GROWING HOPE KING'S CROSS

England & Wales · Charity number 1176251

Details

Status	Registered
Legal form	CIO
Registered	2017-12-13
Register	View on the Charity Commission register

Contact

Address	King's House 242 Pentonville road London N1 9JY
Phone	07734858876
Email	kingscross@growinghope.org.uk
Website	www.growinghope.org.uk

Activities

Objects: THE ADVANCEMENT OF HEALTH AND WELLBEING FOR THE PUBLIC BENEFIT BY THE PROVISION OF A THERAPY CLINIC RUN IN ACCORDANCE WITH CHRISTIAN PRINCIPLES FOR CHILDREN AND YOUNG PEOPLE [0-18] WITH ADDITIONAL NEEDS AND THEIR FAMILIES LIVING IN THE KING'S CROSS AREA. IN PARTICULAR, BUT NOT EXCLUSIVELY, BY A) REGISTERED HEALTH CARE PROFESSIONALS PROVIDING ASSESSMENT, ADVICE AND INTERVENTION AND OTHER SERVICES AS THE TRUSTEES OF THE CHARITY FROM TIME TO TIME THINK FIT. B) PROVISION OF SIBLING, PARENT AND CARER SUPPORT GROUPS AND COURSES AND OTHER SERVICES AS THE TRUSTEES OF THE CHARITY FROM TIME TO TIME THINK FIT. C) THE ADVANCEMENT OF THE CHRISTIAN FAITH THROUGH THE OPPORTUNITY TO ENGAGE IN CONVERSATION ABOUT FAITH AND SPIRITUAL WELLBEING AND TO RECEIVE PRAYER AND OTHER SUCH ACTIVITIES AS THE TRUSTEES MAY FROM TIME TO TIME THINK FIT.

Activities: Growing Hope King's Cross offers a therapy clinic for children and young people with additional needs and their families to support them in achieving their potential and to help improve their health and wellbeing in the King's Cross area. The charity aims to help anyone regardless of their religious beliefs.

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Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability, Religious Activities
- **Who:** Children/young People, People With Disabilities

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£89,879	£131,475	-	-
2023-12-31	£148,993	£117,916	-	-
2022-12-31	£113,574	£106,155	-	-
2021-12-31	£99,793	£100,745	-	-
2020-12-31	£102,559	£86,300	-	-

Trustees

Name	Role	Appointed
Rhianna Julia Connolly	Chair	2022-07-18
Harry Ventham-Pickstock		2025-09-04
Jessica Bradley		2024-05-12
Oghenetega Akati-Udi		2025-09-04
Rowena Gliddon		2025-09-04
Thomas Sharpe		2024-12-01
Timothy Bodey		2024-12-01

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GROWING HOPE KING'S CROSS

England & Wales - Charity number 1176251

Accounts









Growing HOPE King's Cross

ANNUAL REPORT 2024







Growing HOPE King's Cross

ANNUAL REPORT 2024

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The Past Year

CLINIC MANAGER'S LETTER

It has been a privilege to support so many new local families in 2024, and to reconnect with some familiar faces that have returned to the clinic. Growing Hope King's Cross has a fantastic team of therapists that offer therapy sessions and family support groups. This year we have expanded our music therapy provision in response to an increased demand from referrals for support and there have been some other changes to the team. In the spring term, Joanna Hyde took on a role as a permanent member of the team doing music therapy, Reb du Preez and Naomi Fox finished in their roles as occupational therapists and Karen Powell joined as an occupational therapist.



As always, we continue to be grateful for the support that we have received this year from our dedicated team of trustees, volunteers, therapists, and support staff. We are also thankful for our ongoing partnerships with and support from King's Cross Church (KXC) and the Growing Hope national charity. Their help is hugely appreciated and has enabled Growing Hope King's Cross to continue to thrive.

Abi Page, Clinic Manager, Growing Hope King's Cross

CHAIR OF TRUSTEES' LETTER

It's been another eventful year for Growing Hope King's Cross. Hearing the numerous uplifting stories of children and families who have benefited from Growing Hope King's Cross has been truly inspiring and I would like to thank our Clinic Manager, Abi Page, and all our therapists for their invaluable work throughout the year to make this happen.

We're grateful for Reb du Preez and Naomi Fox for their dedicated clinic support over the past several years, and we are thrilled to welcome Joanna Hyde and Karen Powell to the team. On behalf of the charity, I extend my heartfelt thanks to everyone who has generously supported Growing Hope King's Cross in 2024.



Rhianna Connolly, Chair of Trustees, Growing Hope King's Cross

CEO'S LETTER

2024 has been a year of tremendous growth for Growing Hope and it brings me such joy to see our impact in the lives of so many children with additional needs and their families. Our national team has expanded to 13 members, and I'm deeply inspired by the team and by the way that God has brought everyone together. And I'm so proud of the therapists, whose hard work, care and passion bring hope to families through our free services.

In June we launched our accessibility award for schools, which champions schools to create communities of welcome where all students can thrive. We're delighted to have opened Growing Hope Maidstone in November and look forward to launching our next clinics in Redbridge, Solent, York and Farnham in 2025.

We have seen another year of miraculous provision and incredible generosity from our supporters and donors. I want to extend our heartfelt thanks to all those who have given their time, talents and finances, which makes it possible for us to continue our mission of setting up 20 clinics by 2030, so more families can access free, life-changing therapy across the UK.



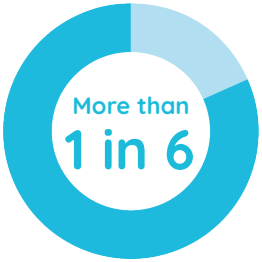
Dr Naomi Fox, Founder and CEO, Growing Hope

TRUSTEES' REPORT

The Board of Trustees presents its report and financial statements for the year 1 January 2024 - 31 December 2024 together with the Independent Examiner's Report. Growing Hope King's Cross was registered with the charity commission as a CIO on 13 December 2017, charity number 1176251; 2024 was the seventh financial period of the charity. Our current trustees are Rhianna Connolly (Chair), Jess Bradley, Timothy Bodey and Thomas Sharpe. In May, Jess Rodewald stepped down as ex-officio trustee, and in December David Straiton, Lauren Sibuns and Daniel Kheng stepped down as trustees, we would like to thank Jess, David, Lauren and Daniel for their service and dedication to Growing Hope King's Cross.

We are confident that Growing Hope King's Cross has carried out its charitable objectives in 2024 and acted in the interests of the public benefit. We have referred to the Charity Commission's guidance on reporting on public benefit when preparing this annual report.

In 2024...



children in England have an additional need[1]

3/4 parent carers have to give up employment due to lack of support available[2]

2/5 siblings of children with additional needs face difficulties with their own mental health[3]

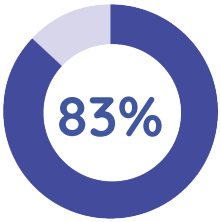
187 parents and carers supported through therapy sessions and courses

159 children supported through direct therapy at Growing Hope King's Cross

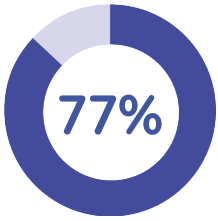
1 Circle of Security course run for parents and carers

3 When Dreams Change courses run for parents and carers

2 Siblings Group courses run for brothers and sisters of children with additional needs



of GAS goals achieved by children and young people



of GAS goals achieved by parents, carers and siblings

We use a combination of non-standardised feedback forms and a standardised measure, the Goal Attainment Scale (GAS). GAS is an outcome measure that is commonly used in research to show the effectiveness of therapy services. GAS enabled us to set three goals for each child and young person in a conversation between themselves, their parents and the therapist.

5 Aims and Objectives

We are Growing Hope King's Cross. We champion accessibility and provide free therapy for children and young people with additional needs in living in Camden and Islington, in partnership with King's Cross Church (KXC).

HOPE FOR CHILDREN
We bring hope to children through offering free therapy services.

HOPE FOR FAMILIES
We grow hope for families where hope has been lost due to isolation or rejection.

HOPE IN JESUS
We share hope in Jesus because He brings hope even in the most difficult situations.

In accordance with its charity constitution, Growing Hope King's Cross has sought to achieve the following aims and objectives in the year dated 1 January 2024 to 31 December 2024.

The advancement of health and wellbeing for the public benefit by the provision of a therapy clinic run in accordance with Christian principles for children and young people (0-18) with additional needs and their families living in Camden and Islington. In particular, but not exclusively by:

- registered healthcare professionals providing assessment, advice and intervention, and other services as the trustees see fit.
- provision of sibling, parent and carer support groups and courses,and other services as the trustees see fit.
- the advancement of the Christian faith for the public benefit through the opportunity to engage in conversation about faith and spiritual wellbeing and to receive prayer, and other such invitations as the trustees see fit.

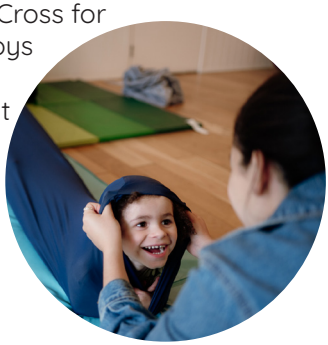
Who's Who

This year the Growing Hope King's Cross team has grown to four staff members and two freelancers, and across the year we have been joined by nine volunteers who have supported our work through administrative tasks, fundraising activity and technology development.

- **Abi Page,** Clinic Manager and Speech and Language Therapist
- **Joanna Hyde,** Music Therapist
- **Karen Powell,** Occupational Therapist
- **Beth Marsden,** Speech and Language Therapist
- **Jess Bond,** Freelance Children's Counsellor
- **Farah Soda,** Freelance Administrator

KEARNO'S STORY

Kearno came to Growing Hope King's Cross for occupational therapy sessions. He enjoys exploring, but sometimes feels like the world has too many exciting things that need to be done all at once! Activities which include deep pressure over his whole body, like crawling through a stretchy Lycra tunnel, help him to feel calm, and safe in his own skin, making concentrating on new activities easier.



7 Hope For Children

- We have provided free occupational therapy, speech and language therapy and music therapy in King's House, KXC's building in King's Cross.
- We have provided therapy for **159 children and young people.**
- We support children and families to work on goals which are meaningful to them and help them to reach their full potential. Examples of goals have been emotional regulation, attention and listening, social skills, toileting, dressing and eating.
- **83% of therapy goals** have been achieved.

Hope For Families

We have run:

- **3 When Dreams Change courses, for a total of 19 parents and carers.** When Dreams Change is a four-week course that aims to help parents and carers reflect on their experience of having a child with additional needs and to become more of the person they have been created to be.

WHEN DREAMS CHANGE

- **2 Siblings Group courses, for a total of 6 siblings.** The Siblings Group is a seven-week course that aims to enable brothers and sisters of children with additional needs to share their experiences of being a sibling and connect with other children with similar experiences.

SIBLINGS GROUP

- **1 Circle of Security course for a total of 8 parents and carers.** This course supports parents in enabling their children to develop secure attachments.
- **27 fortnightly training sessions for parents and carers** on a variety of topics, hosted by our therapists in partnership with Growing Hope, Brockley and High Wycombe. **375 parents and carers** have signed up to these sessions.
- **77% of goals have been met** within our courses.

Hope In Jesus

We believe Jesus brings hope even in the most difficult situations. We always offer to pray for families at the end of each therapy session, many families have taken up this offer and it has been a privilege to see answers to prayer. Our Clinic Manager Abi Page also has a role in the KXC staff team offering advice, support and championing accessibility across the wider church community. This includes working on a Sunday to support families to access church with the help of Growing Hope champions. We now have team available at two of the Sunday services each week, which has increased our capacity to support more families to attend.

This year we have had a team of eight Growing Hope champions serving alongside the kids and youth ministry to help families feel welcome. It has been great to see families that have previously found it difficult to attend church and have reported feeling isolated, come along and find a supportive community.

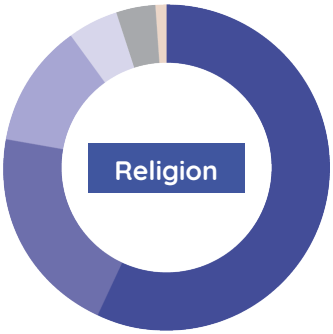
Growing Hope is open to individuals of all faiths and backgrounds and there is no pressure to participate in the faith aspects of our service.

SIBLING'S GROUP STORY

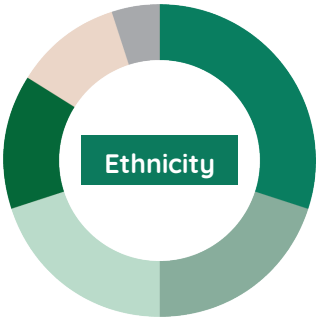
We had a great time in Siblings Group! For our last session, we enjoyed a celebration session eating yummy cookies that matched the animal puppets we have been using. Over the weeks we have explored our feelings of being a sibling of a child with additional needs and of course played lots of fun games in between!



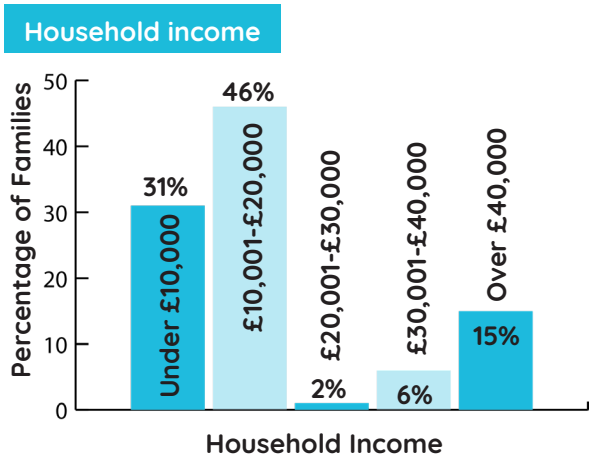
9 Demographics*



- 57% Christian
- 21% Muslim
- 12% No religion
- 5% Christian non-practising
- 4% Buddhist
- 1% Other



- 30% Black / Black British
- 20% White / White British
- 20% Other
- 14% White Other
- 11% Asian / Asian British
- 5% Mixed



*Demographic data for individuals referred to our service, from anonymous forms completed by parents and carers. Some parents/carers may have completed more than one form if they have attended multiple events.

Financial Review

The trustees present an overview of the charity's finances for the period 1 January 2024 to 31 December 2024. We are grateful to Emma Bird, who continues to run our Gift Aid claims as a volunteer. Growing Hope King's Cross currently runs with both restricted and unrestricted funding. Funds left in reserve at the end of the financial period: £55,346.

Management of Financial Risk

We aim to hold at least three months of our outgoings in reserve. We raise our income through regular giving, fundraising events and grants. We aim to increase regular giving in order to have further sustainable finances to enable us to provide our therapy services.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS 102. The full financial statements are found at the end of this report (p.13).

Income and Expenditure

We received an income of £89,879

- £17,000 from grants
- £7,877 from fundraising
- £26,749 from regular giving
- £3,134 from one-off gifts
- £8,070 from Gift Aid
- £12,080 from campaigns and training
- £14,968 donations from other organisations

We had an expenditure of £131,475

- £118,995 on salaries and HR
- £3,412 on fundraising
- £3,068 on clinic expenses, office and admin costs
- £6,000 Giving to Growing Hope National

11 Supporter Engagement and Fundraising

We raise money at key points in the year through the Big Give Christmas Challenge, community fundraising, a fundraising dinner and grants. We're grateful for all the support we have received from our generous supporters. More details are in the accounts.

Grants received:

- £5,500, St Andrew Holborn and Stafford
- £500, The London Faith & Belief Awards
- £5,000, The Charles S French Charitable Trust
- £6,000, Champion matched funding from The Childhood Trust for The Big Give Christmas Challenge Campaign

SANNA'S STORY

Sanna came to Growing Hope King's Cross for occupational therapy. Her mum was delighted to share some videos with us of her amazing progress. She has learnt to feed herself using a spoon, is no longer scared of the movement apparatus in the park and is even practicing using her hands together to cut tomatoes - using a special children's knife that her mum bought for her. The more Sanna moves, the more her brain is able to coordinate the left and right sides of her body, making daily activities like eating, food preparation, and playing in the park, a lot easier.



Structure and Governance

Growing Hope King's Cross is a registered Charitable Incorporated Organisation (CIO) in England and Wales and is run in accordance with its charity constitution. Growing Hope King's Cross works in collaboration with King's Cross Church (KXC) and Growing Hope National. As a CIO, if Growing Hope King's Cross is wound up, the members of the CIO have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities. The trustees also hold Trustee Indemnity insurance of £100,000 for Executive Risks. Insurance is provided via Growing Hope National charity (policy number CC009584).

Abi Page, as the Clinic Manager, attends Growing Hope King's Cross trustee meetings but is not party to any decisions regarding her salary or employment.

Growing Hope King's Cross trustees are members of the CIO and appointed by a resolution at trustee meetings. They are responsible for governance of Growing Hope King's Cross, ensuring it is meeting its charitable purposes.

Risk Management

The trustees take risk management seriously and have identified the following risks and put in place processes to mitigate them. We have policies in place to mitigate any risks in the following areas: financial risk, IT security and protection, safeguarding, health and safety and comprising Christian identity and values. All of these can be accessed on our website.

The Year Ahead

The Growing Hope King's Cross clinic has a small, dedicated team of part-time therapists. With the recent increases in referrals (which have doubled in the last year), our service is stretched to capacity. We are currently praying for more funding and provision to enable us to increase staffing and expand our therapy services in the next year, to respond to the needs of local families and increase our capacity to provide therapy and run more family support groups and courses.

References

1. Gov.UK. 2024. Special educational needs in England. [Online]. [30 January 2025]. Available from: https://explore-education-statistics.service.gov.uk/find-statistics/special-educational-needs-in-england

2. Learning Hub, *Failed and Forgotten*, 2023, Disabled Children's Partnership. Available at: https://disabledchildrenspartnership.org.uk/wp-content/uploads/2023/03/Failed-and-Forgotten-DCP-report-2023.pdf

3. *Raising Kids Research*, 2022, Family Fund, Available at: https://www.familyfund.org.uk/impact/research-reports/raising-kids/

13 Financial Report

Growing Hope King's Cross
Reference and administrative details
For the year 1 January 2024 – 31 December 2024

Trustees:

Rhianna Connolly (Chair) appointed 18 July 2022
Jessica Bradley appointed 12 May 2024
Timothy Bodey appointed 1 December 2024
Thomas Sharpe appointed 1 December 2024
Jessica Rodewald (ex-officio) appointed 14 May 2023, resigned 12 May 2024
David Straiton appointed 29 October 2017, resigned 1 December 2024
Lauren Sibuns appointed 15 April 2018, resigned 1 December 2024
Daniel Kheng appointed 15 August 2019, resigned 1 December 2024

Key Management Personnel:

Abigail Page, Clinic Manager

Registered Principal office:

King's House, 242 Pentonville Road, London N1 9JY

Charitable Incorporated Organisation (CIO) number:

1176251

Bankers:

NatWest 135 Bishopsgate London EC2M 3UR

Independent Examiner:

Heather Rayner FCA

Growing Hope King's Cross
Independent Examiner's Report to the Trustees
For the year 1 January 2024 to 31 December 2024

I report to the charity trustees on my examination of the accounts of the charity for the period 1 January 2024 to 31 December 2024 which are set out on pages 15-27.

Responsibilities and Basis of Report

As the charity's trustees 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

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

1. accounting records were not kept in respect of the charity as required by Section 130 of the Act; or

2. the accounts do not accord with those records; or

3. the accounts did 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.

Signed

Heather Rayner
3 July 2025

Heather Rayner FCA
31 Freston Gardens,
Barnet
Herts
EN4 9LX

Growing Hope King's Cross
Statement of Financial Activity
For the year ended 31 December 2024

	Note	Unrestricted Funds	Restricted Funds	TOTAL FUNDS 2024	TOTAL FUNDS 2023
		£	£	£	£
INCOME FROM:					
Voluntary Income		52,922	0	**52,922**	**52,353**
Grant Income		6,500	10,500	**17,000**	**69,561**
Activities for Generating Funds		7,877	0	**7,877**	**8,960**
Other sourced income		12,080	0	**12,080**	**18,119**
TOTAL INCOME:	**2**	**79,379**	**10,500**	**89,879**	**148,993**
EXPENDITURE ON:					
Raising Funds		3,412	0	3,412	2,640
Charitable Activities		117,594	10,470	128,063	115,275
	3	**121,005**	**10,470**	**131,475**	**117,916**
NET INCOME / (EXPENDITURE) BEFORE TRANSFER OF FUNDS		**(41,626)**	**30**	**(41,596)**	**31,077**
Transfer between funds		0	-	**0**	**0**
NET MOVEMENT IN FUNDS		**(41,626)**	**30**	**(41,596)**	**31,077**

	Note	Unrestricted Funds	Restricted Funds	TOTAL FUNDS 2024	TOTAL FUNDS 2023
		£	£	£	£
Balances brought forward at 1 January 2024		88,142	8,800	96,942	65,866
BALANCES CARRIED FORWARD AT 31 DECEMBER 2024		**46,516**	**8,830**	**55,346**	**96,942**

Balance Sheet as at 31st December 2024

	Note	2024 £	2023 £
FIXED ASSETS			
Clinic and IT Equipment		132	265
	4	**132**	**265**
CURRENT ASSETS			
Bank Account		57,458	101,529
Other Debtors	**5**	2,828	505
		60,286	**102,034**
LIABILITIES - Creditors due within one year			
Other Creditors	**6**	(5,072)	(5,357)
Total Creditors due within one year		**(5,072)**	**(5,357)**
NET CURRENT ASSETS		55,214	96,677
NET ASSETS		**55,346**	**96,943**
RESERVES			
(Deficit) / Surplus for the year		(41,596)	31,077
Brought forward balance		96,942	65,865
		55,346	**96,942**
FUNDS			
Unrestricted		46,516	88,142
Restricted		8,830	8,800
	9	**55,346**	**96,942**

The financial statements were approved by the Board of Trustees on:
17 May 2025

Approved by Board of Trustees and signed on its behalf by:



Rhianna Connolly
Chair of Trustees



Thomas Sharpe
Finance Trustee

The notes on pages 19 to 27 form part of these financial statements.

Growing Hope King's Cross
Notes to the Financial Statements
For the year 1 January 2024 to 31 December 2024

1.Accounting Policies

Incorporation

Growing Hope King's Cross was registered in England and Wales with the Charity Commission as a CIO Foundation on 13 December 2017. These financial statements are for the period 1 January 2024 to 31 December 2024.

Basis of preparation

The financial statements have been prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). The Charity is a public benefit entity for the purposes of FRS 102 and therefore the charity also prepared its financial statements in accordance with the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102 Charities SORP) and the Charities Act 2011.

The financial statements are prepared in sterling, which is the functional currency of the company. Monetary amounts in these financial statements are rounded to the nearest pound.

The financial statements are prepared under the historical cost convention.

The principal accounting policies adopted in the preparation of the financial statements are set out below.

Going concern basis

The trustees have assessed whether the use of going concern basis is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charity to continue as a going concern. The trustees have made this assessment for a period of at least one year from the date of approval of these financial statements. In particular, the trustees have considered the charity's forecasts and projections and have taken account of pressure on income. After making enquiries, the trustees have concluded that there is a reasonable expectation that the charity has adequate resources to

continue in operations existence for the foreseeable future. The charity therefore continues to adopt the going concern basis in preparing financial statements.

Income
Income is recognised in the period which it was receivable. Also included is the estimated value of gifts in kind and goods or services donated to the charity where the amounts are material, readily quantifiable and measurable. Such estimates are based on the market price the charity would otherwise have paid. Grants are accounted for in the charity under the accruals model as permitted by FRS 102. The deferred element of the grant is included in creditors as deferred income. Grants of a revenue nature are recognised in the SOFA in the same period as the related expenditure.

Expenditure
Direct charitable expenditure comprises all expenditure relating to the activities carried out to achieve the objectives.

Expenditure is allocated directly to the expenditure headings as far as practically possible to reflect the activities of the charity. Support costs have been allocated to the activities based on employee time spent on that activity.

Expenditure is included in the Statement of Financial Activities on an accruals basis, inclusive of any VAT which cannot be recovered. Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party; it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably.

Fund accounting
Restricted funds are subject to restrictions imposed by the donor. These are accounted for separately from unrestricted funds. The movements on restricted funds in the period 1 January 2024 to 31 December 2024 are shown in note 11 to the accounts.

Unrestricted funds are those which are not subject to restrictions, and any surpluses may be applied in furtherance of any of the charity's objectives.

Cash and cash equivalents
Cash and cash equivalents include cash at banks and in hand and short-term deposits with a maturity date of three months or less.

Debtors and creditors
Debtors and creditors receivable or payable within one year of the reporting date are carried at their at transaction price. Debtors and creditors that are receivable or payable in more than one year and not subject to a market rate of interest are measured at the present value of the expected future receipts or payment discounted at a market rate of interest.

Tangible fixed assets and depreciation
Tangible fixed assets costing less than £500 are not capitalised and are written off in the year of purchase. Depreciation is provided to write off the cost of the fixed assets over their estimated useful lives. A full year's depreciation is charged in the year of purchase. Depreciation is charged at the following annual rates:

Computer and Office Equipment:	4 Years straight line
Clinic Equipment:	4 Years straight line

Pension
The charity operates a defined contribution stakeholder pension scheme. The assets of the scheme are held separately from the charity.

Critical accounting estimates and areas of judgement
The annual depreciation charge for property, plant and equipment is sensitive to change in useful economic life and residual values of assets. These are reassessed annually.

In the view of the trustees in applying the accounting policies adopted, no other judgements were required that have a significant effect on the amounts recognised in the financial statements nor do any estimates or assumptions made carry a significant risk of material adjustment in the next financial year.

2. Income

	Unrestricted Funds	Restricted Funds	Total Funds	Unrestricted Funds	Restricted Funds	Total Funds
		2024			2023	
	£	£	£	£	£	£
Voluntary Income	**50,094**	**0**	**50,094**	**52,353**	**0**	**52,353**
Regular giving	26,763		26,763	32,006	0	32,006
One off giving	3,120		3,120	1,352	0	1,352
Gift Aid	8,070		8,070	8,123	0	8,123
Donations from other Organisations	14,968		14,968	10,873	0	10,873
Grants	**6,500**	**10,500**	**17,000**	**-**	**69,561**	**69,561**
Grants	6,500	10,500	17,000	-	69,561	69,561
Fundraising Income	**7,877**	**0**	**7,877**	**8,960**	**0**	**8,960**
Growing Hope Ball	5,381		5,381	8,221	0	8,221
Marathon	2,496		2,496	739	0	739
Campaigns	12,080	0	12,080	18,119	0	18,119
Services and Sales	**12,080**	**0**	**11,983**	**17,723**	**0**	**17,723**
Campaigns	11,983	0	11,983	17,723	0	17,723
Training & consultancy	97	0	97	396	0	396
Total Income	**79,379**	**10,500**	**89,879**	**79,432**	**69,561**	**148,993**

3. Expenditure

	Unrestricted Funds	Restricted Funds	Total Funds	Unrestricted Funds	Restricted Funds	Total Funds
	2024			2023		
	£	£	£	£	£	£
Office and Administration Costs	**1,770**	**0**	**1,770**	**919**	**104**	**2,231**
Advertising	56	0	56	24	0	24
Printing, Postage and Stationery	215	0	215	119	0	119
General Office Costs	397	0	397	243	104	347
Phone Costs	572	0	572	400	0	400
Rent	251	0	251	0	0	0
Depreciation Charge	133	0	133	133	0	133
Computer Equipment not Capitalised	146	0	146	0	1,209	1,209
Clinic Expenses	**1,259**	**40**	**1,299**	**499**	**836**	**1,334**
Direct costs						
Clinic Equipment/ Assessment Tools	458	0	458	208	836	1,044
DBS	0	0	0	85	0	85
External Projects	730	0	730	96	0	96
Volunteer Hospitality	26	0	26	29	0	29
WDC and Sibling Group	44	40	84	81	0	81

Fundraising Costs	**3,412**	**0**	**3,412**	**2,640**	**0**	**2,640**
Ball Expenses	3,170	0	3,170	2,124	0	2,124
Other Costs of Raising Funds	242	0	242	516	0	516
Contribution to Other Charities	**6,000**	**0**	**6,000**	**6,000**	**0**	**6,000**
Donation to Growing Hope National (Note 7)	6,000	0	6,000	6,000	0	6,000
Salaries and HR	**108,565**	**10,430**	**118,995**	**44,122**	**61,587**	**105,709**
Wages and Salaries	94,810	7,821	102,631	25,366	53,681	79,047
National Insurance costs (Employer costs)	3,827	709	4,536	2,608		2,608
Pension Costs (Employer costs)	4,476	370	4,847	3,941		3,941
Freelance Consultants	3,010	1,530	4,540	10,487	6,261	16,748
Finance & HR	1,200	0	1,200	1,200		1,200
Staff Training	1,242	0	1,242	520	1,645	2,165
Total Expenditure	**121,005**	**10,470**	**131,475**	**54,180**	**62,527**	**117,916**

Growing Hope King's Cross
Annual accounts 1 Jan 2024 - 31 Dec 2024

4. Fixed Assets		Clinic and IT Equipment	
		2024	2023
		£	£
Actual cost/Revalued cost	**At 1 January 2024**	1,375	1,375
	Additions	0	0
	At 31 December 2024	1,375	1,375
Depreciation	**At 1 January 2024**	1,111	978
	Charge for the year	133	133
	At 31 December 2024	1,243	1,111
Net Book Value	**At 1 January 2024**	265	397
	Depreciation	(133)	(133)
	At 31 December 2024	132	265

5. Debtors	2024	2023
	£	£
Other debtors and accrued income	2,828	505
Total	**2,828**	**505**

6. Creditors (amounts falling due less than one year)	2024	2023
	£	£
Deferred Income - Grant	5,000	5,000

Other Creditors	72	357
Total Current Liabilities	**5,072**	**5,357**

7. Donations to Other Charities	**2024**	**2023**
Recipient	**£**	**£**
Growing Hope	6,000	6,000

8. Related Parties

Growing Hope King's Cross received a total of £2,400 unrestricted donations from its trustees in 2024 (2023 = £10,530)

9. Analysis of Asset by Fund	**Unrestricted Funds**	**Restricted Funds**	**TOTAL FUNDS**
	£	**£**	**£**
Cash & Deposit Balances	48,628	8,830	57,458
Debtors	2,828	0	2,828
Fixed Assets	132	0	132
Total Assets	51,588	8,830	60,418
Current Liabilities	(5,072)	0	(5,072)
	46,516	8,830	55,346

10. Staff

No employee was paid at the rate of more than £60,000

	2024	**2023**
Average Employees during the period	**4**	**3**

11. Restricted Funds	Balance as at 1 Jan 2024	Income	Expenditure	Balance as at 31 Dec 2024
Funder	**£**	**£**	**£**	**£**
The Charles S French Charitable Trust	0	5,000	5,000	0
Benefact Trust	7,800	0	3,900	3,900
Tesco Stronger Starts - Groundwork	1,000	0	1,000	0
St. Andrew Holborn and Stafford's Charity	0	5,500	570	4,930
Total	**8,800**	**10,500**	**10,470**	**8,830**

A grant of £5,000 was received in the year from London Catalyst for use in 2025 and is included as deferred income in creditors.

