



# IMPACT REPORT 2023 – 24

HEALING THE HURT - EMPOWERING FAMILIES  
CREATING CHANGE



**Registered Charity Number: 1167852**

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# WHAT'S INSIDE!

WHEN A FLOWER  
DOESN'T BLOOM YOU  
FIX THE ENVIRONMENT  
IN WHICH IT GROWS,  
NOT THE FLOWER.

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# CHAIR'S INTRODUCTION

**This has been yet another year of ongoing transformation and change, as KidsAid continues to grow, in response to increasing demand...**

I am proud of the way the staff, therapists, board, and service users have worked together to support our many changes, and particularly pleased that KidsAid has retained its sense of purpose, and values.

Our collaborative approach has informed KidsAid's three-year strategic plan, setting out the future direction of the charity.

Research clearly indicates that the children and families who need us, are not confined to Northamptonshire alone, and if we are to help them, we need to develop our services in other areas.

Such development will only be possible with ongoing, and increased support, particularly through corporate partnerships and collaborations, and grant aid.

I wish to thank the exceptional contributions made by the board, staff, therapists, and volunteers, and our supporters, without which we would not have been successful.

Lastly my thanks to our CEO, Becca, who's leadership continues to be central to everything we have achieved.

**Tony Bates**  
Chair, KidsAid Foundation  
January 2025



**£1 will pay for a child's 'Guide to Supporting Your Mental Health' booklet.**



# CEO REPORT

**This year has been a transformative one for KidsAid, marked by significant growth. I am proud to report that we worked with 50% more beneficiaries this year compared to the previous year, reflecting both the growing need for our services and our ability to scale up to meet these demands.**

Our expansion is guided by our commitment to fill a crucial gap in mental health services for children and families by providing high-quality support that extends over an average of 6-18 months. This longer-term approach allows us to address the impact of adverse life experiences and trauma so that children and young people have the time and resources necessary to achieve meaningful and positive change.

In Northamptonshire alone, an estimated 15,000 children are seeking mental health support. Alarming, there has been a 53% rise in children attending A&E for mental health crises, and the self-harm rate among young people in our region exceeds the national average.

Looking further afield, the impact of adverse childhood experiences is widespread across the UK. The cost-of-living crisis is directly affecting children and young people. In recent years, cases of childhood abuse and neglect have more than doubled. Poor mental health and substance misuse have increased in homes across the country. So have family breakdowns and the number of children entering care.

In response to these challenges, our commitment to children and young people

has expanded beyond Northamptonshire this year - with particular focus on neighbouring Peterborough, where there is a prevalent need for our services.

Our regional expansion has been supported by the market research we conducted across the Midlands this year, which confirmed that KidsAid holds a unique position within both the charity and mental health sectors. We are one of a handful of organisations working with children of all ages, offering child-led, longer-term, and systemic therapy interventions—reinforcing our mission to fill this critical gap in services.

To support our growth, we have expanded both our staff and therapist team this year, and we've increased the number of placements available for therapists. We are proud to support an increasing number of Level 5 to Level 7 therapists through clinical supervision, reflective practice, and direct experience in childhood trauma. This initiative has not only enhanced our capacity to deliver low-cost, high-quality therapy to more children, young people, and parents, but also contributes to the professional development of therapists, ensuring they are equipped to meet the trauma needs of our children.

Our growth this year has also been made possible through the unwavering support of our incredible donors, corporate partners, and grant funders. Thanks to their generosity, we've been able to significantly increase our service capacity, expanding both our team and our reach to children who need us.

**£3 will pay for a parent's 'Guide to Therapeutic Parenting' booklet.**



# CEO REPORT

In particular, I want to acknowledge the grant awards from National Lottery Community Foundation, the Trusthouse Charitable Foundation, the Leathersellers Foundation, and the People's Postcode Lottery, which has provided vital sustainability for our core services over the next 3-5 years. I would also like to extend a special thank you to Barratt Homes Northampton for their long-term commitment to supporting our work.

Community support has never been more essential. The current funding system is making it harder for organisations like ours to fully meet the needs of children and families. Public health boards, facing limited resources, are focusing on short-term counselling interventions to reach as many young people as possible. While this approach helps address immediate needs, it often lacks the depth needed to tackle the underlying causes of mental health challenges. As a result, children with more complex, ongoing issues are increasingly turning to our services for the support they need.

This year, our Board, stakeholders, and the families we support faced a difficult question: to secure statutory support and ensure the long-term sustainability of our organisation, should we shift our approach to fit this short-term, scalable model? The unanimous answer from all parties was clear: no.

Everyone at KidsAid remains fully committed to providing personalised, long-term therapy that not only addresses trauma but also fosters lasting resilience to prevent future mental health issues.

Maintaining this commitment will come with a cost. If we want to both sustain our approach and expand our reach to more children and families, we must work harder to secure funding. To that end, this year our Board broadened our charitable objectives, allowing us more flexibility to explore new income streams and future opportunities.

We know the challenges we face are growing – demand is rising, costs are increasing, and funding for charities is declining. Despite these obstacles, I can confidently say on behalf of everyone at KidsAid that we are steadfast in our commitment. We will continue working in a way that truly makes a difference in the lives of the children and families we serve.

My sincere thanks to our Chair, Tony for his exceptional governance. I also extend my gratitude to the Board, staff, therapists, students, and volunteers for your unwavering passion and dedication. I am immensely proud of what we are achieving together - an organisation grounded in our core values at every level.

As we move forward with our 3-year strategy, we are confident in our ability to strengthen our resilience and sustainability. But we can't do it alone. If our mission resonates with you and you're moved to make a difference, we invite you to support us. As the saying goes, "It takes a village to raise a child." Together, we have the power to create a profound and lasting impact on young lives.



**Rebecca Caswell-Fox**  
CEO, KidsAid Foundation  
January 2025



# OUR VISION, MISSION & VALUES

KidsAid is a child-centred charity. We focus on prevention, healing and empowerment for children and families affected by abuse, family breakdown, illness, and bereavement through to anxiety, depression, self-harm, and suicide.

We take a three-pronged approach to our work with children that includes therapeutic support for the individual child, support for parents or care givers and support for professionals working with children.

## OUR VISION

To safeguard children so that early life trauma **does not** become a lifelong burden.



## OUR MISSION

To support traumatised children and young people through the delivery of **long-term, evidence-based therapies** alongside innovative interventions with the aim of improving poor mental health and future life prospects.

## OUR VALUES

- ✓ We put the needs of children at the centre of everything we do.
- ✓ We strive to deliver excellence in creative therapies.
- ✓ We value difference and treat people equally.
- ✓ We respect families in all their forms.
- ✓ We listen to each individual and respond to their personal needs.
- ✓ We encourage individuals to fulfil their potential.
- ✓ We seek to provide the most cost-effective service possible.
- ✓ We are committed to the Nolan's seven principles of public life: selflessness, integrity, objectivity, accountability, openness, honesty, and leadership.



# WHAT WE PROVIDE



**£25 will pay for a child's creative therapy kit.**



# HOW WE WORK

**We deliver evidence-based psychotherapies that empower children to process their experiences, understand their emotions, build resilience, and achieve brighter futures.**

## **We are Child-Led**

Children and young people guide their own sessions, exploring their emotions and experiences in ways that feel natural to them. Our therapies promote non-verbal expression through creativity, utilising art, play, dance, and drama.

## **We are Bespoke**

We understand the importance of a child feeling secure with their therapist before addressing difficult emotions and experiences. We tailor our approach to each child, typically working with them for at least three months until they are ready to move forward independently.

## **We are Empowering**

We recognise the crucial role of parents and caregivers in a child's mental health. Our services, including parent counselling, psychoeducation, and attachment therapies, are designed to strengthen family bonds and ensure lasting positive outcomes, continuing to benefit families beyond their time with KidsAid.





# PARENT FEEDBACK

"The service was absolutely amazing! I had options for my daughter - it wasn't just sitting talking, it was tailored around her interest which was sensory / creative. I felt it was great for her with having special needs. Finding a good service is not always an easy ride but this definitely was."

**Parent.**





# IN THE SPOTLIGHT

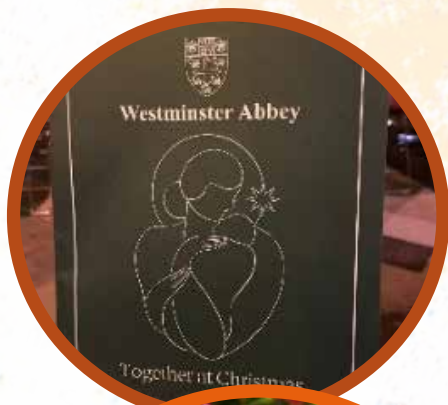
## KIDSAID'S INVITATION TO THE ROYAL CHRISTMAS CAROL SERVICE AT WESTMINSTER ABBEY

On December 8th, 2023, KidsAid had the privilege of attending the Royal Christmas Carol Service at Westminster Abbey, an event that honoured the work of individuals and charities committed to improving the lives of children and young people.

The celebration, led by The Princess of Wales and supported by The Royal Foundation, was a testament to the power of community and collaboration in the pursuit of our collective mission; to support children's wellbeing.

Our CEO, Becca, was delighted to represent KidsAid at this meaningful occasion. Our friends at The Spring Charity were also represented at the event and Manager, Tracey, joined Becca in celebrating the evening together.

This experience is one that KidsAid will never forget. Being acknowledged for our efforts to build happier, healthier lives for the youngest members of society is an honour and we are deeply grateful for the recognition received.





# OUR TEAM

The Charity is fortunate to have a highly dedicated and motivated staff team who all have a background in mental health, family support, and service delivery. While each individual has specialist skills, there is a genuine desire to work as a team and to create a supportive and flexible approach to the work we deliver.

These roles are supplemented by a group of highly qualified and experienced sessional therapists. In addition to staff and therapists, the charity is fortunate to have the support from a committed board who have extensive experience relevant to our work.

