

2022

# Growing Hope King's Cross **ANNUAL REPORT**

Report & Financial Statements  
1 January - 31 December 2022



Growing  
HOPE

## 2 Contents

4	CEO's Letter
6	Chairman's Letter
7	Trustees' Report
8	Clinic Manager's Letter
10	Objectives
12	Hope for Children
14	Lucas's Story
15	Hope for Families
17	Hope in Jesus
18	Who We Support
20	Volunteers
21	Joshua's Story
22	Financial Review
24	Risk Management
25	Supporter Engagement and Fundraising
26	Structure, Governance and Management
28	The Year Ahead and References
29	Financial Report







## Lucas's Story

**Page 14**



## Hope for Families

**Page 15**



## Who We Support

**Page 18**



## Financial Report

**Page 29**

## 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

7

*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.*

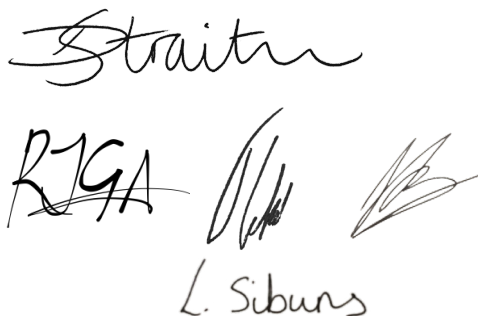
Growing Hope King's Cross continues to provide free therapy services for children and young people with additional needs and their families living in Camden and Islington. Our aim is to provide a holistic service which supports parents, carers and siblings - as well as the children and young people themselves. 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,

The image shows five handwritten signatures in black ink. The first signature is 'Straiton'. Below it are four more signatures, with the name 'L. Sibuns' written in printed text below the second signature from the left.

*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*





**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<sup>1</sup>


**54%**  
of parents are  
experiencing a  
delay in accessing  
therapy<sup>2</sup>

**46%**  
of disabled children's  
siblings are socially  
isolated<sup>3</sup>

# 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

**92%**  
of the 258 goals  
were achieved  
by children





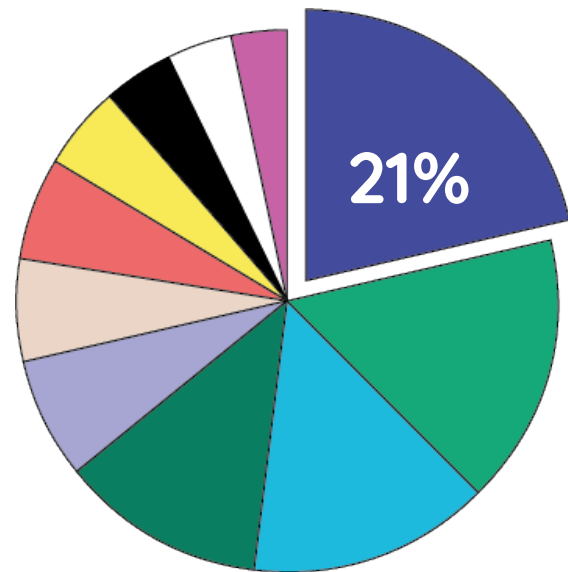
on our outcome measurement. We use a combination of non-standardised feedback forms and a standardised measure, the Goal Attainment Scale (GAS).<sup>1</sup> GAS is an outcome measure that is commonly used in research to show the effectiveness of therapy services.<sup>2</sup> GAS enabled us to set three 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.