12. Fees payable to Independent Examiner

The independent examiner did not charge for their services.

13. Trustee Expenses

None of the trustees of the charity received any remuneration during the current period.

No travel and subsistence expenses were incurred by trustees in the course of carrying out their duties, and so no reimbursements were made in the year.

© Growing Hope® King's Cross

Registered charity number 1176251 (England & Wales)

growinghope.org.uk/kings-cross

Growing Hope King's Cross, King's House, 242 Pentonville Road, London, N1 9JY

Email: kingscross@growinghope.org.uk
Phone: 07734 858876

Photographs: Naomi Wilde

GROWING HOPE KING'S CROSS

England & Wales - Charity number 1176251

Accounts









Growing Hope King's Cross

ANNUAL REPORT 2023



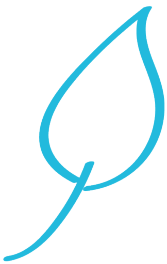




2

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07 Who's Who
08 Hope for Children, Hope for Families, Hope in Jesus
10 Demographics
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12 Supporter Engagement and Fundraising
13 Structure and Governance
14 Financial Report



The Past Year

Abi Page, Clinic Manager



This has been an exciting year at Growing Hope King's Cross and there have been a number of changes to the team. In the spring term, Joanna Hyde joined as a freelance music therapist, Joni Roberts finished in her role as a freelance administrator, and Christaline Clement, worked with us as a freelance speech and language therapist. In the summer term, Judith Hart returned from maternity leave, to provide physiotherapy services, before moving on to a new role, Farah Soda started in the role of freelance administrator, and Beth Marsden joined as a Senior Speech and Language therapist. In the autumn term, Jess Bond took a step back from her role as freelance children's counsellor to welcome her 3rd child and spend time with her family.

Throughout the year, we have also been supported by a growing team of volunteers who have offered their time and skills to support in clinic, on Sundays, with administration, planning and running events and with fundraising. As always, we continue to be grateful for the support that we have received this year from our dedicated team of trustees, volunteers, therapists and support staff. Their help is hugely appreciated and has enabled Growing Hope King's Cross to continue to thrive.

Rhianna Gerry, Acting Chair of Trustees



It's been another busy year for Growing Hope King's Cross. I'd like to thank our Clinic Manager, Abi Page and all our therapists for the crucial work they have done over the year to support more children with additional needs and their families. It has been brilliant to hear the many stories of children and families that have come through Growing Hope. On behalf of the charity, I would like to thank all those who have generously given to Growing Hope King's Cross in 2023. We are grateful for all the volunteers and trustees who support us in achieving our aims of growing hope for children, hope for families, and hope in Jesus.

Dr Naomi Graham, Founder and CEO



This year we celebrated Growing Hope turning five years old and as I reflect back on the past five years, I'm so encouraged by the growth we have seen and the ways in which our clinics and therapists have made a difference in the lives of so many families.

This year saw some particularly exciting growth within our national team which is enabling us to reach and support more families of children with additional needs across the UK. We launched our accessibility award which enables churches to receive an audit and a bronze, silver or gold award for their provision for individuals with a wide range of additional needs. We also have seen our fourth clinic set up in Gateshead and look forward to seeing this open in 2024.

I'm so encouraged by the many conversations we are having with churches nationwide, around forming partnerships and setting up clinics within the coming years. I'm delighted that we're collaborating with All Saints Woodford Wells to set up our next clinic in Redbridge next year. I am so proud of all of the hard work of the Growing Hope team as we continue to grow hope across the UK and draw nearer to our vision of 20 clinics by 2030.

Trustees' Report

The Board of Trustees presents its report and financial statements for the year 1 January 2023 - 31 December 2023 together with the Independent Examiner's Report. Growing Hope King's Cross was registered with the charity commission as a CIO on 13 December 2017, charity number 1176251; 2023 was the sixth financial period of the charity. Our current trustees are Rhianna Gerry (Acting Chair), David Straiton, Lauren Sibuns, Jess Rodewald, Daniel Kheng. In October, David Stration temporarily stepped down as Chair during his paternity leave, in this time, Rhianna was appointed Acting Chair. In May Jon Carter stepped down as a trustee, and we would like to thank Jon for his service and dedication to Growing Hope King's Cross. In May 2023 Jess Rodewald was appointed as an ex-officio trustee to support the work of the board.

We are confident that Growing Hope King's Cross has carried out its charitable objectives in 2023 and acted in the interests of the public benefit. We have referred to the Charity Commission's guidance on reporting on public benefit when preparing this annual report.

In 2023...



children in England have an additional need[1]

8/10 parent carers have poor mental wellbeing[2]



5/10 siblings of children with additional needs are socially isolated[3]



218 parents and carers

supported through therapy sessions and courses

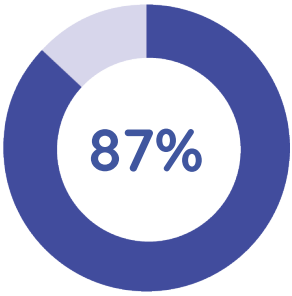
195 children

supported through direct therapy at Growing Hope King's Cross

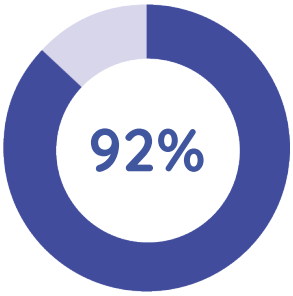
2 When Dreams Change courses run for parents and carers

3 Circle of Security courses run for parents and carers

2 Siblings Group courses run for brothers and sisters



of GAS goals achieved by children and young people



of GAS goals achieved by parents, carers and siblings

6 We are Growing Hope

- We bring hope to children through free therapy services.
- We grow hope for families where hope has been lost due to isolation or rejection.
- We share hope in Jesus because he brings hope even in the most difficult situations

In accordance with its charity constitution, Growing Hope King's Cross has sought to achieve the following aims and objectives in the year dated 1 January 2023 to 31 December 2023.

The advancement of health and wellbeing for the public benefit by the provision of a therapy clinic run in accordance with Christian principles for children and young people (0-18) with additional needs and their families living in Camden and Islington. In particular, but not exlusively by:

- registered healthcare professionals providing assessment, advice and intervention, and other services as the trustees see fit.
- provision of sibling, parent and carer support groups and courses, and other services as the trustees see fit.
- the advancement of the Christian faith through the opportunity to engage in conversation about faith and spiritual wellbeing and to receive prayer, and other such invitations as the trustees see fit.



Sebastian's Story

Sebastian comes to Growing Hope for therapy sessions with our Occupational Therapist Naomi.

Sebastian finds it difficult to sit at the table and focus on activities, so in our sessions, we play a game on the scooter boards because this helps him to feel more calm and helps to build up his strength for his writing skills.

Who's Who

This year the Growing Hope King's Cross team has grown and across the year we have been joined by nine volunteers who have supported our work through administrative tasks, fundraising activity and technology development.

- **Abi Page,** Clinic Manager and Speech and Language Therapist
- **Rebecca du Preez,** Occupational Therapist
- **Judith Hart,** Physiotherapist
- **Beth Marsden,** Speech and Language Therapist
- **Jess Bond,** Freelance Children's Counsellor
- **Christaline Clement,** Freelance Speech and Language Therapist
- **Joni Roberts,** Freelance Administrator
- **Farah Soda,** Freelance Administrator
- **Joanna Hyde,** Freelance Music Therapist
- **Dr Naomi Graham,** Volunteer Occupational Therapist (Founder and CEO)
- **Emily Allbaugh,** Fundraising Volunteer
- **Keilah Cooper,** Volunteer Project Manager for Spring Fundraiser
- **Hannah Wolak,** Clinic Volunteer
- **Maddy Laxton,** Clinic Volunteer
- **Katherine Penhale,** Clinic Volunteer
- **Abigail Newcomb,** Clinic Volunteer
- **Olivia Bauwens,** Clinic Volunteer
- **Georgia Micknal,** Clinic Volunteer

Nellie's Story

Nellie came to Growing Hope King's Cross for occupational therapy sessions with our OT Reb. We worked together on increasing what Nellie will eat.

We encouraged Nellie to touch the food, lick it, bite it and then taste it and if she didn't like the smell, feel or taste we always give it to the OTs' monster who happily eats everything.



Hope for Children

We have provided therapy for **195 children and young people.**

Examples of goals have been emotional regulation, attention and listening, social skills, toileting dressing and eating. **87% of therapy goals** have been achieved.

We have provided free occupational therapy, speech and language therapy, children's counselling and music therapy in King's House, KXC's building in King's Cross. We support children and families to work on goals which are meaningful to them and help them to reach their full potential.

Hope For Families

We have run:

- **Two When Dreams Change courses**, a four-week course that aims to help parents and carers reflect on their experience of having a child with additional needs and to become more of the person they have been created to be.

WHEN DREAMS CHANGE

- **Two Siblings Group courses**, a seven-week course that aims to enable brothers and sisters of children with additional needs to share their experiences of being a sibling and connect with other children with similar experiences.

SIBLINGS GROUP

- **Three Circle of Security courses** in partnership with Choices Islington, supporting parents in enabling their children to develop secure attachments.

- **21 training sessions for parents and carers**, fortnightly sessions on a variety of topics, hosted by our therapists in partnership with Growing Hope National, Brockley and High Wycombe.

- Feedback has been that **92% of goals have been met** within our courses.



Hope in Jesus

We believe Jesus brings hope even in the most difficult situations. We always offer to pray for families at the end of each therapy session, many families have taken up this offer and it has been a privilege to see answers to prayer. Our Clinic Manager, Abi Page, also works on a Sunday to support families to access church with the help of Growing Hope champions. This year we have had five Growing Hope champions serving alongside children and youth ministry to help families feel welcome.

One of the families that we supported this year had reported feeling isolated and unsupported, without a local network of family and friends. With support from Growing Hope, they were able to attend church services and social events and were able to build connections and relationships with other local families. Growing Hope is open to individuals of all faiths and backgrounds and there is no pressure to participate in the faith aspects of our service.



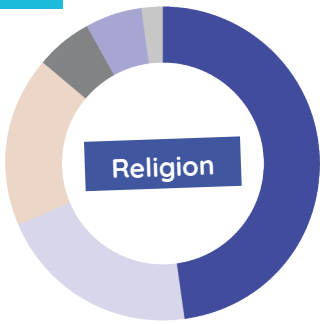
Gabby's Story

It has been joy to see how Gabby's occupational therapy sessions are having a big impact for her. Gabby had been struggling with leaving her Mum as she went to school – often needing two teachers to help her into the classroom. In our sessions we looked at ways in which Gabby could help her body to feel calmer. We wrote a story to help her remember the things that she can do to feel calm, and to remind her that Mummy will be there to pick her up at the end of each day.



Then in our next session, Gabby told me how she'd been able to remember her ten hugs and saying goodbye, and then her ten hugs and saying hello, and that she'd gone to school without the help of teachers for three days in a row! It is a privilege to be able to support families in ways that can make such a difference.

10 Demographics*

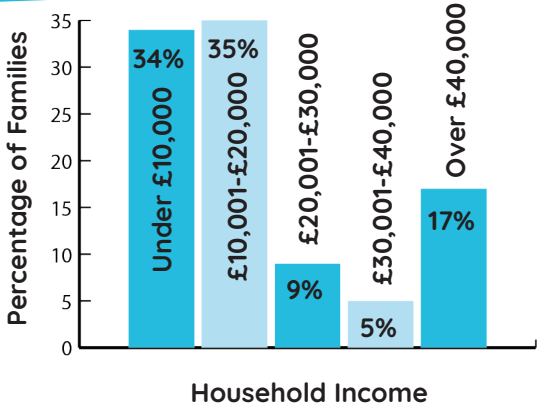


- 49% Christian
- 21% Muslim
- 17% No religion
- 6% Christian non-practising
- 5% Other
- 2% Catholic



- 32% White / White British
- 19% Black / Black British
- 17% Other
- 12% White Other
- 12% Mixed
- 8% Asian / Asian British

Household income



*Demographic data for individuals referred to our service, from anonymous forms completed by parents and carers. Some parents/carers may have completed more than one form if they have attended multiple events.

Financial Review

The trustees present an overview of the charity's finances for the period 1 January 2023 to 31 December 2023. We are grateful to Emma Bird, who continues to run our Gift Aid claims as a volunteer. Growing Hope King's Cross currently runs with both restricted and unrestricted funding. Funds left in reserve at the end of the financial period: £96,942.

Management of Financial Risk

We aim to hold at least three months of our outgoings in reserve. We raise our income through regular giving, fundraising events and grants. We aim to increase regular giving in order to have further sustainable finances to enable us to provide our therapy services.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS 102. The full financial statements are found at the end of this report (p.14).

We received an income of £148,993

- £69,561 from grants
- £8,960 from fundraising
- £32,006 from regular giving
- £1,352 from one-off gifts
- £8,123 from Gift Aid
- £18,119 from campaigns and training
- £10,873 donations from other organisations

We had an expenditure of £117,916

- £105,709 on salaries and HR
- £2,640 on fundraising
- £3,566 on clinic rent, office and admin costs
- £6,000 Giving to Growing Hope National



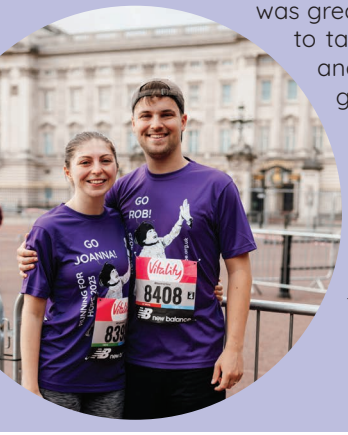
12 Supporter Engagement and Fundraising

We raise money at key points in the year through a summer campaign, Big Give, community fundraising, fundraising dinner and grants. We're grateful for all the support we have received from our generous supporters. More details are in the accounts.

Fundraising Champions

"We had so much fun doing the Vitality 10,000 run for Growing Hope King's Cross. We think the work that Growing Hope does to support children and families is so important and fundraising gave us a great opportunity to share this amazing work with more people! It was great to join with others to take on the challenge and it was such a great atmosphere on the day - we especially enjoyed the different bands and choirs that were performing as we ran!"

- Joanna and Rob



Grants received:

- £16,161, Benefact Trust
- £52,400, Groundwork UK and HS2
- £1,000, Tesco Groundwork
- £5,000, The Charles S French Charitable Trust (for 2024)
- £6,000 Champion matched funding from The Childhood Trust for The Big Give Christmas Challenge Campaign (included in campaigns on page 23)

GROUNDWORK CHANGING PLACES CHANGING LIVES

BENEFACT TRUST

Supported by the HS2 Community & Environment Fund

TESCO

The Childhood Trust Alleviating the impact of child poverty

The CHARLES S FRENCH CHARITABLE TRUST

Risk Management

The trustees take risk management seriously, have identified the following risks and put in place processes to mitigate them. We have policies in place to mitigate any risks in the following areas: financial risk, IT security and protection, safeguarding, health and safety and comprising Christian identity and values. All of these can be accessed on our website.

Structure and Governance

Growing Hope is a registered Charitable Incorporated Organisation (CIO) in England and Wales and is run in accordance with its charity constitution. Growing Hope works in collaboration with the local Growing Hope charities which also have CIO status. As a CIO, if Growing Hope is wound up, the members of the CIO have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities. The trustees also hold Trustees Indemnity Insurance of £100,000 for Executive Risks (policy number CC009582).

Abi Page, as the Clinic Manager, attends Growing Hope King's Cross Trustee meetings but is not party to any decisions regarding her salary or employment.

Trustees
Growing Hope trustees are members of the CIO and appointed by a resolution at trustee meetings. They are responsible for governance of Growing Hope, ensuring it is meeting its charitable purposes.



The Year Ahead

We look forward to continuing to provide therapy and support in the new year and continuing to grow hope for children, hope for families and hope in Jesus in 2024.

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1. Gov.UK. 2023. Special educational needs in England. [Online]. [22 June 2023]. Available from: https://explore-education-statistics.service.gov. uk/find-statistics/special-educational-needs-in-england
2. Lunt, *Left Behind – Six Months On*, 2022, Disabled Children's Partnership. Available at: https://disabledchildrenspartnership.org.uk/left-behind-six-months-on/
3. Lunt, *Left Behind – Six Months On*, 2022, Disabled Children's Partnership

14 Financial Report

Growing Hope King's Cross
Reference and administrative details
For the year 1 January 2023 – 31 December 2023

Trustees:

David Straiton (Chair) appointed 13 December 2017
Rhianna Gerry (Acting Chair) appointed 18 July 2022
Jonathan Carter appointed 13 December 2017, resigned 14 May 2023
Lauren Sibuns appointed 15 April 2018
Daniel Kheng appointed 15 August 2019
Jessica Rodewald (ex-officio) appointed 14 May 2023

Key Management Personnel:

Abigail Page, Clinic Manager

Registered Principal office:

King's House, 242 Pentonville Road, London N1 9JY

Charitable Incorporated Organisation (CIO) number:

1176251

Bankers:

NatWest 135 Bishopsgate London EC2M 3UR

Independent Examiner:

Heather Rayner FCA

Growing Hope King's Cross
Independent Examiner's Report to the Trustees
For the year 1 January 2023 to 31 December 2023

I report to the charity trustees on my examination of the accounts of the charity for the period 1 January 2023 to 31 December 2023 which are set out on pages 16-30.

Responsibilities and Basis of Report

As the charity's trustees 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

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

1. accounting records were not kept in respect of the charity as required by Section 130 of the Act; or

2. the accounts do not accord with those records; or

3. the accounts did 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.

Signed

Heather Rayner
18 April 2024

Heather Rayner FCA
31 Freston Gardens,
Barnet
Herts,
EN4 9LX

Growing Hope King's Cross
Statement of Financial Activity
For the year ended 31 December 2023

	Note	Unrestricted Funds	Restricted Funds	TOTAL FUNDS 2023	TOTAL FUNDS 2022
		£	£	£	£
INCOME FROM:					
Voluntary Income		52,353	0	**52,353**	**66,820**
Grant Income		-	69,561	**69,561**	**22,975**
Activities for Generating Funds		26,683	0	**26,683**	**8,142**
Other sourced income		396	0	**18,119**	**15,637**
TOTAL INCOME:	**2**	**79,432**	**69,561**	**148,993**	**113,574**
EXPENDITURE ON:					
Raising Funds		2,640	0	2,640	5,139
Charitable Activities		51,540	63,736	115,276	101,016
	3	**54,180**	**63,736**	**115,276**	**106,155**
NET INCOME / (EXPENDITURE) BEFORE TRANSFER OF FUNDS		**25,252**	**5,825**	**31,077**	**7,419**
Transfer between funds		0	-	**0**	**0**
NET MOVEMENT IN FUNDS		**25,252**	**5,825**	**31,077**	**7,419**

	Note	Unrestricted Funds	Restricted Funds	TOTAL FUNDS 2023	TOTAL FUNDS 2022
		£	£	£	£
Balances brought forward at 1 January 2023		62,891	2,975	65,866	58,447
BALANCES CARRIED FORWARD AT 31 DECEMBER 2023		**88,142**	**8,800**	**96,942**	**65,866**

18 Balance Sheet as at 31st December 2023

	Note	2023 £	2022 £
FIXED ASSETS			
Clinic and IT Equipment		265	397
	4	**265**	**397**
CURRENT ASSETS			
Bank Account		101,529	65,705
Other Debtors	**5**	505	0
		102,034	**65,705**
LIABILITIES - Creditors due within one year			
Other Creditors	**6**	(5,357)	(237)
Total Creditors due within one year		**(5,357)**	**(237)**
NET CURRENT ASSETS		96,677	65,468
NET ASSETS		**96,942**	**65,866**

	Note	2023 £	2022 £
RESERVES			
Surplus to 31st December 2022		31,077	7,419
Brought Forward Balance		65,865	58,446
		96,942	**65,865**
FUNDS			
Unrestricted		88,142	62,890
Restricted	**11**	8,800	2,975
	9	**96,942**	**65,865**

The financial statements were approved by the Board of Trustees on:
02 April 2024

Approved by Board of Trustees and signed on its behalf by:



Rhianna Gerry
Acting Chair of Trustees



Dan Kheng
Treasurer

The notes on pages 20 to 22 form part of these financial statements.

Growing Hope King's Cross
Notes to the Financial Statements
For the year 1 January 2023 to 31 December 2023

1.Accounting Policies

Incorporation

Growing Hope King's Cross was registered in England and Wales with the Charity Commission as a CIO Foundation on 13 December 2017. These financial statements are for the period 1 January 2023 to 31 December 2023.

Basis of preparation

The financial statements have been prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). The Charity is a public benefit entity for the purposes of FRS 102 and therefore the charity also prepared its financial statements in accordance with the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102 Charities SORP) and the Charities Act 2011.

The financial statements are prepared in sterling, which is the functional currency of the company. Monetary amounts in these financial statements are rounded to the nearest pound.

The financial statements are prepared under the historical cost convention.

The principal accounting policies adopted in the preparation of the financial statements are set out below.

Going concern basis

The trustees have assessed whether the use of going concern basis is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charity to continue as a going concern. The trustees have made this assessment for a period of at least one year from the date of approval of these financial statements. In particular, the trustees have considered the charity's forecasts and projections and have taken account of pressure on income. After making enquiries, the trustees have concluded that there is a reasonable expectation that the charity has adequate resources to

continue in operations existence for the foreseeable future. The charity therefore continues to adopt the going concern basis in preparing financial statements.

Income
Income is recognised in the period which it was receivable. Also included is the estimated value of gifts in kind and goods or services donated to the charity where the amounts are material, readily quantifiable and measurable. Such estimates are based on the market price the charity would otherwise have paid.

Grants are accounted for in the charity under the accruals model as permitted by FRS 102. The deferred element of the grant is included in creditors as deferred income. Grants of a revenue nature are recognised in the SOFA in the same period as the related expenditure.

Expenditure
Direct charitable expenditure comprises all expenditure relating to the activities carried out to achieve the objectives.

Expenditure is allocated directly to the expenditure headings as far as practically possible to reflect the activities of the charity. Support costs have been allocated to the activities based on employee time spent on that activity.

Expenditure is included in the Statement of Financial Activities on an accruals basis, inclusive of any VAT which cannot be recovered. Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party; it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably.

Fund accounting
Restricted funds are subject to restrictions imposed by the donor. These are accounted for separately from unrestricted funds. The movements on restricted funds in the period 1 January 2023 to 31 December 2023 are shown in note 11 to the accounts.

Unrestricted funds are those which are not subject to restrictions, and

any surpluses may be applied in furtherance of any of the charity's objectives.

Cash and cash equivalents
Cash and cash equivalents include cash at banks and in hand and short-term deposits with a maturity date of three months or less.

Debtors and creditors
Debtors and creditors receivable or payable within one year of the reporting date are carried at their transaction price. Debtors and creditors that are receivable or payable in more than one year and not subject to a market rate of interest are measured at the present value of the expected future receipts or payment discounted at a market rate of interest.

Tangible fixed assets and depreciation
Tangible fixed assets costing less than £500 are not capitalised and are written off in the year of purchase. Depreciation is provided to write off the cost of the fixed assets over their estimated useful lives. A full year's depreciation is charged in the year of purchase. Depreciation is charged at the following annual rates:

Computer and Office Equipment:	4 Years straight line
Clinic Equipment:	4 Years straight line

Pension
The charity operates a defined contribution stakeholder pension scheme. The assets of the scheme are held separately from the charity.

Critical accounting estimates and areas of judgement
The annual depreciation charge for property, plant and equipment is sensitive to change in useful economic life and residual values of assets. These are reassessed annually.

In the view of the trustees in applying the accounting policies adopted, no other judgements were required that have a significant effect on the amounts recognised in the financial statements nor do any estimates or assumptions made carry a significant risk of material adjustment in the next financial year.

2. Income

	Unrestricted Funds	Restricted Funds	Total Funds	Unrestricted Funds	Restricted Funds	Total Funds
	2023			2022		
	£	£	£	£	£	£
Voluntary Income	**52,353**	**0**	**52,353**	**66,820**	**0**	**66,820**
Regular giving	32,006		32,006	24,950	0	24,950
One off giving	1,352		1,352	22,912	0	22,912
Gift Aid	8,123		8,123	5,647	0	5,647
Donations from other Organisations	10,873		10,873	13,311	0	13,311
Grants	**-**	**69,561**	**69,561**	**20,000**	**2,975**	**22,975**
Grants	-	69,561	69,561	20,000	2,975	22,975
Fundraising Income	**26,683**	**0**	**26,683**	**23,779**	**0**	**23,779**
Growing Hope Ball	8,221		8,221	7,353	0	7,353
Marathon	739		739	789	0	789
Campaigns	**17,723**	**0**	**17,723**	**15,637**	**0**	**15,637**
Services and Sales	**396**	**-**	**396**	**-**	**-**	**-**
Training & consultancy	396	0	396	0	0	-
Total Income	**79,432**	**69,561**	**148,993**	**110,599**	**2,975**	**113,574**

3. Expenditure

	Unrestricted Funds	Restricted Funds	Total Funds	Unrestricted Funds	Restricted Funds	Total Funds
	2023			2022		
	£	£	£	£	£	£
Office and Administration Costs	**919**	**1,313**	**2,231**	**3,038**	**0**	**3,038**
Advertising				32	0	32
Printing, Postage and Stationery	24	0	24	0	0	0
General Office Costs	119	0	119	299	0	299
Phone Costs	243	104	347	240	0	240
Rent	400	0	400	2,334	0	2,334
Depreciation Charge	0	0	0	133	0	133
Computer Equipment not Capitalised	133	0	133	0	0	0
Clinic Expenses	**499**	**836**	**1,334**	**1,355**	**0**	**1,355**
Direct costs						

Expenditure Continued

	Unrestricted Funds	Restricted Funds	Total Funds	Unrestricted Funds	Restricted Funds	Total Funds
	2023			2022		
	£	£	£	£	£	£
Clinic Equipment/ Assessment Tools	208	836	1,044	1,145	0	1,145
DBS	85	0	85	47	0	47
External Projects	96	0	96	163	0	163
Volunteer Hospitality	29	0	29	0	0	0
WDC and Sibling Group	81	0	81	0	0	0
Fundraising Costs	**2,640**	**0**	**2,640**	**5,139**	**0**	**5,139**
Ball Expenses	2,124		2,124	4,814	0	4,814
Other Costs of Raising Funds	516		516	325	0	325

Expenditure Continued

	Unrestricted Funds	Restricted Funds	Total Funds	Unrestricted Funds	Restricted Funds	Total Funds
		2023			2022	
	£	£	£	£	£	£
Contribution to Other Charities	**6,000**	**0**	**6,000**	**6,000**	**0**	**6,000**
Donation to Growing Hope National (Note 7)	6,000	0	6,000	6,000	0	6,000
Salaries and HR	**44,122**	**61,587**	**105,709**	**88,572**	**2,051**	**90,623**
Wages and Salaries	25,366	53,681	79,047	77,448	-	77,448
National Insurance costs (Employer costs)	2,608		2,608	(4,202)	0	(4,202)
Pension Costs (Employer costs)	3,941		3,941	3,973	0	3,973
Freelance Consultants	10,487	6,261	16,748	9,724	0	9,724
Finance & HR	1,200		1,200	1,140	0	1,140
Staff Training	520	1,645	2,165	489	2,051	2,540
Total Expenditure	**54,180**	**63,736**	**117,916**	**104,104**	**2,051**	**106,155**

4. Fixed Assets		Clinic and IT Equipment
		£
Actual cost/Revalued cost	**At 1 January 2023**	1,375
	Additions	0
	At 31 December 2023	**1,375**
Depreciation	**At 1 January 2023**	978
	At 31 December 2023	**1,111**
Net Book Value	**At 1 January 2023**	397
	At 31 December 2023	265

5. Debtors	2023	2022
	£	£
Other debtors and accrued income	505	0
Total	**505**	**0**

6. Creditors (amounts falling due less than one year)	2023	2022
	£	£
Deferred Income - Grant	£5,000	
Other creditors	357	237
Total Current Liabilities	**5,357**	**237**

6b. The deferred income is a grant from Charles S. French Charitable Trust.

7. Donations to Other Charities	2023	2022
Recipient	£	£
Growing Hope	6,000	6,000

8. Related parties

Growing Hope King's Cross received a total of £10,530 unrestricted donations from its trustees in 2023 (2022 =£10,610).

9. Analysis of Asset by Fund	Unrestricted Funds	Restricted Funds	TOTAL FUNDS
	£	£	£
Cash & Deposit Balances	87,729	13,800	101,529
Debtors	505	0	505
Fixed Assets	265	0	265
Total Assets	88,499	13,800	102,299
Current Liabilities	(357)	(5,000)	(5,357)
	88,142	8,800	96,942

10. Staff

No employee was paid at the rate of more than £60,000

	2023	2022
Average Employees during the period	3	3

11. Restricted Funds	Balance as at 1 Jan 2023	Income	Expenditure	Balance as at 31 Dec 2023
Funder	**£**	**£**	**£**	**£**
Souter Charitable Trust	2,975	0	2,975	0
Benefact Trust	0	4,461	4,461	0
Benefact Trust	0	11,700	3,900	7,800
Tesco Stronger Starts - Groundwork	0	1,000	0	1,000
HS2 - Groundwork	0	52,400	52,400	0
Total Restricted Funds	**2,975**	**69,561**	**63,736**	**8,800**

12. Fees payable to Independent Examiner

The independent examiner did not charge for their services

13. Trustee Expenses

None of the trustees of the charity received any remuneration during the current period.
No travel and subsistence expenses were incurred by trustees in the course of carrying out their duties, and so no reimbursements were made in the year.

Growing HOPE King's Cross

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Registered charity number 1176251 (England & Wales)

growinghope.org.uk

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Photographs: Naomi Wilde Photography

GROWING HOPE KING'S CROSS

England & Wales - Charity number 1176251

Accounts

2022

Growing Hope King's Cross

ANNUAL REPORT

Report & Financial Statements
1 January - 31 December 2022



Growing HOPE

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4 CEO's Letter

> **"I'm filled with joy reflecting on the impact we've had for families this year and I'm excited for our continued growth in the year ahead."**

We have seen another year of encouraging growth at Growing Hope this year. I had the privilege recently to talk about all that we've been doing with His Majesty King Charles III, the Archbishop of Canterbury Justin Welby and The Rt Revd and Rt Hon Dame Sarah Mullally DBE, Bishop of London, at a community reception at King's Cross Church. It was great to celebrate Growing Hope King's Cross and all that we've seen happen across the charity nationally.



