

HOME START

York

Annual Report & Accounts 2023-24



Years supporting families in York

Contents

Manager's Report	3
What is Home-Start York?	3
Chair's Annual Report	4
35 Years	5
Referrals and Needs	6
New Referral Sources and Referrer Feedback	7
Support Given to Families	8
Outcomes, Impact and Feedback	9
Progress and Achievements Report	10
Perinatal Infant Mental Health Support (PIMHs)	11
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 -21
Independent Examiner's Report	22



Maria O'Keeffe
Scheme Manager



Eleanor Carswell
Administrator



Susan Deery
Family Support Coordinator



Adele Hunter
Family Support Coordinator



This past year has marked a significant period of growth and development for Home-Start York. We've proudly introduced new support services for women in the later stages of pregnancy, reflecting our commitment to expanding and adapting to the evolving needs of families in our community. Our focus on providing meaningful, early intervention support for first-time parents, promoting school readiness, and facilitating group sessions has been the key of our success.

A notable highlight of this year is the unprecedented number of referrals we received, 170 in total, the highest in our 35-year history. This achievement highlights the increasing recognition of our vital role in the community.

Our achievements would not have been possible without the efforts of our small but dedicated staff team. Their hard work in providing timely and appropriate support to parents is instrumental to our work. Key to this support is our training and matching process, which pairs parents with one of our 64 committed and passionate volunteers. These volunteers are the heart of Home-Start York, empowering local parents through their unwavering support and dedication each week.

To everyone involved with Home-Start York - our staff, volunteers, trustees, partners, and supporters, thank you for your invaluable contributions. Together, we have made this another year to be truly proud of, and we look forward to continuing our work to support and empower families in our community.

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.



Chair's Report Sandra Furby MBE

I am really delighted to share this annual report with you in my first year as Chair of Home-Start York. It has been an interesting year and we have started new exciting projects and built on the stability of our charity post Covid to ensure we are meeting the needs of our community here in York



Firstly, I would like to thank our outgoing Chair, Sue Halstead, for her contribution to the overall wellbeing of Home-Start York, firstly as a member of the Trustee Board, then Vice Chair and then Chair of the Board. Sue was paramount to ensuring we navigated our way through the pandemic and the after effects of this major challenge. Sue was very keen that the volunteers were supported to bring home visits back as the core of our service. She brought a wealth of knowledge and experience to the Board and she will be missed.

I would also like to thank Sarah Ratcliffe, who has left the Board, for her contribution over the last few years. Sarah looked after policies and procedures and liaised with our patrons and we wish her and her family well for the future. We have also welcomed new members to the Board of Trustees. They are Jess Harrison, Sam Beardsley and Jane Keel. They each bring new skills and experiences to share with us and have already made valuable contributions to discussions and debates as we develop the service.

Sarah Blower has agreed to take on the role of Vice-Chair and has been a great support to me in this role. She is very enthusiastic and has a wealth of knowledge to share with us. Lesley Murphy and Penny Heptonstall continue to represent the volunteers on the Board and they are in continuous contact with our team of volunteers and keep us up to date with what is happening. They have organised a number of get togethers for the volunteers and these have included picnics in the park, coffee at the library and walks to see our Minster Tree. Our Treasurer, Val Bowman, keeps a keen eye on the finances and ensures we make sound judgements around our expenditure and plans for the future.

So that's the current Board and as I write this, we are currently reviewing how to make our meetings more effective. As a response to recent discussions we have formed focussed sub-groups to explore issues in more detail and to make recommendations to the Board. These groups include fundraising, marketing and strategic planning.

The staff team led by Maria, continues to thrive and have a wealth of ideas and methods to ensure the efficient and effective running of Home-Start York. The Family Support Coordinators are Susan and Adele who respond to referrals, engage with families and support the volunteers and this is all underpinned by our administrator, Eleanor, who does an amazing job and is the font of all knowledge.

The highlight of the last year was our celebration of 35 years of Home-Start in York. We had a wonderful event where friends old and new shared stories and experiences. This was followed by a video which included testimonies from families previously engaged with the service and what this had meant to them. There were a few tears shed across the room at the heartfelt messages that were shown. It was an honour to be part of it and I think it reminded a lot of people in the room why they have been involved in the work of this wonderful charity.

Another success has been the introduction of our perinatal support project. This project has been well received by partners and families and the number of referrals continues to grow.

Our team of volunteers are the most wonderful people who give their time to support the families they work with and I am always amazed to hear about the support they continue to give.

The next year will still be challenging as the cost of living crisis continues to bite and the Home-Start York team will work with partners across the city to ensure we continue to remain at the forefront of family support across York.

