



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	1	April	2022		31	March	2023

Section A Reference and administration details

Charity name FLYNNE'S BARN

Other names charity is known by

Registered charity number (if any) 1177897

Charity's principal address Thorneythwaite Farm

Borrowdale

Keswick

Postcode CA12 5XQ

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Anne Darlington	Chair		
2	Louise Andrews		As of 03/10/2022	
3	Katherine Bonner			
4	Richard McKerrow			
5	Laura Walter		As of 03/10/2022	
6	Claire Wormsley			

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Katherine Bonner, Robin Ewart-Biggs (co-founders and coordinators)

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted	Charitable Incorporated Organisation

(eg. trust, association, company)

Trustee selection methods
(eg. appointed by, elected by)

Every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Section C

Objectives and activities

Summary of the objects of the charity set out in its governing document

To promote and protect the physical and mental health of children and young people up to the age of 25 diagnosed and living with cancer and other life-changing illnesses by providing therapeutic residentials and counselling services. We offer creative workshops, outward bound activities, emotional support and practical advice.

Nothing in this constitution shall authorise an application of the property of the CIO for the purposes which are not charitable in accordance with [section 7 of the Charities and Trustee Investment (Scotland) Act 2005] and [section 2 of the Charities Act (Northern Ireland) 2008].

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

This is the fifth reporting year for Flynn's Barn. It has been our first full year of operation unaffected by Covid-19 restrictions. We have been able to scale our activities by providing residentials, including our first independent Flynn's Barn group visit, as well as family visits and Partnership Stays (as outlined in section D). Off the back of our first independent group residential we formed and have established our first Online Community Group, to maintain connectedness and provide continued access to peer support for young people. We have continued to develop the Counselling and Family Support project initiated in 2019/20. Specific activities are listed in Section D.

The charity aims to support children and young people living with cancer and other life-changing illnesses, and their families, by providing residential visits, creative and outward-bound activities, and emotional and psychosocial support. This advances health, relieves distress, and aims to build resilience and wellbeing.

Flynne's Barn proposes to meet the needs of beneficiaries by providing services and facilities through which young people living with cancer and other potentially life-changing illnesses can:

- a. Meet with others going through similar experiences and receive peer support in a welcoming and nurturing environment, which is safe and secure.
- b. Engage in a range of activities that will help them to get away from the stresses associated with illness and treatment, and to build resilience, confidence, teamwork, positive relationships and hope for the future [improved wellbeing], through:
 - a creative hub, where young people will be free to explore a range of art, craft and musical materials [peer to peer, expressive activities]
 - specialist-led workshops [skill-based interventions]
 - outward-bound activities: e.g. abseiling, archery, canoeing, hill-walking [physical and emotional well-being]
 - connection with nature and the environment [physical and emotional well-being].
- c. Maintain as sense of community and connectedness and access peer support through our Online Community Groups.
- d. Engage in professional counselling and family support.

Flynne's Barn trustees 'have regard' to the Commission's public benefit guidance 'when exercising any powers or duties to which the guidance is relevant'.

'Having regard' to its public benefit guidance means charity trustees should be able to show that:

- they are aware of the guidance
- they have taken it into account when making a decision to which the guidance is relevant
- if they have decided to depart from the guidance, they have good reasons for doing so

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Flynne's Barn was registered as a Charitable Incorporated Organisation on 11th April 2018. This is the fifth Trustees' Report.

Trustees:

We have retained a core group of founder trustees, and have recruited two additional trustees, both of whom have highly relevant experience in cancer support in the NHS and the third sector.

Strategy 2022-2023

- to carry out our first independent group residential visits;
- to continue networking with national and local organisations working with young people living with cancer;
- to expand the Counselling and Family Support service.

Visits and networking

It has been a key year in the development of the charity as we welcomed our first independent Flynnne's Barn group residential and continued to establish connections with other organisations. This has been the first operational year unaffected by Covid-19 lockdowns or restrictions.

We provided 13 residentials, supporting a total of 97 beneficiaries. Three of those visits were Partnership Stays, with Teenage Cancer Trust, Spread a Smile and CancerCare. Nine were a combination of family, friendship and couple stays; and we were delighted to organise our first Flynnne's Barn group stay. The Flynnne's Barn Group Stay took place in October, welcoming four 18–25-year-olds. We received positive feedback from our visitors who have subsequently formed our first Online Community Group. This entails an online meeting over Zoom every three weeks to maintain connections and provide continued access to peer support for visitors. We plan on offering this service to all visitors who attend a Flynnne's Barn Group Stay.

Over the course of these first residential stays we have continued to strengthen our relationships with local Lake District allies and friends of Flynnne's Barn, including activity providers.