*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<sup>4&5</sup> 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<sup>4&5</sup> 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<sup>4&5</sup> 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.”**

*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*



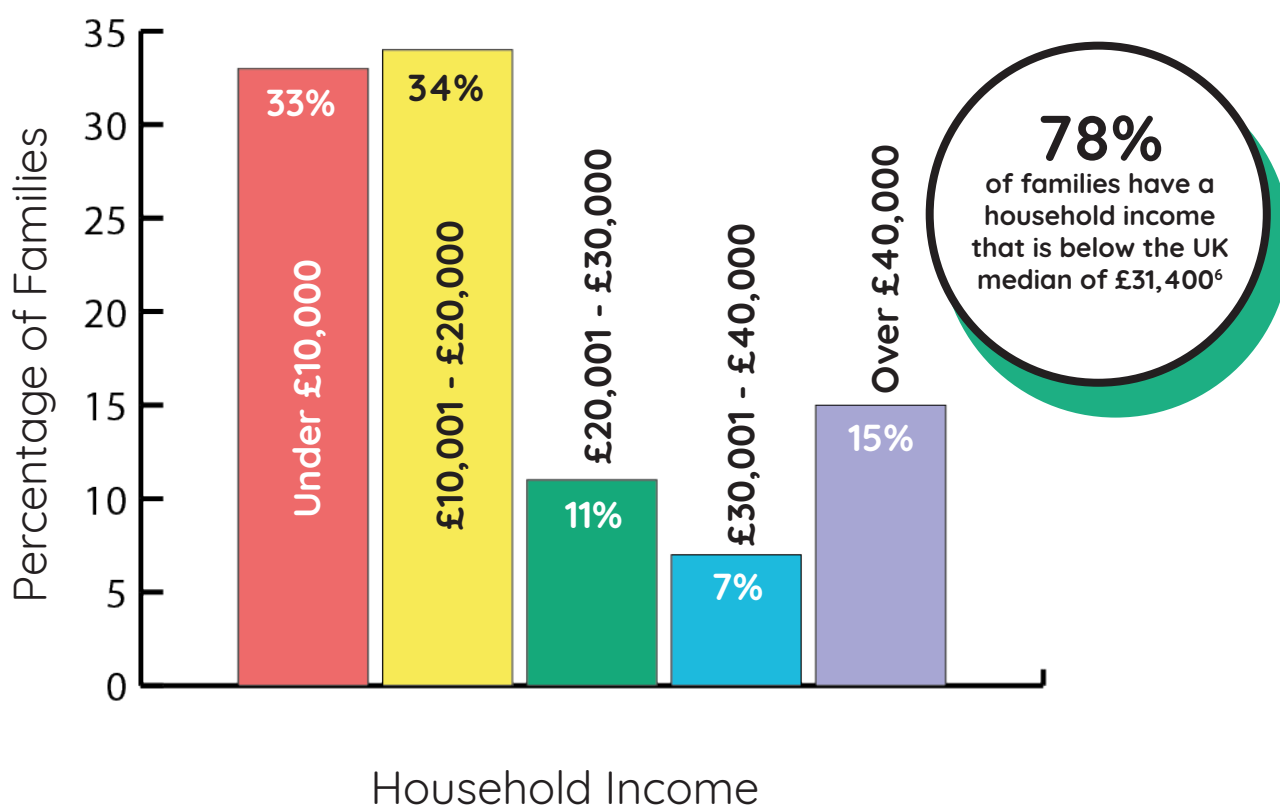
## 18 Who We Support

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

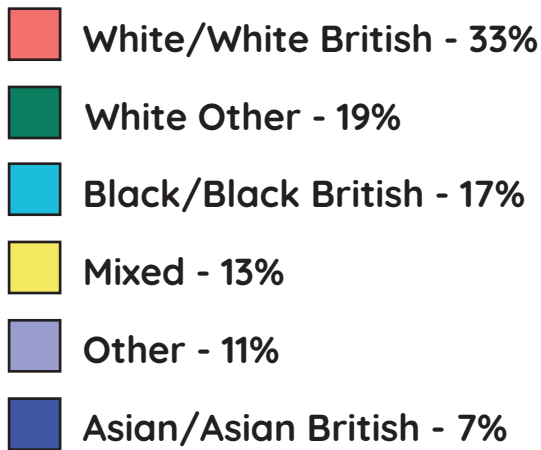
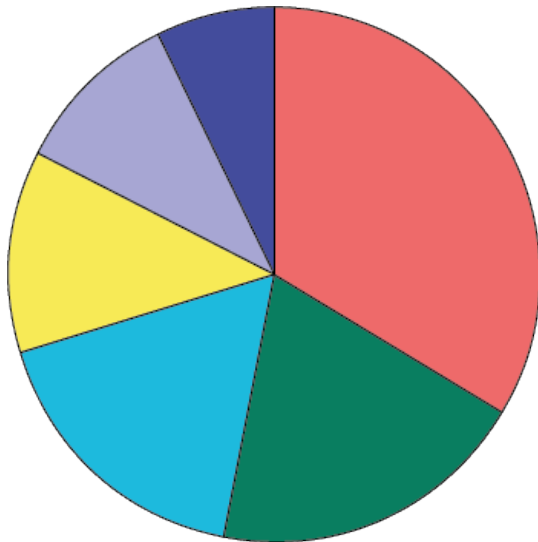