I would like to thank everyone for all their support; volunteers, partners, patrons and families. Working together is key for us all and we hope to continue to do so for a long time to come. Finally, my thanks also go to Maria and the team for all they are doing and the strength of their commitment to Home-Start and the families they are working with. I know the service is in good hands as we face the next year and whatever challenges it brings – they will be ready!

35 Years



As we celebrate our achievements in the past year, we also reflect on the remarkable milestones reached by Home-Start York in its 35-year journey. Founded on the belief that parents and carers are pivotal in shaping their children's futures, Home-Start York has remained steadfast in its commitment to empowering families since its establishment in 1988.

The core strength of Home-Start York lies in its distinctive approach to support parents with volunteers providing gentle guidance and encouragement, dedicating their time alongside their own families and commitments. This ethos, as relevant today as it was over three decades ago, underscores the essence of our organisation.

While our fundamental philosophy remains unchanged, Home-Start York continually adapts and evolves to address the changing landscape of family dynamics. We recognise the importance of both long-term strategies and immediate responsiveness to the diverse needs of modern families.

Despite the ongoing challenges of funding, Home-Start York continues to develop and work with a wide range of referrers to promote our service and meet the needs of York's families. From supporting expectant mothers during pregnancy to combating isolation through initiatives like our BabyStart Group, and facilitating children's transitions into early years and childcare settings via our Big Hopes Big Futures programme, we strive to bridge crucial gaps in existing services.

In celebration of our 35th anniversary, we hosted a commemorative event, honouring the contributions of our dedicated staff, volunteers, and trustees, past and present. Speakers like Celia Harris, a founding member, eloquently recounted the origins of our organisation, while Sarah Blower shed light on the research validating the challenges families face and Home Start's role in addressing them. Volunteer representatives Penny and Lesley shared heartfelt experiences, underscoring the profound impact of our services.

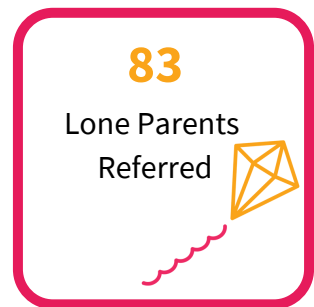
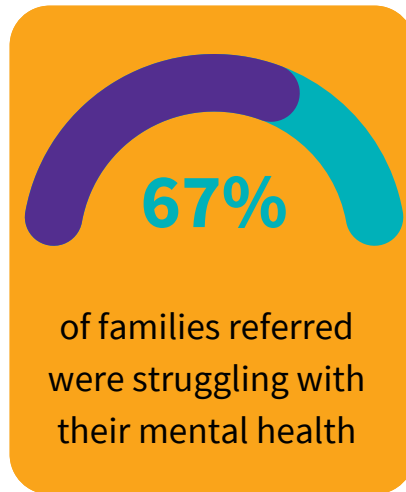
Looking ahead, we are committed to developing our volunteer base to meet the anticipated demand. Despite challenges such as shifting volunteer demographics, with individuals needing to work longer or taking on caregiving responsibilities, we remain grateful for the unwavering dedication of all our volunteers.

The essence of our work lies in the tangible difference we make in the lives of families. Through evaluation, we continue to monitor family impact, ensuring that our interventions result in meaningful outcomes.

In summary, the past 35 years has been a testament to Home-Start York's resilience, adaptability, and unwavering dedication to serving the community. As we move forward, we remain committed to our mission of empowering families and nurturing brighter futures for generations to come.