**IT IS THE AIM OF THE CHARITY TO FOSTER AN OPEN AND COLLABORATIVE APPROACH BETWEEN THE STAFF GROUP, TRUSTEES, WIDER THERAPEUTIC TEAM, AND VOLUNTEERS WHERE WE CAN ACTIVELY CONTRIBUTE TO THE LONG-TERM STRATEGIC FUTURE OF THE ORGANISATION TOGETHER.**



## THE BOARD OF TRUSTEES INCLUDES:

### TRUSTEE

Tony Bates  
Tina Welford  
Nick Scott  
David Robertson  
Rachel Beech

### ROLE ON THE BOARD

Chair  
Vice Chair / Quality Services Trustee  
Service Growth Trustee  
Finance Trustee  
Media and PR Trustee

### SPECIALISM

Governance  
Quality Assurance & Risk Management  
Business Development  
Finance  
Marketing, PR and Media



# WHY WE ARE NEEDED!

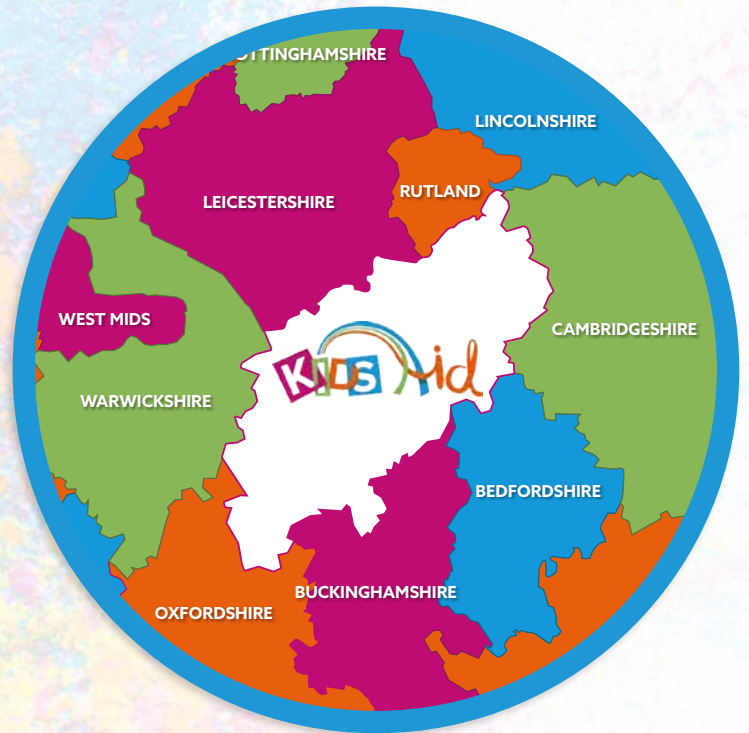
**The growing concern about the mental health of children and young people is well-documented, with estimates indicating that one in four children face a mental health disorder.**

The Children's Commissioner reports that over a million children in the UK were referred to the NHS for mental health treatment between 2022 and 2023. Disturbingly, more than a third of these referrals were closed before any support was offered. Additionally, nearly 40,000 children faced waiting times exceeding two years for treatment.

At KidsAid, we see firsthand the impact of insufficient early intervention and prevention. Many children come to us in crisis, having struggled to access timely or appropriate support through statutory services. NHS Mental Health Trusts often prioritise general services over specialised care, which means we do not receive statutory funding.

Instead, we rely on fundraising to provide our services, ensuring that we can offer comprehensive, high-quality therapy sessions without compromising on length or effectiveness. We address the significant gap in specialised support that links adverse childhood experiences and trauma with mental health issues.

In the Midlands, we are among the few organisations providing therapies tailored specifically for younger children, focusing on their trauma and developmental needs.



We also stand out as one of the rare providers offering truly bespoke services, working at each child's pace and considering the broader context.

This includes therapies for parents, attachment therapies, and holistic family-based interventions alongside our work with children.

The need for systemic reform and improved support for children's mental health services across the UK is urgent.

**KidsAid is committed to addressing this critical gap and will continue to advocate for the children and families we serve.**

**£800 will fund psychoeducation and therapeutic support for a parent.**



# PARENT FEEDBACK

"The therapy has changed my daughter's life. I'm so grateful and so pleased to see her grow rather than disappear further from life. I don't know what her full potential or her optimum engagement with learning is, but she is now able to find out on her own terms. I'm amazed and relieved and so, so thankful."

**Parent.**

# CLINICAL LEAD REPORT

**As the Clinical Lead at KidsAid, I am honoured to oversee our therapeutic interventions, guiding both our administrative and therapist teams, providing direction and clinical supervision.**

In my role, I am privileged to witness the transformative journeys of young people., from triaging and planning interventions at the point of referral to supervising our therapists and seeing the positive impact on the children we support.

Year after year, the demand for our services has grown, prompting KidsAid to evolve in response. Recognising the influence of parents' experiences on children, in recent years we expanded our work to include systemic therapeutic interventions, such as parent therapies and psychoeducation. The increasing demand for this support and the positive outcomes of these interventions have made family support an integral part of our practice.

Beyond overseeing our therapies, my role is vital for the professional development of our organisation. Every member of our staff team is dedicated to continuously enhancing our services, and this year, my contribution has been to focus on developing our staff and therapists by pursuing training opportunities to expand our clinical knowledge and practice. I also collaborate closely with the CEO to shape our strategic direction, ensuring we adapt our model to provide the best possible therapeutic support for our beneficiaries.

I consider every young person or family member who seeks our help to be a KidsAid hero. It takes significant bravery to seek help, and we sincerely appreciate the trust families place in us.

**We strive to honour that trust through our work every day.**

**Carla Mangan**  
Clinical Lead, KidsAid Foundation  
January 2025



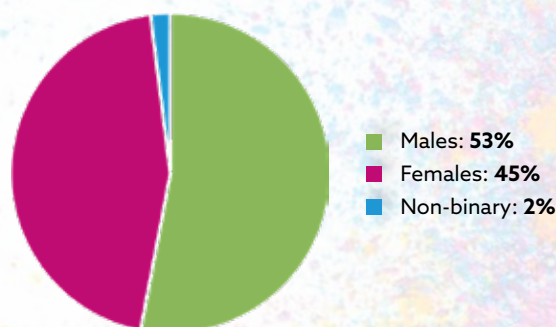
**£1, 200 will fund a child's therapy for 6 months.**



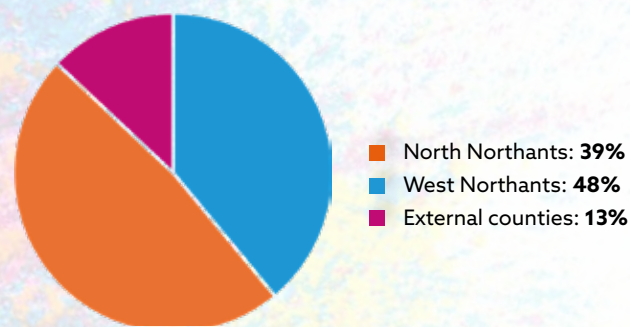
# CHILD DEMOGRAPHICS & REFERRAL DATA

A summary of the beneficiaries we have supported in 2023-2024

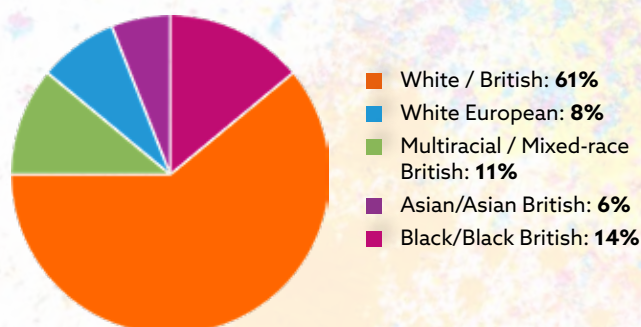
## Gender of Young People Supported



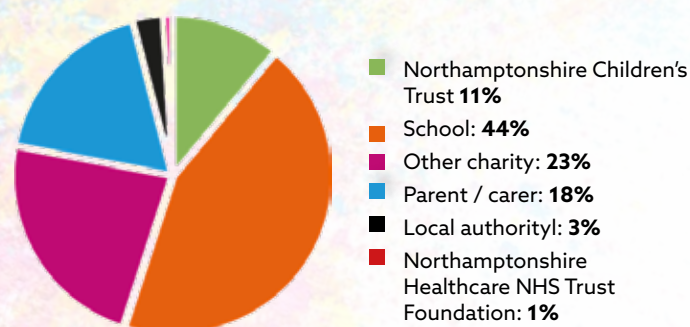
## Location of Young People Supported



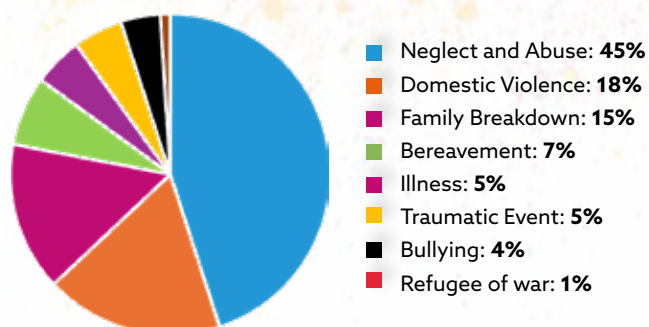
## Ethnicity of Young People Supported



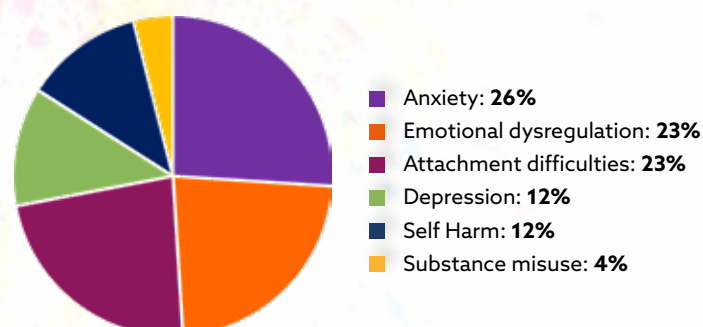
## Referral Route of Young People Supported



