



SLOW ANNUAL REPORT

Feb 2021 - Jan 2022

SLOW
Surviving the loss of your world

ADMINISTRATIVE INFORMATION

SLOW - Surviving the Loss of Your World

Year Ending 31st January 2022

CHARITY REGISTRATION DETAILS

Registered Charity Number 1161337
Registered April 2015

FOUNDED

September 2007

TRUSTEES 2021-22

Chair of Trustees	Pippa Murray
Treasurer	Kieran Hull
Secretary	Tim Whitworth
Trustee	Samara Stevens
Trustee	Andrew Wright (resigned 23 rd June 2021)
Trustee	Sara Portnoy (resigned 23 rd June 2021)
Trustee	Finella Craig (resigned 1 st December 2021)
Trustee	Cicilia Wan (appointed 1 st December 2021)
Trustee	Pareesh Pithiya (appointed 1 st December 2021)
Trustee	Elise Soucie (appointed 1 st December 2021)

PATRONS

Jason Watkins and Clara Francis

CONTACT DETAILS

Registered Address and correspondence:	SLOW, 11 Donovan Avenue, London, N10 2JU admin@slowgroup.co.uk Tel 07734 577407
Referrals:	info@slowgroup.co.uk Tel 07532 423 674
Website	https://slowgroup.co.uk/
Facebook	https://www.facebook.com/slowsupport https://www.facebook.com/groups/slowgroup
Instagram	https://www.instagram.com/slowgroup/
Twitter	https://twitter.com/slowsupport
Linked in	https://www.linkedin.com/company/66625688

OBJECTIVES AND ETHOS

The objectives of the charity are to: -

- To promote and protect the good health of bereaved parents suffering as a result of the death of their child through the provision of self-help and mutual support
- The promotion of social inclusion by offering a sanctuary for bereaved parents to relieve the needs of those people and assist them to integrate back into society

At SLOW, we have evolved a unique and successful model of bereavement support that is a direct response to what bereaved parents and siblings have told us they need:-

- A core feature of SLOW is that all our groups are facilitated by bereaved parents and siblings who have received comprehensive facilitation training with ongoing professional and development support. Many have themselves benefitted from

SLOW's support in the past.

- Our ethos has grown from the roots of a community, facilitated and supported by bereaved families who have experienced first-hand the devastating grief resulting from the death of a child or sibling.
- SLOW cultivates a stance of 'coming alongside' parents, going at their own pace, within a non-pathologising culture.

At SLOW we know that grief cannot be fixed, and do not strive to 'make things better'. Instead, we support and give space to bereaved families, so they may in time harness their own resources in slowly rebuilding their lives. In this way, we believe there is **hope** to be found in connecting with other bereaved families, **relief** in sharing the pain of grief, and **company** in bearing the unbearable, alongside others who are living with the death of their child or sibling.

THE SLOW ETHOS



WHY SLOW'S WORK MATTERS

The death of a child is an incredibly traumatic event leaving parents with overwhelming emotional needs. The grief of bereaved siblings is also devastating, yet this is one of the most neglected types of grief.

A child's death is a relatively rare event, but when it happens it can have a devastating effect on family life, sometimes triggering depression, anxiety, alcohol and drug dependency and family break up. Our members face the challenge of living in a radically altered world in which close family ties, routines and friendships are impacted and many of SLOW's members initially report that they feel very socially isolated.

SLOW support groups make a positive intervention by:

- Connecting, sharing, validating and normalising grief.
- Finding new ways to manage grief.
- Encouraging members to find ways in which to connect with their child or sibling.
- Offering hope for the future and building confidence at a time when life can feel hopeless.
- Providing a safe space for peer support and reducing isolation.
- Creating a transforming community connected through their loss.
- Encouraging bereaved families to regain their sense of wellbeing so that they find purpose in life again.



ACTIVITIES AND ACHIEVEMENTS

The continued global COVID-19 pandemic and the related lockdown in the early part of the year, made 2021-22 another challenging year for SLOW. However, the charity responded by listening to our members' needs and shaping our support services accordingly.

Support for Bereaved Parents

The heart of SLOW lies in the culture and the community of its support groups for bereaved parents. It is here that parents come to find connection, company, comfort and hope after the death of their child.