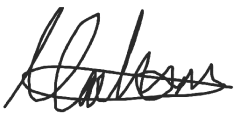
Over this year we have continued to work with many more children, young people and families who have additional needs. A couple of weeks ago I was in clinic with a family who have seen amazing breakthrough with their ten-year-old son who, through occupational therapy, is now able to sleep in his own bed on his own at night. Having sleep is making a big difference to the whole family and it's encouraging to see similar stories repeated across our clinics. We have excitingly applied for charity status for our next Growing Hope clinic in Gateshead and we hope to open this early in the new year. We are also in a number of encouraging conversations with churches across the country who may set up a Growing Hope clinic in 2023.

I am so encouraged by God's faithfulness to Growing Hope and the provision for each of the local clinics. Over the course of this year we have excitingly added five new individuals to our Growing Hope national team and it is brilliant to have Vicki, Jade, Naz, Anna and Jennie on board. The increased capacity at a national level means that we can better support and grow our local Growing Hope clinics.

We have also taken big steps nationally in the development of resources which support children and young people with additional needs and their families across the UK. We have been rolling out our When Dreams Change course for parents and carers of children with additional needs and our Siblings Group courses. We have also launched our accessibility award for churches to receive a kitemark about their accessibility. We are looking forward to continuing to impact families through partnering with local churches, communities and schools alongside our Growing Hope clinics.

I'm filled with joy reflecting on the impact we've had for families this year and I'm excited for our continued growth in the year ahead.

Yours sincerely,



Dr Naomi Graham
Founder & CEO of Growing Hope National



“Thank you once again Growing Hope for the amazing therapy sessions and understanding how I can help my child be himself.”

- Growing Hope Clinic Parent

6 Chairman's Letter

In a challenging year of global uncertainty and the cost-of-living crisis, there has been a growing need for the support of local charities to help those in need. At Growing Hope King's Cross, we have continued to provide free therapy to children and families with additional needs in the London boroughs of Camden and Islington.

> **"I encourage everyone to join with the team as we continue to pray for the local children and families who require support in the coming year."**

There is much to celebrate across 2022! The Growing Hope King's Cross therapy clinic has moved into King's House on Pentonville Road in the heart of King's Cross. I'd like to thank our Clinic Manager, Abi Page, for co-ordinating the move and all the staff and volunteers who made this possible. We are grateful to our partner, King's Cross Church in providing us with a space to help serve the local community in a purpose-built setting. King's House also hosted our annual spring fundraising ball. We are thankful to those who organised the event and for those who attended, supporting the work of the charity.

We've welcomed Reb du Preez to the team of therapists and Rhianna Gerry to the board of trustees. Both have already been brilliant additions to the team and we're grateful for their skills and knowledge. We have said goodbye to Philippa Bailey as a trustee and Georgie Harris, our music therapist. I'd like to thank them for all their hard work and dedication to the work of the charity over the past few years.

On behalf of Growing Hope King's Cross, I would like to thank all those who have generously given to the charity in 2022. Thank you to the team of therapists, trustees, and volunteers for their time, effort, and expertise. Thank you to our supporters who have donated through, grants, fundraising events, and individual giving! We are grateful for your support.

Thank you to all those who have been praying for Growing Hope King's Cross. As ever, I encourage everyone to join with the team as we continue to pray for the local children and families who require support in the coming year.

Yours sincerely,



Dr David Straiton
Chair of Trustees



Trustees' Report

The Board of Trustees presents its report and financial statements for the year 1 January 2022 - 31 December 2022 together with the Independent Examiner's Report. Growing Hope King's Cross was registered with the charity commission as a CIO on 13 December 2017, charity number 1176251; 2022 was the fifth financial period of the charity. Our current trustees are David Straiton, Jonathan Carter, Lauren Sibuns, Daniel Kheng and Rhianna Gerry.

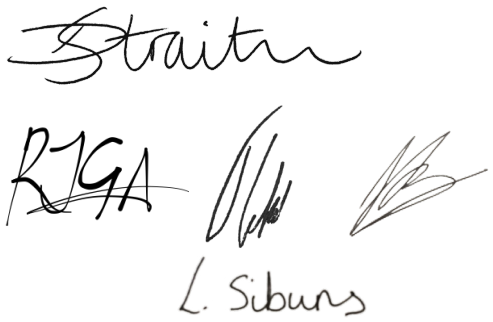
Growing Hope King's Cross continues to provide free therapy services for children and young people with additional needs and their families living in Camden and Islington. Our aim is to provide a holistic service which supports parents, carers and siblings - as well as the children and young people themselves. Details of our charitable objectives (page 10) and impact and outcomes (page 12 onwards) are found in greater depth within this report.

We are confident that Growing Hope King's Cross has carried out its charitable objectives in 2022 and acted in the interests of the public benefit. We have referred to the Charity Commission's guidance on reporting on public benefit when preparing this annual report. In March Philippa Bailey stepped down as a trustee, and we would like to thank Philippa for her service and dedication to Growing Hope King's Cross. On 18th July 2022 Rhianna Gerry was appointed as an additional trustee to support the work of the board.

Growing Hope King's Cross provides intervention and support to children and families in need, regardless of income. These services are provided by staff and freelancers (registered healthcare professionals), with the help of volunteers where necessary, in accordance with charity policy and standards of good practice.

We also have many volunteers without whom we would not have been able to run Growing Hope King's Cross in 2022, and we are extremely grateful for their support. In particular we would like to thank Abi Page, Clinic Manager, who has gone above and beyond in enabling Growing Hope King's Cross to be a success and to support many children, young people and families across Camden and Islington.

Yours sincerely,



David Straiton, Jonathan Carter, Lauren Sibuns, Daniel Kheng and Rhianna Gerry,

This year we have:

- supported 291 children, parents, carers and siblings through therapy and courses.
- raised £113,574 to grow hope in the lives of families in Camden and Islington.

8 Clinic Manager's Letter

Growing Hope King's Cross has continued to grow and develop in 2022.

> **"As always, we continue to be grateful for the support that we have received this year from our dedicated team of trustees, volunteers, therapists, and support staff."**

We started the year with a move to our new clinic location in King's House, where we have continued to offer a range of different therapy services, including speech and language therapy, occupational therapy, children's counselling, art therapy and music therapy, to children, young people and families in Camden and Islington. We have also run several different groups and courses to support parents, carers, and siblings of children with additional needs.

The café space in King's House enables us to offer a warm welcome to families attending clinic, and in joining the King's House community, we have been able to signpost and connect more families with other local services and organisations that are also available in King's House. We are very grateful for the welcome and support we have received from the King's House team.

In the spring, we hosted a fundraising dinner at King's House, and it was a joy to be able to celebrate the work of Growing Hope King's Cross at our first large event since early 2020. We also ran a festive wreath making evening in November and we look forward to hosting more events next year.

There have been several changes to the therapy team this year, with Alley Akoh (Art Therapist) going on maternity leave early in 2022 and Georgie Harris (Music Therapist) moving on to a new role in the summer. Reb du Preez (Occupational Therapist) also joined the team this year.

As always, we continue to be grateful for the support that we have received this year from our dedicated team of trustees, volunteers, therapists, and support staff. This help is hugely appreciated and has enabled Growing Hope King's Cross to continue to thrive.

The year ended with an opportunity to meet His Majesty King Charles III, the Archbishop of Canterbury Justin Welby and The Rt Revd and Rt Hon Dame Sarah Mullally DBE, Bishop of London, at a reception in King's House. It was an honour to be able to share stories of the work that Growing Hope King's Cross is doing to support children and young people with additional needs in Camden and Islington.

We look forward to continuing to provide therapy and support in the new year and continuing to grow hope for children, hope for families and hope in Jesus in 2023.



Abi Page
Clinic Manager





Growing Hope Values

Hope

Community

Generosity

Innovation

Courage

10 Objectives

In accordance with its charity constitution, Growing Hope King's Cross has sought to achieve the following aims and objectives in the year dated 1 January 2022 to 31 December 2022.

The advancement of health and wellbeing for the public benefit by the provision of a therapy clinic run in accordance with Christian principles for children and young people (0-18) with additional needs and their families living in the King's Cross area. In particular, but not exclusively, by:

- registered healthcare professionals providing assessment, advice and intervention, and other services as the trustees see fit.
- provision of sibling, parent and carer support groups and courses, and other services as the trustees see fit.
- the advancement of the Christian faith through the opportunity to engage in conversation about faith and spiritual wellbeing and to receive prayer, and other such invitations as the trustees see fit.

Hope for Children:
We have provided free occupational therapy, physiotherapy, speech and language therapy, children's counselling, art therapy and music therapy in King's House, KXC's new building in King's Cross. We support children and families to work on goals which are meaningful to them.

Hope for Families:
We have provided one When Dreams Change group for parents processing the experience of having a child with additional needs, two Circle of Security groups (in partnership with Choices Islington) supporting parents in enabling their children to develop secure attachments, and two Siblings Groups to support siblings of children with additional needs.

Hope in Jesus:
We have supported families of children with additional needs to access church services and feel a part of King's Cross Church (KXC) community. We continue to provide the opportunity for families to participate in prayer at the end of their clinic session.

We've provided direct therapy for 128 children.

92% of therapy goals set with children achieved.

157 parents supported through therapy sessions and courses.


16.6%
of children in England have an additional need[1]
54%
of parents are experiencing a delay in accessing therapy[2]
46%
of disabled children's siblings are socially isolated[3]

12 Hope for Children

In 2022 we worked with 128 children on a one-to-one or group basis.

This year we have provided assessment and intervention for children and young people, working on individualised goals with them and their families. Various therapy services have been provided in the year by our therapists:

- **Abi Page** (speech and language therapist) has continued to oversee the clinic as Clinic Manager and provide speech and language therapy.
- **Naomi Graham** (occupational therapist) has continued to provide occupational therapy once a week, alongside her role as CEO and Founder.
- **Reb du Preez** (occupational therapist) has continued to provide occupational therapy.
- **Jess Bond** (children's counsellor), has continued providing occasional counselling as a freelancer.
- **Georgie Harris** (music therapist) provided music therapy as a freelancer until July 2022.
- **Alley Akoh** (art therapist), provided art therapy as a freelancer until going on maternity leave in February 2022.
- **Joanna Stewart** (music therapy student), provided music therapy on a voluntary basis until April 2022.





Outcome Measures

At Growing Hope we are committed to providing a high quality of clinical services and therefore we place a high importance

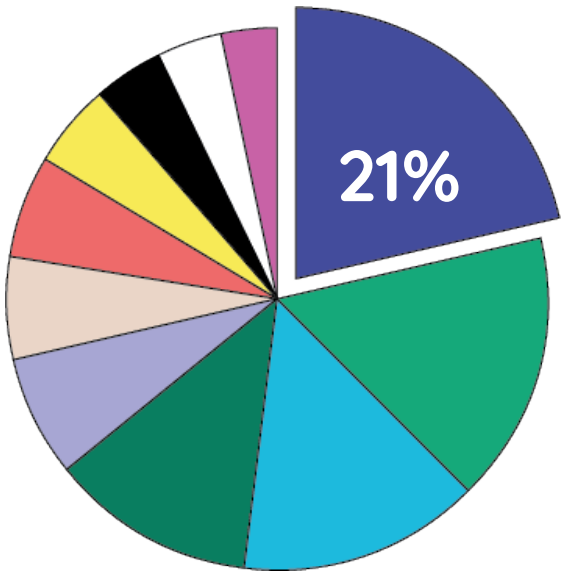
on our outcome measurement. We use a combination of non-standardised feedback forms and a standardised measure, the Goal Attainment Scale (GAS).[1] GAS is an outcome measure that is commonly used in research to show the effectiveness of therapy services.[2] GAS enabled us to set three goals for each child and young person in a conversation between themselves, their parents and the therapist. These goals follow 'SMART' goal standards: Specific, Measurable, Achievable, Realistic and Timely. Each goal is designed to be achievable within the block of sessions a child is undertaking.

Outcomes

Every child was seen to make improvements over the course of their therapy sessions. Of 270 goals set within the clinic and across our groups with children and young people, 92% of therapy goals were met. Where goals weren't met, the primary reasons were parents facing challenges that prevented them from carrying out activities with the child at home, or that the family were unable to attend clinic on several occasions. A core value of Growing Hope is equipping parents to incorporate their child's goals into their everyday life; this often leads to high success in therapy.



Types of goals children worked on in clinic



- **Attention and Listening** - 53 goals / 21%
- **Emotional Regulation** - 40 goals / 16%
- **Social Skills** - 35 goals / 14%
- **Dressing** - 30 goals / 12%
- **Mark Making and Writing** - 18 goals / 7%
- **Self-confidence and Identity** - 15 goals / 6%
- **Understanding Language** - 14 goals / 6%
- **Co-ordination, Walking and Strength** - 13 goals / 5%
- **Speech and Expressive Communication** - 11 goals / 5%
- **Eating** - 11 goals / 5%
- **Toileting** - 7 goals / 3%

Lucas's Story and Occupational Therapy



It is always a brilliant feeling when families return to Growing Hope for further support or as the needs of their child change. Lucas had been previously seen by the Growing Hope team when he was younger. His family still use many of the strategies that they learnt in sessions such as explaining to Lucas what we are doing now and what we will do next. They use the gym ball to provide the sensory input that Lucas seeks.

One of Lucas' goals was to identify suitable things for him to chew that won't give him ulcers as he had been overusing his chewy toy, especially while at school. His family and OT explored alternative strategies that would provide the oral motor input Lucas seeks. During sessions we played table football where you blow a bead and try and get it in between goals. This game brought about a lot of laughter which is in itself therapy and a good outlet for parents who have many challenges such as trying to negotiate the level of support their child receives within school.

In sessions we got Lucas to blow bubbles, to blow through straws and to eat crunchy foods such as whole apples and pears. The process of blowing and chewing provided the oral input Lucas needed and helped Lucas to feel regulated in his body as these strategies are also calming. By the end of our sessions, Lucas no longer had mouth ulcers and his family now have a few more strategies to further support him with.

We look forward to watching Lucas grow and develop and it's a privilege to be able to support him and his family.

Hope for Families

We believe that the families of children with additional needs require support and care too so we provide a range of support groups and courses.

> **"I really enjoyed the safe space without judgement and connecting with other mums."** When Dreams Change Attendee

When Dreams Change

When Dreams Change enables parents to have the opportunity to reflect on their experience of their hopes and dreams having to change because of their child's additional needs. We ran the course twice this year for 9 parents.

The Goal Attainment Scale[4&5] is used to measure outcomes of the When Dreams Change course. Across both the courses run this year, 89% of the goals were met. The course aimed to enable parents to achieve the following:

- reflect on their own experience and map out and share with the group the core emotions they are experiencing at the moment.
- reflect on their own support network and share with the group one way in which they can draw upon this.
- reflect on their own dreams and share with the group one small step they may take towards these.

"The course has changed my perspective on my present circumstances and helped shape my dreams for the future."

"It was all so helpful in finding myself again and helped me to start thinking about my feelings"

"The course was very helpful. I'm pleased that there's something to help parents to focus on their own needs and desires."



Siblings Group

This year we ran two Siblings Groups this year with a total of 6 children. One group was run in clinic and one in a local schools. The group consists of seven 40 minute sessions which take place on a weekly basis. We aim to enable children to explore and share some of their experiences and feelings of being a sibling of a child with additional needs. The group uses puppet, art and movement activities to help children think through scenarios and relay their own experiences. Through speaking about, writing or drawing their experiences, siblings have the opportunity to process their emotions and connect with others who have had similar experiences. The siblings group was reviewed using the Goal Attainment Scale[4&5] as an outcome measure. The goals of the group were:

- to be able to share a story of a positive experience with their sibling with an emotion attached by the end of the 7 week group.
- to be able to share a story of a challenging experience with their sibling with an emotion attached by the end of the 7 week group.
- to be able to recall within the group a strategy for letting go of feelings e.g. writing down, telling someone, deep breaths, hand massage, by the end of the 7 week group.

We found that across the groups 100% of the goals were met.



Circle of Security

We ran this parenting course twice over the year in partnership with Choices Islington. 20 parents and carers attended the courses we ran. Circle of Security is an evidence-based parenting course based on attachment research, involving course videos and facilitated therapeutic discussion.

The aim of the course is to help parents and carers better understand their child's emotional needs by the end of the 6 week course. We used the Goal Attainment Scale[4&5] to measure the outcomes of this course. We found that across the groups 94% of the goals were met. Where some parents could not attend all of the sessions the facilitators arranged an opportunity to catch up before the start of the next session so they did not miss out.

"The Circle of Security course has helped me to understand the importance of being WITH my child - how important it is to watch and delight in them even when they are going "out" of the circle and seem to be more independent."

Hope in Jesus

At Growing Hope King's Cross we believe that Jesus brings hope into everyone's lives, that God has created every individual fearfully and wonderfully and that they are of value to him. Our Christian values have underpinned the work we have done both in the clinic and in schools over the past year.

We welcome all individuals to the clinic, whatever their faith or background. During this year 19% of the families we have supported have no faith, 18% are from a Muslim background, 6% are from another faith and 37% are practising Christians. This broadly reflects London's demographics. Each week within therapy sessions, we offer to pray for people if this is something they would like to do. Some families have declined the offer of prayer, but many have accepted it. Across the year we have had conversations with families who have asked questions about faith and the hope that Jesus can bring. We've also been able to pray for families along the therapy journey, and this appears to have helped them to stay hopeful and confident. It has been a privilege to be able to extend the hope that Jesus can bring to the families who have come to the clinic. On several occasions we have been able to pray with both children and parents facing challenging times, to walk alongside them and speak hope into their challenges.



"One of my favourite verses from the Bible is according to Jeremiah 29:11 which has the word hope in it - 'For I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope for a future.' I think that is what Growing Hope is helping me and Ranan with. It's giving us a hope for the future because it's quite overwhelming for a parent when a child receives their diagnosis."

Growing Hope Parent

"The approach you take is so kind and so responsive... Each time we leave with your advice and your prayers, and really like both. Thank you for all of your time and advice."

Growing Hope Parent

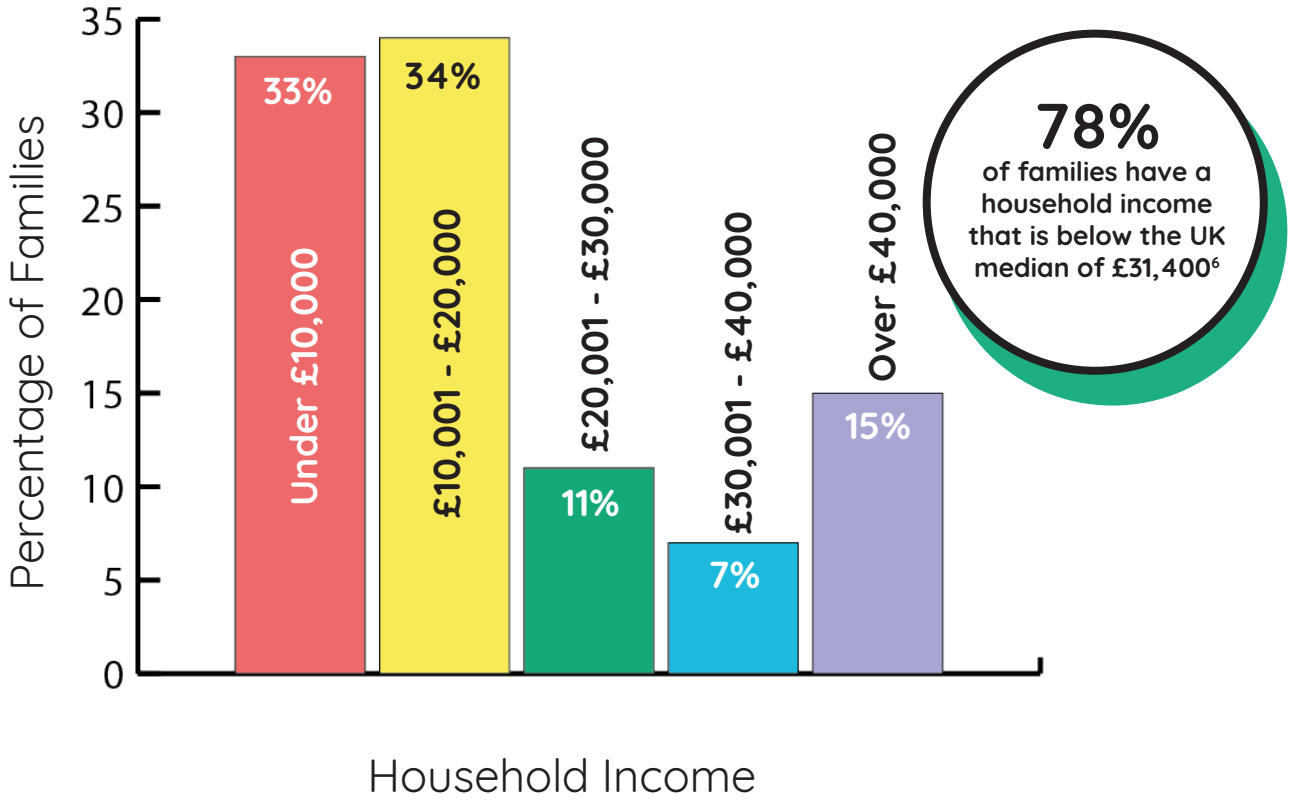
18 Who We Support

We support children, young people and families from a range of backgrounds and circumstances.

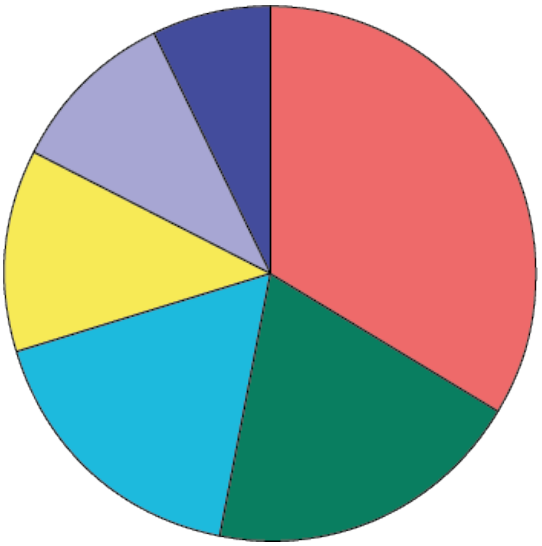
78% of families receiving our services had an income under the UK's median of £31,400 with 67% of families having a household income of below £20,000. Also, 53% of families were receiving two or more types of benefits and income support. At Growing Hope King's Cross, we endeavour to offer a service that is open to all individuals irrespective of their background, and reach those who are experiencing the most pressing challenges. We feel these demographics demonstrate that over the last year we have been helping to assist those in critical need of support. At Growing Hope, we are accepting of all and want everyone to know they are seen, heard and belong.

Parents and carers are given the opportunity to complete demographic information to help us to understand more about individuals who are using our services. The below infographics demonstrate the characteristics that individuals have ticked when completing the forms.

Household Income for Families Attending Growing Hope King's Cross

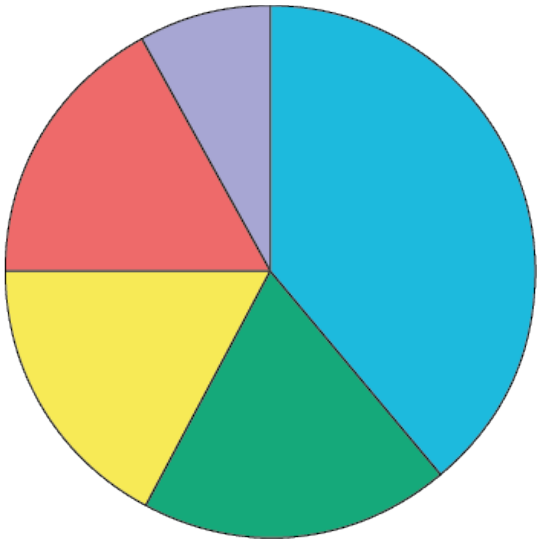


Ethnicity of Families Attending Growing Hope King's Cross



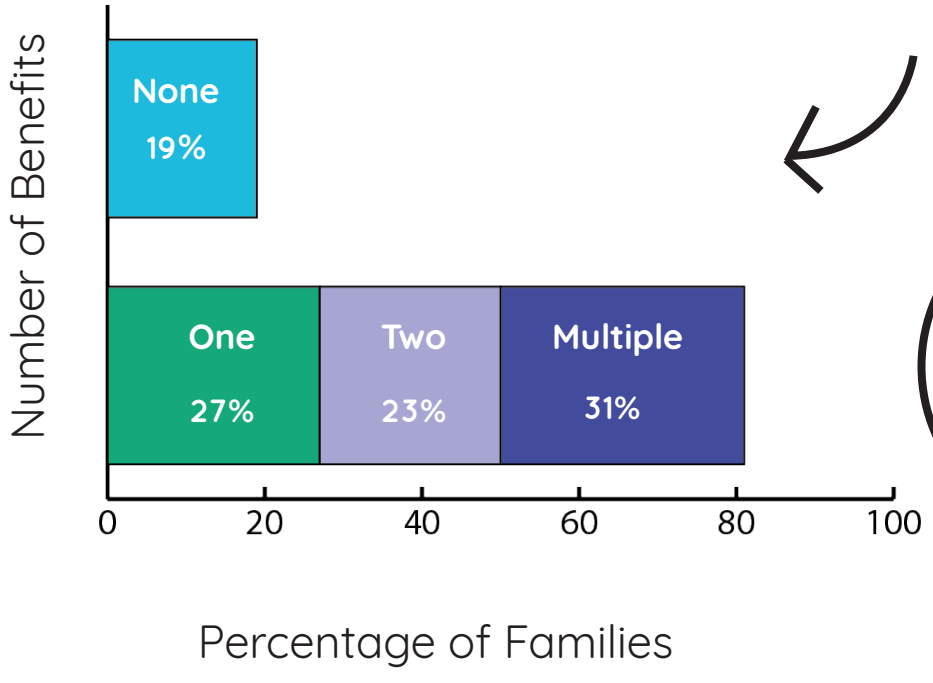
- White/White British - 33%
- White Other - 19%
- Black/Black British - 17%
- Mixed - 13%
- Other - 11%
- Asian/Asian British - 7%

Religion of Families Attending Growing Hope King's Cross



- Christian - 39%
- No Religion - 19%
- Christian (non-practising) - 17%
- Muslim - 17%
- Other - 8%

Household Benefits for Families Attending Growing Hope King's Cross



81%
of families are receiving at least one type of income support or benefit.

20 Volunteers

The trustees would like to say a big thank you to each and every individual who has supported Growing Hope King's Cross in the past year.

Including trustees, we have 18 regular volunteers who give up their time on a monthly or periodic basis. We also have 12 volunteers who have supported us at one-off events or by providing childcare in order for us to run our groups for families. The trustees also want to recognise the role of our partnership church, King's Cross Church, in facilitating this support and volunteering. Without the church community, Growing Hope King's Cross would be unable to continue to support children, young people and families.

Regular Volunteers

We are so grateful to all our regular volunteers who equip us with the capacity to support more families. We particularly want to thank Rhianna Gerry, Emily Allbaugh and Judith Hart for volunteering on the fundraising subcommittee; Keilah Gallardo and Sarah Kelly for their support with planning and running the Fundraising Dinner; Joanna Stewart for providing music therapy as part of her placement as a music therapy student; Emma Bird for processing our gift aid; Natalie de Laune for minute taking in trustee meetings; Elspeth Reid for all of her support during her time as an apprentice at KXC and for co-facilitating a Siblings Group; Shirley Page for leading the wreath making evening.

Sunday Volunteers

This year we have seen four Growing Hope families attend church services or events. Part of Growing Hope's vision is to see children and young people with additional needs and their families be supported to access church if they'd like to. A team of 5 Growing Hope volunteers have been a part of the kids ministry to support these Growing Hope families. The KXC kids team (around 30 volunteers) have received briefing and training as to how to support children with additional needs within a church setting and accessibility is core to the kids ministry provided. Each session includes visual schedules, fidget toys, opportunities for movement, a multisensory story and prayer activities so children, whatever their needs, can engage and participate.

The trustees want to thank KXC and in particular Sunday volunteers for their adaptability in supporting families in changing circumstances across the year.

Event Volunteers

Our one-off volunteers for our events have been so valuable in enabling these initiatives to be as successful as they have been. We are extremely grateful to everyone who offers up their time to serve at these events.

Due Diligence

All regular volunteers provide two references, and any volunteer who works with children provides two references and completes a DBS check. Regular volunteers have a volunteer agreement which is not legally binding, but helps Growing Hope King's Cross and the volunteer to agree their role.

Joshua's Story and Speech and Language Therapy

One of the areas that we might focus on in speech and language therapy sessions is social communication skills that are used when interacting with others. This includes verbal and non-verbal skills such as: initiating interaction, expressing emotion, using facial expression and gestures, asking and answering questions, taking turns in interaction, repairing misunderstanding and ending an interaction.

When Josh came to Growing Hope King's Cross, he was having difficulty regulating his emotions and communicating with others when feeling upset or frustrated. When he experienced a problem or misunderstanding, he would quickly become upset, however was often unable to clearly communicate how he was feeling or what the problem was.

During the sessions, comic strip conversations were used to draw out different scenarios and explore thoughts, feelings, words, and actions of the people involved. Josh was able to explore some of his own experiences and use the drawing to support discussion about his thoughts and feelings in different situations. This has also supported him to communicate more clearly when there is a problem or misunderstanding.

Joshua was also able to recall tools and strategies to help with self-regulation, from previous Growing Hope occupational therapy sessions. Some of these strategies were used during sessions and some were included when discussing ideas for how to respond in difficult situations.

22 Financial Review

The trustees present an overview of the charity's finances for the period: 1 January 2022 - 31 December 2022. Growing Hope King's Cross currently runs with both restricted and unrestricted funding. Funds left in reserve at the end of the financial period: £65,866.

We received an income of £113,574:

- £22,975 from grants
- £8,142 from fundraising
- £24,950 from regular giving
- £22,912 from one-off giving
- £5,647 from gift aid
- £15,637 from campaigns and training
- £13,311 donations from other organisations

We had an expenditure of £106,155:

- £90,623 on salaries and HR
- £5,139 on fundraising
- £3,038 on clinic rent, office and admin costs
- £1,355 on clinic expenses
- £6,000 Giving to Growing Hope National

This is in line with expectations for the end of our financial year, and is enough funding to continue to run sustainably. Our successful Big Give campaign and London Marathon fundraising enables us to remain sustainable with the current employees in place. The trustees are confident that the charity is a going concern and will continue for the year ahead.