78% of families receiving our services had an income under the UK's median of £31,400 with 67% of families having a household income of below £20,000. Also, 53% of families were receiving two or more types of benefits and income support. At Growing Hope King's Cross, we endeavour to offer a service that 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.

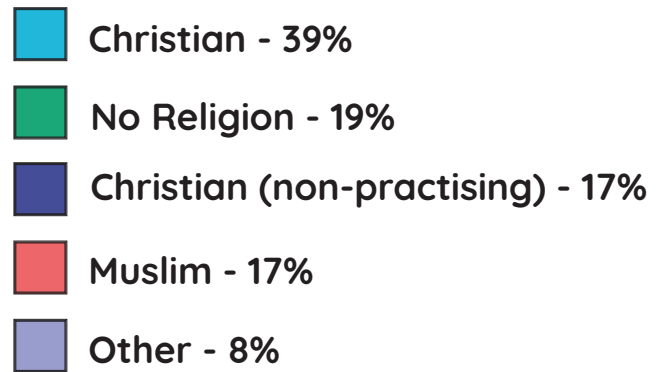
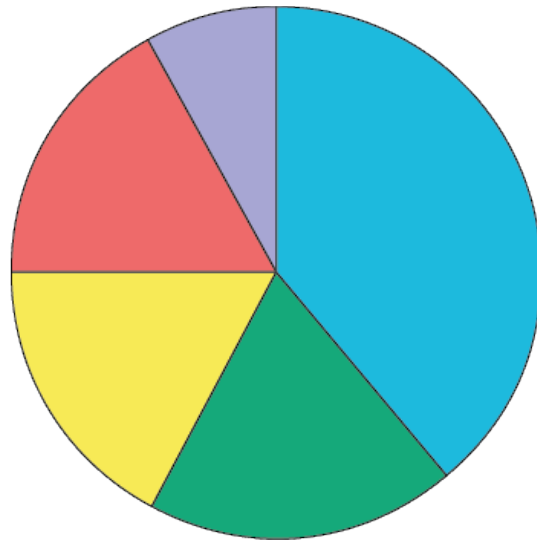
*Household Income for Families Attending  
Growing Hope King's Cross*