Healing for bereaved parents can begin as they share their grief with others who validate their experience. They discover they are not alone, and gradually learn ways of managing their grief and coping with their loss. At SLOW, parents come to understand that healing means remembering, not forgetting their child and we encourage them to be compassionate, gentle and patient with themselves. In this way bereaved parents are building themselves a safety net that will resource them long after they cease to attend the group.

By making room for the experience of grief, parents often say that they leave 'feeling lighter'. By listening and sharing experiences of coping with life whilst managing grief, parents are often slowly able to make small but significant steps towards rebuilding their lives.

The support groups continued to offer a simple structure that allows safety through containment and continuity. An introductory round gives each parent space to reflect and identify areas that they'd like support with and these form the basis of the discussion.

In 2021-22 SLOW ran **118 bereaved parent support groups across London**, each lasting one and a half hours, supporting over a 100 bereaved parent members. By January 2022 the SLOW

membership base was over 550, which grows as new people contact us.

Attendance at our groups is flexible with regular core members attending each week / month while others choose to attend less frequently as and when they need support. We welcome all bereaved parents irrespective of whether their child was an adult or a baby or the varying circumstances in which they died. Our parents are a mix of very recently to more long-term bereaved and members can join at any point regardless of how long ago their child died. The death of a child cuts across all communities and a diverse range of families. Our support groups welcome bereaved mothers and fathers, of differing cultures and faiths. Longer term members that no longer require regular support at the meetings often come to our social events or take on active volunteering roles.

Due to the continuing pandemic and the related government guidelines, all our groups were offered virtually in the Spring of 2021. In April 2021 we gathered feedback from each group as to whether they wanted to remain running virtually or return to face-to-face settings.

Some members expressed a wish to connect with other parents via face-to-face groups, while others appreciated and even embraced Zoom. Decisions to return to face-to-face groups were made on a group-by-group basis.

In 2022, SLOW now offers a range of monthly and weekly face-to-face and virtual meetings that bereaved parents can choose from. Our Zoom groups particularly appeal to those with young children, those living further away from Islington and for those who are unable to travel to the groups. We offer daytime and evening groups, enabling parents who are working or have other commitments to attend a regular support group outside of their normal work day.

ACTIVITIES AND ACHIEVEMENTS

The Islington Support Groups

We ran 62 weekly daytime groups and 17 monthly evening groups across the year in Islington / via Zoom (due to the Spring lockdown).

Our **Wednesday weekly daytime group** continued to flourish and strengthen in numbers with a core group attending regularly. Susie Hanson and Clara Francis co-facilitated this group throughout the year with strong support from volunteers Maria Wojszwillo and Liz Cancea. Attendees ranged between 7 and 18 including facilitators.

This group was held virtually until May 2021 when, after a comprehensive COVID secure risk assessment, we returned to face-to-face meetings. The group has continued on a face-to-face basis, barring three meetings in January 2022 when Omicron infections were rising.

Our **Monday weekly daytime group** was held via Zoom from May until December. Susie Hanson and Erica Stewart co-facilitated this virtual group across the year with attendees ranging from 3 to 8 including facilitators.

This group was launched to give our members a virtual option if they felt uneasy about returning to the face-to-face meetings given COVID infection concerns. However, in December a decision was made to pause these groups due to the low numbers of attendees. The members that had previously used this group were instead given the option of attending our other weekly Zoom group on Tuesdays.

This year our **monthly evening group**, facilitated by Nic and Tim Whitworth has been regularly attended with numbers ranging between 4 and 12 including facilitators. There is a good balance of couples and individuals attending.

This support group was held virtually until July 2021 when relaxed COVID guidance enabled this group to return to face-to-face meetings.

In July 2021 we introduced a **new monthly evening virtual support group**, facilitated by Erica Stewart and Susie Hanson. The decision to launch this group was prompted by feedback from the members attending the existing monthly evening group which returned in person in July. Attendees ranged from 3 to 7 including facilitators.

The 'Streatham' Support Groups

We ran 39 **weekly daytime groups on Tuesdays** across the year via Zoom. Hattie Deards and Erica Stewart co-facilitated this group with attendees ranging between 4 to 11 including facilitators.

