

**MY FAMILY ORGANISATION**  
CHARITY NUMBER: 1180508  
COMPANY NUMBER: 11066039

**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS FOR THE PERIOD  
ENDED 30 NOVEMBER 2020**

## **LEGAL AND ADMINISTRATIVE INFORMATION**

### **TRUSTEES**

Ms Denise Watson  
Miss Sharon Brown  
Mr Dean Davies  
Giorgia Williams  
Madelene Bianca Massiah-Watson

**CHARITY NUMBER:** 1180508

**COMPANY NUMBER:** 11066039

### **INDEPENDENT EXAMINERS**

Akarams & Co. Accountants  
66 King Henry's Walk,  
Mildmay Ward,  
London  
N1 4NJ

### **SOLICITORS**

Rees Myers Solicitors  
Gunnery House,  
9 - 11 Gunnery Terrace,  
Royal Arsenal,  
London  
SE18 6SW

## **CONTENT**

Page

Trustees' report 4 - 9

Independent examiner's report 10

Statement of financial activities 11

Balance sheet 12

Notes to the financial statements 13 - 16

## TRUSTEES' REPORT

### **Objectives and activities**

Purpose ( taken from the charities Memorandums and Articles of Association)

*The prevention or relief of poverty and the relief of those in need because of youth, age, ill-health, disability, financial hardship or other disadvantage in particular but not exclusively by the provision of skills training and development, support advice and guidance*

*To advance education for the public benefit of in particular but not exclusively young people by the provision of programmes relating to relationship violence and abuse*

### **Benefit to the public**

Benefit to the Public In order to receive charitable status My Family Organisation was set up with the purpose to deliver exclusively charitable support for the public benefit. This included carrying out our designated purposes and reporting for the public. The 'benefit' aspect The purpose of My Family Organisation' charitable work is beneficial to the public; this is proved by the ongoing evaluation service by the charity's clients. The 'public' aspect My Family Organisation benefits the public in general by the services provided free of charge to anyone, young or old, female or male, not excluding people with a diagnosed mental health issue who are a member of a disadvantaged family.

My Family Organisation Board of Trustees ensured that the charity understood how it benefited the clients and carried out projects to enable this purpose. My Family Organisation identified risks of harm and ensured these risks were minimised by safer policies and guidance to the clients and the public. With that in mind, the Board of Trustees and Charity Managers ensured that the charity's activities during this period were united with the Charity Commission's Guidelines and Principles of Public Benefit.

My Family Organisation services for this financial year supported five of the Charity Commission's specific description of charitable purposes

- General charitable purposes
- Disability
- The prevention or relief of poverty
- Economic/community development/employment
- Other charitable purposes

### **Structure, governance and management**

The trustees who served during the period and up to the date of signature of the financial statements were:

Ms Denise Watson  
Miss Sharon Brown  
Mr Dean Davies  
Giorgia Williams  
Madelene Bianca Massiah-Watson

## Chair Report

This report aims to bring together a range of statistics from the information on our services during this financial year. My Family Organisation is a client led and client centric organisation that aims to provide immediate intervention on behalf of children, adolescents, and adults from disadvantaged families. My Family Organisation exists to promote the education of healthy interpersonal relationships and finances. To prevent future dysfunctional family dynamics by positively enhancing good parenting skills and preventing further abuse. We aim to increase public awareness of sexual, domestic and dating violence, its causes, and effects, whether medical, social, or psychological and to secure child and vulnerable adult welfare, in accordance with Child & Vulnerable Adults protection procedures.

The service is free of charge at the point of delivery to all service users. My Family Organisation clients' needs are complex and diverse, they face a range of health and practical issues, which is why our representatives range from a diversity of backgrounds, are all highly qualified and operate from a holistic approach to meet the variety of needs of the service users.

My Family Organisation projects in 2019/2020 were funded by:  
BBC Children in Need  
Evening Standard Dispossessed Fund  
Awards for All  
City of London Trust  
UK Youth  
The Big Give/ Childhood Trust  
Donations

## Our work

We offer training, advice and support to disadvantaged families. We offering self development training, skills training and development, mentoring schemes, volunteering opportunities, work programmes, counselling and support group sessions. Projects will include:

**Still our Home** pilot project was initially delivered in Newham, it was so successful, we were asked to deliver the project in Enfield. We have been working with 12 families identified as being at risk of domestic violence perpetrated by men in their families with more than one child, where violence is against women aged 16-30.

Still our Home project aims to end violence and abuse in intimate partner and close family relationships by offering a range of support services for men who want to stop behaving violently or abusively.

There are 2 aspects to the programme:

1, perpetrator programme is designed to support and challenge men to cease their violent and/or abusive behaviours. During the perpetrator programme, participants will:

2, The victim support programme offer 1-2-1 counselling sessions, advice, information and assistance in relation to managing and reducing your risk, safety planning and exploring options.