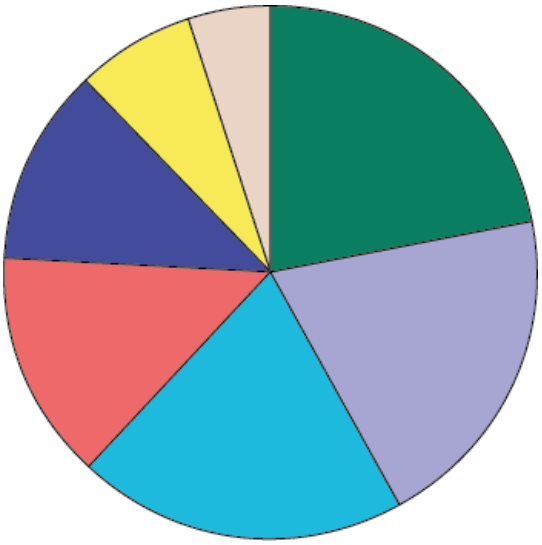
Management of Financial Risk

We aim to hold at least three months of our outgoings in reserve. We raise our income through regular giving, fundraising events and grants. We aim to increase regular giving in order to have further sustainable finances to enable us to provide our therapy services.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS 102. The full financial statements are found at the end of this report.



Types of income received by Growing Hope King's Cross



- **Regular giving - 22%**
- **One-off gifts - 20%**
- **Grants - 20%**
- **Campaigns and Training - 14%**
- **Donations from other organisations - 12%**
- **Fundraising - 7%**
- **Gift Aid - 5%**



24 Risk Management

The trustees take risk management seriously and have identified the following risks and put in place processes to mitigate them.

Financial Risk:

- Hold three months' finances in reserves.
- Organise monthly fundraising meetings and plans.
- Regular finance updates for local clinics prepared by our Finance Officer.
- Follow policies and procedures outlined by Growing Hope National charity.

IT Security and Protection:

- Follow data protection policy provided by Growing Hope National charity.
- Files accessed on a needs basis within Google Drive.
- Encrypted clinic software (Canopy) for all clinical notes.
- All computers password protected.
- All reports and appointment letters sent to families are password protected.

Safeguarding:

- All trustees have an up-to-date DBS.
- Any freelancers, staff and volunteers are recruited via safer recruitment and have undergone referencing and DBS checks.
- All volunteers and staff are aware of safeguarding policy and procedures.

Health and Safety:

- Follow health and safety policy outlined by Growing Hope National charity.
- Public liability insurance is in place.
- Day-to-day risk assessments are carried out by all staff and volunteers within their roles.

Compromising Christian Identity and Values:

- Hope in Jesus continues to be core to the charity's messaging.
- Everyone is welcome regardless of their background.
- Each family who attends the clinic has the opportunity to choose to participate in prayer.

Supporter Engagement and Fundraising

This year generous individuals and organisations gave a total of £113,574 to grow hope in the lives of people in Camden and Islington.

We have a fundraising subcommittee who focus on applying for grant funding, thanking regular givers and continuing to create opportunities for individuals to give regularly.

Big Give

We raised £20,313 through our Big Give campaign. We received several generous donations from individuals who have committed to pray and support Growing Hope King's Cross - you know who you are and we are so grateful for your gifts which enable us to support children and their families. We would also like to thank Childhood Trust who honoured their pledge given during the Big Give Campaign in 2021.

The Childhood Trust
Alleviating the impact of child poverty

Other Fundraising

In March we hosted our Fundraising Dinner, where we raised a net amount of £2,499 thanks to our generous guests and supporters. Also, we would like to say a huge thank you to Hannah Wolak and Tati Spens for raising over £700 by running the London Big Half Marathon in September 2022.



Grants and Trusts

We have also received several generous donations from trusts and grant providers. We would like to thank the Souter Charitable Trust and The Childhood Trust for supporting us.

Grants received:

Souter Charitable Trust - £2,975
Anonymous - £20,000

Souter
CHARITABLE TRUST

26 Structure, Governance and Management

Growing Hope King's Cross is a registered charity in England and Wales, and is run in accordance with its charity constitution. Growing Hope King's Cross works in partnership with KXC and Growing Hope National.

As a CIO, if Growing Hope King's Cross is wound up, the members of the CIO have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities. The trustees also hold Trustee Indemnity insurance of £100,000 for Executive Risks. Insurance is provided via Growing Hope National (policy number CC009585).

Employees

Abi Page and Naomi Graham have continued to provide therapy for Growing Hope King's Cross over the last year, and in February 2022 Reb du Preez joined the team and has been providing occupational therapy. Naomi continues to provide occupational therapy for the clinic once a week.

Abi, as the Clinic Manager, attends Growing Hope King's Cross Trustee meetings but is not party to any decisions regarding her salary or employment.

Freelancers and Volunteers

During 2022, Growing Hope King's Cross have been able to offer art therapy with freelancer Alley Akoh, until she started maternity leave in February. Georgie Harris continued to provide music therapy at our clinic until July, and Jess Bond provides online children's counselling as a freelancer. Also, Joanna Stewart provided music therapy as a student volunteer until she completed her placement in April. We are very grateful to Joni Roberts who has been supporting our therapy team by providing freelance administration over the last year. All staff and volunteers have undergone safer recruitment checks and work within the Growing Hope King's Cross therapy team. We would like to thank all of our freelancers and volunteers for their hard work and dedication to Growing Hope. Your support is greatly appreciated.

Governance and Partnerships

Growing Hope King's Cross is a CIO that runs in partnership with Growing Hope National. It is Growing Hope's first clinic and launched at the same time as Growing Hope. Growing Hope King's Cross receives governance, policy, insurance, clinical supervision and training from the National charity. It provides financial reports to the National charity and, with parental consent, shares stories from the clinic. Growing Hope King's Cross also partners closely with its local partnership church, KXC, where the Clinic Manager Abi Page is part of the staff team. KXC provides pastoral care for Abi.

Trustees

Growing Hope King's Cross trustees are members of the CIO and appointed by a resolution at trustee meetings. They are responsible for governance of Growing Hope King's Cross, ensuring it is meeting its charitable purposes. Our current trustees are on the right.





David Straiton (Chair)



Lauren Sibuns



Jonathan Carter



Dan Kheng



Rhianna Gerry

28 The Year Ahead

We loved seeing the charity continue to grow and reach children and families in 2022. We are looking forward to continuing to grow our services and see the positive impact of our work on the lives of children, young people and their families.

A key aim of the trustees is to maintain our fundraising income through grant applications, events and campaigns. As we achieve more funding we hope to continue to expand our therapy provision for families, recruiting a new music therapist and potentially more speech and language therapy support. This will enable us to meet the growing need of families on our waiting lists.

For the next year we have set ourselves these goals:

- **SERVICES** to continue to expand our services as finances allow.
- **LOCALITY** to reach more families in Camden as well as Islington
- **FUNDRAISING** to run a fundraising event in the spring and to increase regular giving and grant income to further financial sustainability.
- **CONNECTIONS** to continue to build relationships with other local services and schools
- **CHURCH** to see more families that come through the clinic find a home in church community.

Annual Report References:

1. Gov.UK. 2022. Special educational needs in England. [Online]. [16 June 2022]. Available from: https://explore-education-statistics.service.gov.uk/find-statistics/special-educational-needs-in-england

2. Disabled Children's Partnership, 2022. *Left Behind – Six Months On*. [Online] Available at: https://disabledchildrenspartnership.org.uk/wp-content/uploads/2022/03/Left-Behind-6-months-on-DCP-Report-2022.pdf [Accessed 11 Jan 2023]

3. Disabled Children's Partnership, 2022. *Left Behind – Six Months On*. [Online] Available at: https://disabledchildrenspartnership.org.uk/wp-content/uploads/2022/03/Left-Behind-6-months-on-DCP-Report-2022.pdf [Accessed 11 Jan 2023

4. Ruble, L., McGrew, J.H., Toland, M.D. (2012) Goal Attainment Scaling as an Outcome Measure in Randomized Controlled Trials of Psychosocial Interventions in Autism. Journal of Autism and Developmental Disorders 42(9): 1974-1983.

5. Cox, R., Amsters, D. (2002) Goal Attainment Scaling: An Effective Outcome Measure for Rural And Remote Health Services. Australian Journal of Rural Health. 10(5): 256-261.

6. ONS., 2021. Average household income, UK: financial year 2021. [Online]. [28 March 2022]. Available from: https://www.ons.gov.uk/peoplepopulationandcommunity/personalandhouseholdfinances/incomeandwealth/bulletins/householddisposableincomeandinequality/financialyearending2021

Growing Hope King's Cross
Reference and administrative details
For the year 1 January 2022 – 31 December 2022

Trustees:

David Straiton (Chair) appointed 13 December 2017
Jonathan Carter appointed 13 December 2017
Philippa Bailey appointed 13 December 2017, resigned 15 March 2022
Lauren Sibuns appointed 15 April 2018
Daniel Kheng appointed 15 August 2019
Rhianna Gerry appointed 18 July 2022

Key Management Personnel:

Abigail Page, Clinic Manager

Registered Principal office:

King's House, 242 Pentonville Road, London N1 9JY

Charitable Incorporated Organisation (CIO) number:

1176251

Bankers:

NatWest 135 Bishopsgate London EC2M 3UR

Independent Examiner:

Heather Rayner FCA

Growing Hope King's Cross Independent Examiner's Report to the Trustees

For the year 1 January 2022 to 31 December 2022

I report to the charity trustees on my examination of the accounts of the charity for the period 1 January 2022 to 31 December 2022 which are set out on pages 33-38.

Responsibilities and Basis of Report

As the charity's trustees 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

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

1. accounting records were not kept in respect of the charity as required by Section 130 of the Act; or

2. the accounts do not accord with those records; or

3. the accounts did 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.

Signed

Heather G Rayner

Heather Rayner FCA
31 Freston Gardens,
Barnet
Herts,
EN4 9LX

16 February 2023

Growing Hope King's Cross

Statement of Financial Activity
For the year ended 31 December 2022

	Note	Unrestricted Funds	Restricted Funds	TOTAL FUNDS 2022	TOTAL FUNDS 2021
		£	£	£	£
INCOME FROM:					
Voluntary Income		66,820	0	**66,820**	**46,208**
Grant Income		20,000	2,975	**22,975**	**13,975**
Activities for Generating funds		8,142	0	**8,142**	**1,139**
Other sourced income		15,637	0	**15,637**	**38,471**
TOTAL INCOME	**2**	**110,599**	**2,975**	**113,574**	**99,793**
EXPENDITURE ON:					
Raising Funds		5,139	0	**5,139**	**312**
Charitable Activities		98,965	2,051	**101,016**	**100,432**
TOTAL EXPENDITURE	**3**	**104,104**	**2,051**	**106,155**	**100,744**
NET INCOME/(EXPENDITURE) BEFORE TRANSFER OF FUNDS		**6,495**	**924**	**7,419**	**(951)**
Transfer between funds		(76)	76	**0**	**0**
NET MOVEMENT IN FUNDS		**6,419**	**1,000**	**7,419**	**(951)**
Balances brought forward at 1 January 2022		56,472	1,975	58,447	**59,398**
BALANCES CARRIED FORWARD AT 31 DECEMBER		**62,892**	**2,975**	**65,866**	**58,447**

Growing Hope King's Cross

Balance Sheet

	Note	2022 £	2021 £
FIXED ASSETS			
Clinic and IT equipment	**4**	397	0
		397	**0**
CURRENT ASSETS			
Bank Account		65,705	53,126
Debtors	**5**	0	6,725
		65,705	**59,852**
LIABILITIES			
Creditors	**6**	(237)	(1,405)
Creditors due within one year		**(237)**	**(1,405)**
NET CURRENT ASSETS		65,468	58,447
NET ASSETS		65,866	58,447
RESERVES			
Surplus to 31st Dec 2022		7,419	(951)
Brought forward balance		58,447	59,398
		65,866	**58,447**
FUNDS			
Unrestricted		62,892	56,472
Restricted		2,975	1,975
	9	**65,866**	**58,447**

The financial statements were approved by the Board of Trustees on: 16 February 2023

Approved by Board of Trustees and signed on its behalf by:

David Straiton
Chair of Trustees

Dan Kheng
Treasurer

Growing Hope King's Cross
Notes to the Financial Statements
For the year 1 January 2022 to 31 December 2022

1. Accounting Policies

Incorporation

Growing Hope King's Cross was registered in England and Wales with the Charity Commission as a CIO Foundation on 13 December 2017. These financial statements are for the period 1 January 2022 to 31 December 2022.

Basis of Preparation

The financial statements have been prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). The Charity is a public benefit entity for the purposes of FRS 102 and therefore the charity also prepared its financial statements in accordance with the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102 Charities SORP) and the Charities Act 2011.

The financial statements are prepared in sterling, which is the functional currency of the company. Monetary amounts in these financial statements are rounded to the nearest pound.

The financial statements are prepared under the historical cost convention. The principal accounting policies adopted in the preparation of the financial statements are set out below.

Going Concern Basis

The trustees have assessed whether the use of going concern basis is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charity to continue as a going concern. The trustees have made this assessment for a period of at least one year from the date of approval of these financial statements. In particular, the trustees have considered the charity's forecasts and projections and have taken account of pressure on income. After making enquiries, the trustees have concluded that there is a reasonable expectation that the charity has adequate resources to continue in operations existence for the foreseeable future. The charity therefore continues to adopt the going concern basis in preparing financial statements.

Income
Income is recognised in the period which it was receivable. Also included is the estimated value of gifts in kind and goods or services donated to the charity where the amounts are material, readily quantifiable and measurable. Such estimates are based on the market price the charity would otherwise have paid.

Expenditure
Direct charitable expenditure comprises all expenditure relating to the activities carried out to achieve the objectives.
Expenditure is allocated directly to the expenditure headings as far as practically possible to reflect the activities of the charity. Support costs have been allocated to the activities based on employee time spent on that activity.

Expenditure is included in the Statement of Financial Activities on an accruals basis, inclusive of any VAT which cannot be recovered. Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party; it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably.

Fund Accounting
Restricted funds are subject to restrictions imposed by the donor. These are accounted for separately from unrestricted funds. The movements on restricted funds in the period 1 January 2022 to 31 December 2022 are shown in note 11 to the accounts

Unrestricted funds are those which are not subject to restrictions, and any surpluses may be applied in furtherance of any of the charity's objectives.

Cash and Cash Equivalents
Cash and cash equivalents include cash at banks and in hand and short-term deposits with a maturity date of three months or less.

Debtors and Creditors
Debtors and creditors receivable or payable within one year of the reporting date are carried at their at transaction price. Debtors and creditors that are receivable or payable in more than one year and not subject to a market rate of interest are measured at the present value of the expected future receipts or payment discounted at a market rate of interest.

Tangible Fixed Assets and Depreciation
Tangible fixed assets costing less than £500 are not capitalised and are written-off in the year of purchase. Depreciation is provided to write off the cost of the fixed assets over their estimated useful lives. A full year's depreciation is charged in the year of purchase. Depreciation is charged at the following annual rates:

Computer and Office Equipment:	4 Years straight line
Clinic Equipment:	4 Years straight line

Pension
The charity operates a defined contribution stakeholder pension scheme. The assets of the scheme are held separately from the charity.

Critical Accounting Estimates and Areas of Judgement
The annual depreciation charge for property, plant and equipment is sensitive to change in useful economic life and residual values of assets. These are reassessed annually.

In the view of the trustees in applying the accounting policies adopted, no other judgements were required that have a significant effect on the amounts recognised in the financial statements nor do any estimates or assumptions made carry a significant risk of material adjustment in the next financial year.

Growing Hope King's Cross
Notes to the Financial Statements

2. Income

	Unrestricted Funds	Restricted Funds	Total Funds 2022	Unrestricted Funds	Restricted Funds	Total Funds 2021
	£	£	£	£	£	£
Voluntary Income	**66,820**	**0**	**66,820**	**46,208**	**0**	**46,208**
Regular Giving	24,950	0	24,950	26,627	0	26,627
One Off Giving	22,912	0	22,912	634	0	634
Gift Aid	5,647	0	5,647	7,513	0	7,513
Donations from other Organisations	13,311	0	13,311	11,434	0	11,434
Grant	**20,000**	**2,975**	**22,975**	**2,000**	**11,975**	**13,975**
Grants	20,000	2,975	22,975	2,000	11,975	13,975
Fundraising Income	**8,142**	**0**	**8,142**	**1,139**	**0**	**1,139**
Growing Hope Ball	7,353	0	7,353	0	0	**0**
Marathon	789	0	789	1,139	0	1,139
Services and Sales	**15,637**	**0**	**15,637**	**38,471**	**0**	**38,471**
Campaigns	15,637	0	15,637	38,246	0	38,246
Training/Consultancy	0	0	0	225	0	225
Total Income	**110,599**	**2,975**	**113,574**	**87,818**	**11,975**	**99,793**

3. EXPENDITURE

	Unrestricted Funds	Restricted Funds	Total Funds 2022	Unrestricted Funds	Restricted Funds	Total Funds 2021
	£	£	£	£	£	£
Office and Administration Costs	**3,038**	**0**	**3,038**	**10,547**	**0**	**10,547**
Communications	0	0	0	170	0	170
Advertising	32	0	32	0	0	0
Printing, Postage and Stationery	0	0	0	106	0	106
General Office Costs	299	0	299	394	0	394
Phone Costs	240	0	240	311	0	311
Rent	2,334	0	2,334	8,213	0	8,213
Depreciation Charge	133	0	133	212	0	212
Legal and Prof Fees (Finance and HR)	0	0	0	1,141	0	1,141
Clinic Expenses	**1,355**	**0**	**1,355**	**1,556**	**0**	**1,556**
Direct costs	0	0	0	184	0	184
Clinic Equipment/Assessment Tools	1,145	0	1,145	970	0	970
DBS	47	0	47	150	0	150
External Projects	163	0	163	65	0	65
Volunteer Hospitality	0	0	0	187	0	187
Fundraising Costs	**5,139**	**0**	**5,139**	**312**	**0**	**312**
Ball Expenses	4,814	0	4,814	0	0	0
Other Costs of Raising Funds	325	0	325	312	0	312
Contribution to Other Charities	**6,000**	**0**	**6,000**	**6,000**	**0**	**6,000**
Donation to Growing Hope National (Note 7)	6,000	0	6,000	6,000	0	6,000
Salaries and HR	**88,572**	**2,051**	**90,623**	**72,330**	**10,000**	**82,330**
Wages and Salaries	77,448	0	77,448	61,324	5,000	66,324
National Insurance costs (Employer costs)	(4,202)	0	(4,202)	(7)	0	(7)
Pension Costs (Employer costs)	3,973	0	3,973	3,335	0	3,335
Freelance Consultants	9,724	0	9,724	6,933	5,000	11,933
Finance & HR	1,140	0	1,140	0	0	0
Staff Training	489	2,051	2,540	745	0	745
Total Expenditure	**104,104**	**2,051**	**106,155**	**90,745**	**10,000**	**100,744**

Growing Hope King's Cross

Notes to the Financial Statements

4. FIXED ASSETS

		Clinic and IT Equipment £
Actual/Revalued cost	**At 1 January 2022**	845
	Additions	530
	At 31 December 2022	1,375
Depreciation	**At 1 January 2022**	845
	Charge for the year	133
	At 31 December 2022	978
Net Book Value	**At 1 January 2022**	0
	Additions	397
	At 31 December 2022	397

5. Debtors

	2022 £	2021 £
Other debtors and accrued income	0	6,725
Total	**0**	**6,725**

6. Creditors (amounts falling due less than one year)

	2022 £	2021 £
Other Creditors	237	1,405
Total Current Liabilities	**237**	**1,405**

7. Donations to Other Charities

Recipient	2022 £	2021 £
Growing Hope	6,000	6,000

8. Related Parties

Growing Hope King's Cross received a total of £10,610 unrestricted donations from its trustees in 2022 (2021=£11,944)

9. Analysis of Asset by Fund

	Unrestricted Funds £	Restricted Funds £	TOTAL FUNDS £
Cash & Deposit Balances	62,730	2,975	65,705
Fixed Assets	397	0	397
Total Assets	63,127	2,975	66,102
Current Liabilities	(237)	0	(237)
	62,891	2,975	65,866

10. Staff

No employee was paid at the rate of more than £60,000

	2022	2021
Average Employees during the period	3	3
Employees with contracts of service	3	3

11. Restricted Funds

Funder	Balance as at 1 Jan 2022 £	Income £	Expenditure £	Transfer £	Balance as at 31 Dec 2022 £
Young Camden Foundation	1,975	0	2,051	(76)	0
Souter Charitable Trust	0	2,975	0	0	2,975

Growing Hope King's Cross

Notes to the Financial Statements

12. Fees payable to Independent Examiner

The independent examiner did not charge for their services

13 Trustee Expenses

None of the trustees of the charity received any remuneration during the current period. In 2021, employment costs of Dr. Naomi Graham including employer national insurance and employer pension contribution, was £29,627. Dr Naomi Graham was a trustee until 20 September 2021.

No travel and subsistence expenses were incurred by trustees in the course of carrying out their duties, and so no reimbursements were made in the year.

Growing HOPE
King's Cross

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growinghope.org.uk

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GROWING HOPE KING'S CROSS

England & Wales - Charity number 1176251

Accounts

2021

Growing Hope King's Cross
ANNUAL REPORT

Report & Financial Statements
1 January - 31 December 2021



Growing HOPE King's Cross

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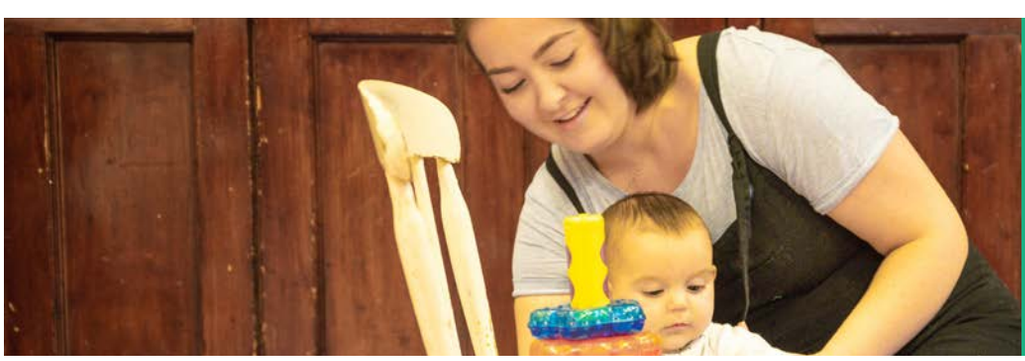
Jayden's Story

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Hope for Families

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Maisy's Story

Page 21



Financial Report

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4 CEO's Letter

"I am proud of all our staff and volunteers and the time, energy and effort they have put into supporting families."

We have experienced significant expansion within Growing Hope in 2021. This year we have set up our third Growing Hope charity in High Wycombe which will open its doors for families to receive speech and language therapy in early 2022. Despite the challenges of coronavirus we have been able to continue to provide support for children, young people and families in our clinics.

This year has been particularly significant thanks to a generous grant from Allchurches Trust which has enabled us to grow our national team to five individuals. This has helped us to continue to support families of children with additional needs on a national level. The team have delivered our Growing Hope Conversations podcast, our 'When Dreams Change' course for parents and carers, and our Siblings Group for brothers and sisters of children with additional needs.

I am proud of all our staff and volunteers and the time, energy and effort they have put into supporting families. Collectively, we have worked with 372 children, young people, parents, carers and siblings in 2021. It is a joy to be able to see and hear so many positive stories of change which you will read within this report.

I'm so grateful to God for his provision for us as a charity and for the families that we work with. I'm excited by the opportunities for growth next year, particularly as we pursue our vision to set up twenty clinics across the country by 2030, and continue conversations with potential partners in the north and east of the UK. I look forward to seeing all that 2022 holds as we continue to grow hope for children, hope for families and hope in Jesus.

Yours sincerely,



Dr Naomi Graham
Founder & CEO of Growing Hope



Growing Hope's Values



Hope

We believe Jesus brings hope to children, young people and families, even in the most difficult situations, and that underpins everything we do.



Community

We are accepting of all and want everyone to know they are seen, heard and belong.



Courage

We are brave, choosing honesty over comfort, and tackling problems because we want to change lives.



Innovation

We are innovative, flexible and creative in our approach, always aiming for excellence.



Generosity

We look out for others and share our time, encouragement, finances and skills.

6 Chairman's Letter

Despite the sustained challenges of a global pandemic, Growing Hope King's Cross has flourished over the course of the last year. We have celebrated many stories of those positively impacted by the work of the charity. By helping to support children and families with additional needs, Growing Hope King's Cross continues to grow hope for children, hope for families, and hope in Jesus.

> **"I encourage everyone to pray for the local children and families who require support in the coming year."**

In 2021, the brilliant team of therapists has provided a wide range of services including Occupational Therapy, Speech and Language Therapy, Physiotherapy, Art Therapy, Music Therapy, and Children's Counselling.

It is a great pleasure to have welcomed Abi Page in her new role as Lead Therapist and Clinic Manager, taking over from Naomi Graham. As founder and CEO, Naomi will be devoting more time to the work of Growing Hope's broader vision of establishing further clinics nationwide. I would like to thank Naomi for her dedication, enthusiasm, and leadership in establishing the Growing Hope King's Cross clinic. We are blessed that Naomi will continue to be a member of the team, by providing Occupational Therapy on a weekly basis.

On behalf of Growing Hope King's Cross, I would like to thank all those who have given to the charity in 2021. Thank you to the team of therapists, trustees, and volunteers for their time, effort, and expertise. Thank you to our supporters who have generously donated to our Hosting for Hope fundraising campaign and for those that sponsored our London Marathon runners!

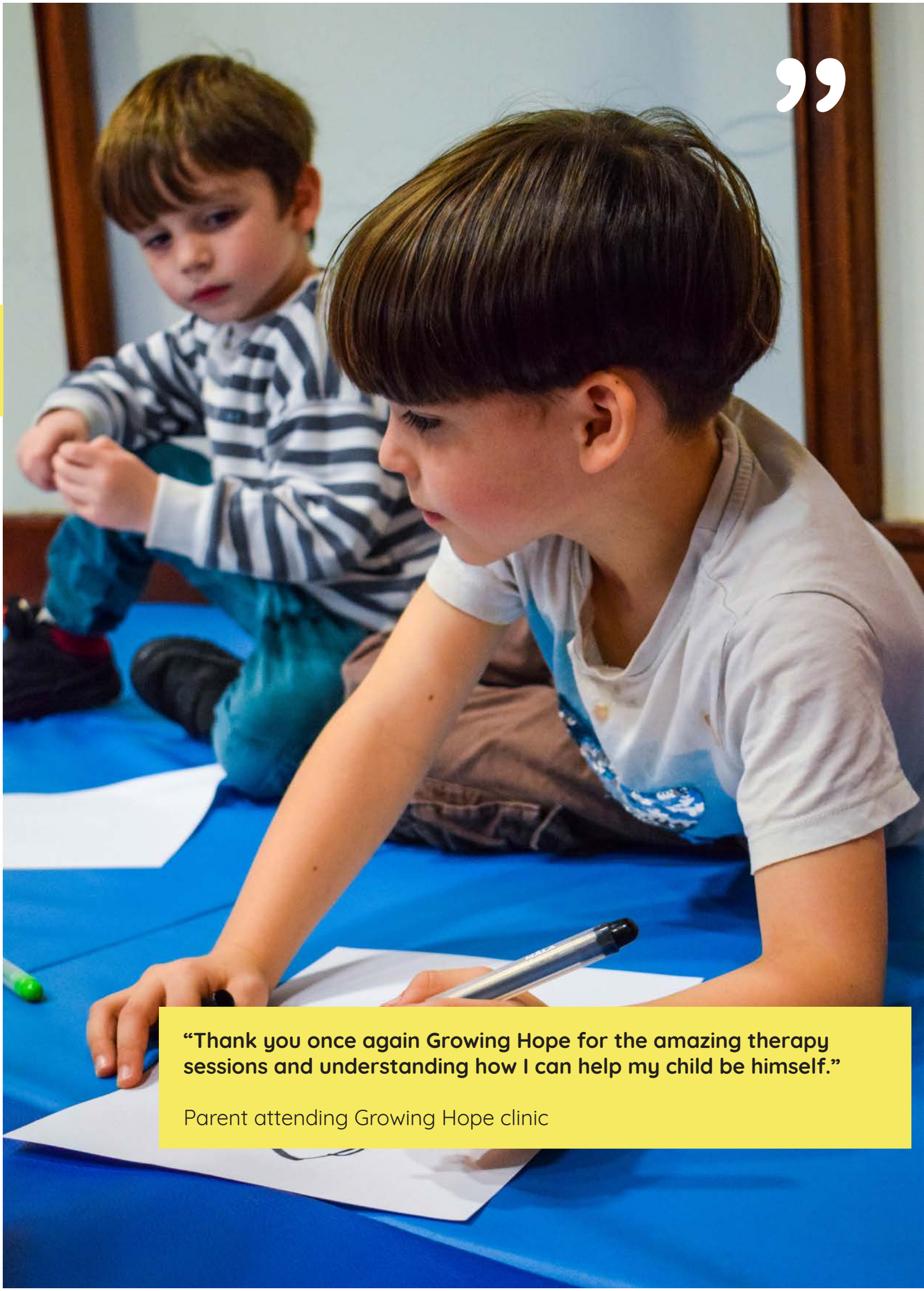
Thank you to all those who have been praying for Growing Hope King's Cross. I encourage everyone to join the team, as we continue to pray for the local children and families who require support in the coming year.

Yours sincerely,



Dr David Straiton
Chair of Trustees





“Thank you once again Growing Hope for the amazing therapy sessions and understanding how I can help my child be himself.”

Parent attending Growing Hope clinic

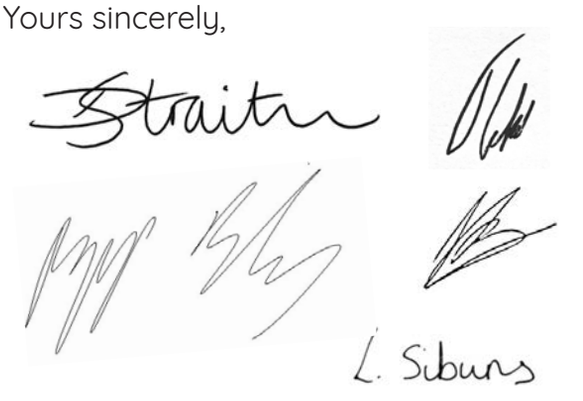
8 Trustees Report

The Board of Trustees presents its report and financial statements for the year 1 January 2021 - 31 December 2021 together with the Independent Examiner's Report. Growing Hope King's Cross was registered with the charity commission as a CIO on 13 December 2017, charity number 1176251; 2021 was the fourth financial period of the charity. Our current trustees are David Straiton, Philippa Bailey, Jonathan Carter, Lauren Sibuns and Daniel Kheng.