Referrals and Needs



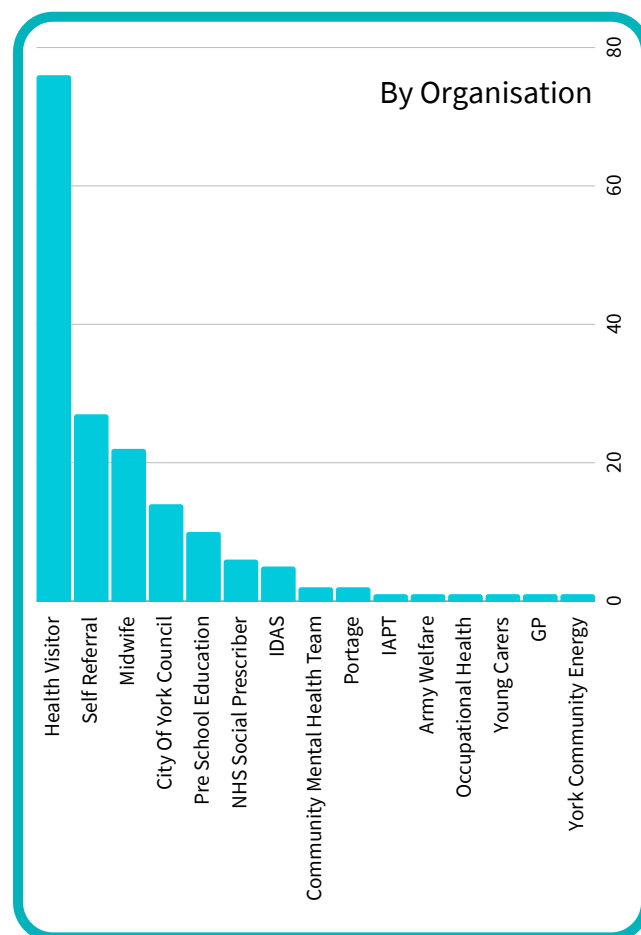
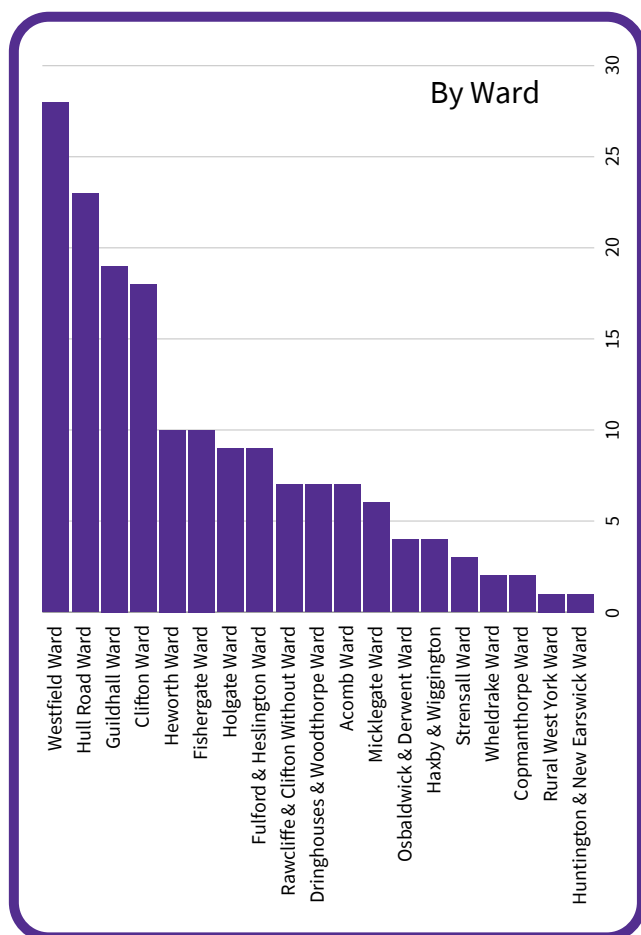
“

They saved us like angels in the midst of chaos. We are a happy family now. Words are not enough to tell how kind and loving and caring the whole staff and especially my volunteer were. You are all amazing and fabulous people that I have ever met in my life. I owe you all for all the help you have given. My volunteer is the best, very loving and caring and I got so many life advices and tips to deal with the kids. My eldest son loves our volunteer to the moon and sky. We all love you! So sad that I can't see you all again but you are a good inspiration in my life.

Family Feedback

”

Sources of 170 Referrals



Referrer Feedback



Home-Start York is an incredibly valuable and important charity in supporting the early years - parents, children and indirectly, professionals. Families whom I have referred have benefitted from emotional and practical support, making their homes safe and adequately equipped, parenting skills and child development through supporting parents in caring for their babies and children. Home-Start York's support is hugely appreciated by parents, children and professionals. A big thank you!!

I think the support provided is so valuable to families. Being a sole parent and struggling can be so isolating and I've heard very positive feedback from people who have received your support.

I have been referring families to Home-Start York for many years throughout my health visiting career. I have always found the support they offer families invaluable. The groups my families have attended have always been very beneficial for the families. The coordinators are always skilled in matching volunteers with families. The communication between coordinators and my service is always great. Thank you for all the hard work, thought and care you show families.

Home -Start York is an amazing charity working with families to help ensure support for parents and the best start for all children.

A great service which I have often referred to and is a vital support for parents . Having someone to chat too is really beneficial and to have someone who is consistent and reliable and there to help is irreplaceable.

Referrer Feedback



Gathered from Early Help, Portage, Healthy Child Team, Community Mental Health Team, Perinatal Mental Health Team, Social Workers, Education, Social Prescribers, IDAS, MASH, IAPT, Midwives.



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.