## Referral Cause



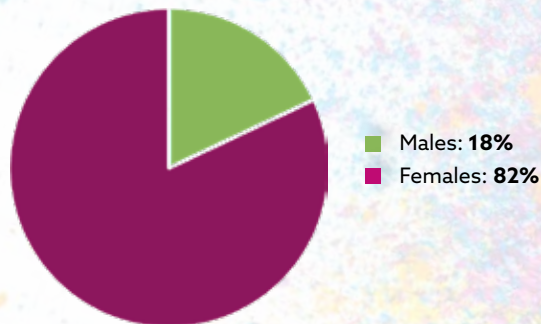
## Referral Symptoms



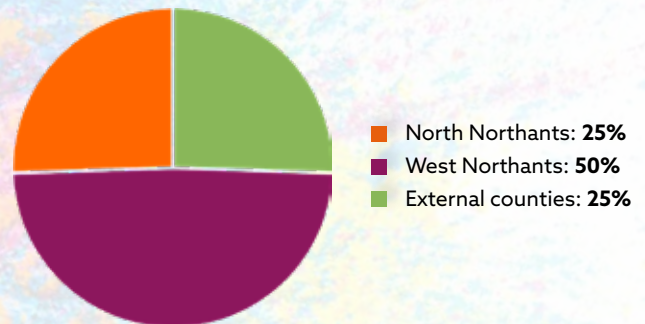
# PARENT DEMOGRAPHICS & REFERRAL DATA

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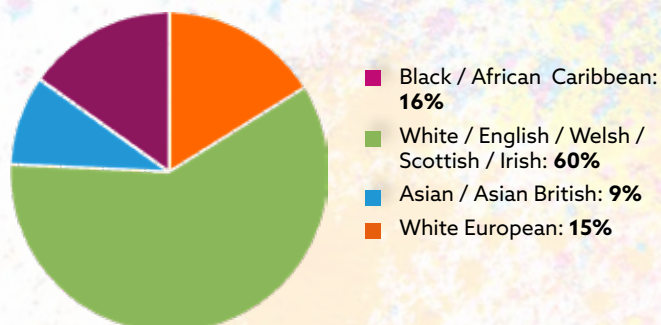
**Gender of Parents Supported**



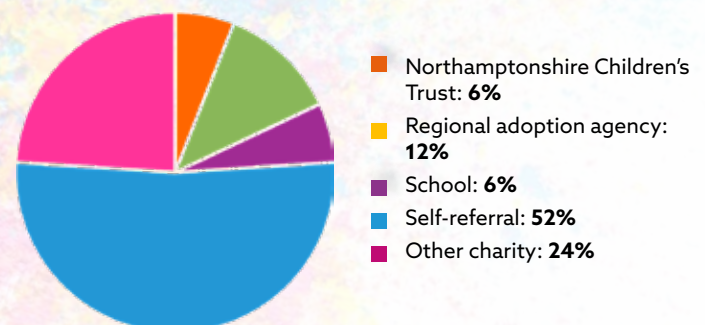
**Location of Parents Supported**



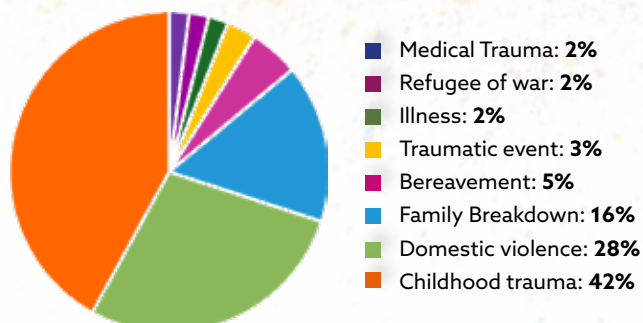
**Ethnicity of Parents Supported**



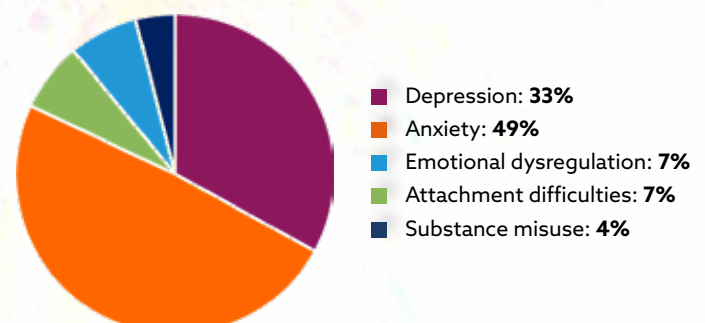
**Referral Route of Parents Supported**



**Parent Referral Cause**



**Parent Referral Symptoms**





# DEMOGRAPHIC AND REFERRAL STATISTICS

**391**

Total number of young people  
worked with.



**70**

Total number of  
schools worked from.

**7**

Average number of weeks  
waiting time.



**66**

Total number of  
parents worked with.

**38%**

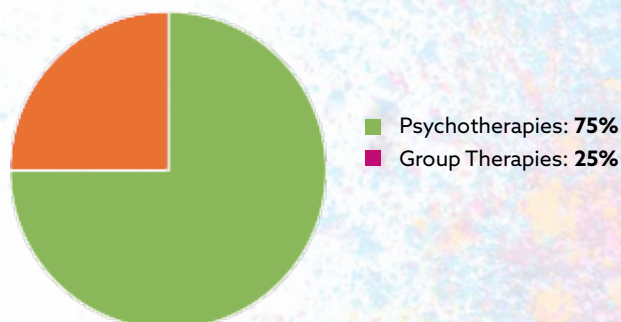
Percentage increase in all  
beneficiaries compared to the  
previous year.



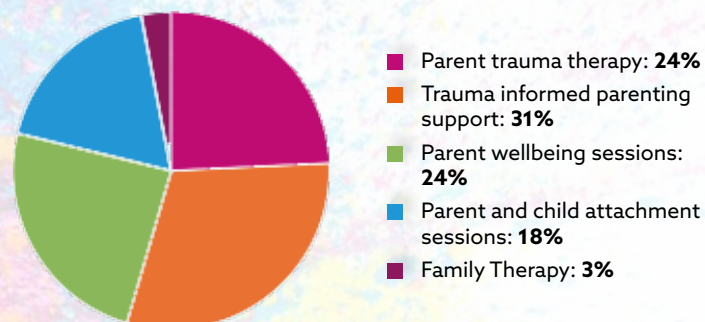
# INTERVENTION STATISTICS

A summary of the beneficiaries we have supported in 2023-2024

## Young Person Therapy Interventions



## Parent Therapy Interventions



"The experience with KidsAid has been extremely beneficial to the child. The therapist built up a great relationship with the child, and was extremely reliable and communicated well with me and his parents which was hugely appreciated"

**School.**



# INTERVENTION STATISTICS

**3069**

**TOTAL NUMBER OF  
CHILD PSYCHOTHERAPY  
HOURS DELIVERED.**

**17%**

**PERCENTAGE OF CHILD  
BENEFICIARIES WHOSE PARENTS  
ALSO RECEIVED SUPPORT.**

**455**

**TOTAL NUMBER OF PARENT  
THERAPY HOURS DELIVERED**

**6**

**AVERAGE NUMBER OF  
WEEKS PARENTS WERE  
SUPPORTED.**

**70**

**TOTAL NUMBER OF  
GROUP SESSIONS  
DELIVERED  
TO YOUNG PEOPLE.**

**28**

**AVERAGE NUMBER OF WEEKS  
YOUNG PEOPLE RECEIVED ONE-TO-  
ONE SUPPORT**



# PARENT AND PROFESSIONALS FEEDBACK

"Brilliant service - keep doing what you are doing!"

**Parent.**

"We have always found this service very helpful."

**School.**

"The therapist listened to my concerns without judgement and was always available to talk to me regarding my son's behaviour"

**Parent.**

"She has benefitted hugely from her KidsAid therapy and looked forward to her weekly sessions. Her therapist communicated well with me and parents and was a great support to all involved"

**School.**

"Accessing the service was brilliant. Easy and helpful"

**Parent.**

"We are very happy with the service and support."

**Parent.**

"The therapy intervention has been extremely valuable for this child."

**School.**

"The therapist is excellent. Great communication throughout"

"Working with this therapist was very successful. There are lots of improvements and we will use again"

**School.**

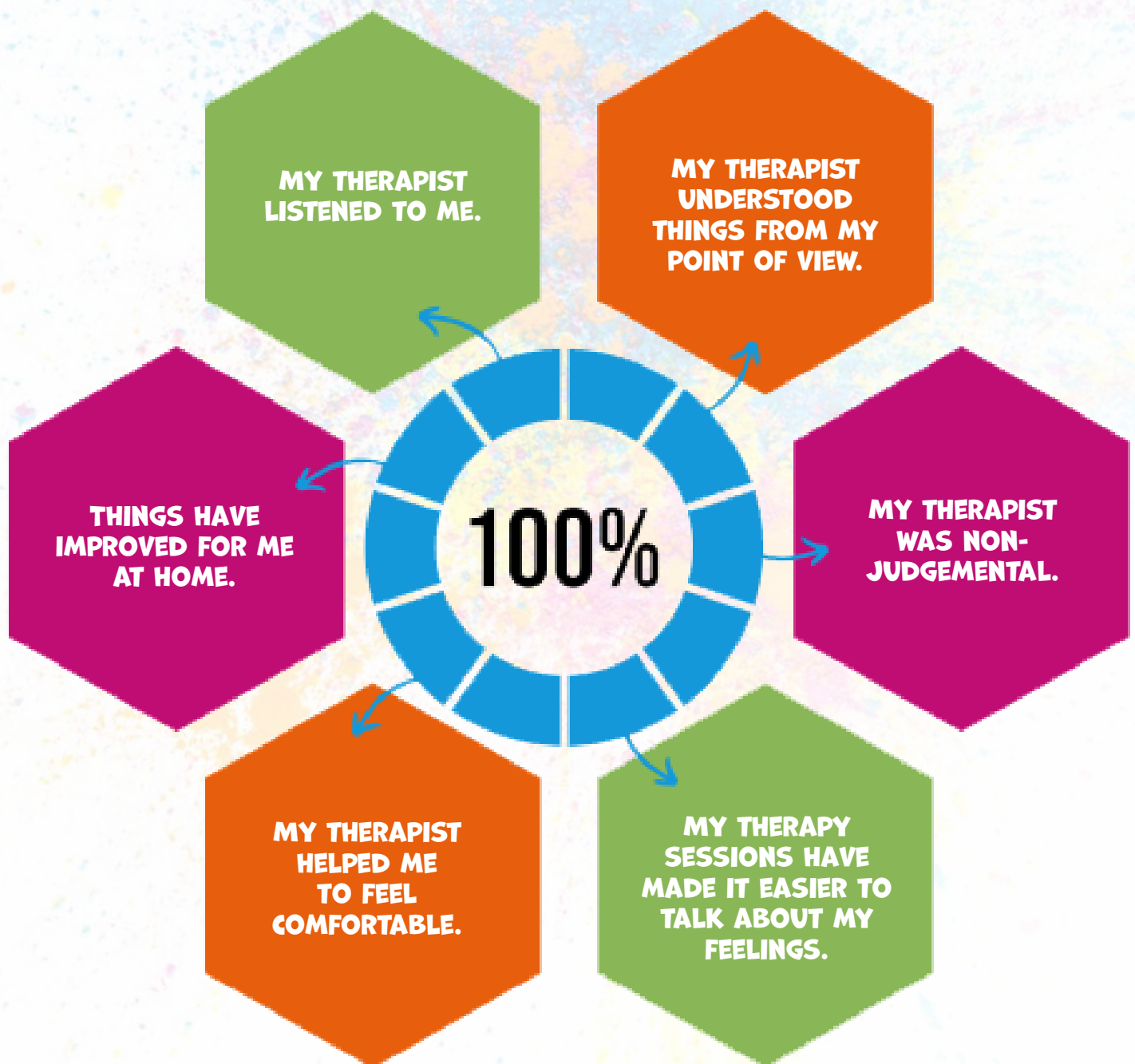
"The assessment and prep conversations required disclosing behaviour I am ashamed of. I did not feel judged at all, I was able to speak freely and not awful afterwards. The whole process and feedback at different intervals have been amazing"

**Parent.**



# CHILD FEEDBACK STATISTICS

100% of Children and Young People said:



# CHILD FEEDBACK STATISTICS

**90%**

Percentage of children and young people who felt their therapist focussed on what was important to them.