Growing Hope King's Cross continues to provide free therapy services for children and young people with additional needs and their families living in Camden and Islington. Our aim is to provide a holistic service which supports parents, carers and siblings - as well as the children and young people themselves. Details of our charitable objectives (page 12) and impact and outcomes (page 14 onwards) are found in greater depth within this report.

We are confident that Growing Hope King's Cross has carried out its charitable objectives in 2021 and acted in the interests of the public benefit. We have referred to the Charity Commission's guidance on reporting on public benefit when preparing this annual report. Growing Hope King's Cross provides intervention and support to children and families in need, regardless of income. These services are provided by staff and freelancers (registered healthcare professionals), with the help of volunteers where necessary, in accordance with charity policy and standards of good practice. On 20th of September 2021 Naomi Graham stepped down as a trustee to focus more time on her role as CEO of the national Growing Hope charity. We would like to thank Naomi for her hard work and support of Growing Hope King's Cross. We also have many volunteers without whom we would not have been able to run Growing Hope King's Cross in 2021, and we are extremely grateful for their support. In particular we would like to thank Emma Bird, our finance volunteer; Natalie de Laune, our volunteer minute taker; and Rhianna Gerry and Rosie Steel, our fundraising volunteers.

Yours sincerely,



David Straiton, Philippa Bailey, Jonathan Carter, Lauren Sibuns & Daniel Kheng.

This year we have:

- Supported 266 children, parents, carers and siblings through therapy and courses.
- Increased our regular giving by 10%.
- Raised £99,793 to grow hope in the lives of families in Camden and Islington.



“It has helped me realise that being with my daughter is a good thing and we can spend time together without having to ‘do something’. It’s helped me understand how to respond to more emotions than just happy and sad.”

Parent attending Circle of Security course

Lead Therapist & Clinic Manager's Message

2021 has been a year of transitions and changes here at Growing Hope King's Cross. There have been many challenges and yet also much joy!

"Throughout the year our therapists have continued to work tirelessly and creatively to adapt and change provision."

In a season where hope has been needed more than ever, it has been a privilege to have the opportunity to offer hope for children, hope for families and hope in Jesus.

We started the year in a national lockdown, during which all our therapy sessions, meetings, groups and courses were running online. We even celebrated our 3rd anniversary since opening the clinic, on Zoom!

Throughout the year our therapists have continued to work tirelessly and creatively to adapt and change provision in response to the restrictions in place, to enable us to continue to offer support to children, young people and families in Camden and Islington.

In April 2021, we transitioned back to clinic-based sessions and running courses and groups in person, although we continue to offer some online sessions to those that are unable to attend in person (e.g. when isolating).

We are so grateful for the support that we have received this year from our dedicated team of trustees, volunteers, therapists, and support staff. This help is greatly appreciated and has enabled Growing Hope King's Cross to continue to thrive.

Despite the challenges faced this year, our services at Growing Hope King's Cross have continued to grow and develop. In March, Alley joined the team as a freelance art therapist, and in September, I took over from Naomi as the Lead Therapist and Clinic Manager. Naomi continues to work as an occupational therapist at the King's Cross clinic, alongside her time working as Founder and CEO at Growing Hope Umbrella.

We look forward to moving our clinic into King's House in the new year and continuing to grow hope for children, hope for families and hope in Jesus in 2022.

Yours sincerely,



Abi Page
Lead Therapist & Clinic Manager


Abi Page
Lead Therapist

12 Objectives

In accordance with its charity constitution, Growing Hope King's Cross has sought to achieve the following aims and objectives in the year dated 1 January 2021 to 31 December 2021.

The advancement of health and wellbeing for the public benefit by the provision of a therapy clinic run in accordance with Christian principles for children and young people (0-18) with additional needs and their families living in the King's Cross area. In particular, but not exclusively, by:

- Registered healthcare professionals providing assessment, advice and intervention, and other services as the trustees see fit.
- Provision of sibling, parent and carer support groups and courses, and other services as the trustees see fit.
- The advancement of the Christian faith through the opportunity to engage in conversation about faith and spiritual wellbeing and to receive prayer, and other such invitations as the trustees see fit.

Hope for Children:
We have provided free occupational therapy, physiotherapy, speech and language therapy, children's counselling, art therapy and music therapy in the Action for Children centre in King's Cross. We support children and families to work on goals which are meaningful to them.

Hope for Families:
We have provided two 'When Dreams Change' groups for parents processing the experience of having a child with additional needs, two 'Circle of Security' groups (in partnership with Choices Islington) supporting parents in enabling their children to develop secure attachments, and two siblings' groups to support siblings of children with additional needs.

Hope in Jesus:
We have supported families of children with additional needs to access church services and feel a part of King's Cross Church (KXC) community. We continue to provide the opportunity for families to participate in prayer at the end of their clinic session.

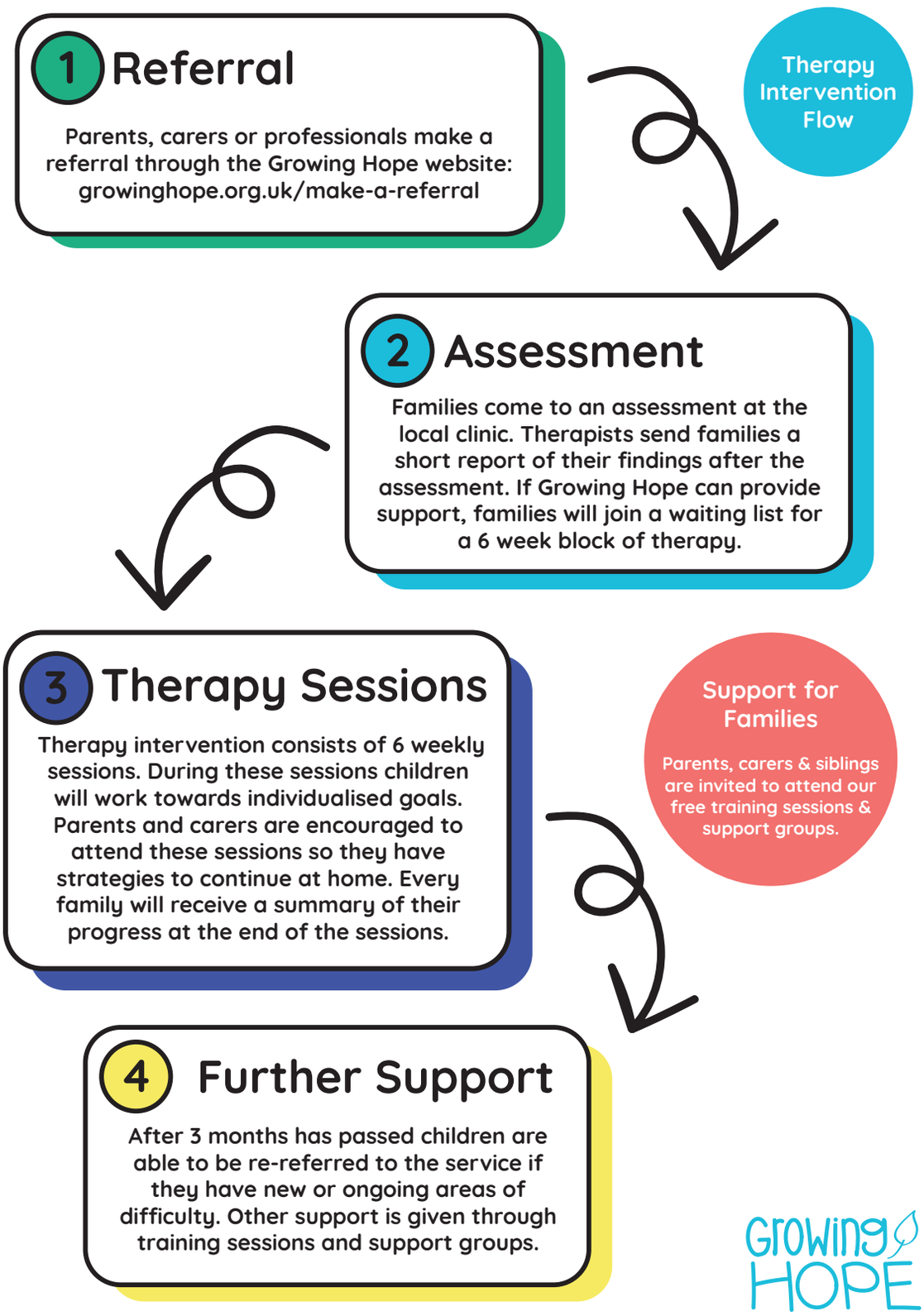
We've provided direct therapy for 107 children.

83% of therapy goals set with children acheived.

159 parents supported through therapy sessions & courses.

Referrals Process

Parents, carers and professionals can make referrals for the therapy we offer. Children are then assessed at our local clinic in King's Cross before being offered a block of therapy if we can provide support.



14 Hope for Children

In 2021 we worked with 107 children on a one-to-one or group basis. Some of our sessions and assessments were completed virtually with families when lockdown measures or isolation meant that it was not possible to see families in person.

This year we have provided assessment and intervention for children and young people, working on individualised goals with them and their families. Various therapy services have been provided in the year by our therapists:

- **Abi Page** (speech and language therapist), who took over as our Lead Therapist and Clinic Manager in September 2021.
- **Naomi Graham** (occupational therapist), who stepped down as Lead Therapist and Clinic Manager in September 2021 but still provides occupational therapy two days a week.
- **Judith Hart** (physiotherapist), who has continued to provide physiotherapy two days a week, and started maternity leave in December 2021.
- **Georgie Harris** (music therapist), has continued providing music therapy as a freelancer.
- **Alley Akoh** (art therapist), who started in March 2021, has been providing art therapy as a freelancer.
- **Jess Bond** (children's counsellor), has continued providing occasional counselling as a freelancer.
- **Joanna Stewart** (music therapy student), has joined us on a voluntary basis and is providing music therapy.





Outcome Measures

At Growing Hope we are committed to providing a high quality of clinical services and therefore we place a high importance on our outcome measurement. We use a combination of non-standardised feedback forms and a standardised measure, the Goal Attainment Scale (GAS).[1] GAS is an outcome measure that is commonly used in research to show the effectiveness of therapy services.[2] GAS enabled us to set three goals for each child and young person in a conversation between themselves, their parents and the therapist. These goals follow 'SMART' goal standards: Specific, Measurable, Achievable, Realistic and Timely. Each goal is designed to be achievable within the block of sessions a child is undertaking.

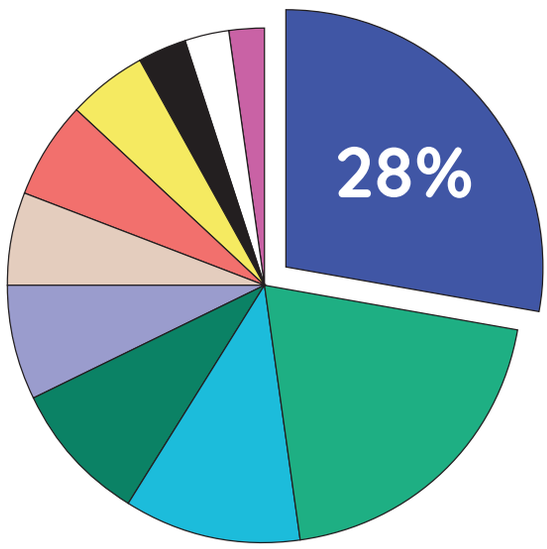
Outcomes

Every child was seen to make improvements over the course of their therapy sessions. Of 220 goals set within the clinic and across our groups with children and young people, 83% of therapy goals were met. Where goals weren't met the primary reasons were parents facing challenges that prevented them from carrying out activities with the child at home, or that the family were unable to attend clinic on several occasions. This was particularly noticeable during the coronavirus outbreak where some parents found it challenging to continue therapy activities with their children at home. A core value of Growing Hope is equipping parents to incorporate their child's goals into their everyday life; this often leads to high success in therapy.

83% of 220 goals were acheived

48% of 360 sessions were virtual

Types of goals children worked on in clinic



- **Attention & Listening** - 57 goals / 28%
- **Social Skills** - 41 goals / 20%
- **Co-ordination, Walking & Strength** - 23 goals / 11%
- **Emotional Regulation** - 18 goals / 9%
- **Eating** - 14 goals / 7%
- **Dressing** - 13 goals / 6%
- **Speech & Communication** - 12 goals / 6%
- **Mark Making & Writing** - 11 goals / 5%
- **Understanding Language** - 7 goals / 3%
- **Self-confidence & Identity** - 6 goals / 3%
- **Toileting** - 4 goals / 2%

Jayden's Story & Art Therapy

Art Therapy has provided a safe place for children to explore and express their feelings within a containing therapeutic relationship. The children shared their excitement in having art materials to work with and developed their own therapy goals, working with their parents to achieve these in the sessions. Jayden* asked to work with his Dad and wanted to use the art and play. They took time to explore the art materials and created joint artworks. This supported their communication, ability to play together and sense of security in the relationship. Using sensory materials and ball games also helped Jayden to regulate his feelings in his body and share his feelings through art every week. Alley was able to see how these sessions supported Jayden in being self-reflective and able to communicate his emotional needs with his family, increasing his self-confidence.

Alley has worked with eight children this year to support their emotional and mental wellbeing using Art Therapy and play.

*pseudonym



"The sessions are well run and provide a calm, safe environment for my son to explore his feelings. Definitely therapeutic for both child and parent." Jayden's Dad

Hope for Families

We believe that the families of children with additional needs require support and care too so we provide a range of support groups & courses.

> **"I really enjoyed the safe space without judgement and connecting with other mums."** When Dreams Change Attendee

When Dreams Change

When Dreams Change enables parents to have the opportunity to reflect on their experience of their hopes and dreams having to change because of their child's additional needs. We ran the course twice this year, once in-person and once online for 10 parents. The course was developed by Heather Graham (counsellor) and Naomi Graham (occupational therapist) in 2019. Both instances of running When Dreams Change were met with positive feedback, with parents reporting how valuable they found it to process their feelings.

The Goal Attainment Scale [1&2] is used to measure outcomes of the When Dreams Change course. Across all the courses run this year, 93% of the goals were met. The course aimed to enable parents to achieve the following:

- Reflect on their own experience and map out and share with the group the core emotions they are experiencing at the moment.
- Reflect on their own support network and share with the group one way in which they can draw upon this.
- Reflect on their own dreams and share with the group one small step they may take towards these.

"The course had a positive impact on my mental attitude and what I think about myself as a parent".

"This course changed my life"

"This course made me realise I have to help myself more to help my son"



Siblings Group

This year we ran two Siblings Groups in local schools with 6 children. The group consists of seven 40 minute sessions which take place on a weekly basis. We

aim to enable children to explore and share some of their experiences and feelings of being a sibling of a child with additional needs. The group uses puppet, art and movement activities to help children think through scenarios and relay their own experiences. Through speaking about, writing or drawing their experiences, siblings have the opportunity to process their emotions and connect with others who have had similar experiences. The siblings group was reviewed using the Goal Attainment Scale [4&5] as an outcome measure. The goals of the group were:

- To be able to share a story of a positive experience with their sibling with an emotion attached by the end of the 7 week group.
- To be able to share a story of a challenging experience with their sibling with an emotion attached by the end of the 7 week group.
- To be able to recall within the group a strategy for letting go of feelings e.g. writing down, telling someone, deep breaths, hand massage, by the end of the 7 week group.

The Siblings Group course was updated by the national charity at the end of this year. The following Growing Hope King's Cross staff and volunteers were trained as Facilitators in October 2021: Abi Page (Lead Therapist), Judith Hart (Physiotherapist), Joanna Stewart (Music Therapy student), Rachael Higson (Kids Pastor at St Saviours), and Rachel Hammond (KXC volunteer) . The first of the new group will be run in 2022.



Circle of Security

We ran this parenting course twice over the year in partnership with Choices Islington - once in-person and once online. 11 parents and carers attended the courses we ran. Circle of Security is an evidence-based parenting course based on attachment research, involving course videos and facilitated therapeutic discussion. We were able to run this course with Naomi Graham (lead therapist and clinic manager, Growing Hope King's Cross), Sophie Guthrie-Kummar (CEO, Choices Islington) and Sarah Webb (Parenting Support Manager, Choices Islington) as trained facilitators. Joanna Stewart also supported the facilitation of the latest course on zoom as part of her Music Therapy placement.

We used the Goal Attainment Scale [4&5] to measure the outcomes of this course. We found that across the groups 100% of the following goals were met. Where some parents could not attend all of the sessions the facilitators arranged an opportunity to catch up before the start of the next session so they did not miss out. The goals of the group were:

- By the end of the 6 week course, for the parent to be able to name a moment out loud in the group where they have chosen to 'be with' their child in their emotions.
- By the end of the 6 week course, for the parent to be able to verbalise within the group which part of the circle they struggle with the most.
- By the end of the 6 week course, for a parent to be able to name a moment out loud in the group in which they experienced 'shark music' with their children.
- By the end of the 6 week course, for a parent to verbalise a moment where they have chosen to be 'Bigger, Stronger, Wiser and Kind'.

"I now see that being with my child in their emotions means they feel better and can manage their emotions more than if I try and move them out of it."

Baby Massage

In 2021 we ran two Baby Massage courses for parents with newborns. One took place online and one in-person with 5 weekly sessions. 16 parents and babies attended the sessions. Judith Hart, Growing Hope King's Cross' Physiotherapist and accredited IAIM instructor, ran the sessions. Baby massage is when a parent or primary carer lovingly strokes or holds their baby. Using a high quality non-fragranced vegetable oil, soothing holds and rhythmic strokes are given on each area of the baby's body. There are many benefits to baby massage including helping babies feel more securely attached and relaxed. It also increases their body awareness and coordination. For parents it enables them to have a deeper understanding of their child's behaviour and body language. It can also increase their confidence in their ability to care for their baby.

Feedback from parents & carers:

"It has equipped me with more skills to connect with my baby. It provided a safe space for me and my baby to be out of the house navigating how we are in a public space."

"Jude was fantastic and made the group really relaxed and like a group of friends"

"The sessions were well paced, informative and so friendly. I was nervous before the first session and was made to feel so welcome."

Other Training

We recognise both parents and teaching staff need training on how to support children with additional needs in order to positively impact the whole family. In May 2021 Naomi ran a 1 hour in-person Fine Motor Skills and Handwriting Training in Ambler Primary School. 20-30 staff members attended this training. This year we also ran two in-person sessions for 8 parents and carers over the summer covering topics such as supporting communication at home and sensory processing. Abi also recorded a webinar entitled 'Understanding Speech & Language Therapy' for the charity PACT which works with adoptive and fostering parents.

20 Hope in Jesus

At Growing Hope King's Cross we believe that Jesus brings hope into everyone's lives, that God has created every individual fearfully and wonderfully and that they are of value to him. Our Christian values have underpinned the work we have done both in the clinic and in schools over the past year.

We welcome all individuals to the clinic, whatever their faith or background. During this year 21% of the families we have supported have no faith, 17% are from a Muslim background, 15% are from another faith and 39% are practising Christians. This broadly reflects London's demographics. Each week within therapy sessions, we offer to pray for people if this is something they would like to do. Some families have declined the offer of prayer, but many have accepted it. Across the year we have had conversations with families who have asked questions about faith and the hope that Jesus can bring. We've also been able to pray for families along the therapy journey, and this appears to have helped families to stay hopeful and confident. It has been a privilege to be able to extend the hope that Jesus can bring to the families who have come to the clinic. On several occasions we have been able to pray with both children and parents facing challenging times, to walk alongside them and speak hope into their challenges.



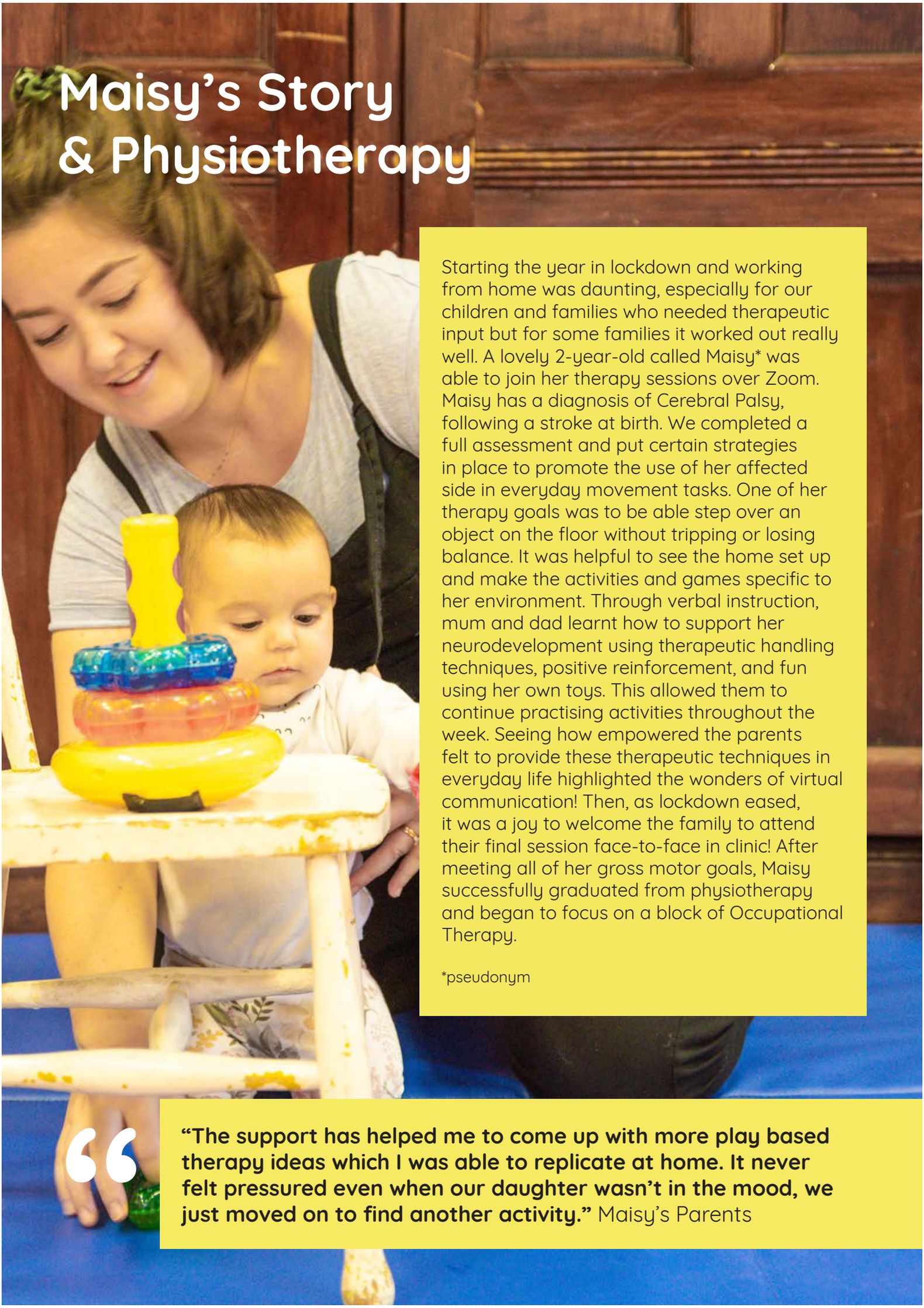
"For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future."

Jeremiah 29 v 11

"Your organisation is a shining light of kindness in an otherwise sometimes desolate landscape."

Growing Hope Parent

Maisy's Story & Physiotherapy



Starting the year in lockdown and working from home was daunting, especially for our children and families who needed therapeutic input but for some families it worked out really well. A lovely 2-year-old called Maisy* was able to join her therapy sessions over Zoom. Maisy has a diagnosis of Cerebral Palsy, following a stroke at birth. We completed a full assessment and put certain strategies in place to promote the use of her affected side in everyday movement tasks. One of her therapy goals was to be able step over an object on the floor without tripping or losing balance. It was helpful to see the home set up and make the activities and games specific to her environment. Through verbal instruction, mum and dad learnt how to support her neurodevelopment using therapeutic handling techniques, positive reinforcement, and fun using her own toys. This allowed them to continue practising activities throughout the week. Seeing how empowered the parents felt to provide these therapeutic techniques in everyday life highlighted the wonders of virtual communication! Then, as lockdown eased, it was a joy to welcome the family to attend their final session face-to-face in clinic! After meeting all of her gross motor goals, Maisy successfully graduated from physiotherapy and began to focus on a block of Occupational Therapy.

*pseudonym

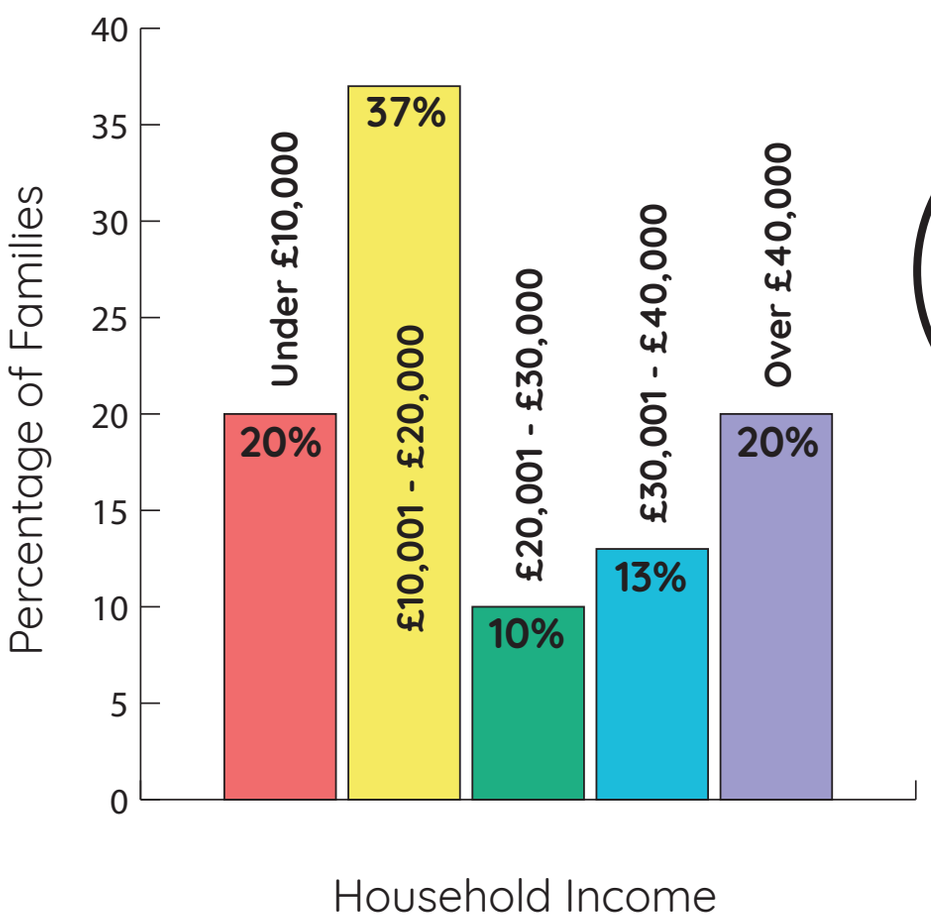
"The support has helped me to come up with more play based therapy ideas which I was able to replicate at home. It never felt pressured even when our daughter wasn't in the mood, we just moved on to find another activity." Maisy's Parents

22 Who We Support

We support children, young people and families from a range of backgrounds and circumstances.

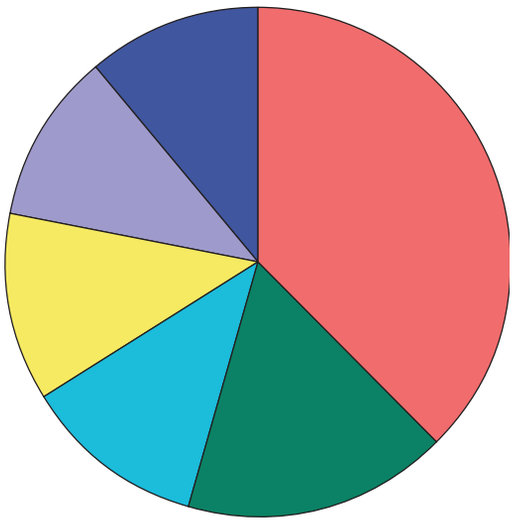
67% of families receiving our services had an income under the UK's median of £30,000 with 57% of families having a household income of below £20,000. Also, 46% of families were receiving two or more types of multiple benefits and income support. At Growing Hope King's Cross, we endeavour to offer a service that is open to all individuals irrespective of their background, and reach those who are experiencing the most pressing challenges. We feel these demographics demonstrate that over the last year we have been helping to assist those in critical need of support. At Growing Hope, we are accepting of all and want everyone to know they are seen, heard and belong.

Household Income for Families Attending Growing Hope King's Cross



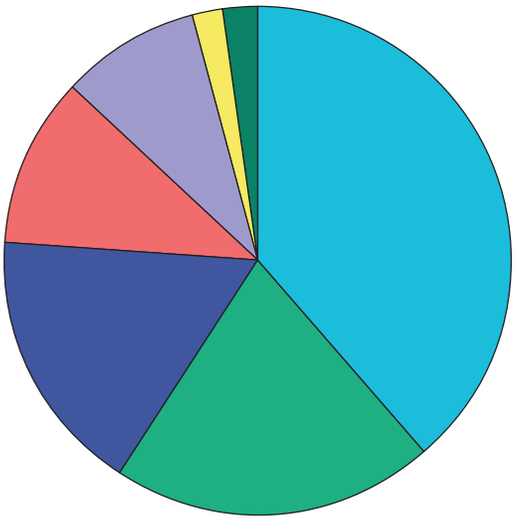
67%
of families have a household income that is below the UK median of £29,900[3]

Ethnicity of Families Attending Growing Hope King's Cross



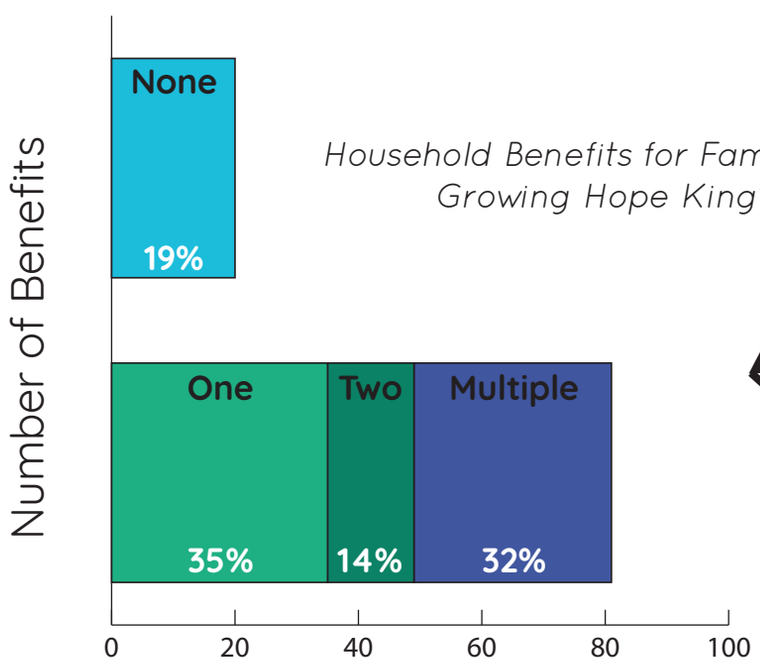
- White/White British - 38%
- White Other - 17%
- Mixed - 12%
- Other - 12%
- Asian/Asian British - 11%
- Black/Black British - 11%

Religion of Families Attending Growing Hope King's Cross



- Christian - 39%
- No Religion - 21%
- Muslim - 17%
- Other - 11%
- Christian (non-practising) - 9%
- Jewish - 2%
- Sikh- 2%

Household Benefits for Families Attending Growing Hope King's Cross



81% of families are receiving at least one type of income support or benefit.