As COVID regulations relaxed members, in this now well-established group, were asked if they wanted to continue via Zoom or return to the South London setting. Overwhelmingly the members wanted to remain on Zoom. As a result, we have welcomed new members to this group from the wider area of London and beyond.



Lively discussions characterised all our groups across the year with a strong emphasis on developing strategies for coping, taking care of ourselves and meeting the demands of surviving children and relationships with friends and work colleagues.

As new parents arrived at the groups, those who had been attending for longer maintained the core values and culture of the group, fostering an atmosphere of warmth and inclusion. In all our groups there is an extremely supportive atmosphere despite the wide range of circumstances in which parents have lost their children.

ACTIVITIES AND ACHIEVEMENTS

Support for Bereaved Siblings

SLOWsibs 18+

In April 2021 SLOW launched its first virtual adult sibling support group, initially taking place every other month and facilitated by two bereaved adult siblings, Shushma Jain and Michael Ward. Twenty-one new referrals were received before the first group alone and due to ongoing demand, the group frequency was increased to monthly. Eight groups were held across the year, attracting a wide range of often newly bereaved siblings of different ages whose brothers and sisters had died in different circumstances.

The meetings are consistently well attended by a core of regular members, while others attend more sporadically and return around the time of significant events such as birthdays or anniversaries.

Discussions have centred around how relationships with families and friends have changed, significant milestones, changes in themselves, the demands of university, the pain of grief as well as practical matters such as wills and advice about funerals.

“

It's terrible that we find ourselves in this group but I found great comfort of being with others who I can relate to and who understand the pain and devastation.

”

“

I felt a real connection to everyone tonight. Thank you for giving us a safe and free space to share.

”

“

Many thanks for such a relaxing and therapeutic support group.

”

“

I find the meetings so supportive and helpful. I feel less lonely and amongst people where grief is understood and accepted.

”

ACTIVITIES AND ACHIEVEMENTS

SLOWsibs

The 'SLOWsibs' workshops provide a safe place for bereaved siblings to meet each other and develop their creative skills, with the aim of reducing isolation, building self-esteem and confidence through making new friends and exploring feelings.

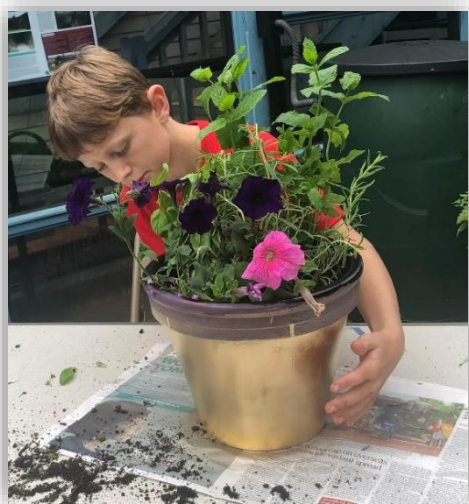
Our workshops, for children aged 6 to 15 years are designed to: -

- Help children and young people understand and express their grief and talk openly about their bereavement;
- support each child living with their grief while building a hopeful future;
- commemorate their sibling who died and find positive ways to remember them;
- to express their own unique place in their altered family.

SLOWsib members are at different places in their development and understanding of death and therefore their expression of grief. Activities are chosen to reflect this variety of experience and allow each child to express themselves at different levels of interpretation and engagement. Unfortunately, due to COVID restrictions we were only able to hold one workshop across the year. Our Christmas wreath workshop was cancelled at the last minute after considerable planning due to rising Omicron infections.

Healing Herb Pots Workshop - 10th July 2021

The summer sibs' workshop was held outside in the wonderful surroundings of the Ecology Centre, observing COVID Guidelines. Four children attended and unfortunately a number children had to withdraw at the last moment because of isolation. This was the first time in over a year the sibs had met face-to-face, and it was a lively and successful meeting. The theme was **Healing Herb Pots** and each young person



decorated their terracotta pot with images and colours of their choice. There were herbs and flowers provided with symbolic meanings and these were explored in the group, with each child creating a personal pot of remembrance.