**90%**

Percentage of children & young people who stated that their therapy sessions helped them to feel happier than before.

**80%**

Percentage of children and young people who reported that their therapy sessions helped them to feel more understood.

**90%**

Percentage of children and young people who stated things have improved for them at school.

**90%**

Percentage of children and young people who stated that they're getting on better with the people in their life.

**90%**

Percentage of children and young people who stated that they are getting less angry and upset about things.

**90%**

Percentage of children and young people who stated that they have learned things that are helpful to them.

**90%**

Percentage of children and young people who reported they are happier and feel more hopeful about their future.



# PARENT & PROFESSIONALS FEEDBACK

**95%**

Percentage of parents who would recommend KidsAid.

**88%**

Percentage of professionals who reported that the young person is more engaged at school.

**100%**

Percentage of parents who stated that KidsAid is a welcoming and non-judgemental service.

**97%**

Percentage of professionals who stated the therapist was understanding of the young persons needs.

**84%**

Percentage of professionals who stated that the family benefited from KidsAid intervention as well as the young person.

**95%**

Percentage of professionals who stated that the therapist was timeley, courteous and professional.

**95%**

Percentage of professionals who reported that the young person is getting along better with others.

**86%**

Percentage of professionals who reported that they had seen a positive change in the young person.

**95%**

Percentage of parents who would contact KidsAid for support again.

**86%**

Percentage of parents who stated that they have gained skills to help them support the young person and tackle future difficulties.

**86%**

Percentage of parents who stated they felt listened to and respected by everyone at KidsAid.

**86%**

Percentage of professionals who reported that the relationship between the carer/parent and young person has improved.

**97%**

Percentage of professionals who stated they were overall satisfied with the service received.

**90%**

Percentage of professionals who reported that the young person's school attendance has improved.

**86%**

Percentage of professionals who stated that the waiting time is acceptable.



# OUTCOMES STATS: PSYCHOEDUCATION

**100%**

Percentage of parents who stated the therapist was knowledgeable in helping them understand attachment and therapeutic ways of working with children.



**100%**

Percentage of parents who stated the therapist was non-judgemental in the sessions when talking about their parenting style.



**100%**

Percentage of parents who stated the therapist fostered a safe environment to allow them to process their experiences.



**100%**

Percentage of parents who stated the relationship between them and their children has improved.



**100%**

Percentage of parents who stated that the psychoeducation sessions helped them to understand their child better.





# PARENT AND PROFESSIONAL FEEDBACK

"There isn't a thing we would change about the service we recieved. It's been so valuable"

**Parent.**

"The therapist was lovely and my daughter really enjoyed her sessions."

**Parent.**

"Brilliant, professional service."

**School.**

"KidsAid work has had a positive effect for all the children accessing their support at our school"

**School.**

"My son doesn't usually take to strangers, but his therapist was an exception - he was comfortable with her from day one. She's a star! Thank you! "

**Parent.**

"My daughter's therapist was very supportive of me as a mother and always had a listening ear. It was the best decision I ever made"

**Parent.**

"Very positive support has been provided for children that I work with."

**School.**

"KidsAid offer invaluable support to families, that is very rare and very special"

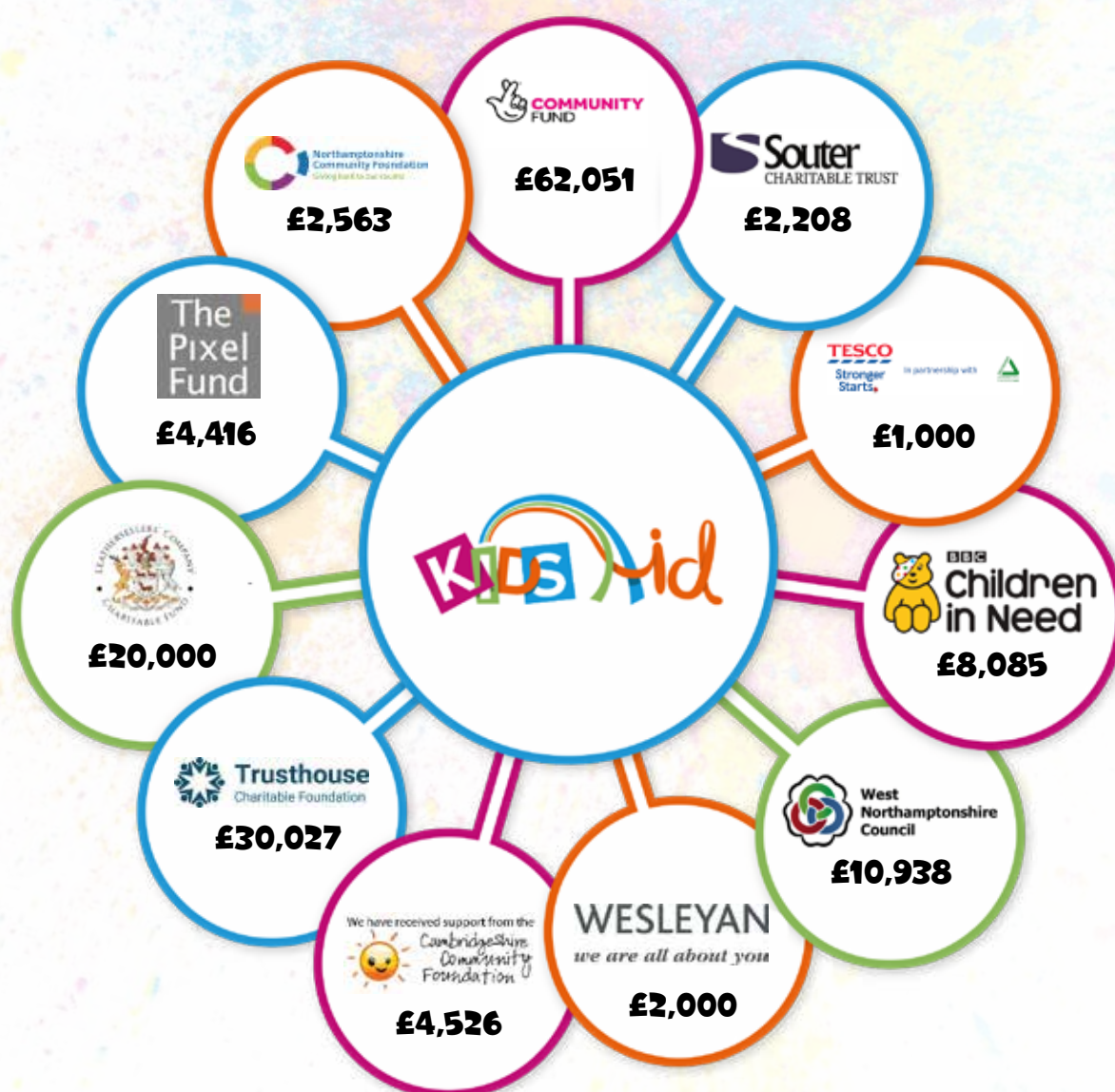
**Community Professional.**

# HOW WE ARE FUNDED

KidsAid's services are funded through a combination of community and corporate fundraising, grants from trusts, and spot commissioning from Northamptonshire Children's Trust, schools, adoption agencies, other charities, and families.

**In 2023-24 we received an incredible £147, 814 from grant making trusts!**

Thanks to the support of these grant making trusts, we were able to deliver our core work of one-to-one therapies to children, young people and parents, plus a variety of projects including wellbeing support, group therapies and psychoeducation.





# GRANT MAKER FEEDBACK

"KidsAid are a fantastic charity that we have funded and have an outstanding reputation. We always signpost to them when we can. They always provide moving case studies in their end of grant reports which shows just how needed their work is."

**Grant Maker.**

# PROJECTS

## **COLLABORATION WITH WEST NORTANTS COUNCIL – EARLY INTERVENTION FOR CHILDREN AT RISK OF EXCLUSION.**

**In August 2023, KidsAid secured funding from West Northants Council to address key issues identified by the Central Northampton Local Area Partnership (LAP), focusing on improving children's mental health, preventing school exclusion, and addressing crime and antisocial behavior.**

We partnered with schools in central Northampton to provide long-term therapy to 30 at-risk children, who each received 20-30 weeks of support.

The project aimed to improve wellbeing, reduce inequalities, and contribute to Northamptonshire's social and economic health, aligning with the goals of the Integrated Care Northamptonshire 'Live your Best Life' strategy.

The children, all facing challenges linked to Adverse Childhood Experiences (ACEs), showed significant improvements in mental health, wellbeing, and school engagement, with many no longer requiring additional support from pastoral teams.

**The results exceeded expectations, showcasing the project's success in addressing local priorities.**

"One of the children under the supervision of the therapist is on a child in need plan. He has been going through homelessness, a sickle cell health issue and dealing with a father who has a severe brain injury. Despite all of this, and I believe because of the support of his therapist, his behaviour has improved and he has been able to remain regulated throughout his personal and family ordeal."

"Both of the practitioners who have supported children at our school have been fantastic. The children who have been under their supervision have looked forward to meeting every week. Both practitioners have communicated well and become a part of the school."

"Although we are used to seeing the buds of change forming in the same academic year as the therapy started, we will not see the fruit for years to come when the high quality, consistent intervention now creates happier futures for the young people targeted. Overall, the impact has been noticeable already and we would jump at the opportunity to be able to use this therapeutic intervention again!"

