Mental Health Team, Perinatal Mental Health Team, Social Workers, Education, Social Prescribers, IDAS, MASH

Support Given to Families



Outcomes and Impact



Lucys' Story

..a teenage homeless mum (17), living in Hostel with a 6-week-old baby referred to us by her Social Worker.

Needs

Lucy* had limited support, and as a new mum her increased isolation and loneliness was affecting her mental health. She was also struggling with self-care and personal hygiene.

Volunteer Support Role

Lucy had 2-hour weekly visits with a Home-Start York volunteer for 2 months.

Providing the time and reassurance of an extra pair of hands allowed Lucy to have a shower or batch cook without the concern that her baby was upset. The volunteer has empowered Lucy to have the confidence to settle her baby in their cot so she can have daily washes with confidence when the volunteer is not present.

With her volunteer Lucy has gone for walks in the local area and gone to a local church Baby and Toddler group. With her volunteer as support, Lucy then attended the Home-Start York Baby Group and confidently interacted with other mums.

Impact

The support and guidance that has been provided has been invaluable. Lucy is now back at college, with her baby going to a Nursery 3 days a week.

Home-Start York's volunteer has empowered and guided Lucy to have self-assurance as a mum, building her confidence to get out of the house, meet other mums and combat her isolation.

Lucy has a much clearer understanding of finances and the importance of budgeting. She is now enjoying batch cooking and keeping on top of the housework.

Lucy's confidence in being a mum has increased, establishing a routine that works for her and her baby which has allowed her to provide her own basic self-care without feeling guilty about not holding baby all day.

"I am so pleased she (the volunteer) has been coming to see me every week. I don't know what I would have done without her. I feel like I have a life again."

Lucy

*Name changed for anonymity purposes



88%

of parents felt more able to manage their children's behaviour



94%

of parents reported an increase in their self esteem and confidence



85%

were feeling less isolated



238

Visits by Family Support Coordinators



192

Children aged 0-5 Nurtured



68%

were more confident with the day to day running of their home



82%

of parents reported an improvement in their mental health



86%

of parents felt more involved in their children's development and learning

Family Feedback



Baby Group Feedback from families Volunteer/Home Visiting Feedback from families

We've really enjoyed attending each week. It's wonderful to be around other mums with babies of a similar age, you realise most people have the same questions as you and often worry about the same things. As we got to know each other better, I think people seemed more relaxed discussing the trials and tribulations of parenting!

I have made some friends that I would hope are for life. I got support through a tough time when I needed someone from the outside and Susan and Jo who ran the group were always there with supportive advice and help.

I really liked the kindness and welcome vibe at every meeting. I met some lovely friends and could feel and see the support offered by all the volunteers. Some really useful information was given and there was plenty of time for the kiddies to play. I think the size of the group was brilliant - not too big. It didn't over awe the babies and was easier to talk to other mums too. Can it last longer?!

I really appreciated meeting other parents, seeing what babies of different ages are like and doing taster sessions. Just having a cup of tea made for me and being offered a biscuits did wonders for my wellbeing!

Having our volunteer come round to be with the twins was amazing. I was struggling with my mental health and just knowing she was coming would always make me feel so much better. She was one of the only people who I trusted with them, that she knew how to look after them and they were safe. She was amazing, such a lovely, caring, kind individual and an asset to Home-Start as a volunteer.

My volunteer gave me parenting tips and advice, advice on healthy eating for me and my family and she gave me emotional support. She was the kindest, most lovely person I've ever met and my children adore her. She helped me so much!

We have gained more confidence in looking after the twins alone with the outstanding support from my Home-Start volunteer. She gave me advice on staying calm and giving myself time if I need it and to then come back and start again. I have been much happier since having the support and will miss it a lot.

We've been helped by a lovely lady who is very knowledgeable and caring. Having someone to call and speak to has been lovely. It's a very personal/sensitive situation and to be comfortable talking to someone who has great understanding of what I'm going through has helped.



Progress and Achievements Report

We have worked in partnership with Public Health promoting oral health and safe alcohol consumption. Twenty-three of our volunteers joined us for a 2-hr training session on alcohol awareness which gave advice on recommended safe units of alcohol and the Lower Your Drinking App. We are also receiving Public Health funding from next year to support families through our home visiting support and the expansion into supporting women during pregnancy.