Counselling and family support project

With the onset of the pandemic and subsequent cancellation of our pilot group visits in 2020, the momentum Flynnne's Barn had been gathering was put on hold. We had therefore decided to set up an online and telephone counselling and support service for young people and their families in 2021. As part of this, we linked up with a number of Cumbria, North West and national organisations, including Cumbria Youth Alliance, CancerCare, Trekstock and the Teenage Cancer Trust team in Greater Manchester.

During the 2021/22 period we recruited two sessional youth counsellors and have taken referrals from the treatment centres we are linked into. Sessions have been taking place via Zoom or telephone. Some of those using the service have registered for residentials, and, similarly, attendance at residentials can be a pathway to the counselling service. Both services aim to break down the isolation that can be associated with a cancer diagnosis and are seen as distinct but complementary sources

Section D

Achievements and performance

of support for young people following a cancer diagnosis.

The work our counsellors have continued to carry out through 2022/23 is invaluable and much needed to support young people not only with the stress of a cancer diagnosis but also with anxieties that have been compounded by the pandemic. For 2022/23, referrals (33) and sessions delivered (225) have doubled compared to 2021/22.

The project was fully funded for 2022/23 thanks to much-appreciated grants from the National Lottery Community Fund.

Fundraising:

There have been a range of imaginative fundraising endeavours. Activities and events throughout the year have raised over £8,000; including food evenings, two music events that we have named Barnfest, and sponsored runs, to name a few.

As mentioned earlier, the National Lottery Community Fund provided a grant covering the Counselling and Family Support project. The E.C. Graham and Robert Gavron Trusts have also contributed valuable grants towards our work.

We also have a number of core regular donors who contribute monthly. We are very grateful to all who make regular contributions and who think of unique ways of raising funds for Flynnne's Barn.

Summary

This 2022/23 period has been successful, with the implementation of plans and ideas developed prior to and during the pandemic. It is positive to see the vision brought to life over the full course of a year. Flynnne's Barn support has established itself and evolved throughout this period – we are excited to how our services will continue to develop.

Section E

Financial review

Brief statement of the charity's policy on reserves

The trustees will consider the level of reserves that is prudent for Flynnne's Barn to have when agreeing the annual budget. Consideration will be given to future strategy, potential redundancy liabilities, and any other significant factors that should be taken into account were Flynnne's Barn to close or move to new premises. The specific reserves policy including any designation of reserves for specific purposes will be agreed by trustees on an annual basis.

Details of any funds materially in deficit

Non-applicable

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Principle source of funding during this period: individual donations

Section F

Other optional information

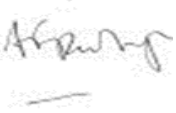
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Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Anne Darlington	
Position (eg Secretary, Chair, etc)	Chair of Trustees	
Date	18/09/2023	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Flynn's Barn

No (if any)
1177897

Receipts and payments accounts

CC16a

For the period
from

Period start date
01.04.2022

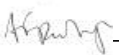
To

Period end date
31.03.2023

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Other	111	-	-	111	-
Bank interest	500	-	-	500	8
Donation	19,428	-	-	19,428	33,824
Fundraising activity	7,604	-	-	7,604	-
Fundraising events	635	-	-	635	2,623
Grants	3,050	14,369	-	17,419	22,896
Partnership residential fees	806	-	-	806	-
	-	-	-	-	-
Sub total (Gross income for AR)	32,134	14,369	-	46,503	59,351
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	32,134	14,369	-	46,503	59,351
A3 Payments					
Charity administration	2,546	154	-	2,700	3,258
Counselling	1,397	10,493	-	11,890	5,425
Residential	9,083	1,505	-	10,588	2,774
Service development	544	113	-	657	454
Staffing	16,475	-	-	16,475	2,266
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	30,045	12,265	-	42,310	14,177
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	30,045	12,265	-	42,310	14,177
Net of receipts/(payments)	2,089	2,104	-	4,193	45,174
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	83,786	5,806	-	89,592	44,328
Cash funds this year end	85,875	7,910	-	93,785	89,502

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Current account	14,343	7,910	-
	Deposit account	71,532	-	-
		-	-	-
	Total cash funds	85,875	7,910	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Anne Darlington	21.07.2023	



Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name

FLYNN'S BARN

On accounts for the year
ended

31/3/23

Charity no
(if any)

1177897

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2023

Responsibilities and
basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed 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 (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

* Please delete the words in the brackets if they do not apply.

Signed:

L E Walker

Date:

14/8/23

Name:

LINDA EDITH WALKER

Relevant professional
qualification(s) or body
(if any):

Address:

4 PENNYHILL PARK

PENRITH

CUMBRIA CA11 9JW

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.