"One child has now transitioned to a new primary school, and KidsAid ensured their therapist followed this child to the new setting and supported both child and mum through the process. Another child's mum has said she feels like the old, happier version of her child had returned."



# PROJECTS

## KIDSAID'S PODCAST SERIES

### HEALING TRAUMA – STORIES OF HOPE AND RESILIENCE

**At KidsAid, we're all about making a difference in our community. This passion led to the creation of our podcast, to share our expertise in trauma support with our local community and help those who might not realise they've experienced something traumatic or who want to learn more about trauma and its effects.**

Many of our clients and their families deal with intergenerational trauma, often mistaking it for normal family traits. This can lead to people dismissing their feelings and struggling to express themselves, thinking there's something wrong with them because they can't always be 'strong' when life gets tough.

Our podcast seeks to educate the local community about trauma—what it looks like, how it affects people, and how to support those going through it. We want to normalise the conversation around trauma, emphasising that it's a personal experience. Everyone's feelings are valid, regardless of how 'severe' their situation seems compared to others.

Our podcast is divided into two series. The first series focuses on educating the community about trauma, helping individuals recognise what this can look like and how to therapeutically respond to those affected. A special thank you to our creative therapist Natasha, who co-hosted series one.

The second series features voices from marginalised groups who often face additional challenges in accessing services. These individuals have generously shared their experiences, highlighting what works, what doesn't, and what they think needs to change to make services more inclusive and accessible for everyone. By talking about these issues, we hope to make seeking mental health support as routine as visiting the GP for a physical issue.

We extend our heartfelt thanks to our KidsAid Hero, the Northamptonshire Community Foundation, for funding this project – it wouldn't have been possible without their support. We also want to thank Ashley from Unity and Motion who inspired the creation of our podcast series and dedicated countless hours to recording, editing, and publishing the episodes. We are also grateful to En-fold YAAP members, NGAGE, Paul Bond, Proaction Martial Arts and Fitness, the Doddridge Centre, and others who shared their time and experiences by contributing to series two.

To listen to the podcast please go to Spotify and search for us, "Healing Trauma – Stories of Hope and Resilience".

**Creating a space where everyone feels heard, understood, and empowered to seek the help they need is vital. We hope this podcast makes a meaningful contribution to achieving this goal**





# PROJECTS

## PLAYFUL PARENTS – THERAPLAY BASED FAMILY SESSIONS

**In collaboration with the Cambridgeshire Community Foundation, KidsAid led a 12-week project in 2023 focused on parent-child interventions aimed at strengthening attachment bonds and improving relationships for families in need.**

At KidsAid, our systemic approach involves working closely with both parents and children to create lasting, positive outcomes. This intervention was designed not only to provide parents and carers with practical, affordable ways to engage in play with their children but also to enhance their relationships and attachment.

Families were selected for this support based on factors such as social deprivation, life challenges, and parental capacity—elements that can significantly affect mental health and wellbeing. Given that many parents had previous negative experiences with professionals, building trust with the therapist was crucial. To foster this trust, the therapist spent half an hour with parents before each therapy session, offering a well-being check-in and a space for them to share their challenges.

The parent and child therapy sessions were then tailored to meet the needs of both parents/carers and children. These sessions included a variety of playful activities that fostered meaningful connections, nurturing relationships, and joy through play.

Activities ranged from popping bubbles with different body parts and pom-pom races using straws to applying “magic cream” for soothing and playing balloon tennis.

The sessions consistently brought joy, with parents and carers returning week after week, enjoying the activities as much as the children. As the sessions progressed, parents and caregivers were provided with simple, low-cost activities to

continue playing at home, further strengthening the parent-child bond and attachment.

Some parents, reflecting on their own experiences of poor parenting, found the sessions especially rewarding as they developed play skills and improved their own well-being while delighting in quality time with their children.

**The positive impact of these shared experiences was evident in their expressions and body language, and the success of the interventions was echoed in the feedback we received. Creating a space where everyone feels heard, understood, and empowered to seek the help they need is vital**

“It really helped a lot I am more bonded with my child!”

“We used the activities at home with his Dad too, which has really helped their time together and their relationship”

“The sessions were really amazing. We got so much out of it! Me and my son are much happier!”

**£1, 600 will pay for a child's therapy for 9 months.**



# PROFESSIONAL FEEDBACK

"KidsAid delivered a block of  
theraplay group sessions in my  
school and the feedback was  
incredibly positive from parents and  
children."

**School.**

# PROJECTS

## THE EMMANUEL GROUP PROJECT

**In 2023, KidsAid partnered with the Emmanuel Group to provide two 6- week courses of craft and activities for two different age groups.**

We collaborated with Emmanuel Church to offer a pre-school parent and baby group aimed at promoting social interaction among young toddlers and babies. The group welcomed up to 30 children each week, and during the sessions, we used a 'Dinosaur' theme to inspire play, exploration, and the creation of various Dino-themed activities.

The second group was held at Blackthorn Community Centre and catered to primary school-aged children, offering after-school sessions focused on providing a meal and opportunities for social interaction. These sessions functioned as 'drop-in' events, and over the 6-week period, more than 30 children participated, with weekly attendance ranging from 16 to 27 children. The activities were designed to be collaborative, encouraging social interaction and building peer relationships, while also including individual crafts like slime-making, which is always a favourite for many young people!

Feedback from the sessions were very positive – "We have had some amazing feedback from our parents and carers about the quality and variety of crafts available. We have been very grateful for Natasha, her professionalism, skills and her amazing work with our families." (Emmanuel group staff).

**The success of these sessions has enabled KidsAid to strengthen relationships with local community centres, fostering partnerships that will support future initiatives for children and families in Northamptonshire.**





# IN 2023-24 OUR AMAZING COMMUNITY RAISED £134,454 FOR KIDSAID!



Persimmon Homes chose to support us as their nominated Charity of The Year 2023. They Raised **£320** during their Easter bake sale.



Mwaji Sikamo, Co-Founder and Director of Bonky Bouncers, ran the 2023 London Marathon to support KidsAid.



Crick Software, Persimmon Homes, Julia Harris, JAM Helping Out and JMHPHotosstories, participated in the colour obstacle rush and raised an incredible **£6, 500** for KidsAid!



Sytner Select (formally known as Car Shop, Northampton) nominated KidsAid as their Charity of The Year for 2023 and donated a total of **£4, 542** over the year for KidsAid.



The Rust Bucket Rally team nominated KidsAid for their July rally and raised a phenomenal **£22,000** for KidsAid!



# PARENT FEEDBACK

"Thank you to all and specifically the funders who made the sessions possible. And thank you to the therapist for building such an amazing relationship with my daughter"

**Parent.**



# IN 2023-24 OUR AMAZING COMMUNITY RAISED £134,454 FOR KIDSAID!



KidsAid was chosen for two consecutive years by Crick Software as their nominated charity.



Dave Sayve raised over **£1,400** for KidsAid at the Angling Club fun day



James and Lorenzo participated in the Amazing Northampton Run for KidsAid.



The half marathon took place on 17th September 2023 and helped to raise essential funds for KidsAid.



Barratt Homes Northampton nominated KidsAid as their charity for 2023. They held several fundraising events for KidsAid throughout the year.



The 2023 Barratt Home golf day, raised an impressive **£18,984** in total.



# IN 2023-24 OUR AMAZING COMMUNITY RAISED £134,454 FOR KIDSAID!



Home Bargains Northampton opened a new store in December 2023 and nominated KidsAid to receive **£2,000** to mark the occasion.



DHL Primark Thrapston, supported KidsAid throughout 2023 and raised **£736.70** through multiple fundraising events.



The Royal Antediluvian Order of Buffaloes (RAOB) donated an incredible **£2,391** to KidsAid.



Proaction Martial Arts and Fitness voted for KidsAid as their nominated Charity for 2024 and raised **£5,117.84** during their Annual Awards Night.



Northampton School for Boys raised **£800.00** for KidsAid during the school charity week.



Billing Finance are donating to KidsAid for every new or repeat customer deal they secure, as their nominated Charity.



# OUR PARTNERSHIP WITH BARRATT HOMES

**"KidsAid is an amazing charity, and it has been our pleasure to support them for the second consecutive year."**

Our staff initially selected KidsAid through a division-wide vote and have since participated in various fundraising events, including skydiving, charity golf days, auctions, park runs, and more.

We recognise the vital support KidsAid provides to children and their families and the long-term impact of their services.

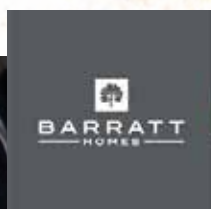
We firmly believe that the therapy and support offered by KidsAid make a meaningful difference in the lives of those they help. Barratt Homes Northampton is proud to contribute to their work and support their mission to reach more children in need.

After raising over £50,000 last year, we aim to surpass that total this year and extend the support to many more children and families in the coming years." — **Simon Francis, Barratt Homes.**"

"We were delighted when colleagues in the Northampton division voted for KidsAid to be our charity for 2023!

Staff were moved by the work carried out by the KidsAid team and the long term support they provide to families."

"After the KidsAid presentation at our business seminar, I was touched by the hard work and help you provide to local children in need. To support your efforts, I wanted to organise a bake sale in the office and was super pleased to raise as much as we did."



# SUPPORTER FEEDBACK

"The work that KidsAid does is amazing and fulfils a much needed function in civil society. Without KidsAid there would be a huge gap and I urge all supporters to continue their support alongside the local Northamptonshire Community Foundation and other grant making bodies to continue their support.

Thank you KidsAid!

Best wishes and continued support from all at Shepherd & Co Solicitors, Northamptonshire Law Society and Northamptonshire Bangladeshi community "

**Jabeer Miah**

"I met up with a few of the KidsAid team a while back and the work these guys do for children and young people is truly incredible. If you're ever looking for a local charity to help, please do think of KidsAid!"

**Lindsey, Billing Finance**

"We believe that your work to support kids and their families, is absolutely brilliant. Well done for the great work you are doing!"

**Panos, GXS**



# SUPPORTER ARTICLE

**BY MASTER TOM NICHOLSON,  
FOUNDER AND DIRECTOR OF PROACTION  
MARTIAL ARTS.**

**"Proaction Martial Arts and Fitness proudly started supporting KidsAid for our annual awards night at Northampton County Cricket Ground in February 2024.**

This event celebrated the achievements of our members, with a focus on the children who embody Proaction's values. The night also served as a platform to raise essential funds and awareness for KidsAid.