The John Lewis partnership initiative supported families by providing local schemes with vouchers to be used for their products around feeding and sleep. We created parental wellbeing packs containing sleep spray, teabags and face masks for the mums who attend our Baby Start group and provided them with weaning packs and bibs as part of the food and nutrition session.

Parents loved them, as did the babies!



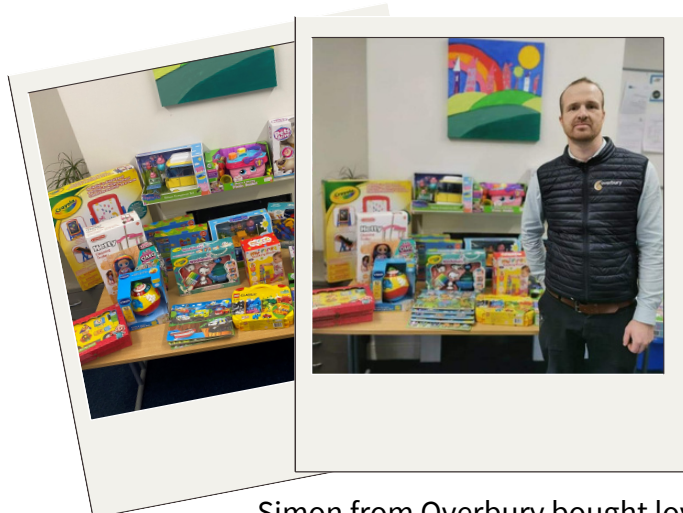
Queens Platinum Jubilee Garden Party -Saturday 4 June 2022

Home-Start York were invited to join the Queens Jubilee celebrations by attending a garden party held in York Minister Deans Park. It was a beautiful day and represented by Yorks community groups, charities and dignitaries.

Maria with Stephen Cottrell, Archbishop of York



Time to Spare- a volunteer management tool was launched by HSUK. It provides a useful way to track volunteer recruitment, progress, and training in Happy healthy homes, food, nutrition and sleep and home finance all adding to the volunteers knowledge and ways to effectively support families.



Simon from Overbury bought lovely Christmas gifts for our families.

Other Local Networking

Attendance at Maternity Voices Partnership
York CVS Volunteer Fair,
Volunteer Management Forum,
ICS consultation events
Family Hubs Collaboration – Better Start for Life
NSPCC
NESTA
York St John's University
University of York



We produced new literature highlighting our services. Each family receives a leaflet during their home visit. Our feedback from families evidenced a need to provide families with physical information, as not everyone has access to the internet.



The Power of our Volunteers

Our lovely volunteer Wendy was nominated for a “Volunteer of the Year” award. Wendy was shortlisted to just 3 finalists but unfortunately was pipped to the post by another local charity volunteer. It was a lovely evening of celebration for many local charities in York and wonderful to be part of. Wendy said she felt overwhelmed and humbled by the nomination as she said I just do what all the other Home-Start volunteers do!

Volunteers Festival Activities to thank our Volunteers

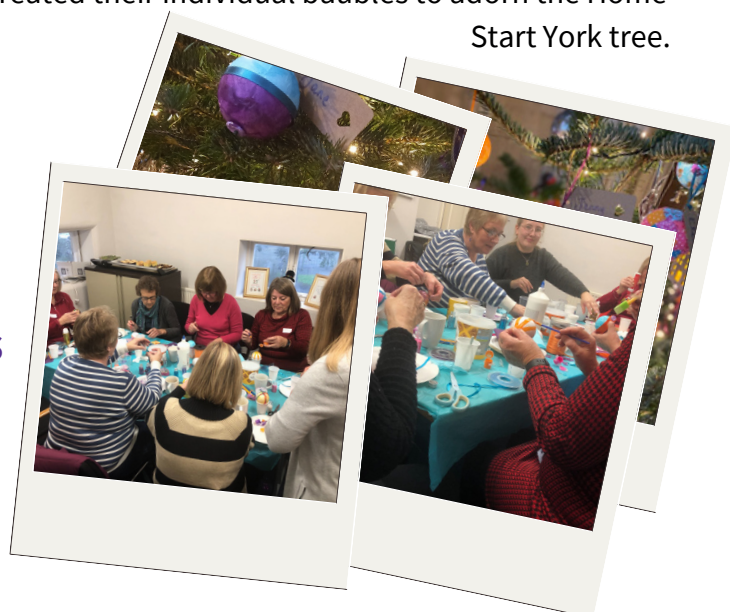
Sharon Conway from Wellbeing Mind provided our staff and volunteers with a morning of blissful mindfulness, followed by an afternoon tea of amazing home baked cakes for volunteers to socialise as a thank you for all they do as part of HSUK’s Volunteer’s Festival.