This workshop was run by Nic Whitworth with the assistance of Laura Anderson and Hamish Whitworth. Our SLOWsibs workshops are now back running regularly in 2022 now COVID guidelines have been relaxed.

ACTIVITIES AND ACHIEVEMENTS

Email and Telephone Support

SLOW recognises that the first steps in reaching out for support are difficult to take for many bereaved parents. We offer a prompt telephone, email or social media response to any enquiry, and take care to talk with parents about what has happened and how they would like to be supported. Parents are then allocated the most suitable group. If we recognise that a parent hasn't been for a few weeks we will follow up by email to check in on them.

At times, parents may be unable to attend the group for a period of time due to work or family commitments for various reasons. In these situations, the feedback that we have received is that parents value maintaining contact via email, the website blog and across our social channels.

SLOW may not meet the needs of every bereaved parent and we will endeavour to signpost them on to other organisations that may provide specific support.

Across the year there has been a steady flow of new enquiries for all our groups and our referrals doubled in the second half of the year. Referrals continue to come from various channels including GOSH, Lifeforce, social prescribers, our own social channels and word of mouth.

CHARITY DEVELOPMENT & GROWTH

Marketing and Professional Outreach

SLOW promotes access to the groups through local NHS paediatric teams, palliative care teams, hospitals, specialist service providers, health visitors, local charities, as well as via the SLOW website, the media and word of mouth.

In 2021-22 we marketed the SLOW service extensively with bereavement charities and organisations across London. Continuing to take advantage of virtual team meetings, we presented to Noah's Ark Children's Hospice, CRUSE Counsellors, Islington Social Prescribers, City and Hackney Social Prescribers, The Coroners' Court Support Service and CARIS Islington.

We researched the organisations contracted with social prescribing in boroughs across London and made contact with many adjacent to our current group settings.

We continued to build close working relationships with referral agencies and professionals that share and complement our work including the Life Force team (Palliative Care Team in North London), End of Life Services GOSH, UCH, The Compassionate Friends, Grief Encounter, CARIS, Islington Bereavement Service, the Child Death Helpline and Haven House.

Designed templates were developed for an expanded programme of social media activity in 2022 and we developed our website with new Cloud imagery, additional webpages, resources and updated content.



IT and Operations

Over the year we refined many of our operational processes, digitalising them wherever possible and continued to build up a shared repository of files held on OneDrive, allowing charity staff to share and save files in secure cloud-based storage.

We researched a number of financial packages for implementation next year and implemented payroll software to process payroll for our new employees.

We consolidated and cleaned data and are making plans for a newsletter with a designed template coherent with our new social media templates.

CHARITY DEVELOPMENT & GROWTH

Evaluating the SLOW Service

In the summer of 2021, working with two trainee Clinical Psychologists from the University of Hertfordshire, we ran three focus groups as well as in-depth interviews with a selection of our current and past members. The aims of the research were to understand how our support services impact our members' health and wellbeing and to explore and assess the introduction of new services.

The feedback was a resounding endorsement of the SLOW ethos and model:

- SLOW support was seen by members as being safe and restorative.
- Many felt SLOW was a unique special place with a model that worked for our members in terms of the regularity and flexibility of the groups (drop in and open ended) and the peer support.
- There was a huge sense of loyalty to other member and to SLOW and each group had a real community and bond.
- They were very vocal about the expertise of the facilitators; their lived experience was seen as essential and they felt 'held' by the facilitators and that they really cared.
- The overarching theme was that SLOW was a lifeline - SLOW had figuratively saved their lives.

We are currently assessing the recommendations from the focus group and analysing the logistics of delivering these services e.g., a dads' group.

At the end of 2021 we embarked on two further research projects with the University of Hertfordshire:

- A 2-year research study looking at "A narrative analysis of parents' journeys with SLOW through parental bereavement". Again, with this research project we hope to further understand the impact of SLOW on our members' grief and mental health.
- A 1-year research study that will look at a comparison of virtual vs in person support.

“

I was in such a dark place. I didn't see a future. I can absolutely say without a doubt that without SLOW I wouldn't be here. It's just kept me alive.

”

“

You walk away and you just feel that little bit more grounded, anchored and secure in your life, because you feel so wobbly and insecure when your child dies.