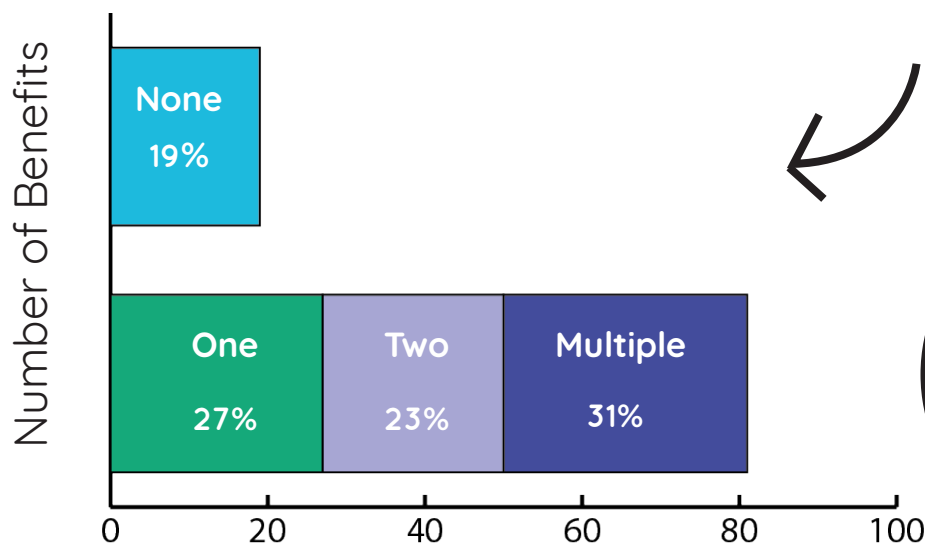
*Ethnicity of Families Attending Growing Hope King's Cross*



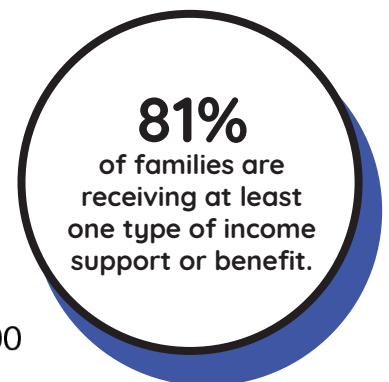
*Religion of Families Attending Growing Hope King's Cross*



*Household Benefits for Families Attending Growing Hope King's Cross*



Percentage of Families





# 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.

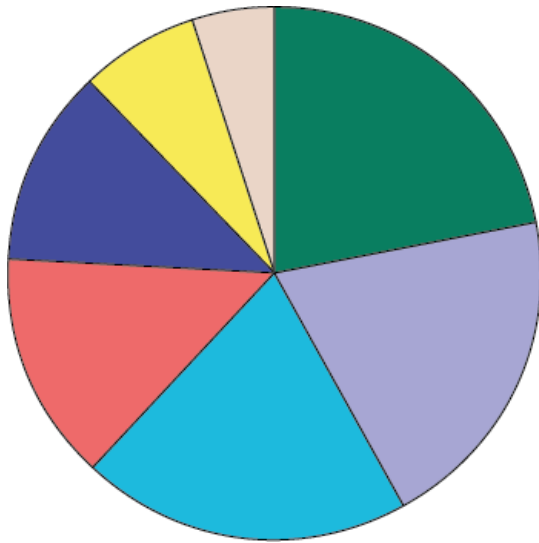
### **Management of Financial Risk**

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

25

*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.



## 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



# 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.

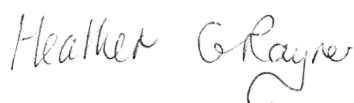
### **Independent Examiner's statement**

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 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
		£	£	£	£
<b>INCOME FROM:</b>					
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
<b>TOTAL INCOME</b>	<b>2</b>	<b>110,599</b>	<b>2,975</b>	<b>113,574</b>	<b>99,793</b>
<b>EXPENDITURE ON:</b>					
Raising Funds		5,139	0	5,139	312
Charitable Activities		98,965	2,051	101,016	100,432
<b>TOTAL EXPENDITURE</b>	<b>3</b>	<b>104,104</b>	<b>2,051</b>	<b>106,155</b>	<b>100,744</b>
<b>NET INCOME/(EXPENDITURE) BEFORE TRANSFER OF FUNDS</b>					
		<b>6,495</b>	<b>924</b>	<b>7,419</b>	<b>(951)</b>
Transfer between funds		(76)	76	0	0
<b>NET MOVEMENT IN FUNDS</b>		<b>6,419</b>	<b>1,000</b>	<b>7,419</b>	<b>(951)</b>
Balances brought forward at 1 January 2022		56,472	1,975	58,447	59,398
<b>BALANCES CARRIED FORWARD AT 31 DECEMBER</b>		<b>62,892</b>	<b>2,975</b>	<b>65,866</b>	<b>58,447</b>



