



## Trustees' Annual Report for the period

| From | Period start date |       |      | To | Period end date |       |      |
|------|-------------------|-------|------|----|-----------------|-------|------|
|      | 1                 | April | 2023 |    | 31              | March | 2024 |

### 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          |                 |                                   |   |
| 3 | Katherine Bonner        |                 | Until 19/06/2023                  |   |
| 4 | Karthica Indramohan     |                 | As of 19/06/2023                  |   |
| 5 | Richard McKerrow        |                 |                                   |   |
| 6 | Dr Ananth Gouri Shankar |                 | As of 19/06/2023                  |   |
| 7 | Laura Walter            |                 |                                   |   |
| 8 | Claire Wormsley         |                 | Until 23/08/2023                  |   |

#### 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<br>(eg. trust deed, constitution) | Constitution |
|--|--------------|

|   |  |
|---|--|
| How the charity is constituted<br>(eg. trust, association, company) | Charitable Incorporated Organisation   |
| Trustee selection methods<br>(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 sixth reporting year for Flynnne's Barn. We have been able to scale our activities, notably providing a greater number of residentials and shifting our focus to independent Flynnne's Barn group visits and Partnership Stays rather than family visits (as outlined in section D). We have continued to develop the Counselling and Family Support project initiated in 2019/20. Specific activities are listed in Section D. Our Online Community Group, set up following a residential in 2022/23 to provide ongoing connectedness and peer support, has also progressed this year.

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.

Flynnne'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:
  - o a creative hub, where young people will be free to explore a range of art, craft and musical materials [peer to peer, expressive activities]
  - o specialist-led workshops [skill-based interventions]
  - o outward-bound activities: e.g. abseiling, archery, canoeing, hill-walking [physical and emotional well-being]
  - o connection with nature and the environment [physical and emotional well-being].
- b. Maintain as sense of community and connectedness, and access peer support through our Online Community Groups.
- c. 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 11<sup>th</sup> April 2018. This is the sixth Trustees' Report.

**Trustees:**

We have retained a core of two founder trustees and recruited four

additional trustees since the beginning of Flynnne's Barn, including two new recruits this year. All of our new appointments have highly relevant experience in cancer support in the NHS and/or the third sector.

#### **Strategy 2023-2024**

- to deliver more of our independent group residential stays and consolidate this specific service;
- 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 an important year for the development of the charity as we've continued to provide residentials and establish connections with other organisations. During this period we employed a Youth Coordinator to facilitate and develop our residentials.

We provided 12 residentials, supporting a total of 89 beneficiaries. Four were our independent Flynnne's Barn Group Stays. Four were Partnership Stays, with Teenage Cancer Trust, and Spread a Smile. The remaining four were family stays.

Over the course of these residentials we have continued to build new and strengthen existing 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 of support for young people following a cancer diagnosis.

The work our counsellors have continued to carry out through 2023/24 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 Covid-19 pandemic and cost-of-living crisis. For 2023/24, referrals (45) and sessions delivered (266) have steadily

## Section D

## Achievements and performance

increased from 2021/22, (33 and 225 respectively).

### Online Community Group

Following the creation of the Online Community Group after our first Flynnne's Barn Group Stay residential in 2022/23, the group has continued into 2023/24. It entails a monthly online meeting over Zoom to maintain connections and provide continued access to peer support for visitors. The core group since its inception continue to participate, alongside some new members who were welcomed in 2023/24.

### Fundraising:

There have been a range of imaginative fundraising endeavours. Activities and events throughout the year have raised over £6,000; including food evenings, two music events that we have named Barnfest, and sponsored runs, to name a few.

The E.C. Graham Trust, Raj Munglani Trust, Cumberland & Westmorland Freemasons and Masonic Charitable Foundation have all also contributed valuable grants and donations 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 2023/24 period has been successful, particularly in terms of refining our core services and shifting focus onto the residential models we had envisaged at the inception of Flynnne's Barn. The support we offer has expanded and evolved throughout this period – we are excited to see how our services 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

Principle source of funding during this period: individual donations

- any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

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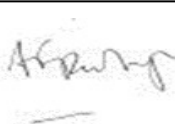
|                  |                                   |
|------------------|-----------------------------------|
| <b>Section F</b> | <b>Other optional information</b> |
|------------------|-----------------------------------|

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|                  |                    |
|------------------|--------------------|
| <b>Section G</b> | <b>Declaration</b> |
|------------------|--------------------|