Thanks to generous sponsorship from local businesses, such as Glazing Hub, Silverstone Leasing, and Wilson Browne Solicitors, along with match funding from Barclaycard, we raised £5,117.84 for KidsAid. We were also honoured to have local world champion boxer Chantelle Cameron attend, inspiring our members and showing her support for the cause. Her presence reinforced the importance of perseverance and resilience, values that resonate deeply within our community.

KidsAid aligns closely with Proaction's values and was chosen as our Charity of the Year 2024 from a shortlist presented to our staff. We focus on local impact, and with 75% of our club serving children, supporting their development is central to what we do. Many of these children face challenges where KidsAid can make a difference. We fully support KidsAid's mission to empower young people, reflecting our commitment to helping all children in our community thrive.

Building on the success of this event, Proaction Martial Arts will continue to host fundraisers

throughout the year to further support KidsAid and other local charities. We invite our community to join us in making a meaningful impact in the lives of children who need it most. Together, we can help them overcome challenges and reach their full potential."

**- Master Tom Nicholson, Founder and Director of Proaction Martial Arts.**





# KIDSAID'S HONORARY LIFE PATRON

**We would like to express our heartfelt gratitude to Joy Pinkham for her exceptional service as founding trustee and for her years of unwavering dedication to KidsAid, which we honoured at our appreciation event in January 2024.**

In recognition of her significant contributions, Joy was named our first honorary life patron. Her passion and influence have been instrumental in shaping our organisation, and her legacy will continue to inspire us. Thank you, Joy, for your invaluable commitment and service.

"KidsAid was born on a cold wet night in December 2007 in my kitchen at Hardingstone. It was a gathering of various professionals and others who were all too well aware of a complete lack of therapeutic resources in the area for children who had suffered trauma: through abuse, neglect, bereavement or traumatic incident. We all knew children who were desperate for therapy of some kind before their experiences cast a blight over their entire lives.

We faced a fairly monumental task - acquiring Charity Commission registration, finding therapists, identifying appropriate premises for the therapy to take place and not least - raising money!

I have stepped back now from my role as a trustee, but I am so proud and humbled to have been awarded the title of Honorary Life Patron. My passion for KidsAid and everything it stands for remains unabated - scarcely a day goes by when I don't talk about it to anyone who will listen!

The current team - therapists, management and trustees - is the best we have ever had and KidsAid is in the safest possible hands going forward. It is a template which I hope will eventually be rolled out nationwide - that was and remains one of my personal dreams.

**No child experiencing trauma should be deprived of vital therapy through a lack of availability, or indeed funding".**

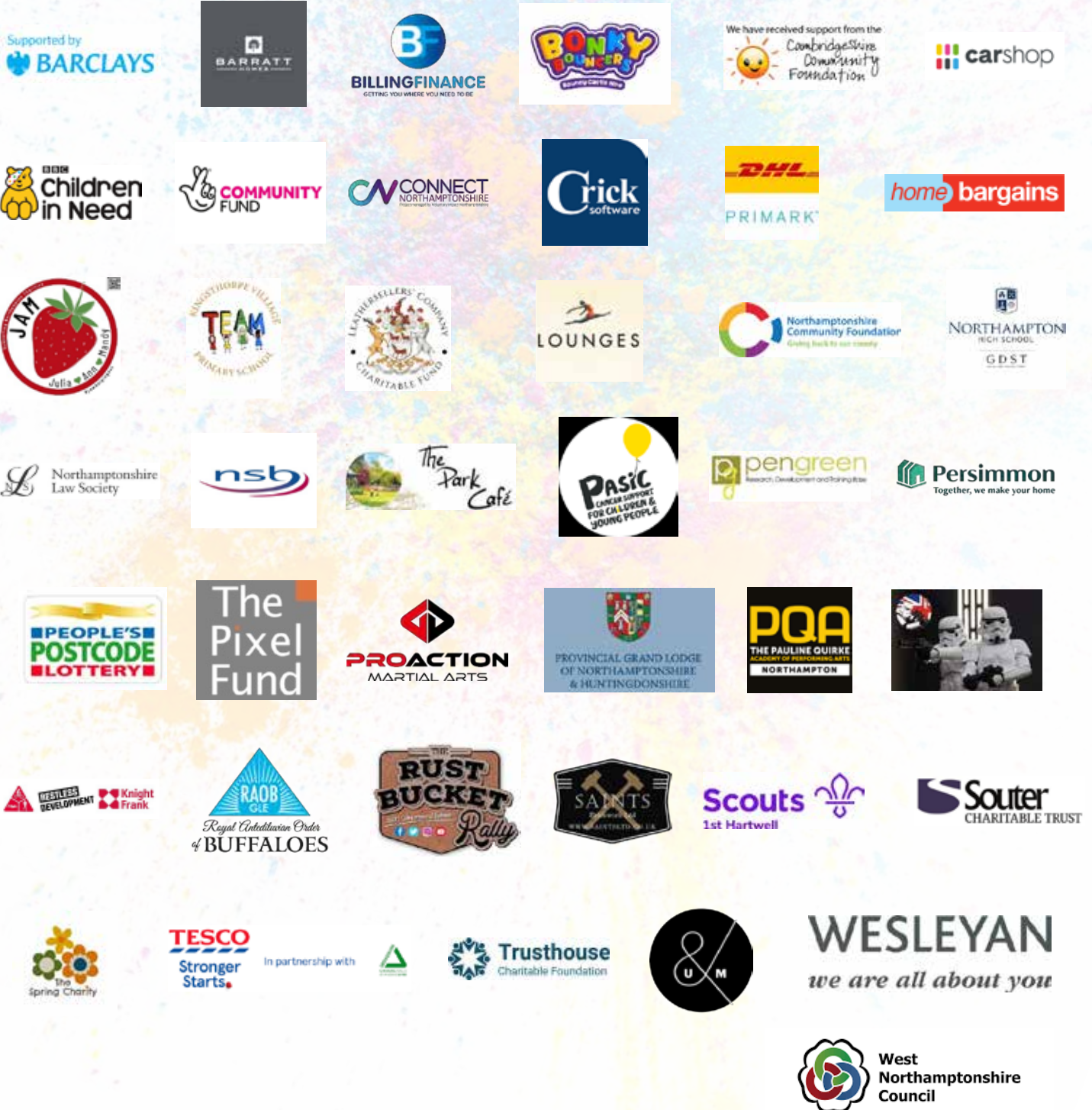


**£1, 950 will fund a child's therapy for a full academic year.**



# SUPPORTER ACKNOWLEDGEMENT

Our sincerest thanks to every individual, organisation, business, school, and grant making trust who supported us with our work in 2023-24. Without you, our work wouldn't be possible. From the bottom of our hearts, and on behalf of all of us at KidsAid, **THANK YOU!**





# DO YOU WANT TO SUPPORT US?

## Donate by scanning our QR code!

You can make a one-off donation, set up a regular monthly donation, donate through Payroll Giving, contact us about sponsoring a child's therapy, or organise a fundraising event.



## Join our fundraising events!

Whether it is holding a raffle, sponsoring a child, joining our fundraising days, or holding a bake sale, any contributions would be highly appreciated.

## Support us as your Charity of the Year!

As a local charity, any support from the business community goes a long way to helping children and families recover from trauma.

## Become a volunteer!

Support us by sharing your expertise and time. We are always looking for Trustees and volunteers to help us with our work!

## Become a Corporate Partner!

As we look ahead to next year, we aim to develop our corporate sponsorship programme. If you are a business with a CSR initiative and are aligned to our values, then we'd love to hear from you!





**INSIDE EVERY CHILD  
THERE'S A STORY THAT  
NEEDS TO BE TOLD**

# **FINANCIAL STATEMENTS AND ANNUAL REPORT FOR THE YEAR ENDING 31ST MARCH 2024.**





**The KidsAid Foundation  
Financial Statements and Annual Report  
For the Year Ending 31st March 2024**

**Registered CIO Number:** 1167852

**Address**

Doddridge Centre  
109 St James' Road  
Northampton  
NN5 5LD  
[www.kidsaid.org.uk](http://www.kidsaid.org.uk)

**Bankers**

Metro Bank  
27-29 Abington Street  
Northampton  
NN1 2AN

**Independent Examiners**

Shaw Gibbs- Northampton  
Eagle House  
28 Billing Road  
Northampton  
NN1 5AJ

**Structure, Governance and Management**

The KidsAid Foundation (KidsAid) was registered as a CIO on 24 June 2016, having previously been unregistered. KidsAid was founded in its original form in 2007.

KidsAid is a child-centred voluntary service. We are proud to deliver long-term, evidence-based therapies alongside innovative interventions at an affordable cost to families who do not have access to other services or have the financial means to fund therapy themselves.

The charity is fortunate to have a highly dedicated and motivated staff team who all have a background in mental health, family support, and service delivery. While each individual has specialist skills, there is a genuine desire to work as a team and to create a supportive and flexible approach to the work we deliver. These roles are supplemented by a group of highly qualified and experienced sessional therapists.

It is the aim of the charity to foster an open and collaborative approach between the staff group, wider therapeutic team, trustees, and volunteers where we can actively contribute to the long-term strategic future of the organisation together.

**Vision, Mission and Values**

Our vision is to safeguard children so that early life trauma does not become a lifelong burden.

Our mission is to support children and young people to overcome trauma by providing play, arts-based, family, and bespoke therapy packages with the aim of improving poor mental health and empowering children and their care givers to rebuild their futures and reach their potential.



## **Our Values**

- We put the needs of children at the centre of everything we do.
- We strive in delivering excellence in creative therapies.
- We value difference and treat people equally.
- We respect families in all their forms.
- We listen to each individual and respond to their personal needs.
- We encourage individuals to fulfil their potential.
- We seek to provide the most cost-effective service possible.

## **Objectives and Activities**

We take a three-pronged approach to our work with children that includes therapeutic support for the individual child, support for parents or care givers and support for professionals working with children.

- Our objectives are pursued through several activities including:
- One-to-one psychotherapies for children and young people.
- Therapeutic group work for children and young people.
- Parent and child attachment therapies.
- One-to-one therapies for parents and care givers.
- Therapeutic group work for parents and care givers.
- One-to-one or group psychoeducation and parent support sessions.
- Specialist trauma resolution & bespoke interventions.
- Well-being workshops for children, young people, and parents.
- Trauma-informed training for professionals.