## Balance Sheet

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

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 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
	£	£	£	£	£	£
<b>Voluntary Income</b>	<b>66,820</b>	<b>0</b>	<b>66,820</b>	<b>46,208</b>	<b>0</b>	<b>46,208</b>
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
<b>Grant</b>	<b>20,000</b>	<b>2,975</b>	<b>22,975</b>	<b>2,000</b>	<b>11,975</b>	<b>13,975</b>
Grants	20,000	2,975	22,975	2,000	11,975	13,975
<b>Fundraising Income</b>	<b>8,142</b>	<b>0</b>	<b>8,142</b>	<b>1,139</b>	<b>0</b>	<b>1,139</b>
Growing Hope Ball	7,353	0	7,353	0	0	0
Marathon	789	0	789	1,139	0	1,139
<b>Services and Sales</b>	<b>15,637</b>	<b>0</b>	<b>15,637</b>	<b>38,471</b>	<b>0</b>	<b>38,471</b>
Campaigns	15,637	0	15,637	38,246	0	38,246
Training/Consultancy	0	0	0	225	0	225
<b>Total Income</b>	<b>110,599</b>	<b>2,975</b>	<b>113,574</b>	<b>87,818</b>	<b>11,975</b>	<b>99,793</b>

#### 3. EXPENDITURE

	Unrestricted Funds	Restricted Funds	Total Funds 2022	Unrestricted Funds	Restricted Funds	Total Funds 2021
	£	£	£	£	£	£
<b>Office and Administration Costs</b>	<b>3,038</b>	<b>0</b>	<b>3,038</b>	<b>10,547</b>	<b>0</b>	<b>10,547</b>
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
<b>Clinic Expenses</b>	<b>1,355</b>	<b>0</b>	<b>1,355</b>	<b>1,556</b>	<b>0</b>	<b>1,556</b>
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
<b>Fundraising Costs</b>	<b>5,139</b>	<b>0</b>	<b>5,139</b>	<b>312</b>	<b>0</b>	<b>312</b>
Ball Expenses	4,814	0	4,814	0	0	0
Other Costs of Raising Funds	325	0	325	312	0	312
<b>Contribution to Other Charities</b>	<b>6,000</b>	<b>0</b>	<b>6,000</b>	<b>6,000</b>	<b>0</b>	<b>6,000</b>
Donation to Growing Hope National (Note 7)	6,000	0	6,000	6,000	0	6,000
<b>Salaries and HR</b>	<b>88,572</b>	<b>2,051</b>	<b>90,623</b>	<b>72,330</b>	<b>10,000</b>	<b>82,330</b>
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
<b>Total Expenditure</b>	<b>104,104</b>	<b>2,051</b>	<b>106,155</b>	<b>90,745</b>	<b>10,000</b>	<b>100,744</b>

## 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
<b>Total</b>	<b>0</b>	<b>6,725</b>

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

	2022 £	2021 £
Other Creditors	237	1,405
<b>Total Current Liabilities</b>	<b>237</b>	<b>1,405</b>

#### 7. Donations to Other Charities

	2022 £	2021 £
Recipient		
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

© Growing Hope®  
Registered charity number 1176251 (England & Wales)

[growinghope.org.uk](http://growinghope.org.uk)

Growing Hope, King's House, 242 Pentonville Road, London, N1 9JY  
Email: [info@growinghope.org.uk](mailto:info@growinghope.org.uk)  
Phone: 07734 858 876

Photographs: Naomi Wilde Photography, RodyCloud Photography, Richard Cozby, Rachel Orphan and Rebekah Rai