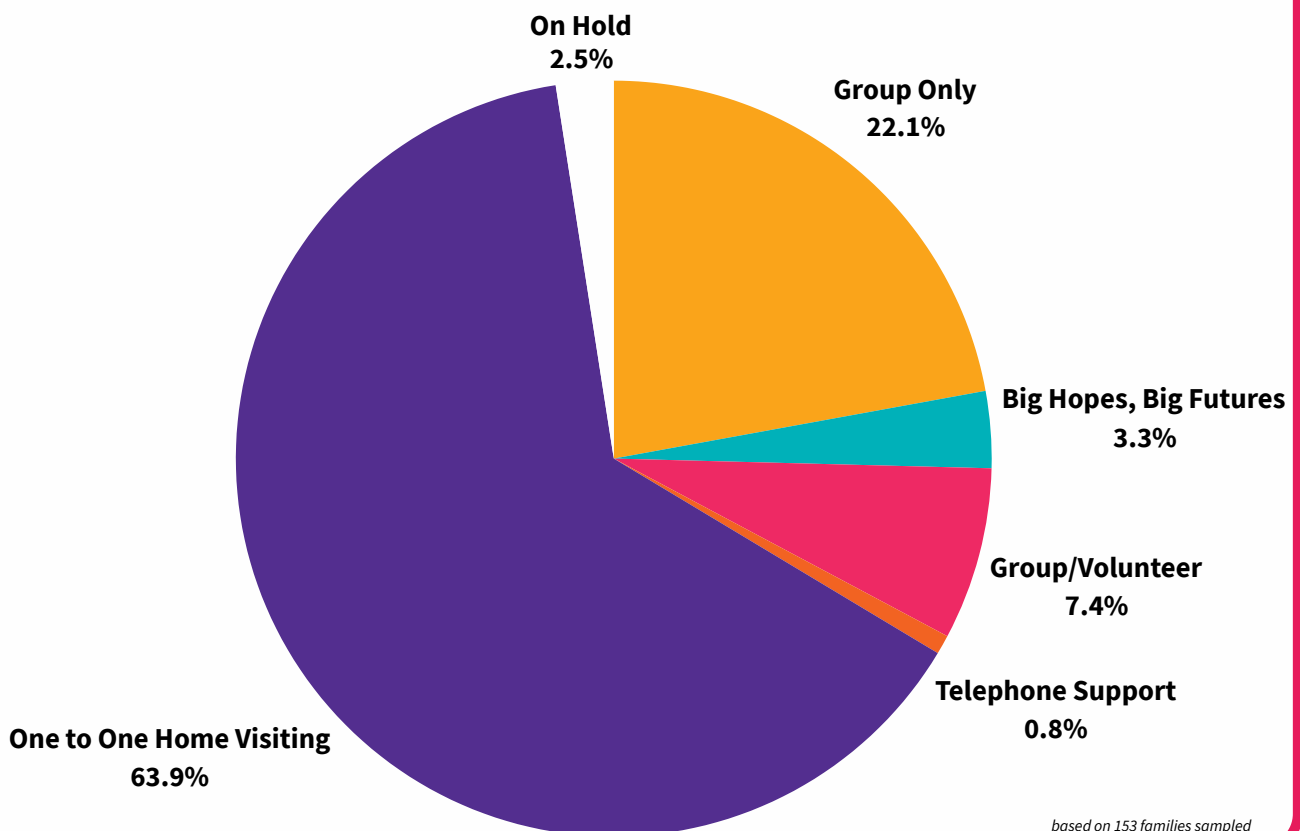
BabyStart Group - This small group provides a block of 10 weekly support sessions for parents with 0-2's who feel unable to access larger groups and who will benefit from information on their babies first 2 years and meeting new mums. A volunteer may attend with their family to provide assistance or 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.

NEW 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.



Support Given to Families



Outcomes, Impact and Feedback



86%

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



“

Our volunteer has been amazing in supporting me as a friend to chat with, to support me with a few daily tasks and help us to attend baby groups. Our volunteer was the perfect match, and we are so thankful to her as well as Home-Start York for providing the support. Thank you!



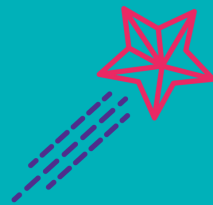
89%

of parents were feeling less isolated

They've been a huge help with adjusting to the difficulties of looking after twins. My Home-Start York volunteer was helpful and great company. She began to feel like part of the family and will be missed.

87%

of parents reported an increase in their self esteem and confidence



Invaluable, she was amazing, the kids loved her. I would love her to stay. Trusted her totally. Helped my mental health. Being able to have a break, a relative was helping but then stopped so my volunteer was a godsend. I think without her I would have been lost/not coped.