**These services focus on healing and empowerment (with a desire to increase the focus on prevention) for children and families affected by the following:**

- Abuse (neglect, physical, sexual, or emotional).
- Bullying.
- Illness, bereavement, and loss.
- Family breakdown, separation, and divorce.
- Anxiety.
- Depression.
- Self-harm.
- Suicide.
- Emotional and behavioural difficulties leading to a risk of school exclusion.

We provide our services from our therapy rooms in Northampton and Peterborough or from schools, making our support accessible for the children who need it the most.

Therapy for the children, young people, and families we work with is either funded in full by local authorities and schools; part funded between schools, families and KidsAid; or where no funding is available, KidsAid will fund the cost of therapy sessions in full.

We measure our impact through client feedback, and outcome measures which are taken throughout the course of all our therapy interventions to monitor our effectiveness.

Evaluation and monitoring are at the foundation of every element of KidsAid's provision: review procedures within the organisation are embedded to ensure quality of delivery, evidence-based practice, and sustainability of outcomes.



## **Report of the Trustees**

The KidsAid Foundation is a charitable incorporated organisation (CIO). Our governing document is a Memorandum & Articles of Association, which dates from 24 June 2016 and amended on 02 November 2024.

The Trustees are aware of the Charity Commission Guidance on public benefit and have applied that guidance in setting the plans for the next financial year and in making decisions.

The 2023/24 financial year was a successful period for KidsAid, marked by growth and development.

As the charity has expanded, it has become necessary to invest in our future in a controlled and sustainable manner. We value every £1 donated, raised, or awarded, and this principle underpins all decisions to ensure funds are spent wisely and deliver maximum value.

To meet the increasing demand for our services among children, young people, and families, we have focussed on investing in staff. This included building our therapist and clinical support team, and restructuring to strengthen our fundraising efforts. This resulted in an income rise from £399, 199 in 2022/23 to £468, 703 in 2023/24.

With KidsAid's growth, we reviewed our accounting systems and policies to ensure they remained fit for purpose. Sound fiscal management and stability are fundamental to delivering the much-needed therapy services we provide.

KidsAid employs cloud-based accounting software and prepares monthly management accounts which are distributed to Trustees along with activity reports and key financial updates. An independent bookkeeper manages bank transactions. Trustees are confident that the accounting systems are transparent, robust, and effective.

Following a review, Trustees confirmed that all accounting policies remain appropriate.

KidsAid is committed to providing therapy to as many children as possible within Northamptonshire and beyond. With recent enhancements to our infrastructure and a talented team led by our CEO, Rebecca Caswell-Fox, KidsAid is well positioned to deliver funded therapy to a growing client base.

Recognising the increasing need for our services, we remain dedicated to addressing challenges through the continued, and much valued support, of our colleagues, Board and supporters.

## **Reserves**

The board of Trustees has agreed to maintain designated reserves to ensure we can honour our commitment to our beneficiaries, allowing them to complete their therapy interventions in full. Our policy is to maintain a level of unrestricted reserves equivalent to two months operational costs, with a goal of exceeding this target wherever possible.

This policy is reviewed annually and updated as necessary.



## **Risk**

The trustees do not believe the CIO is subject to any substantial risk beyond the liabilities disclosed in its Annual Report and Accounts.

## **Recruitment and appointment of new trustees**

KidsAid recognises that an effective Board of Trustees is imperative to ensure that the charity is successful in achieving its objectives. Trustees are recruited and appointed in accordance with the regulations of the Charity Commission of England & Wales and KidsAid's Recruitment of Trustees policy and procedure.

Appointments require references, a DBS check, and completion of a declaration of interest, a Trustee Code of Conduct, and an eligibility declaration. Trustees must follow the role description, adhere to the Code of Conduct, and attend all Board meetings.

KidsAid's governing document outlines that there should be a minimum of three and a maximum of eight Trustees. Each Trustee is appointed for a term of up to three years through a resolution at a properly convened Board meeting. Terms may be extended by mutual agreement for an additional three years.



### **David Robertson, Finance Lead**

Presented and approved at a board meeting held on 2nd November 2024 and signed on their behalf.



# INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE KIDSAID FOUNDATION ("THE CHARITY")

**I report to the charity trustees on my examination of the accounts of the Charity for the year ended 31 March 2024.**

## **Responsibilities and basis of report**

As the charity's trustees of the Charity 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 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**

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records; or

3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

## **Use of our report**

This report is made solely to the charity's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our independent examination work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our independent examination work, for this report, or for the opinions we have formed.



**Nicola Fox FCA Shaw**

Gibbs Limited Eagle House  
28 Billing Road Northampton, Northamptonshire  
NN1 5AJ

Date: 10 January 2025



**THE KIDSAID FOUNDATION**  
**REGISTERED CIO NUMBER:1167852**  
**STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31 MARCH 2024**

	Notes	Unrestricted £	Restricted £	Total 2024 £	Unrestricted £	Restricted £	Total 2023 £
<b>Income and endowments from:</b>							
Donations and legacies	1	134,454	-	134,454	48,314	1,850	50,164
Charitable activities	2	209,097	124,015	333,112	249,699	98,885	348,584
Investments		288	-	288	161	-	161
Other Income		850	-	850	290	-	290
<b>Total Income and endowments</b>		<b>344,688</b>	<b>124,015</b>	<b>468,703</b>	<b>298,464</b>	<b>100,735</b>	<b>399,199</b>
<b>Expenditure on:</b>							
Raising Funds	3	-	-	-	-	-	-
Charitable Activities		268,240	62,661	330,901	277,081	105,051	382,132
Other		-	-	-	-	-	-
<b>Total Expenditure</b>		<b>268,240</b>	<b>62,661</b>	<b>330,901</b>	<b>277,081</b>	<b>105,051</b>	<b>382,132</b>
<b>Net gains/(losses) on investments</b>		<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
Net Income / (Expenditure)		76,449	61,354	137,803	21,383	(4,316)	17,067
Transfer between funds		-	-	-	-	-	-
Total funds brought forward		54,686	23,524	78,210	33,303	27,840	61,143
<b>Total funds carried forward</b>		<b>131,134</b>	<b>84,878</b>	<b>216,012</b>	<b>54,686</b>	<b>23,524</b>	<b>78,210</b>

All income and expenditure derive from continuing activities.

The statement of financial activities is incorporating the income and expenditure accounts and includes all gains and losses recognised during the year.



**THE KIDSAID FOUNDATION**  
**REGISTERED CIO NUMBER:1167852**  
**BALANCE SHEET AS OF MARCH 31st 2024**

	Notes	Unrestricted £	Restricted £	Total 2024 £	Unrestricted £	Restricted £	Total 2023 £
<b>ASSETS:</b>							
Fixed Assets	5	5,356	-	5,356	4,994	-	4,994
Current Assets							
Sundry Debtors	6	29,747	-	29,747	19,364	-	19,364
Cash at Bank and in hand	7	123,730	84,878	208,608	49,950	23,524	73,473
Creditors		153,477	84,878	238,355	69,314	23,524	92,838
Amounts falling due within one year	8	(27,700)	-	(27,700)	(19,621)	-	(19,621)
		(27,700)	-	(27,700)	(19,621)	-	(19,621)
Net Current Assets		125,777	84,878	210,655	49,693	23,524	73,217
<b>NET ASSETS</b>		<b>131,134</b>	<b>84,878</b>	<b>216,012</b>	<b>54,687</b>	<b>23,524</b>	<b>78,211</b>
<b>FUNDS</b>							
		Unrestricted £	Restricted £	2024	Unrestricted £	Restricted £	2023 £
Unrestricted Funds	9	131,134	-	131,134	54,686	-	54,686
Restricted Funds	10	-	84,878	84,878	-	23,524	23,524
		131,134	84,878	216,012	54,686	23,524	78,210
		(-)	(-)	(-)			

**Approved by the trustees at a committee meeting held on 9th January 2025 and signed on their behalf**



**David Robinson**  
Finance Lead



## **PRINCIPAL ACCOUNTING POLICIES**

### **Basis of preparation**

The financial statements have been prepared under the historical cost convention and in accordance with the Charities: Statement of Recommended Practice (SORP) FRS 102 (issued in October 2019). Accounting and Reporting by Charities issued in January 2015, applicable UK Accounting Standards and the Charities Act 2011.

### **Ultimate Controlling Party**

The Kidsaid Foundation is a registered Charitable Incorporated Organisation controlled and managed by the Management Committee/Trustees individually named in the Annual Report.

### **Income**

Donations income is accounted for when received. Therapy income is recognised when the therapy is agreed. Grants are accounted for as receivable in accordance with the grant contracts.

### **Intangible Income**

Intangible income, in the form of donated facilities and voluntary help etc., is not included in the financial statements since it is not considered practicable to quantify such income.

### **Expenditure**

Expenditure is stated inclusive of value added tax, and is brought into account in the year in which it is due. Costs are allocated to functional headings on the basis of direct costs plus overheads on a fair and reasonable estimated basis.

### **Pensions**

The CIO operates a NEST Pension Scheme.



## **Financial Instruments**

Cash and cash equivalents in the balance sheet comprise cash at banks and in hand and short term deposits with an original maturity date of three months or less.

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price.

Any losses arising from impairment are recognised in the statement of comprehensive income under administrative expenses.

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into.

An equity instrument is any contract that evidences a residual interest in the assets of the entity after deducting all of its financial liabilities.

## **Tangible fixed assets and depreciation**

All fixed assets are initially recorded at cost. Depreciation is calculated to write down the cost of all tangible fixed assets by instalments over the expected useful lives.

Fixtures and Fittings - 25% on reducing balance

Short Life Assets - over 2 years

## **Reserves Policy**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees. Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.