”

“

SLOW was what helped me the most. I just feel grounded and supported.

”

“

It's like an island of sanity where you can go and you can talk about them quite freely and it doesn't matter if it's 3 months or 3 years.

”

PLANS FOR 2022-23

SLOW ran two strategy meetings with Trustees, senior managers and facilitators to prioritise plans for SLOW's future.

Our key areas of focus for 2022-23 will be to:

To provide high quality bereavement support, reaching more bereaved families. We plan to:

- Run over **180 support events** across London and via Zoom for bereaved families – including both parents and siblings.
- Launch a **new weekly Zoom group** and a further **North London face-to-face group**.
- Plan for the **expansion of face-to-face bereaved parent support groups**, assessing the need for and the location of further London based groups.
- Run **two virtual support groups** for bereaved parents across the six-week summer holiday.
- Celebrate our **15th Year Anniversary** with a party for past and present members at the Ecology Centre.
- Expand **SLOWsibs** – marketing the service to bereaved siblings outside of SLOW.
- Plan for the introduction of **teenage SLOWsibs support**.
- Develop a newsletter for **more structured engagement** with our members and improve our social media presence.
- Continue to **build collaborative partnerships** with referral agencies and professionals in the field of bereavement.

To develop the charity's infrastructure to support this growth of services we plan to:

- Continue to **expand our fundraising sources**, growing sustainable income and inspiring our community to fundraise for SLOW.
- Define and develop our **operating model** to guide the growth of SLOW.
- Further **evaluate our support services** with our partners the University of Hertfordshire and disseminate the findings of the first research project.
- Develop a **pipeline of facilitators** to enable the expansion of our support groups.
- Devise a **digital strategy**, map our existing IT services and plan for the implementation of new financial software and a CRM system.
- Change our **charitable structure** to a CIO and widen our charity's objectives.
- **Recruit a trustee** with a clinical background to complement our existing board.

FINANCIAL REVIEW

Overview

The charity’s income in 2021-22 was £63,392, down on the previous year by around £17,000. This decrease was primarily due to our grant success in 2020 and carrying forward these funds for designated activities. Expenditure was up from £53,221 to £71,624.

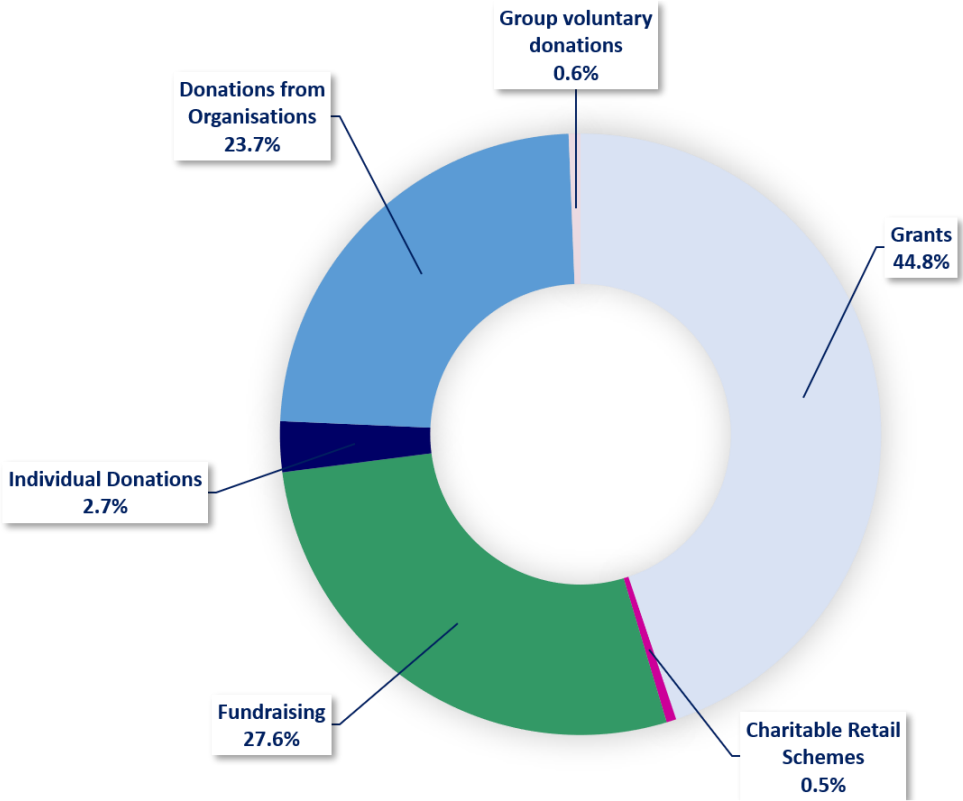
We start the new financial year 2022-23 with £48,328. This includes carried forward restricted funds of £1,092 committed to specific activity, as well as £47,236 of unrestricted funds, of which £28,000 is ringfenced for reserves and the remainder is designated to the growth of support activities in 2022.