88%

of parents reported an improvement in their mental health

Very useful and helpful and a blessing. They loved seeing her, she's really friendly. Amazing, thank you. Someone to help in the house and with the kids, someone to talk to. You're superstars!!

It gave me someone to talk to and not feel so isolated and over whelmed plus I could get a few jobs done while the boys were kept occupied. The help given was much appreciated and the volunteer was well matched.

92%

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



Been wonderful. Having a volunteer really made things so much easier in the beginning. The girls really took to her. And started to see her as a friend. I hope you can keep this service going as I know there will be other mums out there struggling like I did.



87%

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

The cooking sessions organised by you are very helpful, I cook most of your recipes & my kids love them. You made my life easier, thank you a million times.

Family Feedback

”



Progress and Achievements Report

Cookery Classes

Lena from Picnics & Parties contacted us to offer her expertise, time and resources to support families in need of cookery guidance. We promptly took her up on her amazing offer and ran three sessions, supporting 22 parents. Cooking up quick, easy, nutritional meals, Lena demonstrated techniques and recipes with lots of tips on how to adapt a basic dish into several meals, ideal for keeping children coming back for more.



Raise York

We have been involved in the collaboration events of the Family Hubs development plan throughout the city.



Minister Lions York

Home-Start York were chosen as one of The Minister Lions charities to work with from October 2023 to March 2024. We were able to identify families who required items such as heated blankets, bedding and safety gates and Minister Lions kindly provided the funds to help us provide this.

This year our tree for the **Minster Tree Festival** represented the launch of our new Perinatal Infant Mental Health programme. We had prints of babies' hands and feet taken at our BabyStart group and crafted them into bauble shapes to hang on the tree.



Thank you hearts for volunteers! Eleanor created some beautiful wooden hearts with a special thank you message for our wonderful volunteers and trustees which were sent to them at Christmas.



Simon from Overbury kindly donated Christmas presents for families. Volunteers came to collect a gift from the Home-Start York office in December and enjoyed a mince pie and catch up with the staff at the same time.



Network Rail and Systra staff kindly donated chocolate Easter eggs for our families. Volunteers and staff delivered them to their families to enjoy - thank you.



Other Local Networking

Attendance at Maternity Voices Partnership, York CVS, Volunteer Management Forum, ICS consultation events, NSPCC, NESTA, York St John's University, University of York.

Perinatal Infant Mental Health Support (PIMHs)



In April 2023 Home-Start York expanded its service to include Perinatal Infant Mental Health Support, offering practical and emotional support for mothers antenatally from 30+ weeks pregnant, up to their babies being around six months old. This guidance and compassion, through weekly visits by a volunteer, empowers women to become the mothers they want to be, resulting in happier mothers with positive birth preparation and stronger bonds with their babies. Positive intervention in early years can prevent issues developing further and enables parents to feel confident to find their own way forward.

In the 12 months since we launched our PIMHs support we have: trained 3 staff and 22 volunteers, received 36 referrals for pregnancy support and 143 referrals for families needing support in the 0-2 perinatal period.

Volunteers found the training “really interesting and informative, giving clear guidelines on what is expected of a volunteer giving perinatal mental health support”. Volunteers valued the group discussions to share their own experiences and talk about the situations that affect perinatal mental health and how to support families.

“

My volunteer came when I was 36 weeks pregnant and has come weekly since then until my son was three and half months. I'm a single mum who lives alone and this was my first baby, I was very anxious and my volunteer helped me to build my confidence. I was isolated and would look forward to my Home-Start York day! My volunteer always listened to my worries without judgement. She came for walks with me when I was heavily pregnant. She helped me nest and set up my space for the baby. She looked after me in the first visit after he was born, I was in shock after a difficult birth and she came and gave me a hug and took the baby so I could shower, she made me a cup of tea and told me what a great job I was doing. I really needed that. She was with me the first time I went out with the baby, we walked with the pram to the local cafe, I don't know if I could have done that by myself, I was really scared to leave the house with him and she helped me build my confidence. She came with me to the shops with the pram, she never took over, she was just there for support. In the first couple of weeks she came in and did the washing up while I was resting with the baby, when I was more healed we switched and she held the baby while I started to get back to doing every day chores. I was so anxious about my baby getting his first vaccines, I was so upset at the thought of my baby hurting but she came with me helped me through it. Just little things like playing with the baby so I can have my lunch. My baby started to recognise her and she made him smile and laugh. It was such a relief to be able to leave him with her while I quickly had a shower, I trusted her and could hear him laughing from the shower! My final visit I was overwhelmed trying to pack and get ready for moving and having her there really helped me feel less alone as a single mum.