Home-Start York were allocated a chalet at the **York Minster Winter Village**. We raised around £450 selling Christmas gifts and a teddy bear tombola, all while raising our profile of recruiting new volunteers. This year, our **Minister tree** symbolised each one of our wonderful volunteers. Each one designed and created their individual baubles to adorn the Home-Start York tree.



An enormous “Thank you” to all the amazing staff and volunteers who all make Home-Start York the wonderful charity it is today.



Big Hopes Big Futures



Having developed the BHBF programme over the past 18 months we have now trained eighteen of our volunteers to be able to deliver the training to Home- Start families and this year have supported 13 children on the program which lasts between 8-10 weeks and involves targeted interventions with children aged 5 and under to prepare them for nursery or school.

The school readiness program is individual to the families as a response to early child development needs that are identified at the initial visit. Presenting need from referrals has been varied, such as establishing routines, setting boundaries, speech and language development, toileting and helping families to engage in early learning to prepare children to get ready to attend an education setting.

Volunteers and families have enjoyed the short term, solution focused approach to the support and have found the structure of the intervention a helpful way to work with families. We have encouraged a strengths-based approach of working with families as mirrored in the support offered through home visiting. Our volunteers encourage families to recognise what they are doing well and foster an approach that empowers families to cope with the challenges of parenting.

After the period of support has ended, we have been able to offer longer term home visiting support where needed, but some will stop at the planned ending to BHBF support.

To complement our school readiness offer we are also hoping to work with City of York Council Early Talk for York resources to provide continuity of provision between preschool and primary aged children.



July 2022



October 2022

Our Group offer is now a well- established 10 week rolling programme of support for parents with children under two years old. Now in its second year we find the model a powerful platform to offer support, build community, and empower parents.

Through weekly sessions we address various aspects of parenting and well- being and continuously modify and develop the programme in response to the active engagement of attendees who select weekly topics. This creates a sense of ownership and empowerment through collaborative decision making. Shaping the groups direction also helps attendees to gain confidence in their ability as individuals and parents. This year we have particularly enjoyed working with public health partners and local businesses to address parent's requests for information around dental health, and parental well-being.

Many attendees have been referred to Home-Start for a variety of social and emotional difficulties which can make it challenging for them to seek support independently. The aim of the group continues to focus on fostering a supportive community whilst ensuring the interests and concerns of each new and unique group are at the forefront of the programme.

By bringing parents together in a safe and non-judgemental environment we observe significant improvement in the level of their comfort and communication. The familiarity of other regular group members and reassurance of facilitators helps create a supportive atmosphere which enables participants to share their experiences helping them to feel understood and supported.

Parents have reported improved confidence in their parenting skills, enhanced parent-child interaction and strengthened emotional connections. Additionally, we also witness increased attendance consistency indicating the groups effectiveness in promoting engagement and commitment.

'Baby Start' remains dedicated to fostering a nurturing environment for parents and children. We extend our heartfelt gratitude to all supporters, donors and volunteers whose contributions continue to make a meaningful difference in the lives of families within our community.



Our Volunteers

As always, we wish to thank these wonderful people, the volunteers who work tirelessly with Home-Start York to support families in York, without their kindness and generosity, it would not happen.

Volunteers in year 2022-23: 57

Abi, Adele, **Adrienne**, Alison, **Alison B**, Angela, Ann, **Anna**, **Anneliese**, Cate, Cath, **Chris**, Di, **Donna**, Elena, **Evie**, **Farren**, Freya, Gill, Glenys, **Hannah**, Hazel, Heidi, **Helen**, Jane, Janet, **Jayne**, Jenny, **Julia**, **Karen**, **Kate**, **Katherine B**, **Katherine J**, Kathy, **Katie**, Lesley, **Lisa**, **Liz**, Lyn, Lynda, Mary, **Melissa**, **Natalie**, Penny, **Ruth R**, Ruth S, **Rachel**, **Sara H**, **Sara J**, **Sarah M**, **Sarah T**, **Sarah W**, Sue, Val, **Val I**, **Yvonne**, Zephine.