Again, this year, as per advice from the Charity Commission, we have excluded in kind income / expenses. The accounts therefore do not reflect the considerable contribution of our many volunteers.

Income

SLOW’s funding in 2021-22 came from a variety of income streams and again, as per the previous year, supporter and community fundraising was challenging due to the ongoing pandemic. Unrestricted income accounted for 63% of our revenue, and 37% was restricted.

Grants - SLOW received continued multiyear support from **the Lotteries Reaching Communities** (three-year funding), **Islington Council’s Community Chest** (two-year funding), and the **John Armitage Trust** (three-year funding). We successfully applied for a number of new grants (for 2022) including Garfield Weston, Foyle Foundation, John Armitage Trust, Islington Local Initiatives Fund and Tesco’s Community Grants.



FINANCIAL REVIEW

Donations - A special mention should be made to the **ICCM** for their generous donation and also to **Waitrose Community Matters**. We would also like to thank the following supporters for their very generous donations which have enabled the charity to carry out its essential work supporting bereaved families: Andrew Wright, Callie Doy and Adrian Kirby.

Supporter Fundraising – After being postponed twice, the **Royal Parks Half Marathon** finally went ahead in October 2021. Our amazing team of 12 runners together raised over £16,000!



Expenditure

Expenditure increased by £18,400 year on year primarily due to the new cost of salaries and pensions. SLOW recruited a new Bereavement Support Services Manager, Nikki Peterson, and also employed Kelly Carter, the Business and Development Manager. Our expenditure on supervision, marketing and the evaluation also increased.

Reserves Policy

The Trustees' policy is to follow recommended practice and maintain unrestricted reserves to cover at least three months' operational expenditure. In 2021-22 SLOW will be dependent on approximately £112,000 income per year to sustain its activities therefore the reserves figure equates to £28,000. At this level the Trustees believe that they would be able to continue the current activities of the charity in the event of a significant drop in funding while seeking to replace the funding or alternatively wind the charity down. The main concerns of the board are to ensure that the team can continue working to either secure new funding or close the charity, and to support members to move onto other services. The SLOW Trustees review this policy annually.

THE SLOW 2021-22 TEAM

Personnel

Our support services in 2021-22 were delivered by a team of eight facilitators and an army of volunteers. **Nic Whitworth**, SLOW's co-founder, stepped back from her role as Bereavement Support Services Manager in the Spring and was replaced by **Nikki Peterson**. Nic continues to facilitate groups and SLOWsibs workshops.

We recruited **Shushma Jain** and **Michael Ward** to facilitate our new adult sibling support groups and at the end of the year Clara Francis stepped down from her role as a facilitator.

For the first time in SLOW's history we employed staff – our newly recruited Bereavement Support Services Manager and our Business and Development Manager. We worked with the law firm Mishcon de Reya to develop policies and employment contracts and registered with HMRC for PAYE, the Pensions Regulator and selected a charity pension scheme for employees.

We recruited three new trustees at the Big Alliance Board Match event and we said goodbye to trustees **Andrew Wright**, **Sara Portnoy** and **Fin Craig** after many years of dedicated service.



Training and Support

Across the year we further developed our own **in-house facilitation and trustee induction training**. The team also attended external **training courses** provided from a variety of organisations for example The Compassionate Friends, SAFE CIC and CBUK.