Family Feedback



”



Home-Start York's BabyStart group is a powerful platform to offer support, build community and empower parents and is now a well-established 10 week rolling programme of support for parents with children under two years old.

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, music and movement and parental well-being.

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. Many attendees have been referred to Home-Start York for a variety of social and emotional difficulties which can make it challenging for them to seek support independently.

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.

This project 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.



“

I enjoyed everything. It was nice to talk to other adults/mums. It was really nice to get ideas of things to do with my baby and looking after myself.

I really loved the singing session and the wellbeing session and I like the fact that people are free to communicate.

Loved meeting other parents, didn't feel judged or any pressure. I always felt comfortable, safe and welcome.

It has given me the confidence to go on my own to mum and baby groups and helped me to have some confidence in being a mum.

Feedback gathered from families at the end of the 10 week block of sessions.

”

Big Hopes Big Futures



Now in its third year, 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 needs from referrals have 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. Having received 10 referrals from education settings this year we were able to achieve positive steps in these areas.

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

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.



Excellent support tailored to my child and great understanding of the difficulties I was dealing with.

Home-Start York have been great, they have really listened to the issues we as a family have had and they made us feel really comfortable. Having the weekly visits has made me as a mum feel more confident and all the advice etc which has been shared has put me in a good place moving forward.

Wonderful, great at engaging his attention. All available support was given.

Family Feedback



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 2023-24: 64

Abi*, Adele*, Adrienne, Alison B, Alison Bu*, Alison T, Amanda, Angela, Angie, Ann, Anna*, Anneliese, Becki*, Cate*, Cath, Chris*, Di, Elle, Elena*, Evie, Ewan*, Farren*, Fiona, Freya*, Gill*, Glenys, Hazel, Heidi*, Helen*, Iris, Jane, Janet, Jenny, Josie, Kathy, Katie, Karen*, Laura, Lesley, Lisa, Liz*, Lyn P, Lynda, Maggie, Mary B*, Mary H*, Myer*, Natalie A*, Natalie B, Natalie P, Penny, Rachel, Ruth R, Ruth S*, Sandrine, Sara H, Sara J*, Sara L, Sara M*, Sue, Tricia, Val C, Val I*, Yvonne, Zephine.

* retired this year

October 2023

March 2024

PIMHS Course
October 2023

July 2023

A huge thank you and congratulations to Ruth S and Alison Bu who supported families with Home-Start York for an amazing 25 years and Janet, Di and Cate who have been with us for 5 years. Thank you for everything you do and the amazing support you give to families in York.

“

The reward you get from just giving up 3 hours a week is amazing, I get back as much from seeing the family thriving as they get from me just being there for them in such a small way, just do it you won't be disappointed.

Just do it! You can make such a difference to the child and the parent. It is so rewarding. Making a difference with the help of the parent, to not only the child but the parent's mental health.

The training offered lots of opportunities to ask questions and talk about real life examples which all made for a really enjoyable and informative course. I now have a clearer vision of what difficulties parents and children may face. Thank you.

It was great to have previous/current volunteers attend the prep course to provide insight, it makes the whole process feel more human and relatable as opposed to one big leap into the unknown.

Knowing that you can support mums and young children in their journey together; watching the bond develop between them and seeing smiley faces when you visit is wonderful. Give it a go - it's very humbling and rewarding.

It is amazing that just having a chat and a laugh makes Mum feel so happy that someone visits once a week and really cares about how she is doing.

Volunteer Feedback

”

Thank You to Our Sponsors and Supporters



We express our sincere gratitude to all our funders, donors and 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!

A M Fenton Trust	Overbury PLC
Anderson Family	Rotary Club of York
Arlish & Chambers	The Brammell Foundation
Belfrey	The Holbeck Charitable Trust
Charity of Jane Wright	The Jack Brunton Charitable Trust
City of York Council	The Sylvia & Colin Shepherd Charitable Trust
City of York Public Health	Tina Funnell
Coop Local Community Fund	Two Ridings Community Foundation
Gail Tams	WL Pratt Charitable Trust
JDL Electricals	York Children's Trust
NHS Humber & North Yorkshire Integrated	York Dispensary
Care Board	York Energy Advice
Noble Charitable Trust	York Unitarians
Norman Collinson Charitable Trust	

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





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 12 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 £78,951 a decrease of £67,154 on the previous year.

The total resources expended were £134,326, an increase of £23,759 on the previous year, the vast majority of which was staffing costs. The addition of a further Family Support Co-Ordinator added substantially to the additional cost along with high inflationary pressures on other costs, which has decreased the general reserve balance. This now covers approximately 12 months of operational expenditure. 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 issues faced by charities following the pandemic and the cost of living crisis which has created more competition for charitable funding.