* Trained this year * Retired this year



Susan and Katy are lovely trainers who are very knowledgeable, yet very easy to get on with and learn from and they both made the course very enjoyable. They are a credit to Home-Start.

It's such a privilege to walk alongside families who are finding life/parenting a struggle and by bringing your own life experiences and learning, you can help to support them to find their way through. It's such a positive feeling when you realise that you have been part of helping the families find their strength to parent and give their children the best start in life that could impact their life.

Do it! The training and support is superb. I had done nothing like this in the past so was quite under confident when I was first matched with my family but I shouldn't have been. It's only a couple of hours out of your week and a really valuable way to spend it.

I've been on a lot - a lot- of training courses over the years and I thought this was excellent, the content, the pace, Katy's and Susan's training style and handling the room. A good number of exercises to change the energy. A great course!

Outstanding Moments

When the mother of my family smiled for the first time that I'd seen . That was on my 3rd visit.

The 4 year old boy who could not sit down, focus or concentrate at the beginning of my visits being able to sit down for half an hour and effectively use a screwdriver and spanner to assemble a toy aeroplane.

The photo sent to me by a Big Hopes, Big Futures parent of herself and little boy doing a jigsaw puzzle with the caption "I bought the jigsaw myself. This is what you call success!"

A visit to the 'dressing up' clothes at the Theatre Royal with 2 children who were living in a homeless hostel with their mum and their unreserved joy at dressing up and being 'someone' else for half an hour.

Knowing that you can support mums and young children in their journey together; watching the bond develop between them. Seeing smiley faces when you visit.

Seeing a mum, with two young girls, growing in confidence in her ability to be a mum and having fun with her girls.



Thank You to Our Sponsors and Supporters

We express our sincere gratitude to all our funders, donors & supporters this financial year.

Without you, all the stories of change for individual families in York contained within this report just couldn't happen. Your contribution has helped us improve the lives of hundreds of children and their parents, so thank you!

We were pleased at the end of the financial year to have secured the opportunities to support our Perinatal Infant Mental Health support for pregnant women in 2023 so we look forward to another exiting year ahead.

A M Fenton Trust
Charity of Jane Wright
Community Fund
Christine Cramb
Gail Tams
Feoffees St Michael's Spurriergate
Norman Collinson Charitable Trust
Overby PLC
Rotary Club of York
The Ed De Nunzio Charitable Trust
The Holbeck Charitable Trust
The Jack Brunton Charitable Trust
The Purey Cust Trust

The Sylvia & Colin Shepherd
Charitable Trust
Tina Funnell
The Whitwam Family Trust
Two Ridings Community
Foundation
Vale of York Clinical Commissioning
Group
WL Pratt Charitable Trust
York Children's Trust
York Dispensary
York Unitarians
York City Council



Structure, Governance & Management

Home-Start York is a company limited by guarantee governed by its Memorandum and Articles of Association. It is a charity registered with the Charity Commission. Retiring and new trustees sharing Home-Start York's objectives are each year elected to the Trustee Board at an Annual General Meeting. The procedure for the induction and training of trustees follows carefully the policies and guidelines laid down by Home-Start UK, the national body for all Home-Start schemes.

The Trustee Board meets four times a year to agree on policies, budgets, to consider operational reports and to decide on future strategies. The staff are responsible to the Scheme Manager, who reports to the Board via the Chair and Deputy Chair. The volunteers' activities are supervised and monitored by the Coordinators.

In addition to its internal reports and the Annual Report, Home-Start York also issues reports on its performance and funding state to its two primary funders, the City of York Council and NHS Vale of York CCG. The Trustees review significant risks to the charity's continued operation regularly and ensure Home-Start UK's policies on risk mitigation are followed. The main risks are funding shortfalls, availability of suitable operating premises, and the personal safety of staff and volunteers.

Financial Review

RESERVES POLICY

The Trustees aim to maintain an unrestricted reserve equivalent to at least 6 months' normal operating expenditure so that the core activities could continue through a period of unforeseen financial difficulty. In addition, a designated fund is maintained to cover the costs involved in closing the Scheme if that eventuality were to arise. The designated fund also covers potential liabilities arising from certain staff's membership of the Pensions Trust pension scheme and any significant contingent liabilities. All reserves are maintained in a readily realisable form.

Funds materially in deficit: none.

FINANCIAL PERFORMANCE

Home Start York's total incoming resources were £146,105 an increase of £25,425 on the previous year.