Eleven **Reflective Practice Groups**, ran throughout the year, attended by the growing team of support group facilitators. Meetings are structured to facilitate reflective feedback on group working, co-facilitation and peer support, sharing of ideas, presentation of material and training. These sessions are held in addition to facilitators' clinical supervision.

“

The people leading the group are doing an amazing job, you know that every session has that element of support and unconditional time.

”

Our Volunteers

Nineteen committed volunteers helped SLOW's work by offering their time and skills in 2021-22. Special mentions should be given to the following volunteers who have dedicated their time this year: -

- **Susie Hanson**, facilitated our Wednesday, Monday and monthly evening support groups.
- **Nic Whitworth** and **Tim Whitworth** volunteered as facilitators at the monthly support groups.
- **Michael Ward** volunteered as a facilitator each month at the adult sibling support groups.
- **Liz Cancea** and **Maria Wojszwillo** assisted the facilitators at the North London weekly group.
- **Laura Anderson**, **Mandi Tolga**, **Hamish Whitworth** and **Fatima Fofanah** have all assisted at the sibling workshops.
- **Yiran Guo** offered her services as an independent examiner of the SLOW accounts.
- **Sara Portnoy** provided clinical supervision for the facilitators.
- And finally, **our Trustees** who continued to donate their time voluntarily to sustain SLOW at a governance level with passion and commitment for the work we do.

THE SLOW 2021-22 TEAM



Kelly Carter

Business and Development Manager



Nikki Peterson

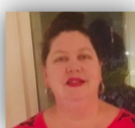
Bereavement Support Services Manager



Nicola Whitworth

Founder and Support Group Facilitator

North London Monthly Evening Group and SLOWsibs



Susie Hanson

Founder and Support Group Facilitator

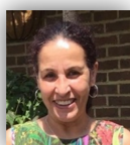
North London Wednesday Daytime Group / Monthly Evening Zoom Group



Tim Whitworth

Trustee and Support Group Facilitator

North London Monthly Evening Group



Erica Stewart

Support Group Facilitator

Zoom Weekly Daytime and Monthly Evening Groups



Hattie Deards

Support Group Facilitator

Zoom Weekly Daytime Groups



Shushma Jain

Support Group Facilitator

Zoom Adult Sibling Groups

Organisational Structure

The trustee board meets at least four times per year to agree the strategy and activities of the charity and to review the finances, fundraising and risks. All Trustees give their time voluntarily and no trustee remuneration was paid in the year. Day-to-day operations and management are delegated to the Business and Development Manager and the Bereavement Support Services Manager who both regularly report to Chair of Trustees on performance and operations.

Recruitment and Appointment of Trustees

The objective is to have a range of Trustees with skillsets relevant to the activities of the charity. The skills of the existing Trustees are taken into consideration when recruiting new Trustees and skills / diversity gaps identified. SLOW recruits Trustees through a variety of means, either they are approached personally, the positions are advertised, or they are recruited via the Big Alliance.

New applicants are interviewed by existing Trustees and appointed at one of the trustee board meetings throughout the year. All new Trustees are given induction training and are DBS checked.

Risk Management

Trustees adopt a risk appraisal and mitigation approach as part of future development. The SLOW risk register is reviewed annually. The major risks for the charity in 2021 and mitigating actions were:

Strategic Direction

We held two strategic away days and developed our operating model; this will provide the framework for future growth. A number of trustees with strategic experience were recruited to the board.

Personnel

Throughout the year we developed our performance review framework and took the necessary steps to employ key members of staff. Volunteers and sessional workers also now have increased involvement in trustee and strategy meetings.

Finance and Fundraising

In order to ensure that there is back up for the Business and Development Manager in terms of finance and fundraising responsibilities, actions were agreed including: reviews of Finance Policy and procedures, the acquisition of accounting software, developing a customer relationship strategy and securing assistance with finance and book-keeping duties.

THANK YOU TO OUR SUPPORTERS

SLOW would like to thank its sessional workers, volunteers, Trustees and our Patrons for their hard work and dedication. None of our work would be possible without the support of our new and continuing funders listed below.



We are especially proud of the fundraising events organised by our members and are extremely grateful for donations from our members, their friends and families. Thank you.