RESTRICTED FUNDS

Restricted funds received or expended during the year are showing a small surplus of £271.

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

Sandra Furby
Chair

2nd September 2024

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

	Note	Unrestricted Funds £	Designated Fund £	Restricted Funds £	2024 Total Funds £	2023 Total Funds £
INCOME FROM:						
Donations and Grants	3	69,293		7,067	76,360	144,763
Events	3					442
Investment Income	3	2,591			2,591	900
Total Income		<u>71,884</u>		<u>7,067</u>	<u>78,951</u>	<u>146,105</u>
RESOURCES EXPENDED:						
Raising funds	4					2,326
Charitable activities	4	113,967		20,359	134,326	108,241
Total Resources Expended		<u>113,967</u>		<u>20,359</u>	<u>134,326</u>	<u>110,567</u>
Net Income/(Expenditure)		<u>(42,083)</u>		<u>(13,292)</u>	<u>(55,375)</u>	<u>35,538</u>
Funds brought forward		147,440	37,000	13,563	198,003	162,465
Transfers between Funds						
Total funds carried forward		<u>105,357</u>	<u>37,000</u>	<u>271</u>	<u>142,628</u>	<u>198,003</u>

Balance Sheet as at 31st March 2024

	Note	£	2024 £	£	2023 £
Fixed Assets:					
Current Assets					
Debtors and Prepayments		2			
Cash in hand		18		74	
Cash at Bank		143,396		198,479	
			<u>143,416</u>		<u>198,553</u>
Liabilities: Amounts falling due within one year					
Creditors and accruals	6	(788)		(550)	
Net Current Assets			<u>142,628</u>		<u>198,003</u>
Total Net Assets			<u>142,628</u>		<u>198,003</u>
Represented by:					
Funds					
Unrestricted Fund	7		105,357		147,676
Designated Fund	7		37,000		37,000
Restricted Funds	7		271		13,327
			<u>142,628</u>		<u>198,003</u>

Dated: 2nd September 2024

Sandra Furby , 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 2024

1. BASIS OF PREPARATION

1.1 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.

1.2 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.

2. ACCOUNTING POLICIES

2.1 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.

2.2 Resources Expended

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources, using the accrual basis.

3. INCOME

	Unrestricted Funds 2024 £	Restricted Funds 2024 £	2024 Total Funds £	Unrestricted Funds 2023	Restricted Funds 2023	2023 Total Funds £
Donations and Grants:						
City of York Council grant	17,297		17,297	22,500		22,500
CYC Public Health Grant				20,000		20,000
Vale of York C.C.G. (N.H.S.) grant	15,649		15,649	15,649		15,649
Donations from Trusts	33,063		33,063	58,000		58,000
Other Projects	863	7,067	7,930	2,000	22,062	24,062
Other Donations	2,421		2,421	4,552		4,552
	<u>69,293</u>	<u>7,067</u>	<u>76,360</u>	<u>122,701</u>	<u>22,062</u>	<u>144,763</u>
Trading Activities:						
Events				442		442
Investment Income:						
Bank and Deposit Account Interest	2,591		2,591	900		900
Total incoming resources	<u>71,884</u>	<u>7,067</u>	<u>78,951</u>	<u>124,043</u>	<u>22,062</u>	<u>146,105</u>

4. RESOURCES EXPENDED

2024

	Raising Funds			Charitable Activities			2024
	Unrestricted £	Restricted £	Total £	Unrestricted £	Restricted £	Total £	Totals £
Payroll costs				92,188	13,660	105,848	105,848
Staff other costs				1,227	15	1,242	1,242
Volunteer costs				2,105	500	2,605	2,605
Family Activities				100	2,264	2,364	2,364
Office & premises running costs				18,347	3,920	22,267	22,267
Total resources expended				<u>113,967</u>	<u>20,359</u>	<u>134,326</u>	<u>134,326</u>

2023

	Raising Funds			Charitable Activities			2023
	Unrestricted £	Restricted £	Total £	Unrestricted £	Restricted £	Total £	Totals £
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>2,326</u>	<u>76,833</u>	<u>31,408</u>	<u>108,241</u>	<u>110,567</u>

4.1 Trustees expenses

No Trustee received remuneration for services rendered during the year.