The total resources expended were £110,567, a decrease of £12,965 on the previous year, the vast majority of which were savings in staffing costs. The changes to staffing structure over the year resulted in a surplus in income over expenditure of £35,538 in the year, which has increased the general reserve balance, which covers approximately 18 months of operational expenditure, a very good financial situation for a charity of our size. We intend to maintain our service above national and local expectations in future years and seek new funding for services but doing so may change our current balances. We have held our designated fund at last year's level after re-assessment of future costs, the potential liabilities that could arise on closure of the charity and continued difficulties in sourcing new funding as a result of the continued pressure on inflation and the knock on effects on running costs.

RESTRICTED FUNDS

Restricted funds received or expended during the year are showing an ongoing surplus of £13,563, which reflects forward funding received towards the new project for Perinatal Infant Mental Health for the year 23/24.

Val Bowman
Treasurer

Trustee Responsibilities in Relation to the Financial Statements

Company law requires the directors (trustees) to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the company and of the income and expenditure of the company for the year. In preparing those financial statements the directors (trustees) are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable accounting standards have been followed, or explain departures therefrom;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue on that basis.

The directors (trustees) are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the company and ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities, as well as exercising proper financial controls. Members of the Board of Trustees, who are Directors for the purpose of company law, and Trustees for the purpose of charity law, who served during the year and up to the date of this report are set out inside the rear cover of this report.

DISCLOSURE

In accordance with company law, as the company's Directors, each of the Board of Trustees certifies that so far as they are aware:

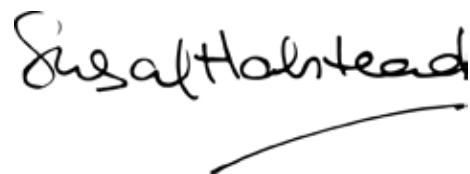
- There is no relevant information of which the charity's Independent Examiner is unaware;
- As Directors of the company they have taken the necessary steps to be aware of the information which would be relevant for independent examination purposes and have communicated such to the Independent Examiner.

EXEMPTIONS

The trustees have taken advantage of the exemption available to small companies, including the audit exemption (as detailed in Note 1.2 to the financial statements).

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

Signed on behalf of the Board of Trustees



Susan Halstead
Chair
22nd August 2023

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

	Note	Unrestricted Funds £	Designated Fund £	Restricted Funds £	2023 Total Funds £	2022 Total Funds £
INCOME FROM:						
Donations and Grants	3	122,701		22,062	144,763	120,573
Events	3	442			442	
Investment Income	3	900			900	107
Total Income		<u>124,043</u>		<u>22,062</u>	<u>146,105</u>	<u>120,680</u>
RESOURCES EXPENDED:						
Raising funds	4	2,326			2,326	12,897
Charitable activities	4	<u>76,833</u>		<u>31,408</u>	<u>108,241</u>	<u>110,635</u>
Total Resources Expended		<u>79,159</u>		<u>31,408</u>	<u>110,567</u>	<u>123,532</u>
Net Income/(Expenditure)		44,884		(9,346)	35,538	(2,852)
Funds brought forward		102,792	37,000	22,673	162,465	165,317
Transfers between Funds		(236)		236		
Total funds carried forward		<u>147,440</u>	<u>37,000</u>	<u>13,563</u>	<u>198,003</u>	<u>162,465</u>

Balance Sheet as at 31st March 2023

	Note	2023 £	2022 £
Fixed Assets:		<u>Nil</u>	<u>Nil</u>
Current Assets:			
Debtors and Prepayments	6	74	60
Cash in hand		198,336	162,913
Cash at Bank		<u>198,553</u>	<u>162,973</u>
Liabilities: Amounts falling due within one year			
Creditors and accruals	7	(550)	(508)
Net Current Assets		<u>198,003</u>	<u>162,465</u>
Total Net Assets		<u>198,003</u>	<u>162,465</u>
Represented by:			
Funds			
Unrestricted Fund	8	147,676	102,792
Designated Fund	8	37,000	37,000
Restricted Funds	8	<u>13,327</u>	<u>22,673</u>
		<u>198,003</u>	<u>162,465</u>

Dated: 22nd August 2023

Susan Halstead, Chair

For and on behalf of Home-Start York

All of the charity's operations are classed as continuing. There are no recognised gains or losses other than those stated above. The notes to the accounts on pages 19-21 form part of these financial statements

Notes to the Financial Statements for the Year Ended 31st March 2023

Basis of accounting

The financial statements have been prepared under the historical cost convention and in accordance with Accounting and Reporting by Charities – Statement of Recommended Practice (SORP 2015) and with Accounting Standards.