24 Volunteers

The trustees would like to say a big thank you to each and every individual who has supported Growing Hope King's Cross in the past year.

Including trustees, we have 17 regular volunteers who give up their time on a monthly or periodic basis. We also have 23 volunteers who have supported us at one-off events or by providing childcare in order for us to run our groups for families. The trustees also want to recognise the role of our partnership church, King's Cross Church, in facilitating this support and volunteering. Without the church community, Growing Hope King's Cross would be unable to continue to support children, young people and families.

Regular Volunteers

We are so grateful to all our regular volunteers who equip us with the capacity to support more families. We particularly want to thank Emma Bird, who runs our gift aid processing on a voluntary basis, Rhianna Gerry, who volunteers regularly to complete grant applications, and Natalie de Laune, who volunteers as minute taker for our trustee meetings.

Sunday Volunteers

Part of Growing Hope's vision is to see children and young people with additional needs and their families be supported to access church if they'd like to. This year we have seen six Growing Hope families attend church and even more attend one-off church events. There are also families who were already part of the KXC family who have accessed Growing Hope's services. A team of 9 Growing Hope volunteers have been a part of the kids ministry to support these Growing Hope families. The KXC kids team (around 30 volunteers) have received briefing and training as to how to support children with additional needs within a church setting and accessibility is core to the kids ministry provided. Each session includes visual schedules, fidget toys, opportunities for movement, a multisensory story and prayer activities so children, whatever their needs, can engage and participate.

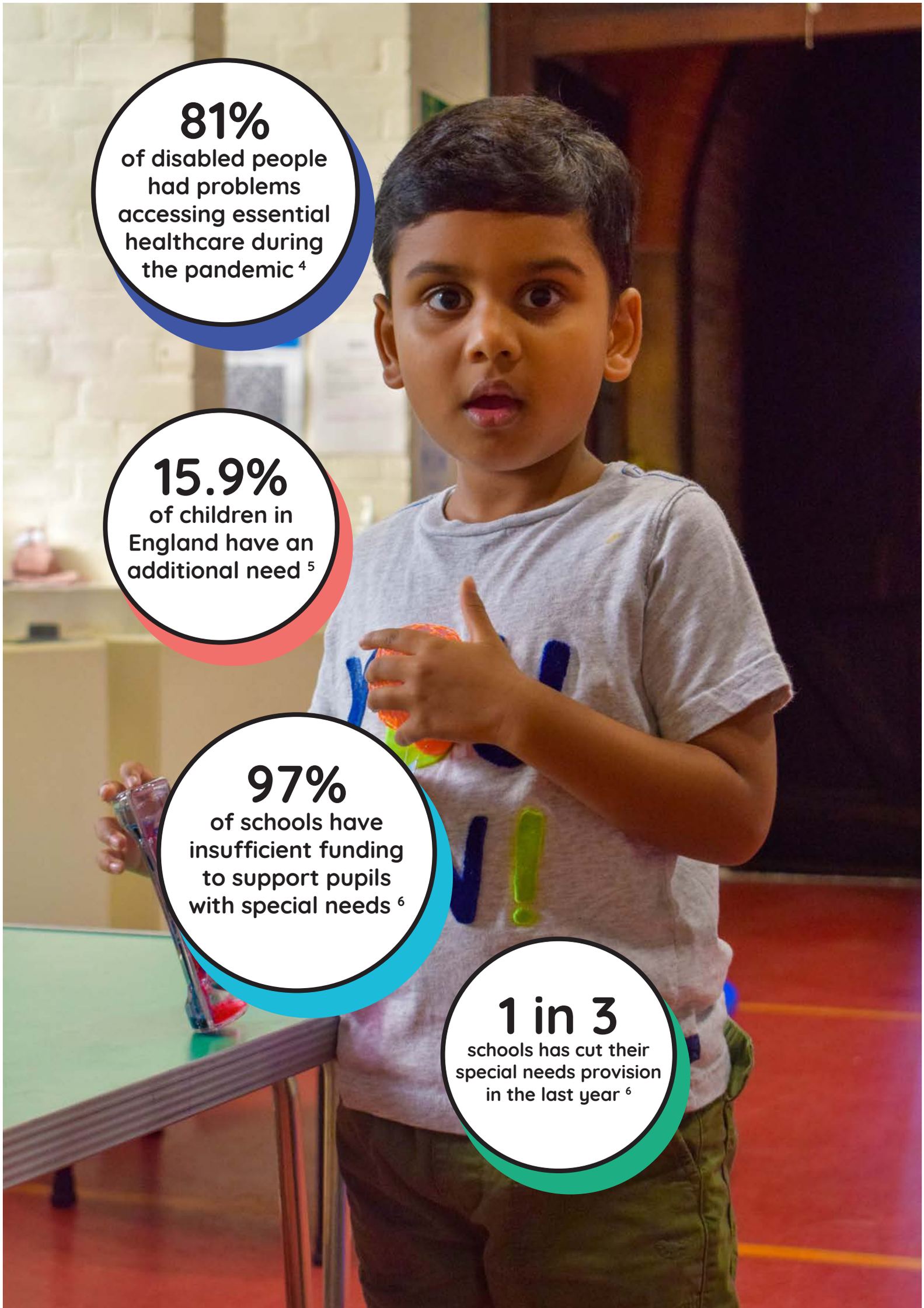
The trustees want to thank KXC and in particular Sunday volunteers for their adaptability in supporting families in changing circumstances across the year, especially as the services have been both online and in-person in a variety of locations, whilst King's House is being renovated. Growing Hope would also like to thank the team of volunteers that supported Growing Hope families at the KXC Big Weekender in September. It was the first time the whole church community has come together to camp and it was great to be able to support Growing Hope families at the event.

Event Volunteers

Our one-off volunteers for our events have been so valuable in enabling these initiatives to be as successful as they have been. We are extremely grateful to everyone who offers up their time to serve at these events.

Due Diligence

All regular volunteers provide two references, and any volunteer who works with children provides two references and completes a DBS check. Regular volunteers have a volunteer agreement which is not legally binding, but helps Growing Hope King's Cross and the volunteer to agree their role.


81%
of disabled people had problems accessing essential healthcare during the pandemic [4]
15.9%
of children in England have an additional need [5]
97%
of schools have insufficient funding to support pupils with special needs [6]
1 in 3
schools has cut their special needs provision in the last year [6]

26 Financial Review

The trustees present an overview of the charity's finances for the period: 1 January 2021 - 31 December 2021. Growing Hope King's Cross currently runs with both restricted and unrestricted funding. Funds left in reserve at the end of the financial period: £58,447.

We received an income of £99,793:

- £13,975 from grants
- £1,139 from fundraising
- £26,627 from regular giving
- £634 from one-off giving
- £7,513 from gift aid
- £38,471 from campaigns & training
- £11,434 donations from other organisations

We had an expenditure of £100,745:

- £82,330 on salaries & HR
- £312 on fundraising
- £10,547 on clinic rent, office & admin costs
- £1,556 on clinic expenses
- £6,000 Giving to Growing Hope (umbrella charity)

This is in line with expectations for the end of our financial year, and is enough funding to continue to run sustainably. Our successful Big Give campaign, Hosting for Hope campaign and London Marathon fundraising enables us to remain sustainable with the current employees in place. The trustees are confident that the charity is a going concern and will continue for the year ahead.

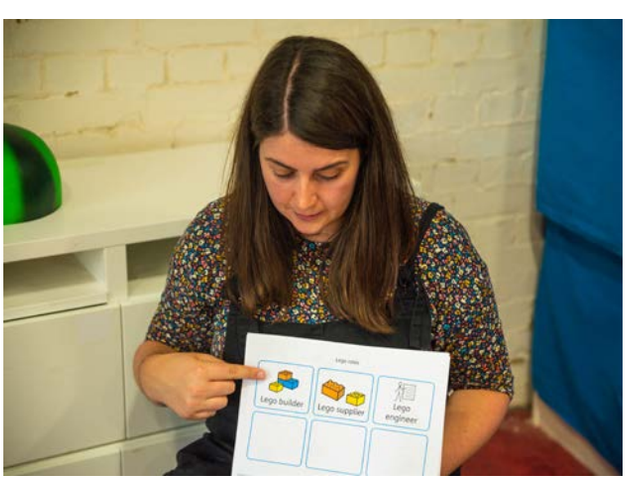
Management of Financial Risk

We aim to hold at least three months of our outgoings in reserve. We raise our income through regular giving, fundraising events and grants. We aim to increase regular giving in order to have further sustainable finances to enable us to provide our therapy services.

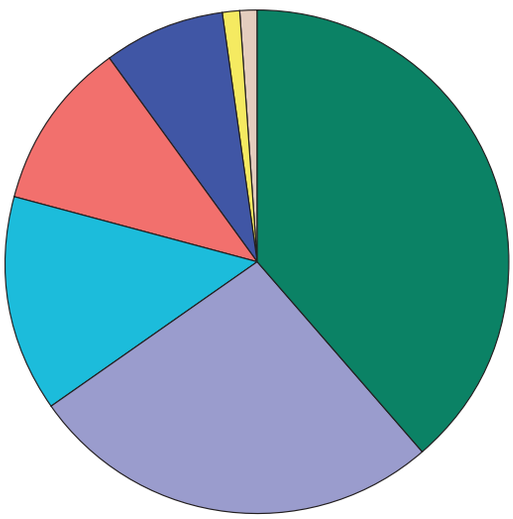
The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS 102. The full financial statements are found at the end of this report.

Impact of Coronavirus

We have not been able to organise in-person events this year, in particular on a large scale because of the government restrictions during the coronavirus pandemic. We have mitigated the shortfall of fundraising income through the generosity of our donors and grant foundations. We hope to resume in-person fundraising events in 2022.



Types of income received by Growing Hope King's Cross



- **Campaigns & Training - 38%**
- **Regular Giving- 27%**
- **Grants - 14%**
- **Donations from other organisations - 11%**
- **Gift Aid - 8%**
- **Fundraising - 1%**
- **One-off Gifts - 1%**



28 Risk Management

The trustees take risk management seriously and have identified the following risks and put in place processes to mitigate them.

Financial Risk:

- Hold three months' finances in reserves.
- Organise monthly fundraising meetings and plans.
- Regular finance updates for local clinics prepared by our Finance Officer.
- Follow policies and procedures outlined by Growing Hope umbrella charity.

IT Security & Protection:

- Follow data protection policy provided by Growing Hope umbrella charity.
- Files accessed on a needs basis within Google Drive.
- Encrypted clinic software (Canopy) for all clinical notes.
- All computers password protected.
- All reports and appointment letters sent to families are password protected.

Safeguarding:

- All trustees have an up-to-date DBS.
- Any volunteers and or staff and freelancers are recruited via safer recruitment and have undergone referencing and DBS checks.
- All volunteers and staff are aware of safeguarding policy and procedures.

Health & Safety:

- Follow health and safety policy outlined by Growing Hope umbrella charity.
- Public liability insurance is in place.
- Day-to-day risk assessments are carried out by all staff and volunteers within their roles.

Compromising Christian Identity & Values:

- Hope in Jesus continues to be core to the charity's messaging.
- Everyone is welcome regardless of their background.
- Each family who attends the clinic has the opportunity to choose to participate in prayer.

Supporter Engagement & Fundraising

This year generous individuals and organisations gave a total of £99,793 to grow hope in the lives of people in Camden and Islington.

A fundraising committee consisting of David Straiton, Pippa Bailey, Lauren Sibuns, Rhianna Gerry, Abi Page and Emily Allbaugh meet monthly. They focus on applying for grant funding, thanking regular givers and continuing to create opportunities for individuals to give regularly. We are hoping to extend this group in 2022 to include more individuals. Due to the ongoing pandemic and resulting Lockdowns, we were unable to hold any large scale in-person fundraising events in 2021. We are looking forward to our next fundraising Ball in March 2022.

Hosting for Hope

We were still able to successfully run a Hosting for Hope campaign when lockdowns were lifted in the Summer of 2021. During a Hosting For Hope meal, hosts invite friends and provide the food. Instead of bringing drinks or dessert, guests are invited to donate towards the work of Growing Hope (suggested minimum donation of £10). We raised £2,000 during this campaign. We plan to keep this campaign running for people to take part in throughout the year.

Big Give

We were also still able to raise significant funds through our Big Give campaign. We received several generous donations from individuals who have committed to pray and support Growing Hope King's Cross - you know who you are and we are so grateful for your gifts which enable us to support children and their families.

Other Fundraising

Also, we would like to say a huge thank you to Joe Naylor for raising over £1,000 by running the London Marathon in October 2021.

Grants & Trusts

We have also received several generous donations from trusts and grant providers. We would like to thank the Morris Charitable Trust, Baily Thomas Charitable Fund and Young Camden Foundation for supporting us by funding our work this year. With their support we have been able to provide even more free therapy for children with additional needs in Camden and Islington.

Grants received:

Baily Thomas Charitable Fund - £10,000
Young Camden Foundation – 'Build up fund' - £1,975
Morris Charitable Trust - £2,000

Morris Charitable Trust

The Baily Thomas Charitable Fund

30 Structure, Governance and Management

Growing Hope King's Cross is a registered charity in England and Wales, and is run in accordance with its charity constitution. Growing Hope King's Cross works in partnership with KXC and Growing Hope (umbrella charity).

As a CIO, if Growing Hope King's Cross is wound up, the members of the CIO have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities. The trustees also hold Trustee Indemnity insurance of £100,000 for Executive Risks. Insurance is provided via Growing Hope umbrella charity (CaSE combined policy 013633/03/121).

Employees

Naomi Graham, Abi Page and Judith Hart have all continued to provide therapy for Growing Hope King's Cross over the last year. In September 2021 Abi was appointed as the new full-time Lead Therapist and Clinic Manager after Naomi Graham stepped down in September 2021 to spend more time as CEO of Growing Hope Umbrella. Naomi continues to provide occupational therapy for the clinic two days a week. Throughout the year, Judith provided two days a week as our physiotherapist.

While Naomi was a member of the Growing Hope King's Cross Trustee board she was not party to any decisions regarding her salary or employment. Abi, as the newly appointed Lead Therapist and Clinic Manager, also attends Growing Hope King's Cross Trustee meetings but is also not party to any decisions regarding her salary or employment.

Freelancers & Volunteers

During 2021, Growing Hope King's Cross expanded the therapy team to include an additional freelancer - Alley Akoh. Alley has been providing art therapy for our clinic since March 2021. Georgie Harris has continued to provide music therapy at our clinic and Jess Bond has provided occasional children's counselling as a freelancer. Also, Joanna Stewart has been providing Music Therapy as a student volunteer. We are very grateful to Joni Roberts who has been supporting our therapy team by providing freelance administration over the last year. All staff and volunteers have undergone safer recruitment checks and work within the Growing Hope King's Cross therapy team. We would like to thank all of our freelancers and volunteers for their hard work and dedication to Growing Hope. Your support is greatly appreciated.

Governance & Partnerships

Growing Hope King's Cross is a CIO that runs in partnership with Growing Hope (umbrella charity). It is Growing Hope's first clinic and launched at the same time as Growing Hope. Growing Hope King's Cross receives governance, policy, insurance, clinical supervision and training from the umbrella. It provides financial reports to the umbrella charity and, with

parental consent, shares stories from the clinic. Growing Hope King's Cross also partners closely with its local partnership church, KXC, where the Lead Therapist and Clinic Manager Abi Page is part of the staff team. KXC provides pastoral care for Abi.

Trustees

Growing Hope King's Cross trustees are members of the CIO and appointed by a resolution at trustee meetings. They are responsible for governance of Growing Hope King's Cross, ensuring it is meeting its charitable purposes. Our current trustees are on the right.





David Straiton (Chair)



Lauren Sibuns



Jon Carter



Pippa Bailey



Dan Kheng

32 The Year Ahead

We loved seeing the charity continue to grow and reach children and families in 2021 despite the ongoing coronavirus pandemic. We are looking forward to continuing to grow our services and see the positive impact of our work on the lives of children, young people and their families.

A key aim of the trustees is to maintain our fundraising income through grant applications, events and campaigns. As the year has come to an end we have said a temporary goodbye to Judith Hart our physiotherapist who is going on Maternity leave. We will endeavour to continue to provide other therapy services on a freelance basis and will be employing a new Occupational Therapist so that we can meet the needs of local families and decrease the length of our waiting list.

For the next year we have set ourselves these goals:

- **SERVICES** to employ a new occupational therapist in the spring. To continue to expand our services as finances allow.
- **LOCALITY** to reach more families in Camden as well as Islington
- **FUNDRAISING** to run a fundraising ball in the spring and to increase regular giving and grant income to further financial sustainability.
- **CONNECTIONS** to continue to build relationships with other local services and schools
- **CHURCH** to see more families that come through the clinic find a home in church community.

Annual Report References:

1. Ruble, L., McGrew, J.H., Toland, M.D. (2012) Goal Attainment Scaling as an Outcome Measure in Randomized Controlled Trials of Psychosocial Interventions in Autism. Journal of Autism and Developmental Disorders 42(9): 1974-1983.

2. Cox, R., Amsters, D. (2002) Goal Attainment Scaling: An Effective Outcome Measure for Rural And Remote Health Services. Australian Journal of Rural Health. 10(5): 256-261.

3. ONS., 2020. Average household income, UK: financial year 2020. [Online]. [21 January 2022]. Available from: https://www.ons.gov.uk/peoplepopulationandcommunity/personalandhouseholdfinances/incomeandwealth/bulletins/householddisposableincomeandinequality/financialyear2020

4. Inclusion London, 2021. Locked Down and Abandoned: Disabled People's Experiences of Covid-19. [online] London. Available at: https://www.inclusionlondon.org.uk/wp-content/uploads/2021/02/FINAL-Locked-Down-and-Abandoned-report-PDF.pdf [Accessed 24 February 2021]

5. Gov.UK. 2021. Special educational needs in England. [Online]. [29 July 2021]. Available from: https://explore-education-statistics.service.gov.uk/find-statistics/special-educational-needs-in-england#dataDownloads-1

6. The National Association of Head Teachers, 2021. A FAILURE TO INVEST: The state of school funding in 2021. [online] Available at: <https://www.naht.org.uk/Portals/0/PDF's/Funding/NAHT%20Funding%20report%20(A%20Failure%20to%20Invest)_WEB.pdf?ver=2021-09-07-173735-743> [Accessed 9 September 2021].

Growing Hope King's Cross
Reference and administrative details
For the year 1 January 2021 – 31 December 2021

Trustees:

David Straiton (Chair) appointed 13 December 2017
Naomi Graham appointed 13 December 2017, resigned 20 September 2021
Jonathan Carter appointed 13 December 2017
Philippa Bailey appointed 13 December 2017
Lauren Sibuns appointed 15 April 2018
Daniel Kheng appointed 15 August 2019

Key Management Personnel:

Dr Naomi Graham, Lead Therapist and Clinic Manager to 31 August 2021

Abigail Page, Lead Therapist and Clinic Manager from 1 September 2021

Registered Principal office:

KXC Offices 237 Pentonville Road London N1 9NG

Charitable Incorporated Organisation (CIO) number:

1176251

Bankers:

NatWest 135 Bishopsgate London EC2M 3UR

Independent examiner:

Heather Rayner FCA

Growing Hope Independent Examiner's Report to the Trustees

For the year period 1 January 2021 to 31 December 2021

I report to the charity trustees on my examination of the accounts of the charity for the period ˙1 January 2021 to 31 December 2021 which are set out on pages 33-41.

Responsibilities and basis of report

As the charity's trustees 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

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

1. accounting records were not kept in respect of the charity as required by Section 130 of the Act; or

2. the accounts do not accord with those records; or

3. the accounts did 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.

Signed

Heather Rayner

Heather Rayner (Feb 20, 2022 22:58 GMT)

Heather Rayner FCA

31 Freston Gardens,
Barnet,
Herts,
EN4 9LX

Growing Hope King's Cross

Statement of Financial Activity
For the year ended 31 December 2021

	Note	Unrestricted Funds 2021	Restricted Funds	TOTAL FUNDS	Unrestricted Funds 2020	Restricted Funds	TOTAL FUNDS
		£	£	£	£	£	£
INCOME FROM:							
Voluntary Income		46,208	-	**46,208**	40,638	**-**	**40,638**
Grant Income		2,000	11,975	**13,975**	36,850	-	**36,850**
Activities for Generating funds		1,139	-	**1,139**	10,211	-	**10,211**
Other sourced income		38,471	-	**38,471**	14,860	-	**14,860**
TOTAL INCOME	**2**	**87,818**	**11,975**	**99,793**	**102,559**	**0**	**102,559**
EXPENDITURE ON:							
Raising Funds		312	-	**312**	7,523	-	**7,523**
Charitable Activities		90,433	10,000	**100,432**	78,777	-	**78,777**
TOTAL EXPENDITURE	**3**	**90,745**	**10,000**	**100,744**	**86,300**	**0**	**86,300**
NET INCOME/(EXPENDITURE) BEFORE TRANSFER OF FUNDS		**(2,927)**	**1,975**	**(951)**	**16,259**	**0**	**16,259**
Gross transfer in funds out		-	-	-	-	-	-
Gross transfer in funds in		-	-	-	-	-	-
NET MOVEMENT IN FUNDS		**(2,927)**	**1,975**	**(951)**	**16,259**	**0**	**16,259**
Balances brought forward at 1 January 2021		59,398	-	59,398	43,139	-	43,139
BALANCES CARRIED FORWARD AT 31 DECEMBER 2021		**56,471**	**1,975**	**58,447**	**59,398**	**0**	**59,398**

Growing Hope King's Cross

Balance Sheet

	Note	2021 £	2020 £
FIXED ASSETS			
Clinic and IT equipment	4	0	212
		0	**212**
CURRENT ASSETS			
Bank Account		53,126	54,166
Debtors	5	6,725	8,338
		59,852	**62,504**
LIABILITIES			
Creditors		(1,405)	(1,673)
Payroll		0	(1,646)
Creditors due within one year	6	**(1,405)**	**(3,319)**
NET CURRENT ASSETS		58,447	59,398
NET ASSETS		58,447	59,398
RESERVES			
Deficit to 31st Dec 2021		(951)	16,259
Brought forward balance		59,398	43,139
		58,447	**59,398**
FUNDS			
Unrestricted		56,472	59,398
Restricted		1,975	0
		58,447	**59,398**

The financial statements were approved by the board of Trustees on: 17 February 2022

Approved by Board of Trustees and signed on its behalf by:

David Straiton
Chair of Trustees

Dan Kheng
Treasurer

Growing Hope King's Cross
Notes to the Financial Statements
For the year period 1 January 2021 to 31 December 2021

Accounting Policies

Incorporation

Growing Hope King's Cross was registered in England and Wales with the Charity Commission as a CIO Foundation on 13 December 2017. These financial statements are for the period 1 January 2021 to 31 December 2021.

Basis of preparation

The financial statements have been prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). The Charity is a public benefit entity for the purposes of FRS 102 and therefore the charity also prepared its financial statements in accordance with the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102 Charities SORP) and the Charities Act 2011.

The financial statements are prepared in sterling, which is the functional currency of the company. Monetary amounts in these financial statements are rounded to the nearest pound.

The financial statements are prepared under the historical cost convention.

The principal accounting policies adopted in the preparation of the financial statements are set out below.

Going concern basis

The trustees have assessed whether the use of going concern basis is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charity to continue as a going concern. The trustees have made this assessment for a period of at least one year from the date of approval of these financial statements. In particular, the trustees have considered the charity's forecasts and projections and have taken account of pressure on income. After making enquiries, the trustees have concluded that there is a reasonable expectation that the charity has adequate resources to continue in operations existence for the foreseeable future. The charity therefore continues to adopt the going concern basis in preparing financial statements.

Income
Income is recognised in the period which it was receivable. Also included is the estimated value of gifts in kind and goods or services donated to the charity where the amounts are material, readily quantifiable and measurable. Such estimates are based on the market price the charity would otherwise have paid.

Expenditure
Direct charitable expenditure comprises all expenditure relating to the activities carried out to achieve the objectives.

Expenditure is allocated directly to the expenditure headings as far as practically possible to reflect the activities of the charity. Support costs have been allocated to the activities based on employee time spent on that activity.

Expenditure is included in the Statement of Financial Activities on an accruals basis, inclusive of any VAT which cannot be recovered. Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party; it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably.

Fund accounting
Restricted funds are subject to restrictions imposed by the donor. These are accounted for separately from unrestricted funds. The movements on restricted funds in the period 1 January 2021 to 31 December 2021 are shown in note 11 to the accounts

Unrestricted funds are those which are not subject to restrictions, and any surpluses may be applied in furtherance of any of the charity's objectives.

Cash and cash equivalents
Cash and cash equivalents include cash at banks and in hand and short-term deposits with a maturity date of three months or less.

Debtors and creditors
Debtors and creditors receivable or payable within one year of the reporting date are carried at their at transaction price. Debtors and creditors that are receivable or payable in more than one year and not subject to a market rate of interest are measured at the present value of the expected future receipts or payment discounted at a market rate of interest.

Tangible fixed assets and depreciation
Tangible fixed assets costing less than £500 are not capitalised and are written off in the year of purchase. Depreciation is provided so as to write off the cost of the fixed assets over their estimated useful lives. A full year's depreciation is charged in the year of purchase. Depreciation is charged at the following annual rates:

Computer and Office Equipment: 4 Years straight line

Clinic Equipment: 4 Years straight line

Pension
The charity operates a defined contribution stakeholder pension scheme. The assets of the scheme are held separately from the charity.

Critical accounting estimates and areas of judgement
The annual depreciation charge for property, plant and equipment is sensitive to change in useful economic life and residual values of assets. These are reassessed annually.

In the view of the trustees in applying the accounting policies adopted, no other judgements were required that have a significant effect on the amounts recognised in the financial statements nor do any estimates or assumptions made carry a significant risk of material adjustment in the next financial year.

Growing Hope King's Cross
Notes to the Financial Statements

For the year ended 31 December 2021

2. Income

	Unrestricted Funds	Restricted Funds	Total Funds	Unrestricted Funds	Restricted Funds	Total Funds
	2021			2020		
	£	£	£	£	£	£
Voluntary Income	**46,208**	**-**	**46,208**	**40,638**	**-**	**40,638**
Regular Giving	26,627	-	26,627	24,079	-	24,079
One Off Giving	634	-	634	3,896	-	3,896
Gift Aid	7,513	-	7,513	6,834	-	6,834
Donations from other Organisations	11,434	-	11,434	5,828	-	5,828
Grant	**2,000**	**11,975**	**13,975**	**36,850**	**-**	**36,850**
Grants	2,000	11,975	13,975	36,850	-	36,850
Fundraising Income	**1,139**	**-**	**1,139**	**10,211**	**-**	**10,211**
Growing Hope Ball	-	-	-	10,211	-	10,211
Marathon	1,139	-	1,139	-	-	-
Services and Sales	**38,471**	**-**	**38,471**	14,860	**-**	**14,860**
Campaigns	38,246	-	38,246	14,860	**-**	**14,860**
Training/Consultancy	225	-	225	-	-	-
TOTAL INCOME	**87,818**	**11,975**	**99,793**	**102,559**	**-**	**102,559**

3. EXPENDITURE

	Unrestricted Funds	Restricted Funds	Total Funds	Unrestricted Funds	Restricted Funds	Total Funds
	2021			2020		
	£	£	£	£	£	£
Office and Administration Costs	**10,547**	**-**	**10,547**	**10,282**	**-**	**10,282**
Communications	170	-	170	423	-	423
Printing, Postage and Stationery	106	-	106	68	-	68
General Office Costs	394	-	394	145	-	145
Phone Costs	311	-	311	531	-	531
Computer Equipment	-	-	-	720	-	720
Rent	8,213	-	8,213	6,245	-	6,245
Depreciation Charge	212	-	212	211	-	211
Travel	-	-	-	91	-	91
Legal and Prof Fees (Finance and HR)	1,141	-	1,141	1,849	-	1,849
Clinic Expenses	**1,556**	**-**	**1,556**	**2,199**	**-**	**2,199**
Direct costs	184	-	184	1,805	-	1,805
Clinic Equipment/Assessment Tools	970	-	970	62	-	62
DBS	150	-	150	127	-	127
External Projects	65	-	65	150	-	150
Volunteer Hospitality	187	-	187	55	-	55
Fundraising Costs	**312**	**-**	**312**	**7,523**	**-**	**7,523**
Ball Expenses	-	-	-	7,452	-	7,452
Christmas Fair Expenses	-	-	-	-	-	-
Other Costs of Raising Funds	312	-	312	71	-	71
Contribution to Other Charities	**6,000**	**-**	**6,000**	**6,000**	**-**	**6,000**
Donation to Growing Hope Umbrella (Note 7)	6,000	-	6,000	6,000	-	6,000
Salaries and HR	**72,330**	**10,000**	**82,330**	**60,296**	**-**	**60,296**
Wages and Salaries	61,324	5,000	66,324	50,929	-	50,929
National Insurance costs	(7)	-	(7)	939	-	939
Pension Costs	3,335	-	3,335	2,535	-	2,535
Freelance Consultants	6,933	5,000	11,933	5,645	-	5,645
Staff Training	745	-	745	247	-	247
Total Expenditure	**90,745**	**10,000**	**100,744**	**86,300**	**0**	**86,300**

Growing Hope King's Cross
Notes to the Financial Statements

4. FIXED ASSETS

		Clinic and IT Equipment £
Actual/Revalued cost	**At 1 January 2021**	845
	At 31 December 2021	845
Depreciation	**At 1 January 2021**	633
	Charge for the year	212
	At 31 December 2021	845
Net Book Value	**At 1 January 2021**	212
	At 31 December 2021	0

5. Debtors

	2021 £	2020 £
Other debtors and accrued income	6,725	8,338
Total	**6,725**	**8,338**

6. Creditors (amounts falling due less than one year)

	2021 £	2020 £
Other Creditors	1,405	1,673
Payroll Liability	0	1,646
Total Current Liabilities	**1,405**	**3,319**

7. Donations to Other Charities	**2021**	**2020**
Growing Hope Umbrella	£6,000	£6,000

Growing Hope (umbrella charity) has separate administration and trustees. Growing Hope King's Cross works in partnership with Growing Hope and King's Cross Church. Growing Hope King's Cross gives a donation to Growing Hope in order that further therapy clinics can be set up across the UK to support children and young people with additional needs.