**THE KIDSAID FOUNDATION**  
**REGISTERED CIO NUMBER:1167852**  
**NOTES TO THE FINANCIAL STATEMENTS**

	Unrestricted £	Restricted £	Total 2024 £	Unrestricted £	Restricted £	Total 2023 £
<b>Donations</b>	134,454	-	134,454	48,314	1,850	50,164
Other Donations	134,454	-	134,454	48,314	1,850	50,164

**Charitable Activities**

Grant - Children in Need	-	8,085	8,085	-	32,840	32,840
Restricted Grant - Albert Hunt Fund	-	-	-	-	2,000	2,000
Grant - NCF: Margaret Griffen Fund - Project 2	-	-	-	-	3,000	3,000
Grant - West Northamptonshire Council	-	-	-	-	4,875	4,875
Grant - The Edward Gostling Foundation	-	-	-	-	5,000	5,000
Grant - Western Power Distributions Community Matters Fund	-	-	-	-	9,470	9,470
Grant - NCF: Margaret Giffen Fund - Project 1	-	-	-	-	2,940	2,940
Grant - NCF: The Avon Fund for Women and Girls	-	-	-	-	6,000	6,000
Grant - The Wilson Foundation	-	-	-	-	10,000	10,000
Grant - NCF - Queens Institute	-	-	-	-	4,900	4,900
Grant - Northants Community Aid	-	-	-	-	1,200	1,200
Grant - Harry Cureton Fund	-	4,527	4,527	-	-	-
Grant - Souter Charitable Trust	-	2,208	2,208	-	-	-
Grant - NCF 'Constance Travis Endowment'	-	763	763	-	-	-
Grant - Trusthouse	-	30,027	30,027	-	-	-
Grant - Postcode Community	30,000	-	30,000	-	-	-
Grant - WNC - Discretionary Community Funding Grant	-	10,939	10,939	-	-	-
Grant - The Wesleyan National Heart	2,000	-	2,000	-	-	-
Grant - The Pixel Fund	-	4,416	4,416	-	-	-
Therapy - NCT	22,105	-	22,105	135,467	-	135,467
Therapy - Schools	96,550	-	96,550	83,046	-	83,046
Therapy - Parents	24,500	-	24,500	16,584	-	16,584
Therapy - Other Charities	4,590	-	4,590	3,723	-	3,723
Therapy - Other County Councils	9,351	-	9,351	10,879	-	10,879
Grant - The Leathersellers	20,000	-	20,000	-	-	-
Grant - National Lottery CF	-	16,663	16,663	-	16,660	16,660
Grant - National Lottery CF	-	45,388	45,388	-	-	-
Grant - Groundwork UK	-	1,000	1,000	-	-	-
	<b>209,097</b>	<b>124,015</b>	<b>333,112</b>	<b>249,699</b>	<b>98,885</b>	<b>348,584</b>

**Charitable Activities**

Employment Costs	173,479	38,274	211,753	176,117	46,078	222,195
Therapist Materials	2,482	-	2,482	2,773	-	2,773
Therapist Fees	40,791	24,387	65,178	31,837	58,973	90,810
Wellbeing Workshops	375	-	375	-	-	-
Toolbox Kits	-	-	-	-	-	-
Rent	8,398	-	8,398	10,163	-	10,163
Rates	(35)	-	(35)	492	-	492
Printing, Postage, Stationery etc	10,638	-	10,638	3,336	-	3,336
Subscriptions	4,199	-	4,199	2,444	-	2,444
Telephones	2,701	-	2,701	2,057	-	2,057
DBS Checks	248	-	248	134	-	134
Repairs and Maintenance	363	-	363	670	-	670
Insurance	1,145	-	1,145	1,241	-	1,241
Electricity	-	-	-	2,437	-	2,437
Professional Fees	1,884	-	1,884	-	-	-
IT	10,361	-	10,361	32,345	-	32,345
Web Management	2,160	-	2,160	2,610	-	2,610
Cleaning	-	-	-	2	-	2
Depreciation	2,124	-	2,124	1,780	-	1,780
Other Expenditure	4,148	-	4,148	6,104	-	6,104
Interest paid	1,714	-	-	12	-	12
Consulting	-	-	1,714	-	-	-
Financial Services	135	-	135	26	-	26
Independent Examination	930	-	930	500	-	500
	<b>268,240</b>	<b>62,661</b>	<b>330,901</b>	<b>277,081</b>	<b>105,051</b>	<b>382,132</b>



**THE KIDSAID FOUNDATION**  
**REGISTERED CIO NUMBER:1167852**  
**NOTES TO THE FINANCIAL STATEMENTS**

	Unrestricted £	Restricted £	Total 2024 £	Unrestricted £	Restricted £	Total 2023 £
<b>Employment Costs</b>						
Gross Salaries	158,011	38,274	196,285	156,703	46,078	202,781
Employers NI	6,300	-	6,300	7,896	-	7,896
Employer Pension	6,540	-	6,540	7,169	-	7,169
Travel	798	-	798	353	-	353
Training	1,733	-	1,733	3,511	-	3,511
Life assurance	97	-	97	485	-	485
	<b>173,479</b>	<b>38,274</b>	<b>211,753</b>	<b>176,117</b>	<b>46,078</b>	<b>222,195</b>

No employee earned in excess of £60,000 during the year.

The average number of employees during the year was: 5 (2023: 6)

During the year, the trustees received £Nil remuneration (2023:nil). The total expenses reimbursed to 1 trustee amounts to £149 for training and development (2023 :£160)

	Unrestricted £	Restricted £	Total 2024 £	Unrestricted £	Restricted £	Total 2023 £
<b>Fixed Assets</b>						
<b>Cost</b>						
Balance 1st April 2023	7,990	-	7,990	6,508	-	6,508
Less: disposals during the year	-	-	- 0	-	-	-
Add: additions during the year	2,486	-	2,486	1,482	-	1,482
Balance 31st March 2024	<b>10,476</b>	<b>-</b>	<b>10,476</b>	<b>7,990</b>	<b>-</b>	<b>7,990</b>
<b>Depreciation</b>						
At 1 April 2023						
Eliminated on disposal	2,996	-	2,996	1,216	-	1,216
Charge in year	-	-	- 0	-	-	-
At 31 March 2024	<b>2,124</b>	<b>-</b>	<b>2,124</b>	<b>1,780</b>	<b>-</b>	<b>1,780</b>
<b>Net Book Value</b>	<b>5,120</b>	<b>-</b>	<b>5,120</b>	<b>2,996</b>	<b>-</b>	<b>2,996</b>

At 31 March 2024

**5336**

At 31 March 2023

**4.994**



**THE KIDSAID FOUNDATION**  
**REGISTERED CIO NUMBER:1167852**  
**NOTES TO THE FINANCIAL STATEMENTS**

	Unrestricted £	Restricted £	Total 2024 £	Unrestricted £	Restricted £	Total 2023 £
<b>Debtors</b>						
Aged Debtors	21,905	-	21,905	10,971	-	10,971
Sundry	450	-	450	225	-	225
Pre-paid	7,392	-	7,392	8,169	-	8,169
	<b>29,747</b>	<b>-</b>	<b>29,747</b>	<b>19,364</b>	<b>-</b>	<b>19,364</b>

	Unrestricted £	Restricted £	Total 2024 £	Unrestricted £	Restricted £	Total 2023 £
<b>Cash at Bank</b>						
Current Accounts	69,232	84,878	154,110	26,548	23,524	50,071
Savings Accounts	54,498	-	54,498	23,402	-	23,402
Cash in Hand	-	-	-	-	-	-
	<b>123,730</b>	<b>84,878</b>	<b>208,608</b>	<b>49,950</b>	<b>23,524</b>	<b>73,473</b>

	Unrestricted £	Restricted £	Total 2024 £	Unrestricted £	Restricted £	Total 2023 £
<b>Creditors amounts falling due within one year</b>						
Aged Creditors	(20,710)	-	(20,710)	(15,927)	-	(15,927)
Other Creditors	(3,611)	-	(3,611)	(3,034)	-	(3,034)
Accruals and Deferred Income	(3,378)	-	(3,378)	(660)	-	(660)
	<b>(27,700)</b>	<b>-</b>	<b>(27,700)</b>	<b>(19,621)</b>	<b>-</b>	<b>(19,621)</b>

	Opening Balance 01.04.23 £	Movement In £	Movement Out £	Transfer Between Funds £	Closing Balance 31.03.24 £
<b>Unrestricted Funds</b>					
General Reserve	54,686	344,688	(268,240)	-	131,134
	<b>54,686</b>	<b>344,688</b>	<b>(268,240)</b>	<b>-</b>	<b>131,134</b>



**THE KIDSAID FOUNDATION**  
**REGISTERED CIO NUMBER:1167852**  
**NOTES TO THE FINANCIAL STATEMENTS**

Restricted Funds	Note	Opening Balance 01.04.23 £	Movement In £	Movement Out £	Transfer Between Funds £	Closing Balance 31.03.24 £
Grant - BBC Children in Need	a	13,680	8,085	(21,765)	-	-
Reserves - KidsAid Funding Pot #2	b	4,240	- 0	-	-	4,240
Grant - National Lottery Community Fund (Therapy Play Project)	c	5,604	62,051	(19,264)	-	48,391
Grant - Harry Cureton Fund	d	-	4,527	(754)	-	3,773
Grant - Souter Charitable Trust	e	-	2,208	(2,208)	-	-
Grant - NCF 'Constance Travis Endowment'	f	-	763	(763)	-	-
Grant - Trusthouse	g	-	30,027	(5,968)	-	24,059
Grant - WNC - Discretionary Community Funding Grant	h	-	10,939	(10,939)	-	-
Grant - The Pixel Fund	i	-	4,416	-	-	4,416
Grant - Groundwork UK	j	-	1,000	(1,000)	-	-
		<b>23,524</b>	<b>124,015</b>	<b>(62,661)</b>	<b>- 0</b>	<b>84,878</b>

**Purpose, use and restrictions of funds:**

- This grant is to fund individual therapy sessions for children and young people, and is being used for this purpose.
- Funding was transferred from our reserves account to extend therapy sessions for families in need of longer term intervention and/or systemic support.
- This grant is to fund individual therapy sessions for children and young people, and is being used for this purpose.
- This grant is to fund group therapy to disadvantaged children with their parents, and is being used for this purpose.
- This grant was to fund group therapy for disadvantaged children and young people, and was used for this purpose.
- This grant was to fund two trauma-informed podcast series, and was used for this purpose.
- This grant is to fund a combined of individual therapy and family support sessions for children and parents/ caregivers who have been through trauma, and is being used for this purpose.
- This grant was to fund early help and prevention therapies for disadvantaged children, and was used for this purpose.
- This grant is to fund group therapy to disadvantaged children and young people, and is being used for this purpose.
- This grant was to fund individual therapy sessions for children and young people who have been through trauma, and was used for this purpose.

**Ultimate Controlling Party**

The Charity is controlled by the board of Trustees who are listed in the Trustees' Annual Report

**Related Party Disclosure**

During the year, The KidsAid Foundation invoiced The Spring Charity of which Duncan McAlpine, a trustee, is a trustee £800 for wellbeing sessions.

**Events After the End of the Reporting Period**

There were no significant events after the year end.





KidsAid is a registered charity, No. 1167852

**The KidsAid Foundation**

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