Exemptions

The trustees are satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477, and that no member or members have requested an audit pursuant to section 476 of the Act.

ACCOUNTING POLICIES

Incoming Resources

These are included in the Statement of Financial Activities (SoFA) when: The charity becomes entitled to the resources. Receipt of the resources is probable, and the monetary value can be measured with sufficient reliability. When incoming resources have related expenditure the incoming resources and related expenditure are reported gross in the SoFA. Grants and Donations are only included in the SoFA when the charity has unconditional entitlement to the resources, Investment income is included in the SoFA when receivable

Assets

Relevant expenditure is capitalised if an asset can be used for more than one year and cost at least £150 including VAT.
Depreciation is provided on all tangible assets at rates calculated to write off the cost of each asset over its expected useful life, as follows:
Office equipment - 20% Straight line basis

INCOME

	Unrestricted Funds 2023 £	Restricted Funds 2023 £	2023 Total Funds £	Unrestricted Funds 2022 £	Restricted Funds 2022 £	2022 Total Funds £
Donations and Grants:						
City of York Council grant	22,500		22,500	19,817		19,817
CYC Public Health Grant	20,000		20,000			
Vale of York C.C.G. (N.H.S.) grant	15,649		15,649	15,387		15,387
Donations from Trusts	58,000		58,000	52,146	25,580	77,726
Other Projects	2,000	22,062	24,062			
Other Donations	4,552		4,552	7,643		7,643
	<u>122,701</u>	<u>22,062</u>	<u>144,763</u>	<u>94,993</u>	<u>25,580</u>	<u>120,573</u>
Trading Activities:						
Events	442		442			
Investment Income:						
Bank and Deposit Account Interest	900		900	107		107
Total incoming resources	<u>124,043</u>	<u>22,062</u>	<u>146,105</u>	<u>95,100</u>	<u>25,580</u>	<u>120,680</u>

RESOURCES EXPENDED

2023

	Raising Funds			Charitable Activities			2023 Totals £
	Unrestricted £	Restricted £	Total £	Unrestricted £	Restricted £	Total £	
Payroll costs	2,326		2,326	58,674	26,056	84,730	87,056
Staff other costs				756	87	843	843
Volunteer costs				1,869	994	2,863	2,863
Family Activities					804	804	804
Office & premises running costs				15,534	3,467	19,001	19,001
Total resources expended	<u>2,326</u>	<u></u>	<u>2,326</u>	<u>76,833</u>	<u>31,408</u>	<u>108,241</u>	<u>110,567</u>

2022

	Raising Funds			Charitable Activities			2022 Totals £
	Unrestricted £	Restricted £	Total £	Unrestricted £	Restricted £	Total £	
Payroll costs	12,364	317	12,681	72,924	11,661	84,585	97,226
Staff other costs				1,105	24	1,129	1,129
Volunteer costs				1,946	365	2,311	2,311
Family Activities				993	341	1,334	1,334
Office & premises running costs				18,359	2,917	21,276	21,276
Fundraising and A.G.M. costs	216		216				216
Total resources expended	<u>12,580</u>	<u>317</u>	<u>12,897</u>	<u>95,327</u>	<u>15,308</u>	<u>110,635</u>	<u>123,532</u>

Trustees expenses

No Trustee received remuneration for services rendered during the year, trustees' out of pocket expenses to the value of £76 reimbursed.

	2023	2022
Independent Examiners' fees		
For reporting on the financial statements	330	320

Notes to the Financial Statements for the Year Ended 31st March 2023

PAID EMPLOYEES

	2023	2022
Staff Costs		
Gross salaries and benefits in kind	79,623	88,537
Employer National Insurance	974	2,174
Employer pension contribution	6,459	6,555
Total staff costs	87,056	97,266
Full-time equivalent employees		
Average number of full-time equivalent employees in the year	2.75	3.25
Working in Charitable activities	2.25	2.75
Working in Fundraising activities	0.5	0.5

Pension arrangements

Staff may elect to join a pension scheme operated with The Pensions Trust. The scheme is a contracted-in occupational money purchase plan, currently growth plan 4. There is a contingent liability in relation to the guaranteed element of pension entitlement up to October 2001.