8. Additional Notes – Related Organisations

Dr. Naomi Graham, who was a trustee of the Growing Hope Kings Cross to 20 September 2021, was also employed by Growing Hope Kings Cross. Employment costs of Dr. Naomi Graham including employer national insurance and employer pension contribution was £29,627. Dr. Naomi Graham does not take part in any discussions or decisions relating to her salary and pension as lead Therapist. Jonathan Carter is an ex-officio trustee of Growing Hope Kings Cross and is a part of the leadership team of Kings Cross Church where Dr. Naomi receives pastoral support and where Growing Hope King's Cross receives office space for free.

9. Analysis of Asset by Fund	**Unrestricted Funds**	**Restricted Funds**	**TOTAL FUNDS**
	£	**£**	**£**
Cash & Deposit Balances	51,151	1,975	53,126
Fixed Assets	0	0	0
Other Assets	6,725	0	6,725
Total Assets	57,876	1,975	59,851
Current Liabilities	(1,405)	0	(1,405)
	56,471	1,975	58,447

10. Staff

No employee was paid at the rate of more than £60,000

	2021	2020
Average Employees during the period	**3.00**	**1.10**
Employees with contracts of service	**3.00**	**4.00**

11. Restricted Funds

Funder	**Item Funded**	**Balance as at 1 Jan 2021**	**Income**	**Expenditure**	**Balance as at 31 Dec 2021**
		£	**£**	**£**	**£**
The Baily Thomas Charitable Fund	Project cost	0	10,000	10,000	0
Young Camden Foundation	Project cost	0	1,975	0	1,975

Growing HOPE
King's Cross

growinghope.org.uk

Registered charity number 1176251 (England & Wales)

Growing Hope, KXC, 237 Pentonville Road, London N1 9NG
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Photographs: Richard Cozby and Rachel Orphan

GROWING HOPE KING'S CROSS

England & Wales - Charity number 1176251

Accounts

ANNUAL REPORT

Growing HOPE
King's Cross



2020

Report & Financial Statements
1 January - 31 December 2020

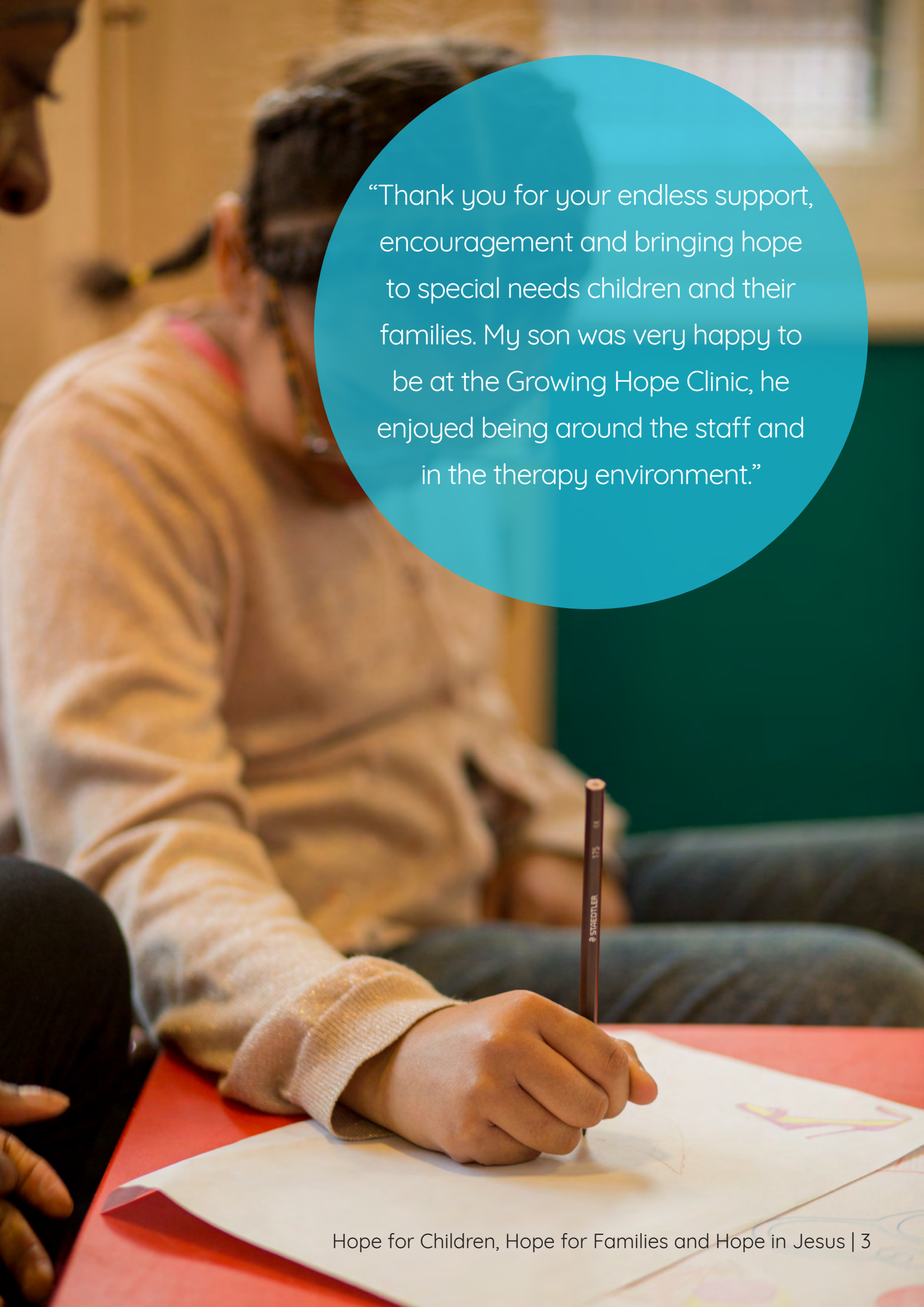
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"Thank you for your endless support, encouragement and bringing hope to special needs children and their families. My son was very happy to be at the Growing Hope Clinic, he enjoyed being around the staff and in the therapy environment."

GROWING HOPE NATIONAL CHARITY, CEO'S LETTER

It has been a privilege to see the way that Growing Hope has been able to continue to grow hope for children, hope for families and hope in Jesus throughout 2020. Despite a turbulent year we have much to celebrate - we have seen a new Growing Hope clinic launched, fundraising targets met, and have had several new staff members join our team.

I am incredibly proud of the momentous amounts of work that our trustees, volunteers and staff have put in across 2020. Without these dedicated individuals Growing Hope would not be where it is today.

This year we launched Growing Hope Brockley, our second local clinic, in partnership with St Peter's Brockley. It has been a joy to welcome Shaaron Powell to the Growing Hope team as Lead Therapist and Clinic Manager providing occupational therapy services to children in Lewisham and Southwark. The launch of a second clinic has been an encouraging step towards our long-term vision to set up twenty clinics across the UK by 2030.

We expanded our therapy team in the Growing Hope King's Cross clinic welcoming Abi Page (speech and language therapist) and Judith Hart (physiotherapist) to the team, both in two day a week roles. The King's Cross clinic also continues to provide occupational therapy, music therapy and children's counselling and has directly worked with over 120 individuals in 2020.



"I am incredibly proud of the momentous amounts of work that our trustees, volunteers and staff have put in across 2020."



We also grew our national team and in September welcomed Rachel Orphan as Fundraising & Communications Officer. Rachel has been an incredible asset to the team and it is brilliant having her on board.

Coronavirus has had a significant impact on the children, young people and families that we worked with this year. Several families have experienced increased stress and difficulties with their children's behaviour, some families have lost loved ones. As a small organisation, we have been able to respond quickly in the face of different government measures to slow the spread of the virus. Our coronavirus policy has evolved with the changing situation. During the first lockdown, individual's self-isolation periods, and tier 4, we have worked with families virtually. For approximately three months of 2020, we were able to open our clinics again in-person and see families face-to-face with health and safety measures in place. Throughout virtual and in-person support, we have seen our services have a positive impact on the health and wellbeing of families. As a charity, we have endeavoured to go the extra mile and ran a virtual parent support group, a podcast, and a weekly activity idea newsletter for families. We have supported several families with challenging transitions back to school throughout the period. We continue to believe that Jesus brings hope even in the most challenging situations and continue to pray that God brings a quick end to coronavirus.

This year we have developed our values as an organisation- hope, community, courage, innovation and generosity. I have seen these reflected in many of the staff, families, volunteers and supporters I have encountered in the previous year. In particular, I'd like to extend my gratitude to the supporters who have shared their time, encouragement, finances and skills which have enabled Growing Hope to thrive.

As Founder & CEO of Growing Hope I am so grateful for God's faithfulness over the last three years since the charity launched. We have all learnt a lot in the process, and I am excited for this next phase of development as the team continues to expand and we continue to grow hope in the lives of children and young people with additional needs and their families across the UK.

Yours truly,

Dr Naomi Graham
Founder & CEO



Dr Naomi Graham
Founder & CEO

VALUES



Hope

We believe Jesus brings hope to children, young people and families, even in the most difficult situations, and that underpins everything we do.



Community

We are accepting of all and want everyone to know they are seen, heard and belong.



Courage

We are brave, choosing honesty over comfort, and tackling problems because we want to change lives.



Innovation

We are innovative, flexible and creative in our approach, always aiming for excellence.



Generosity

We look out for others and share our time, encouragement, finances and skills.



"Therapy allowed Dylan to be more confident with certain textures and fabrics and not 'fear' them in the same way as he had done previously. Exploring senses and touch in a friendly and warm environment worked really well."

CHAIRMAN'S LETTER

In what has been a difficult year for many, Growing Hope King's Cross has been able to continue its vital work in the local community, helping to support children and families with additional needs. Despite the challenges of a global pandemic including social restrictions, isolation and loss, Growing Hope King's Cross has been able to grow hope for children, hope for families and hope in Jesus. We believe that every individual with additional needs and their families should receive support in order to live life in all its fullness.

> "We believe that every individual with additional needs and their families should receive support in order to live life in all its fullness."

Throughout 2020, we have seen 80 individuals complete blocks of direct intervention and 91% of therapy goals that were set were achieved. This year we have welcomed Abi and Jude to the team of therapists, joining Naomi, and freelancers Jess and Georgie. Growing Hope King's Cross is now able to provide a range of therapy including Occupational, Music and Speech Therapy along with Physiotherapy and Counselling. Despite two national lockdowns, the team has shown great flexibility, innovation and enthusiasm to continue to support local children and families with additional needs.

On behalf of Growing Hope King's Cross, I would like to thank all those who have given to the charity in 2020. Thank you to the team of therapists, trustees and volunteers for their time, effort and expertise and to our supporters who have generously given their finances and prayers to help sustain the work of the charity. I welcome you to join us in continuing to pray for the children and families who meet with us in the coming year.





David Straiton
Chair of Trustees



"Since my daughter started getting occupational therapy, she has learnt how to hold a pen, write her name, how to put a top on and also tried a couple of fruits and vegetables. She enjoyed all the activities very much."

TRUSTEES' REPORT

The board of trustees presents its report and audited financial statements for the year 1 January 2020 - 31 December 2020. Growing Hope King's Cross was registered with the charity commission as a CIO on 13 December 2017, charity number 1176251; 2020 was the third financial period of the charity. Our current trustees are David Straiton, Naomi Graham, Philippa Bailey, Jonathan Carter, Lauren Sibuns and Daniel Kheng. There were no changes to the trustee board in 2020.

Growing Hope King's Cross continues to provide free therapy services for children and young people with additional needs and their families living in Camden and Islington. Our aim is to provide a holistic service which supports parents, carers and siblings - as well as the children and young people themselves. Details of our charitable objectives (page 12) and impact and outcomes (page 14 onwards) are found in greater depth within this report.

We are confident that Growing Hope King's Cross has carried out its charitable objectives in 2020 and acted in the interests of the public benefit. We have referred to the Charity Commission's guidance on reporting on public benefit when preparing this annual report. Growing Hope King's Cross provides intervention and support to children and families in need, regardless of income. These services are provided by staff and freelancers (registered healthcare professionals), with the help of volunteers where necessary, in accordance with charity policy and standards of good practice. We have many volunteers without whom we would not have been able to run Growing Hope King's Cross in 2020, and we are extremely grateful for their support. In particular we would like to thank Emma Bird, our finance volunteer; and Rhianna Gerry and Rosie Steel, our fundraising volunteers.

This year we have:

- Supported 134 children, siblings, parents and carers.
- Seen more than 200 individuals and organisations give financially to our work.
- Raised £102,559 to grow hope in the lives of people in Camden and Islington.



David Straiton
Jon Carter
Pippa Bailey
Dan Kheng
Lauren Sibuns







OBJECTIVES

In accordance with its charity constitution, Growing Hope King's Cross has sought to achieve the following aims and objectives in the year dated 1 January 2020 to 31 December 2020

The advancement of health and wellbeing for the public benefit by the provision of a therapy clinic run in accordance with Christian principles for children and young people (0-18) with additional needs and their families living in the King's Cross area. In particular, but not exclusively, by:

- Registered healthcare professionals providing assessment, advice and intervention, and other services as the trustees see fit.
- Provision of sibling, parent and carer support groups and courses, and other services as the trustees see fit.
- The advancement of the Christian faith through the opportunity to engage in conversation about faith and spiritual wellbeing and to receive prayer, and other such invitations as the trustees see fit.

HOPE FOR CHILDREN

We have provided free occupational therapy, physiotherapy, speech and language therapy, children's counselling and music therapy in the Action for Children centre in King's Cross. We have provided assessment, intervention and parent support.

HOPE FOR FAMILIES

We have achieved this objective by providing two 'When Dreams Change' groups for parents processing the experience of having a child with additional needs, three 'Circle of Security' groups supporting parents in enabling their children to develop secure attachments with Choices Islington. and two siblings' groups to support siblings of children with additional needs.

HOPE IN JESUS

We have supported families of children with additional needs to access church services and feel a part of King's Cross Church (KXC) community. We continue to provide the opportunity for families to participate in prayer at the end of their clinic session.

We provided direct therapy for 80 children.

We achieved 91% of the 141 therapy goals set with children.


15.5% of children in the UK have additional needs [1]
9 in 10 autistic people worried about their mental health during lockdown [2]
A 2020 Ofsted report found a loss of learning and social skills in children following lockdown [3]

HOPE FOR CHILDREN

In 2020 we worked with 80 children on a 1:1 or group basis. Several of our sessions and assessments were completed on a virtual basis with families when lockdown measures or isolation meant that it was not possible to see families in person.

Where virtual sessions took place these were usually only 30 minutes as children found it more difficult to participate on zoom. We provided occupational therapy, music therapy, physiotherapy, children's counselling and speech and language therapy. Each child received an assessment and then a four to six week block of weekly intervention sessions to support them in reaching their therapy goals.

Various therapy services have been provided in the year by our therapists:

- **Naomi Graham** (occupational therapist), our Lead Therapist and Clinic Manager.
- **Elizabeth Johnson** (physiotherapist), providing therapy on a voluntary basis one hour each week at the start of the year.
- **Abi Page** (speech and language therapist), who joined the team in May, providing speech and language therapy two days a week.
- **Judith Hart** (physiotherapist), who joined the team in September, providing physiotherapy two days a week.
- **Georgie Harris** (music therapist), providing regular music therapy as a freelancer.
- **Jess Bond** (children's counsellor), providing occasional counselling as a freelancer.

OUTCOME MEASURES

At Growing Hope we are committed to providing a high quality of clinical services and therefore we place a high importance on our outcome measurement. We use a combination of non-standardised feedback forms and a standardised measure, the Goal Attainment Scale (GAS).[4] GAS is an outcome measure that is commonly used in research to show the effectiveness of therapy services.[5] GAS enabled us to set three goals for each child and young person in a conversation between themselves, their parents and the therapist. These goals follow 'SMART' goal standards: Specific, Measurable, Achievable, Realistic and Timely. Each goal is designed to be achievable within the block of sessions a child is undertaking.



OUTCOMES

Every child was seen to make improvements over the course of their therapy sessions. Of 141 goals set within the clinic and across our groups with children and young people, 91% of therapy goals were met. Where goals weren't met the primary reasons were parents facing challenges that prevented them from carrying out activities with the child at home, or that the family were unable to attend clinic on several occasions. This was particularly noticeable during the coronavirus outbreak where some parents found it challenging to continue therapy activities with their children at home. A core value of Growing Hope is equipping parents to incorporate their child's goals into their everyday life; this often leads to high success in therapy.





CASE STUDY - MUSIC THERAPY

Our therapy sessions have played a vital role in improving the mental and physical health of the children we have worked with and their parents during a challenging year. Samantha worked with Growing Hope King's Cross' Music Therapist Georgie Harris throughout the initial 2020 Lockdown on Zoom. Samantha was given space to process and reflect on the changes and challenges of the Covid-19 Lockdown during her Music Therapy sessions. Each week she was able to check-in emotionally and it gave both her and her mum a space to think about what was going on for them and how their lives had changed as a result of the pandemic. During these sessions, Georgie was able to witness Samantha grow in her self-confidence and by the end of the sessions she was able to name how she was feeling and give a reason for this feeling. Samatha's Mum really appreciated the opportunity to take part in therapy with her daughter because the sessions became a positive space for them both to set aside time to actively listen to each other and receive support in what was a very challenging time for us all.

This year Georgie has worked with 10 children, as a freelance music therapist, and through Music Therapy they developed their emotional expression, communication and self-confidence.



"The sessions became a positive space for them both to set aside time to actively listen to each other and receive support."



“Having the speech therapy has really helped my child, especially during the lockdown when it was difficult to keep routines going. Abi was great with my child, very patient and understanding of their needs. Growing Hope has changed our lives. It has given my child access to therapies, we would normally never be able to have so consistently. The charity does so much for the vulnerable children in the community, and for that I cannot thank you enough!”



HOPE FOR FAMILIES

We believe that the families of children with additional needs require support and care too.

SIBLINGS' GROUP

Our siblings' groups were run by Naomi Graham (occupational therapist), Beth Kobrus (teacher), and Abi Page (speech and language therapist); they were supervised by Jess Bond (freelance children's counsellor). We ran two groups within the Action for Children centre in 2020. The group consists of seven 40 minute sessions which occurred on a weekly basis afterschool. We aim to enable children to explore and share some of their experiences and feelings of being a sibling of a child with additional needs. The group uses puppet, art and movement activities to help children think through scenarios and relay their own experiences. Through speaking about, writing or drawing their experiences, siblings have the opportunity to process their emotions and connect with others who have had similar experiences. The siblings group was reviewed using the Goal Attainment Scale [4&5] as an outcome measure. The goals of the group were:

- To be able to share a story of a positive experience with their sibling with an emotion attached by the end of the 7 week group.
- To be able to share a story of a challenging experience with their sibling with an emotion attached by the end of the 7 week group.
- To be able to recall within the group a strategy for letting go of feelings e.g. writing down, telling someone, deep breaths, hand massage, by the end of the 7 week group.

We found that 93 % of the goals set for children attending the group were met. We also asked the children what they thought of the group and their responses are summarised here:

WHAT DID YOU LIKE BEST ABOUT THE GROUP?

"I liked that we could feel free to tell others what we thought."

"I like having ball squash." [relaxation strategy with a gym ball at the end of the group]

"I liked bouncing on the ball, playing with puppets and drawing activities."

"The scooter board."

FEELINGS I THOUGHT ABOUT IN THE GROUP

"Happiness, sadness, anger and enjoying things."

"Scared, happy, shy, joyful."

ANY OTHER COMMENTS

"The group was fun, it was helpful because [my brother] has been speaking more, it helped me cos I can finally play with him."

"11/10"

CIRCLE OF SECURITY COURSE

We ran this parenting course three times over the year in partnership with Choices Islington. Circle of Security is an evidence-based parenting course based on attachment research, involving course videos and facilitated therapeutic discussion. We were able to run this course with Naomi Graham (lead therapist and clinic manager, Growing Hope King's Cross), Sophie Guthrie-Kummar (CEO, Choices Islington) and Sarah Webb (Parenting Support Manager, Choices Islington) as trained facilitators.

We used the Goal Attainment Scale [4&5] to measure the outcomes of this course. We found that across the groups 100% of the following goals were met. Where some parents could not attend all of the sessions the facilitators arranged an opportunity to catch up before the start of the next session so they did not miss out. The goals of the group were:

- By the end of the 6 week course, for the parent to be able to name a moment out loud in the group where they have chosen to 'be with' their child in their emotions.
- By the end of the 6 week course, for the parent to be able to verbalise within the group which part of the circle they struggle with the most.
- By the end of the 6 week course, for a parent to be able to name a moment out loud in the group in which they experienced 'shark music' with their children.
- By the end of the 6 week course, for a parent to verbalise a moment where they have chosen to be 'Bigger, Stronger, Wiser and Kind'.

Qualitative feedback from parents also summarises their experience of this course:

'It has helped me understand my child's needs in a deeper way than I understood prior to this course. I am able to reflect and relate their behaviour and needs necessary when needed to, to the course and other people's experiences.'

'It has made a difference in the way I organise my feelings and understand how my child will organise their feelings. I think I am a calmer parent as I try to take a few seconds before I respond to a situation and think about how to handle it instead of reacting.'

'The course has changed the way I look into my children's problem behaviour to be able to look at it in a positive way'

choices

WHEN DREAMS CHANGE

When Dreams Change enables parents to have the opportunity to reflect on their experience of their hopes and dreams having to change because of their child's additional needs. We ran the course twice in person this year, once prior to coronavirus and once with social distancing measures in place. The course was developed by Heather Graham (counsellor) and Naomi Graham (occupational therapist) in 2019 and further resources have been developed through Growing Hope (umbrella) in 2020. The new video course was run with parents in the summer. Both instances of running When Dreams Change were met with extremely positive feedback, with several parents reporting how valuable they had found it to be able to process some of their emotions and share their feelings.

"I particularly found it helpful thinking about removing your mask, not being alone, asking for support and daring to dream."

We introduced the Goal Attainment Scale[4&5] to measure outcomes of the When Dreams Change course towards the end of the year. We use these goals for one of our courses and found 100% of the goals set were met. The course aimed to enable parents to achieve the following:

- Reflect on their own experience and map out and share with the group the core emotions they are experiencing at the moment.
- Reflect on their own support network and share with the group one way in which they can draw upon this.
- Reflect on their own dreams and share with the group one small step they may take towards these.



PRACTICAL TRAINING ON ATTENTION AND CONCENTRATION

We recognise both parents and teaching staff need training on how to support children with additional needs in order to positively impact the whole family. This year due to coronavirus it was difficult to run in-person training courses. We ran one course to give support to parents at Ambler Primary School with their children's sensory processing and attention and concentration. We had positive feedback from the participants and have been asked to run further training at the school in 2021.

TRAINEE COMMENTS

"During one of the sessions we looked at the support relationships that we've got around us as parents in our lives. We looked at this idea that I can't pour out to my children if my own cup is empty, how can I pour from an empty cup and that image you know, in a plane, you have to fit your own mask before you fit your child's oxygen mask, that's what they say. That's quite difficult, that's not the easiest thing to do and we talked about this idea that it reduces our stress if we let our real state of being show rather than trying to portray that things are okay if actually they are not. That was really helpful because it made me go away and think where are the relationships in my life where I feel so safe that I can just let my guard down and tell it like it is and know that I'll be accepted. So for me I was thinking specifically about my relationship with my husband, with one of my best friends, I was thinking about some of the relationships we've got around us, people at church. That was incredibly helpful to realise that it will help us to go the distance if we're real with people around us.'





We saw 5 children through our siblings groups. We worked with 20 parents through our parent courses. We trained 23 parents and teachers.

HOPE IN JESUS

Our Christian faith underpins our values and practices at Growing Hope King's Cross.

At Growing Hope King's Cross we believe that Jesus brings hope into everyone's lives, that God has created every individual fearfully and wonderfully and that they are of value to him. Our Christian values have underpinned the work we have done both in the clinic and in schools over the past year.

We welcome all individuals to the clinic, whatever their faith or background. During this year 11.1% of the families we have supported have no faith, 15.6% are from a Muslim background, 6.7% are from another faith and 66.7% are from a Christian background. Each week within therapy sessions, we offer to pray for people if this is something they would like to do. Some families have refused the offer of prayer, but many have accepted it. Across the year we have had conversations with families who have asked questions about faith and the hope that Jesus can bring. We've also been able to pray for families along the therapy journey, and this appears to have helped families to stay hopeful and confident. It has been a privilege to be able to extend the hope that Jesus can bring to the families who have come to the clinic.

On several occasions we have been able to pray with both children and parents facing challenging times, to walk alongside them and speak hope into their challenges.



'May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.' Romans 15:13



"It's actually been better than the private therapy we've had in the past, and the spiritual element is very healing and uplifting. When your child has SEN it's easy to become overly focused on action and intervention but Growing Hope combines these with love and optimism."

DEMOGRAPHICS

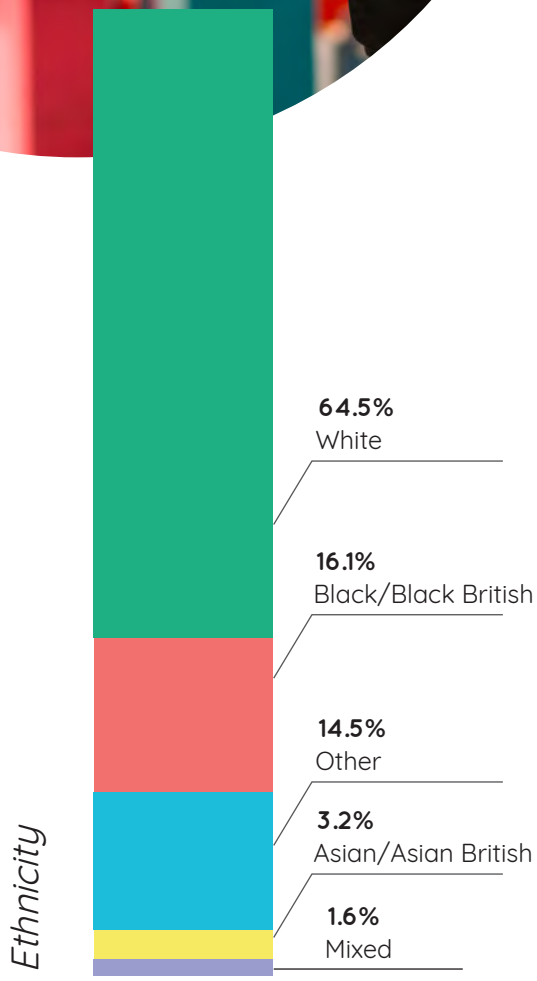
We have been measuring demographics to demonstrate to grant providers who we are impacting.

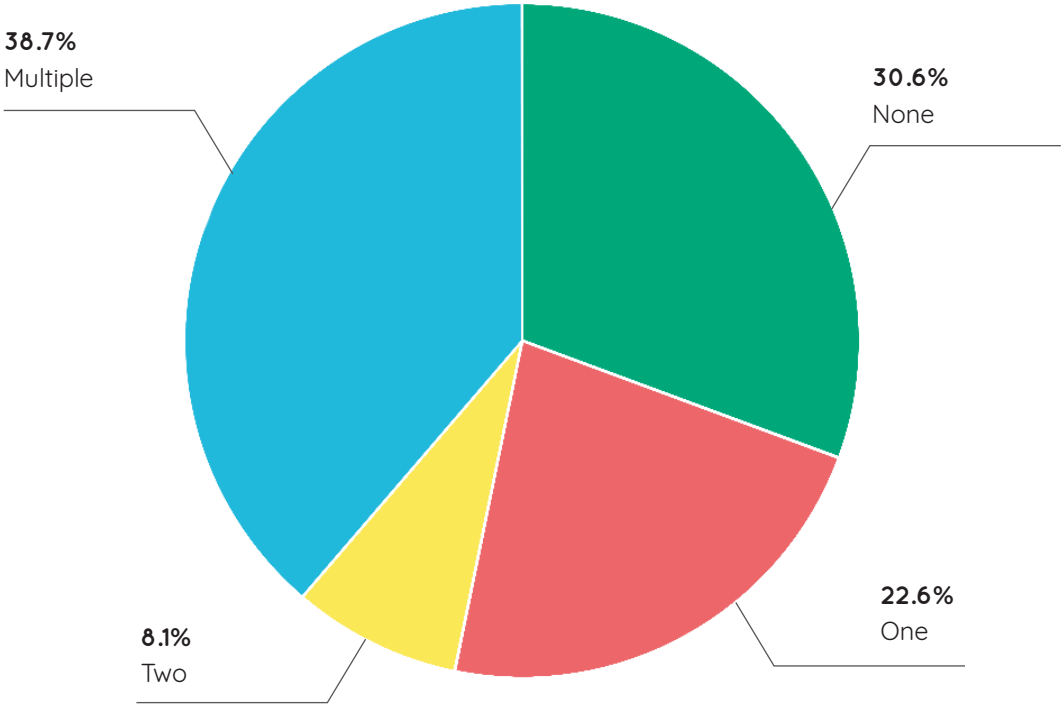


In 2020, the majority of children, siblings, parents and teachers we worked with were from the Islington borough. This appears to be due to the schools and families we started working with being in Islington, and therefore those who hear about the services Growing Hope King's Cross provides have also been based in Islington. At the end of 2020, we spoke with the Camden occupational therapy and physiotherapy team to let them know about our service and we anticipate that we will receive more referrals from this team in 2021.