4.2 Independent Examiners' fees

	2024	2023
For reporting on the financial statements	340	330

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

5. PAID EMPLOYEES

	2024	2023
5.1 Staff Costs		
Gross salaries and benefits in kind	95,786	79,623
Employer National Insurance	2,189	974
Employer pension contribution	7,873	6,459
Total staff costs	105,848	87,056
5.2 Full-time equivalent employees		
Average number of full-time equivalent employees in the year	3	2.75
Working in Charitable activities	3	2.25
Working in Fundraising activities		0.5

5.3 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
---	-------	-------

6. CREDITORS AND ACCRUALS

Independent Examination	340	330
Volunteers' expenses	448	220
	788	550

7. DETAILS OF FUNDS

7.1 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. Following commencement in April 2023, costs were allocated against staff, volunteers and operating expenses.

Minster Lions: Covered the cost of equipment requirements for supported families. Monies were requested and provided on a case by case basis.

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.

7.2 Movement of funds	Balance B'fwd	Incoming Resources	Outgoing Resources	Transfers	Total Funds
Unrestricted Fund					
General Funds	147,440	71,884	113,967		105,367
Restricted					
Young Parents Clifton		3,682	3,682		
BHBF	4,066	1,563	5,600		29
Perinatal Infant Mental Health	9,496		9,495		2
Minster Lions		1,822	1,582		240
	13,563	7,067	20,359		271
Designated Fund	37,000				37,000
Closing balance	198,003	78,951	134,326		142,628



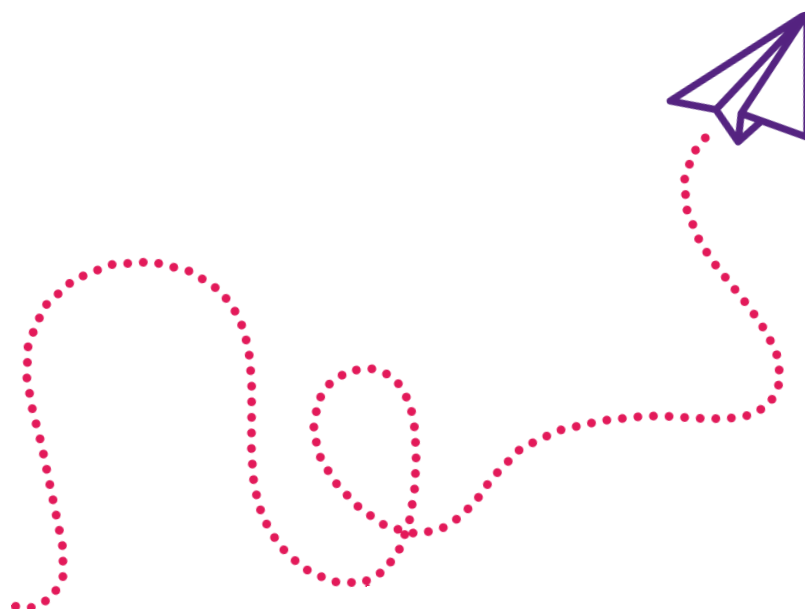
Notes to the Financial Statements for the Year Ended 31st March 2024

8. NET ASSETS BETWEEN FUNDS

	Unrestricted Funds	Restricted Funds	Designated	Total
Balances as at 31st March 2024				
Current Assets	106,145	271	37,000	143,416
Current Liabilities	(788)			(788)
	<u>105,357</u>	<u>271</u>	<u>37,000</u>	<u>142,628</u>
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>

9. CONTINGENT LIABILITIES

There is a contingent liability of £2,028 (2023 - £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 £864 (2023 - £1,728).



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 2024, 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.

5th September 2024

Jeff Todd FCA
Outsource Independent Examination Service
24 First Avenue
York
YO31 7YQ



PRESIDENT

Richard Baldwin

PATRONS

Alison Baldwin

Barbara Cooke

Sir Ron Cooke

Sallie Gray

David Miller

Prof Kate Pickett

Nik Briggs

Gail Tams

DIRECTORS AND TRUSTEES

Sandra Furby - Chair, Training & Supervision

Val Bowman - Treasurer

Sarah Blower - Vice Chair & Research

Penny Heptonstall - Volunteer Representative & Health & Safety

Lesley Murphy - Volunteer Representative

Jane Keel - Safeguarding

Samantha Beardsley - GDPR & Policies

Jess Harrison - Sustainability

STAFF TEAM

Maria O'Keeffe - Scheme Manager

Susan Deery - Family Support Coordinator

Adele Hunter - 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: www.homestartyork.org



@homestartyork1



@homestartyork1



homestartyork



Home-Start York is a charity registered with the Charity Commission, incorporated as a company limited by guarantee.
Registered Company No: 09471420 Registered Charity No: 1161151

All images: © Home-Start York & HSUK