The cost of the scheme to the charity in the year	2,028	2,028
---	-------	-------

DEBTORS

CREDITORS AND ACCRUALS

Independent Examination	330	320
Volunteers' expenses	220	80
Group running costs		108
	550	508

DETAILS OF FUNDS

Funds held

Endowment Funds:

There were no such funds held during the year.

Restricted Funds: Funds held during the year were;

Young Parents Groups Clifton: Funding was previously obtained from local area wards and other sources. Further funds for the continuation of Group were contributed to by grants from York CVS, Benenden Health Group, City of York Council and CCG Perinatal Group.

Big Hopes Big Futures: Grants were made to this project by HSUK.

Perinatal Infant Mental Health: Funds were received from the Ed de Nunzio Trust and Whitwam Trust for this project and used towards training with full commencement in April 2023

A designated fund is maintained to cover the costs involved in closing the Scheme if that eventuality was to arise. The designated fund also covers potential liabilities arising from certain staff's membership of the Pensions Trust pension scheme and any other significant contingent liabilities.

Movement of funds	Balance B'fwd	Incoming Resources	Outgoing Resources	Transfers	Total Funds
Unrestricted Fund					
General Funds	102,792	124,043	79,159	-236	147,440
Restricted					
Young Parents Clifton	22,670		22,906	236	
BHBF	2	11,562	7,498		4,066
Perinatal Infant Mental Health		10,500	1,004		9,496
	22,673	22,062	31,408		13,563
Designated Fund	37,000				37,000
Closing balance	162,465	146,105	110,567		198,003



Notes to the Financial Statements for the Year Ended 31st March 2023

NET ASSETS BETWEEN FUNDS

	Unrestricted Funds	Restricted Funds	Designated	Total
Balances as at 31st March 2023				
Current Assets	147,990	13,563	37,000	198,553
Current Liabilities	(550)			(550)
	<u>147,440</u>	<u>13,563</u>	<u>37,000</u>	<u>198,003</u>
Balances as at 31st March 2022				
Current Assets	103,192	22,781	37,000	162,973
Current Liabilities	(400)	(108)		(508)
	<u>102,792</u>	<u>22,673</u>	<u>37,000</u>	<u>162,465</u>

CONTINGENT LIABILITIES

There is a contingent liability of £2,028 (2022 - £2,028) relating to the pension scheme, which would fall due to the scheme provider if Home-Start York had no members in the scheme. The amount of the liability is as advised by the Pensions Trust following their latest Scheme Valuation. The charity also has a leasing agreement for the supply of telephone equipment and telephone services for a period of seven years from April 2018 giving a contingent liability of £1,728 (2021 - £2,492).



Independent Examiner's Report to the Trustees of Home-Start York

I report on the accounts of Home-Start York for the year ended 31st March 2023, which are set out on pages 18-21.

RESPONSIBILITIES AND BASIS OF REPORT

As the charity trustees of the Trust 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 Charity's 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 the Trust as required by section 130 of the Act; or
2. the accounts do not accord with these records
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Report) 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.

7th September 2023

Jeff Todd FCA
Outsource Independent Examination Service
The Hiscox Building
Peaseholme Green
York
YO1 7PR

PRESIDENT

Richard Baldwin

PATRONS

Alison Baldwin

Barbara Cooke

Sir Ron Cooke

Sallie Gray

Sally Kirk Walker

David Miller

Prof Kate Pickett

Nik Briggs

Gail Tams

DIRECTORS AND TRUSTEES

Sue Halstead - Chair & Safeguarding Advisor

Val Bowman - Treasurer

Sandra Furby - Training, Supervision, Fundraising

Sarah Ratcliffe - Legal & Patrons Program & GDPR

Sarah Blower - Research

Adele Hunter - Community Mental Health Advisor

Penny Heptonstall - Volunteer Representative & Health & Safety

Lesley Murphy - Volunteer Representative

STAFF TEAM

Maria O'Keeffe - Scheme Manager

Susan Deery - Family Support Coordinator

Katy McGarry - Family Support Coordinator

Eleanor Carswell - Administrator

PRINCIPAL ADVISORS

Home-Start UK



Home-Start York

The Gatehouse, Cemetery Road, York, YO10 5AJ

T: 07519 976946

E: support@homestartyork.org

W: homestartyork.org



@homestartyork1



@homestartyork1



homestartyork