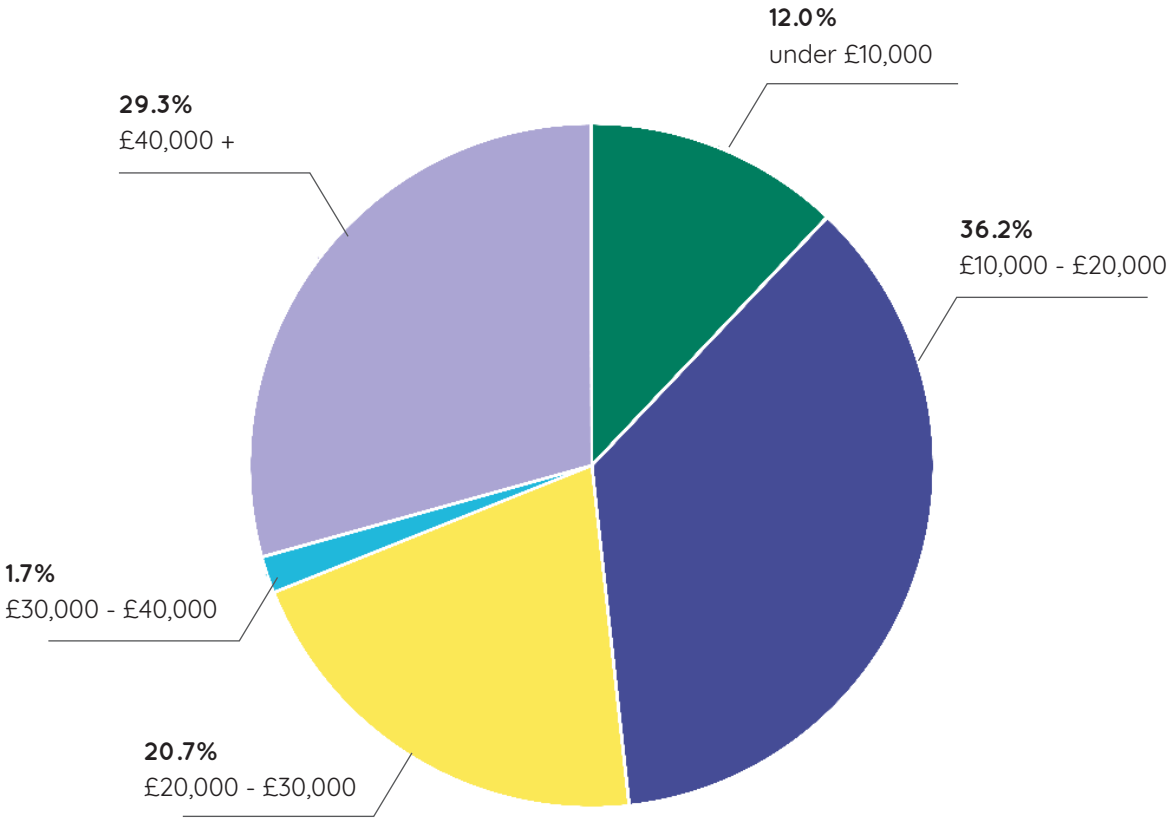
A summary of the demographics of the households receiving services from Growing Hope is provided in the charts on this page. 48.2% of families receiving our services had an income under £20,000, 12% had an income under £10,000. 38.7% of families received multiple benefits and income support. At Growing Hope King's Cross, we endeavour to offer a service that is open to all individuals irrespective of their background, and reach those who are experiencing the most pressing challenges and the absence of support. We feel these demographics demonstrate that over the last year we have been helping to assist those in critical need of support.

As Growing Hope we value community, we are accepting of all and want everyone to know they are seen, heard and belong.





Household Benefits and Support



Household Income

VOLUNTEERS

Volunteers continue to play a big part in enabling Growing Hope King's Cross to operate. The trustees would like to say a big thank you to each and every individual who has supported Growing Hope King's Cross in the past year.

Including the trustees, we have 8 regular volunteers who give up hours of their time on a monthly or periodic basis. We also have 38 volunteers who have supported us at one-off events or through providing childcare in order for us to run our groups for families. The trustees also want to recognise the role of our partnership church, King's Cross Church, in facilitating this level of support and volunteering. Without the church community, Growing Hope King's Cross would be unable to continue to support children, young people and families.

REGULAR VOLUNTEERS

We are so grateful to all our regular volunteers who equip us with the capacity to support more families. We particularly want to thank Emma Bird who runs our gift aid processing on a voluntary basis. We also want to thank Rhianna Gerry, who volunteers half a day a month in order to complete grant applications and support our fundraising committee. Rosie Steel is an additional valued member of our fundraising and events committees.

SUNDAY VOLUNTEERS

Part of Growing Hope's vision is to see children and young people with additional needs and their families be supported to access church if they'd like to. This year we have seen three Growing Hope families attend church on a regular basis and a team of 10 Growing Hope volunteers who have been a part of the kids ministry to support these children.

The coronavirus pandemic has meant that for significant periods of time church has been online via Youtube or Zoom. This has had varying levels of success for children with additional needs but we are pleased that with the commitment of Abi Rees, Avril Agus, Sophie Hammond and Lois Tackie-Oblie we were able to create accessible online services during the first lockdown. In later lockdowns we have been able to create interactive Zoom sessions with the support of Annalie Taylor KXC kids pastor and have been able to support some families of children with additional needs to attend these on occasion.

In general the KXC kids team (around 30 volunteers) have received briefing and training as to how to support children with additional needs within a church setting and accessibility is core to the kids ministry provided. Each session includes visual schedules, fidget toys, opportunities for movement, a multisensory story and prayer activities so children, whatever their needs, can engage and participate. The trustees want to thank King's Cross Church and in particular Abby Rees, Avril Agus, Sophie Hammond, Lois Tackie-Oblie and Annalie Taylor, all of whom have enabled Growing Hope's provisions to thrive on a Sunday.

ONE-OFF VOLUNTEERS

Our one-off volunteers for our events have been so valuable in enabling these initiatives to be as successful as they have been. We are extremely grateful to everyone who offers up their time to serve at these events.





PROCEDURE
All regular volunteers provide two references, and any volunteer who works with children provides two references and completes a DBS check. Regular volunteers have a volunteer agreement which is in no way legally binding, but helps Growing Hope King's Cross and the volunteer to agree the role in which they volunteer.

"I heard about the fantastic work that Growing Hope was doing through KXC. I was looking for an organisation to volunteer with and was drawn to Growing Hope. As a small and relatively new organisation, I knew any extra support was welcomed and that I would be able to see the impact I was making. Over the last two years, I've been part of the fundraising team and have been able to get involved with grant applications, fundraising campaigns and charity events. Seeing the life-changing work that Growing Hope does motivates me to help raise as much money as possible on their behalf. It's been amazing to watch the Growing Hope team expand and support more children. My hope is that we'll continue to raise awareness and funds for Growing Hope so that we can have resources to reach even more children."

- Rhianna Gerry / Fundraising Volunteer

FINANCIAL REVIEW

The trustees present an overview of the charity's finances for the period 1 January 2020 - 31 December 2020. Growing Hope King's Cross currently runs with one unrestricted fund and does not have any restricted funds. Funds left in reserve at the end of the financial period: £66,413.

We received an income of £102,559

- £36,850 from grants
- £10,211 from fundraising events
- £24,079 from regular monthly givers
- £3,895 from one-off and other gifts
- £6,834 from Gift Aid
- £14,860 from campaigns
- £5,828 from other organisations

(the latter includes money from KXC and bank compensation, match funding from BP, everyclick).

We had an expenditure of £86,300

- £60,296 on salary and HR
- £7,523 on fundraising
- £10,282 on clinic rent, office and administration costs
- £2,199 on clinic running costs (including assessments and equipment)
- £6,000 Giving to Growing Hope (umbrella charity)

This is in line with expectations for the end of our financial year, and is enough funding to continue to run sustainably. Towards the end of 2020, we received the second installment of a £20,000 grant for 2019, 2020 and 2021. The grant provider wishes to remain anonymous. This, together with a second successful Big Give campaign which raised £26,000, enables us to remain sustainable with the current employees in place. The trustees are confident that there is going concern to continue the charity for the year ahead.

MANAGEMENT OF FINANCIAL RISK

We aim to hold at least three months of our outgoings in reserve. We raise our income through regular giving, fundraising events and grants. We aim to increase regular giving in order to have further sustainable finances to enable us to provide our therapy services. In 2020 we did not experience a dip in our finances during October and November and we continued to have a healthy level of reserves throughout the year.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS 102. The full financial statements are found at the end of this report.





"The course made me more aware of my personal upbringing and the effects of it. My personal habits and reflexes based on my own parents and their actions towards me. I feel more confident in being confident, which I think is really important."

RISK MANAGEMENT

The trustees take risk management seriously and have identified the following risks and put in place processes to mitigate them.

FINANCIAL RISK

Hold the equivalent of three months regular expenditure in reserves.

Organise monthly fundraising meetings and plans.

Send regular finance updates to Growing Hope umbrella charity.

Follow policies and procedures outlined by Growing Hope umbrella charity.

IT SECURITY AND DATA PROTECTION

Follow data protection policy provided by Growing Hope umbrella charity.

Files accessed on a needs basis within google drive.

Encrypted clinic software (Canopy) for all clinical notes .

All computers password protected.

All reports and appointment letters sent to families password protected.

SAFEGUARDING

All trustees have undergone reference and DBS checks.

Any volunteers or staff working with children have undergone referencing and DBS checks.

All volunteers and staff are aware of safeguarding policy and procedures.

HEALTH AND SAFETY

Follow risk management policy outlined by Growing Hope umbrella charity which includes health and safety guidelines.

Public liability insurance is in place.

Day-to-day risk assessments are carried out by all staff and volunteers within their roles.

COMPROMISING CHRISTIAN IDENTITY AND VALUES

Hope in Jesus continues to be core to the charity's messaging.

Everyone is welcome regardless of their background.

Each family who attends the clinic has the opportunity to choose to participate in prayer.



"The sessions have given us a set of tools to support my daughter's learning and day-to-day functioning. We can already see an improvement in focus and hope this will result in improved confidence and self- esteem."

SUPPORTER ENGAGEMENT & FUNDRAISING

This year over 200 individuals and organisations gave a total of £109, 573 to grow hope in the lives of people in Camden and Islington.

A fundraising committee consisting of David Straiton, Naomi Graham, Lauren Sibuns, Rosie Steel and Rhianna Gerry meet monthly. They focus on applying for grant funding, thanking regular givers and continuing to create opportunities for individuals to give regularly. We are hoping to extend this group in 2021 to include more individuals.

We carried out two fundraising activities in 2020: a ball and auction in March 2020, and the Big Give campaign in December. These events and activities raised significant amounts of funding for 2020 and for the year ahead. 150 individuals attended the 2020 King's Cross Ball which was an excellent celebration of the previous year; particular thanks goes to Jon Peddlar who stepped in to MC our event at the last minute. We are extremely grateful to Pippa Bailey, Rhianna Gerry and Rosie Steel who organised the 2020 ball and enabled its success.

During our Big Give campaign we received several generous donations from individuals who have committed to pray and support Growing Hope King's Cross - you know who you are and we are so grateful for your gifts which enable us to support children and young people and their families.

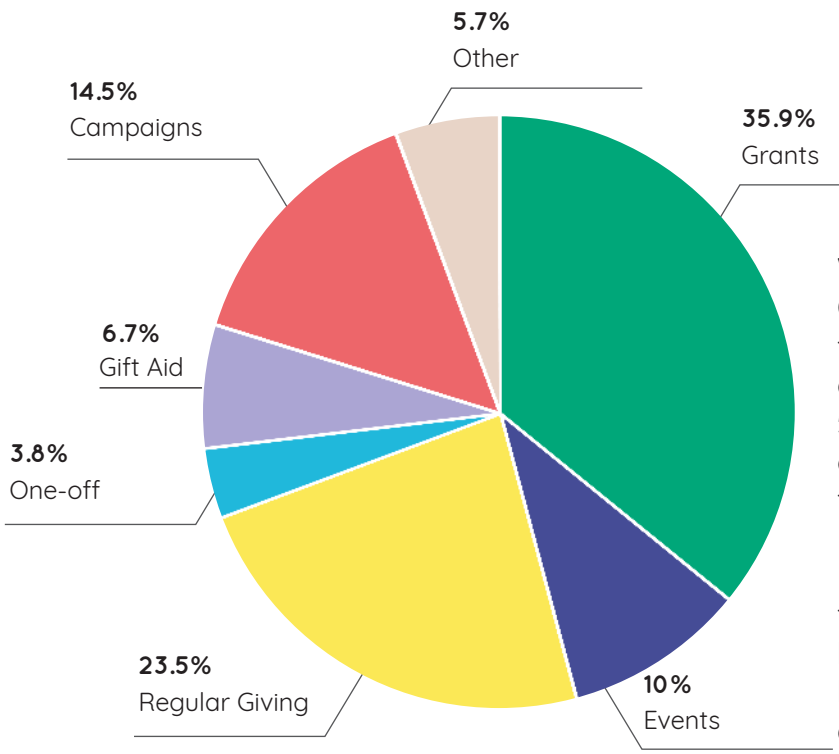
We would also like to say a huge thank you to all the grant providers who supported us this year. London Catalyst who supported us at the start of the year. Jessie's Fund, who provided funding for music therapy equipment, Waitrose King's Cross who gave funding to enable us to continue to support families during the pandemic and two further grant providers who wish to remain anonymous. We also want to thank the Four Acre Trust who provided £6,000 of match funding enabling us to reach our match funded target of £24,000 during the Big Give campaign.

Grants received :

- Jessie's fund £850
- Waitrose £3,000
- London Catalyst £2,000
- Anonymous £20,000
- Anonymous £5,000
- Four Acre Trust £6,000







WHERE OUR MONEY CAME FROM

Our income this year came from: 23.5% regular giving, 3.8% one-off donations, 6.7% gift aid, 5.7% donations from other organisations 10% events, 14.5% from campaigns and 35.9% grants.

Last year 21% of our income was from regular giving, this year it has increased to 23.5% and we hope to increase this in the years ahead.

Structure, Governance & Management

Growing Hope King's Cross is a registered charity in England and Wales, and is run in accordance with its charity constitution. Growing Hope King's Cross works in partnership with KXC and Growing Hope (umbrella charity).

As a CIO, if Growing Hope King's Cross is wound up, the members of the CIO have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities. The trustees also hold Trustee Indemnity insurance of £100,000 for Executive Risks. Insurance is provided via Growing Hope umbrella charity (CaSE combined policy 013633/03/19).

EMPLOYEES

It has been a year of significant growth for Growing Hope King's Cross and, in addition to Naomi Graham our Lead Therapist and Clinic Manager, we now have Abi Page and Judith Hart employed within the team. Naomi dropped from four days to three days a week in October 2020 in order to focus more of her time as CEO of Growing Hope Umbrella. She continues to provide occupational therapy in clinic. Abi Page, speech and language therapist, joined the team two days a week in May 2020. Judith Hart, physiotherapist, joined the team in September 2020, having experienced delay due to being redeployed during the first wave of coronavirus.



Naomi is a member of the Growing Hope King's Cross Trustee board and is not party to any decisions regarding her salary or employment. She continues to be a trustee as her position as charity founder makes her central to shaping the vision, and her role in running the clinic makes her best informed as the trustees consider decisions about the charity's direction.

FREELANCERS AND VOLUNTEERS

During 2020, Growing Hope King's Cross expanded the therapy team to include two freelancers and one volunteer. Lizzie Johnson, physiotherapist, has now stopped volunteering within clinic; we continue to have Georgie Harris, music therapist and Jess Bond, children's counsellor working on a freelance basis. All staff and volunteers have undergone safety recruitment checks and work within the Growing Hope King's Cross therapy team.

GOVERNANCE AND PARTNERSHIPS

Growing Hope King's Cross is a CIO that runs in partnership with Growing Hope (umbrella charity). It is Growing Hope's first clinic and launched at the same time as Growing Hope. Growing Hope King's Cross receives governance, policy, insurance, clinical supervision and training from the umbrella. It provides financial reports to the umbrella and, with parental consent, shares stories from the clinic. Growing Hope King's Cross also partners closely with its local partnership church, KXC, where the lead therapist and clinic manager Naomi Graham is part of the staff team. KXC provides pastoral care for Naomi.

TRUSTEES

Growing Hope King's Cross trustees are members of the CIO and appointed by a resolution at trustee meetings. They are responsible for governance of Growing Hope King's Cross, ensuring it is meeting its charitable purposes.



THE YEAR AHEAD

We loved seeing the charity continue to grow and reach children and families in 2020 despite the coronavirus pandemic. Heading into 2021 we know that virtual clinic will be a significant feature, particularly at the start of the year. However, we remain confident that we will be able to positively impact the lives of children, young people and their families and grow our services.

A key aim of the trustees is to maintain our fundraising income through grant applications, events and campaigns. We also endeavor to keep our current staff in position and employ a new Lead Therapist and Clinic Manager in September 2021 when Naomi drops to two days a week in order that she can focus on her role as CEO.

For the next year we have set ourselves these goals:

- SERVICES to employ a new Lead Therapist and Clinic Manager at the end of the year. To continue to expand our services as finances allow.
- LOCALITY to reach more families living in Camden as well as Islington.
- FUNDRAISING to increase regular giving and grant income in order to further financial sustainability.
- CONNECTIONS to continue to build relationships with other local services and schools.
- CHURCH to see more families that come through the clinic to find home in church community.

References

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2. National Autistic Society. 2020. Left stranded: The impact of coronavirus on autistic people and their families in the UK. [Online] . [29 September 2020]. Available from: https://s4.chorus-mk.thirdlight.com/file/1573224908/63117952292/width=-1/height=-1/format=-1/fit=scale/t=444295/e=never/k=da5c189a/LeftStranded%20Report.pdf

3. Ofstead. 2020. Children hardest hit by COVID-19 pandemic are regressing in basic skills and learning. [Online]. [13 January 2021]. Available from: https://www.gov.uk/government/news/ofsted-children-hardest-hit-by-covid-19-pandemic-are-regressing-in-basic-skills-and-learning

4. Ruble, L., McGrew, J.H., Toland, M.D. (2012) Goal Attainment Scaling as an Outcome Measure in Randomized Controlled Trials of Psychosocial Interventions in Autism. Journal of Autism and Developmental Disorders 42(9): 1974-1983.

5. Cox, R., Amsters, D. (2002) Goal Attainment Scaling: An Effective Outcome Measure for Rural And Remote Health Services. Australian Journal of Rural Health. 10(5): 256-261.

"IT IS A RELIEF TO HAVE KIND, COMPASSIONATE SUPPORT AND IT IS INVALUABLE TO HAVE STRATEGIES TAUGHT IN PERSON RATHER THAN THROUGH A BOOK."

– CLINIC PARENT

Growing Hope King's Cross
Reference and Administrative Details
For the year 1 January 2020 – 31 December 2020

Trustees:

David Straiton (Chair) appointed 13 December 2017,
Naomi Graham appointed 13 December 2017,
Jonathan Carter appointed 13 December 2017,
Philippa Bailey appointed 13 December 2017,
Lauren Sibuns appointed 15 April 2018,
Daniel Kheng appointed 15 August 2019

Key Management Personnel:

Dr Naomi Graham, Lead Therapist and Clinic Manager

Registered Principal office:

KXC Offices 237 Pentonville Road London N1 9NG

Charitable Incorporated Organisation (CIO) number:

1176251

Bankers:

NatWest 135 Bishopsgate London EC2M 3UR

Independent examiner:

Heather Rayner FCA

Growing Hope King's Cross Independent Examiner's Report to the Trustees

For the year period 1 January 2020 to 31 December 2020

I report to the charity trustees on my examination of the accounts of the charity for the period 1 January 2020 to 31 December 2020 which are set out on pages 40-48.

Responsibilities and basis of report

As the charity's trustees of the CIO 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

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

1. accounting records were not kept in respect of the charity as required by Section 130 of the Act; or

2. the accounts do not accord with those records.

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.

Signed

Heather Rayner

Heather Rayner FCA

31 Freston Gardens,
Barnet,
Herts,
EN4 9XL

8 February 2021

Growing Hope King's Cross
Annual accounts 1 Jan 2020- 31 Dec 2020

For the year ended 31 December 2020

	Note	Statement of Financial Activity					
		Unrestricted Funds	Restricted Funds 2020	TOTAL FUNDS	Unrestricted Funds	Restricted Funds 2019	TOTAL FUNDS
		£	£	£	£	£	£
INCOME FROM:							
Voluntary Income		40,638	-	**40,638**	42,285	-	**42,285**
Grant Income		36,850	-	**36,850**	32,000	-	**32,000**
Activites for Generating funds		10,211	-	**10,211**	14,969	-	**14,969**
Other sourced income		14,860	-	**14,860**	322	-	**322**
TOTAL INCOME	**2**	**102,559**	**0**	**102,559**	**89,576**	**0**	**89,576**
EXPENDITURE ON:							
Raising Funds		7,523	-	**7,523**	5,631	-	**5,631**
Charitable Activities		78,777	-	**78,777**	57,117	-	**57,117**
TOTAL EXPENDITURE	**3**	**86,300**	**0**	**86,300**	**62,749**	**0**	**62,749**
NET INCOME/(EXPENDITURE) BEFORE TRANSFER OF FUNDS		**16,259**	**0**	**16,259**	**26,827**	**0**	**26,827**
Gross transfer in funds out		-	-	-	-	-	-
Gross transfer in funds in		-	-	-	-	-	-
NET MOVEMENT IN FUNDS		**16,259**	**0**	**16,259**	**26,827**	**0**	**26,827**
Balances brought forward at 1 January 2019		43,139	0	43,139	16,312	0	16,312
BALANCES CARRIED FORWARD AT 31 DECEMBER 2020		**59,398**	**0**	**59,398**	**43,139**	**0**	**43,139**

Growing Hope King's Cross Annual Accounts
1 Jan 2020- 31 Dec 2020

Balance Sheet

	Note	2020 £	2019 £
FIXED ASSETS			
Clinic and IT equipment	4	212	423
		212	**423**
CURRENT ASSETS			
Bank Account		54,166	40,682
Prepayments	5	0	2,231
Debtors	5	8,338	298
		62,504	**43,211**
LIABILITIES			
Creditors		1673	0
Employer Costs		1646	496
Creditors due within one year	6	**(3,319)**	**(496)**
NET CURRENT ASSETS		59,185	42,715
NET ASSETS		59,398	43,139
RESERVES			
Surplus year to 31st Dec 2020		16,259	26,827
Brought Forward Balance		43,139	16,312
		59,398	**43,139**
FUNDS			
Unrestricted		59,398	43,139
Restricted		0	0
		59,398	**43,139**

The financial statements were approved by the board of Trustees on: 31 January 2021

Approved and signed on its behalf by:



David Straiton
Chair of Trustees



Dan Kheng
Treasurer

Growing Hope King's Cross
Notes to the Financial Statements
For the year period 1 January 2020 to 31 December 2020

Accounting Policies

Incorporation

Growing Hope King's Cross was registered in England and Wales with the Charity Commission as a CIO Foundation on 13 December 2017. These financial statements are for the period 1 January 2020 to 31 December 2020.

Basis of Preparation

The financial statements have been prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). The Charity is a public benefit entity for the purposes of FRS 102 and therefore the charity also prepared its financial statements in accordance with the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102 Charities SORP) and the Charities Act 2011.

The financial statements are prepared in sterling, which is the functional currency of the company. Monetary amounts in these financial statements are rounded to the nearest pound.

The financial statements are prepared under the historical cost convention.

The principal accounting policies adopted in the preparation of the financial statements are set out below.

Going Concern Basis

The trustees have assessed whether the use of going concern basis is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charity to continue as a going concern. The trustees have made this assessment for a period of at least one year from the date of approval of these financial statements. In particular, the trustees have considered the charity's forecasts and projections and have taken account of pressure on income. After making enquiries, the trustees have concluded that there is a reasonable expectation that the charity has adequate resources to continue in operations existence for the foreseeable future. The charity therefore continues to adopt the going concern basis in preparing financial statements.

Income
Income is recognised in the period which it was receivable. Also included is the estimated value of gifts in kind and goods or services donated to the charity where the amounts are material, readily quantifiable and measurable. Such estimates are based on the market price the charity would otherwise have paid.

Expenditure
Direct charitable expenditure comprises all expenditure relating to the activities carried out to achieve the objectives.

Expenditure is allocated directly to the expenditure headings as far as practically possible to reflect the activities of the charity. Support costs have been allocated to the activities based on employee time spent on that activity.

Expenditure is included in the Statement of Financial Activities on an accruals basis, inclusive of any VAT which cannot be recovered. Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party; it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably.

Fund accounting
Restricted funds are subject to restrictions imposed by the donor. These are accounted for separately from unrestricted funds. There were no movements on restricted funds in the period 1 January 2020 to 31 December 2020.

Unrestricted funds are those which are not subject to restrictions, and any surpluses may be applied in furtherance of any of the charity's objectives.

Cash and cash equivalents
Cash and cash equivalents include cash at banks and in hand and short-term deposits with a maturity date of three months or less.

Debtors and creditors
Debtors and creditors receivable or payable within one year of the reporting date are carried at their at transaction price. Debtors and creditors that are receivable or payable in more than one year and not subject to a market rate of interest are measured at the present value of the expected future receipts or payment discounted at a market rate of interest.

Tangible Fixed Assets and Depreciation
Tangible fixed assets costing less than £500 are not capitalised and are written off in the year of purchase. Depreciation is provided so as to write off the cost of the fixed assets over their estimated useful

lives. A full year's depreciation is charged in the year of purchase. Depreciation is charged at the following annual rates:

Computer and Office Equipment:	4 Years straight line
Clinic Equipment:	4 Years straight line

Pension

The charity operates a defined contribution stakeholder pension scheme. The assets of the scheme are held separately from the charity. The pension cost in the period was £2,535.

Critical accounting estimates and areas of judgement

The annual depreciation charge for property, plant and equipment is sensitive to change in useful economic life and residual values of assets. These are reassessed annually.

In the view of the trustees in applying the accounting policies adopted, no other judgements were required that have a significant effect on the amounts recognised in the financial statements nor do any estimates or assumptions made carry a significant risk of material adjustment in the next financial year.

Notes to the financial Statement
For the year ended 31 December 2020

Statement of Financial Activities

2. Income

	Unrestricted Funds	Restricted Funds 2020	Total Funds	Unrestricted Funds	Restricted Funds 2019	Total Funds
	£	£	£	£	£	£
Voluntary Income	**40,638**	**-**	**40,638**	**42,285**	**-**	**42,285**
Regular Giving	24,079	-	24,079	18,520	-	18,520
One Off Giving	3,896	-	3,896	7,650	-	7,650
Gift Aid	6,834	-	6,834	4,745	-	4,745
Donations from other Organizations	5,828		5,828	11,180		11,180
Other Donations	-		-	190		190
Grant	**36,850**	**-**	**36,850**	**32,000**	**-**	**32,000**
Grants	36,850	-	36,850	32,000	-	32,000
Fundraising Income	**10,211**	**-**	**10,211**	**14,969**	**-**	**14,969**
Growing Hope Ball	10,211	-	10,211	10,645	-	10,645
Growing Hope Christmas Fair	-	-	-	1,141	-	1,141
Growing Hope Gig Night	-		-	3,183		3,183
Services and Sales	**14,860**	**-**	**14,860**	322	**-**	**322**
Campaigns	14,860	-	14,860			
Sales	-	-	-	114	-	114
Services	-	-	-	208	-	208
TOTAL INCOME	**102,559**	**-**	**102,559**	**89,576**	**-**	**89,576**

3. EXPENDITURE

	Unrestricted Funds	Restricted Funds 2020	Total Funds	Unrestricted Funds	Restricted Funds 2019	Total Funds
	£	£	£	£	£	£
Office and Administration Costs	**10,282**	**-**	**10,282**	**8,065**	**-**	**8,065**
Communications	423	-	423	303	-	303
Printing, Postage and Sationary	68	-	68	54	-	54
Phone Costs	531	-	531	130	-	130
Computer Equipment	720	-	720	349	-	349
Rent	6,245	-	6,245	6,932	-	6,932
Depreciation Charge	211	-	211	211	-	211
General Office Costs	145	-	145	-	-	-
Travel	91	-	91	-	-	-
Legal and Prof Fees	1,849	-	1,849	86	-	86
Clinic Expenses	**2,199**	**-**	**2,199**	**1,715**	**-**	**1,715**
Assesment Tools	62	-	62	550	-	550
DBS	127	-	127	70	-	70
External Projects	150	-	150	- 86	-	- 86
Volunteer Hospitality	55	-	55	84	-	84
Direct costs	1,805	-	1,805	1,097	-	1,097
Fundraising Costs	**7,523**	**-**	**7,523**	**5,631**	**-**	**5,631**
Ball Expenses	7,452	-	7,452	4,391	-	4,391
Christmas Fair Expenses	-	-	-	223	-	223
Other Costs of Raising Funds	71	-	71	1,017	-	1,017
Contribuition to Other Charities	**6,000**	**-**	**6,000**	**4,500**	**-**	**4,500**
Donation to Growing Hope Umbrella	6,000	-	6,000	4,500	-	4,500
Salaries and HR	**60,296**	**-**	**60,296**	**42,837**	**-**	**42,837**
Wages and Salaries	50,929	-	50,929	34,561	-	34,561
Social Security costs	939	-	939	997	-	997
Pension Costs	2,535	-	2,535	1,859	-	1,859
Freelance Consultants	5,645	-	5,645	5,400	-	5,400
Staff Training	247	-	247	20	-	20
Total Expenditure	**86,300**	**0**	**86,300**	**62,749**	**0**	**62,749**

Growing Hope King's Cross
Notes to the Financial Statements

4. FIXED ASSETS

		Clinic and IT Equipment £	Total £
Actual/Revalued cost	**At 1 January 2020**	845	845
	At 31 December 2020	845	845
Depreciation	**At 1 January 2020**	422	422
	Charge for the year	211	211
	At 31 December 2019	633	633
Net Book Value	**At 1 January 2020**	423	423
	At 31 December 2020	212	212

5. Debtors

	2020	2019
Prepayments and accrued income	0	2,231
Other debtors	8,338	298
Total	**8,338**	**2,529**

6. Creditors (amounts falling due less than one year)

	2020	2019
Other Creditors	1,673	0
Employer Costs	1,646	496
Total Current Liabilities	**1,646**	**496**

7. Donations to Other Charities

	2020	2019
Recipient	**Amount**	**Amount**
Growing Hope Umbrella	£6,000.00	£4,500.00
Total	**£6,000.00**	**£4,500.00**

Growing Hope (umbrella charity) has a separate administration and trustees. Growing Hope King's Cross works in partnership with Growing Hope and King's Cross Church. Growing Hope King's Cross gives a donation to Growing Hope in order that further therapy clinics can be set up across the UK to support children and young people with additional needs.

8. Additional Notes – Related Organisations

Dr. Naomi Graham who is a trustee of the Growing Hope Kings Cross was also employed by Growing Hope Kings Cross. Employment costs of Dr. Naomi Graham including employer national insurance and employer pension contribution was £41,196.54.
Dr. Naomi Graham does not take part in any discussions or decisions relating to her salary and pension as lead therapist. Jonathan Carter is an ex-officio trustee of Growing Hope Kings Cross and is a part of the leadership team of Kings Cross Church where Dr. Naomi receives pastoral support and free office space.

9. Analysis of Assest by fund	**Unrestricted Funds**	**Restricted Funds**	**TOTAL FUNDS**
Cash & deposit balances	54,166	-	54,166
Fixed Assets	212	-	212
Other Assets	8,338	-	8,338
Total Assets	62,716	-	62,716
Current Liabilities	- 3,319	-	- 3,319
	59,398	-	59,398

10. Staff

No employee was paid at the rate of more than £60,000

	2020	2019
Average Employees during the period	**1.10**	**0.8**
Employees with contracts of service	**4.00**	**2**

Growing HOPE
King's Cross

growinghope.org.uk

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