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

Signed on behalf of the charity's trustees

|  |   |  |
|--|---|--|
| <b>Signature(s)</b>                        |  |  |
| <b>Full name(s)</b>                        | Anne Darlington   |  |
| <b>Position (eg Secretary, Chair, etc)</b> | Chair of Trustees   |  |
| <b>Date</b>                                | 15/10/2024  |  |



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  
01.04.2023


To

Period end date  
31.03.2024

### 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 £ |
| <b>A1 Receipts</b>                                    |                    |                  |                  |                  |                  |
| Donations   | 22,749             | -                | -                | 22,749           | 19,428           |
| Grants  | 19,000             | 3,000            | -                | 22,000           | 17,419           |
| Fundraising activities                                | 17,206             | -                | -                | 17,206           | 8,239            |
| Bank interest   | 1,533              | -                | -                | 1,533            | 500              |
| Partnership residential fees                          | -                  | -                | -                | -                | 806              |
| Other   | -                  | -                | -                | -                | 111              |
| <b>Sub total</b> (Gross income for AR)                | 60,488             | 3,000            | -                | 63,488           | 46,503           |
| <b>A2 Asset and investment sales, (see table).</b>    |                    |                  |                  |                  |                  |
|   | -                  | -                | -                | -                | -                |
|   | -                  | -                | -                | -                | -                |
| <b>Sub total</b>                                      | -                  | -                | -                | -                | -                |
| <b>Total receipts</b>                                 | 60,488             | 3,000            | -                | 63,488           | 46,503           |
| <b>A3 Payments</b>                                    |                    |                  |                  |                  |                  |
| Residential services                                  | 25,806             | -                | -                | 25,806           | 10,588           |
| Counselling services                                  | 2,602              | 10,910           | -                | 13,512           | 11,890           |
| Staffing costs  | 17,090             | -                | -                | 17,090           | 16,475           |
| Service development                                   | 7,215              | -                | -                | 7,215            | 657              |
| Charity administration                                | 4,791              | -                | -                | 4,791            | 2,700            |
| Fundraising costs                                     | 1,157              | -                | -                | 1,157            | -                |
| <b>Sub total</b>                                      | 58,661             | 10,910           | -                | 69,571           | 42,310           |
| <b>A4 Asset and investment purchases, (see table)</b> |                    |                  |                  |                  |                  |
|   | -                  | -                | -                | -                | -                |
|   | -                  | -                | -                | -                | -                |
| <b>Sub total</b>                                      | -                  | -                | -                | -                | -                |
| <b>Total payments</b>                                 | 58,661             | 10,910           | -                | 69,571           | 42,310           |
| <b>Net of receipts/(payments)</b>                     | 1,827              | - 7,910          | -                | - 6,083          | 4,193            |
| <b>A5 Transfers between funds</b>                     | -                  | -                | -                | -                | -                |
| <b>A6 Cash funds last year end</b>                    | 85,875             | 7,910            | -                | 93,785           | 89,502           |
| <b>Cash funds this year end</b>                       | 87,702             | -                | -                | 87,702           | 93,695           |

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

| Categories  | Details   | Unrestricted funds<br>to nearest £ | Restricted funds<br>to nearest £ | Endowment funds<br>to nearest £ |
|---|---|------------------------------------|----------------------------------|---------------------------------|
| B1 Cash funds   | Current account   | 9,664                              | -                                | -                               |
|   | Deposit account   | 78,038                             | -                                | -                               |
|   | <b>Total cash funds</b>   | <b>87,702</b>                      | <b>-</b>                         | <b>-</b>                        |
|   | (agree balances with receipts and payments account(s))                              | OK                                 | OK                               | OK                              |
|   |   | Unrestricted funds<br>to nearest £ | Restricted funds<br>to nearest £ | Endowment funds<br>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                    | 15.10.2024                       |                                 |
|   |   |                                    |                                  |                                 |





CHARITY COMMISSION  
FOR ENGLAND AND WALES

## Independent examiner's report on the accounts

### Section A

### Independent Examiner's Report

Report to the trustees

FLYNN'S BARN

On accounts for the year  
ended

31/3/24

Charity no  
(if any)

1177897

Set out on pages

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2024.

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 Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent  
examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. Delete [ ] if not applicable.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below \*) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- 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.

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

Signed:

L E Walker

Date:

24/9/24

Name:

LINDA EDITH WALKER

Relevant professional  
qualification(s) or body

(if any):

Address: 4 PENNYHILL PARK  
PENRITH  
CUMBRIA CA11 9SL

Section B

Disclosure

Only complete if the examiner needs to highlight material 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.