GET IN TOUCH

Bereaved Parents and Siblings

Anyone who is a bereaved parent, bereaved adult sibling (18+) or young bereaved sibling (6-15 years) can attend our support groups and workshops. Referrals can be made directly or we can be contacted by a family member or health professional. A facilitator will contact the bereaved parent / sibling within a few days to arrange a convenient time to phone and discuss whether the SLOW groups will be able to help.

Get in touch

Bereaved Parents and Young Siblings



07532 423 674



info@slowgroup.co.uk

Bereaved Adult Siblings



07506 272 309



adultsibs@slowgroup.co.uk



slowgroup.co.uk



[@slowsupport](https://twitter.com/slowsupport)



<https://www.facebook.com/slowsupport>



<https://www.facebook.com/groups/slowgroup/>



[@slowgroup](https://www.instagram.com/slowgroup)

Any other enquiries including fundraising and donations



07734 577407



admin@slowgroup.co.uk



<https://www.justgiving.com/slowgroup>

Receipts and payments accounts

For the period from 01/02/2021 To 31/01/2022

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Grants	5,000	23,429	-	28,429	59,429
Charitable Retail Schemes	333	-	-	333	1,506
Fundraising	17,498	-	-	17,498	4,932
Individual Donations	1,724	-	-	1,724	4,463
Donations from Organisations	15,005	-	-	15,005	10,005
Group voluntary donations	402	-	-	402	74
Sub total(Gross income for AR)	39,962	23,429	-	63,392	80,410
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	39,962	23,429	-	63,392	80,410
A3 Payments					
Salaries and NICs	18,602	2,826	-	21,428	-
Sessional workers	16,704	20,254	-	36,958	42,179
Pensions	1,211	-	-	1,211	-
Supervision	-	1,720	-	1,720	1,115
Support group workshop refreshments	248	-	-	248	60
Creche costs	-	-	-	-	26
Sibs workshop materials	324	-	-	324	663
Premises rental	193	800	-	993	570
Professional outreach	-	-	-	-	284
Professional development, events and training	-	571	-	571	804
Home phone, broadband, and mobile	659	765	-	1,424	1,170
IT expenses	156	59	-	216	741
Marketing - website and publicity	930	1,672	-	2,602	2,158
Volunteer Expenses	142	600	-	742	667
Fundraising Expenses	736	-	-	736	376
Travel	-	210	-	210	76
Stationery, books, postage and equipment	-	288	-	288	797
Insurance and compliance	207	267	-	474	490
Trustee board development and expenses	-	-	-	-	516
Meeting expenses and gifts	289	20	-	309	53
Recruitment	345	-	-	345	230
Evaluation and Focus Groups	-	826	-	826	246
Sub total	40,745	30,879	-	71,624	53,221
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	40,745	30,879	-	71,624	53,221
Net of receipts/(payments)	- 783	- 7,449	-	- 8,232	
A5 Transfers between funds					
A6 Cash funds last year end	48,019	8,541			
Cash funds this year end	47,236	1,092		8,232	56,560

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Balance at bank	47,149	1,092	-
	Petty Cash	87	-	-
			-	-
	Total cash funds	47,236	1,092	-
B2 Other monetary assets		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use		Fund to which asset belongs	Cost (optional)	Current value (optional)
	Dell Inspiron 15 3000 Laptop	Restricted	429	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities		Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval
		<i>C. Wan</i>	CICILIA WAN	23/10/22

Independent examiner's report to the trustees of SLOW - SUPPORTING BEREAVED PARENTS AND SIBLINGS

I report to the trustees on my examination of the accounts of the SLOW - SUPPORTING BEREAVED PARENTS AND SIBLINGS (**SLOW**) for the year ended 31 January 2022. The accounts have been prepared on a receipts and payments basis and are set out in the standard Charity Commission format.

Responsibilities and basis of report

As the charity trustees of SLOW 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 SLOW'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.

Basis of independent examiner's report

An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect:

- accounting records were not kept in respect of SLOW as required by section 130 of the Act;
or
- the accounts do not accord with those records; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



Name:

Matthew Emmerson

Relevant professional qualification:

Association of Chartered Certified Accountants (ACCA)

Address:

35 Cranborne Crescent, Potters Bar, Herts, EN6 3AD, UK

Date:

19 October 2022