We have 16 families on the current programme, 3 of which have multiple and complex needs that they have been indentified by the local authority for additional support through social services, and CAHMS. Of the 16 families 14 were self referrals/ spouse referrals and 2 were referred through the local authority. We have had 90% attendance rate from the men, and 100% attendance rate from their partners.

During this project we set up an independent steering group to help develop, monitor and advise on the sustainability and funding for the project's delivery to ensure once the funding ends we are still able to provide services to those in the community. Within the steering group, we have 100% local representation made up of 3 domestic violence survivors, 2 reformed domestic violence abusers, 1 statutory and not for profit organisation representatives. So far the group has met once a month for the past 17 months.

***I'm Still Me***, has been working with young girls/women aged 11-18 who are involved in or at risk of involvement in dating violence that live in Beckton area.

These disadvantaged young girls/women in the most impoverished communities are at higher risk of being drawn into dating violence relationships through lacking the emotional support, lack of role models in healthy relationships, lack of family structure and leadership, and skills required to make informed and healthy life choices.

Unhealthy relationships can start early and last a lifetime. Dating violence often starts with teasing and name calling. These behaviors are often thought to be a "normal" part of a relationship. But these behaviors can set the stage for more serious violence like physical assault and rape. I'm still Me! is a 10 week Safe Dates workshop sessions that targets attitudes and behaviors associated with dating abuse and violence.

As a result of the funding we have been able to run our safe dating training programme for girls and young women aged between 10 and 18. I'm still Me! is a 10 week Safe Dates workshop sessions that targets attitudes and behaviors associated with dating abuse and violence. They then produced their their own 30 second campaign video/ or meme to provide more information and raise awareness of dating violence in their community for publishing through social media.

We ran four 10 week sessions with the participants. Of the 78 that originally registered only 60 completed the programme. The sessions ran every Saturday from 11.30am-2.30pm. The support/ drop in sessions ran on Thursdays at 4pm-6pm and Sat 2.30pm-3.30pm.

We held pop up stands and went to 2 local schools to speak briefly to students to promote the programme. We also contacted local organisations, and put flyers in local shops. Of the 78 that originally registered 44 of them came through self referrals, and 34 through peer referrals.

The timings were also adjusted slightly as even though we advertised the start time at 11am, we found that the young people would usually all be present by 11.30am on Saturdays.

In our original application we were keen for the girls to produce a 30 second video, but most of the participants were concerned about having their faces on Camera, and the possibility of it going viral, and possible retaliation from exes, so we offered the opportunity to produce inspirational memes instead. This actual produced more content and further evidence of the learning outcomes had been achieved.

Our project has challenged these young peoples understanding of healthy relationships, lack of self-confidence, and coping mechanisms. 100% of the young women that attended the programme have reported an improvement in their emotional and physical wellbeing, and their self-confidence so they feel more empowered to make better life choices, and have more positive and healthy relationships.

**We Can Work** project aims to increase aspirations amongst young people and reduce worklessness amongst young people in Barking and Dagenham. As a regeneration area we are keen to increase aspiration and engagement for young people, who are currently feeling disengaged and disenfranchised. There are currently over 500 small businesses in Dagenham alone.

With an increase number of young people facing unemployment, this project re-invigorates the benefits of the 'Saturday job' by introducing the concept of work to young people ages 13- 16. This project will also teach young people about deferred gratification, money management, and it will give them the opportunity to learn new skills and increase their self esteem.

This project also helps the local economy, by supporting small business to take on employees to help their business. Most small companies feel unable to take on apprenticeships as it is such a huge financial commitment. This offers them the option of supporting young people, in an affordable way.

We have held 46 drop in sessions for young people who were interested in the project. These were currently weekly on a Wednesday afternoon at the Costa café. We used the drop in sessions to assess the young people and discuss varied career options in their areas of interests. Each young person gets a 30 minute slot. During the lockdown we held a further 84 drop in sessions via Houseparty app.

There are currently 132 young people registered on the programme. 132 young people aged 14-18. 54 males and 46 females. Of the 132 young people, 70% admitted being involved in serious youth crime including violence against other youths. 55% admitted being involved in serious youth crime including fraud and theft.

119 young people have completed the 12 week course. We have had 13 people who started the course with us but did not complete the 12 weeks course. 4 of the 13 that have not completed the course have been sentenced and thus unable to complete the programme.. We have 155 employers interested in having a young person working for them. After they completed their training, 112 young people were successful placed in a saturday job. Of the 112 that were placed in jobs 112 maintained a successful placement for 3 months, 86 for a minimum of 6 months and then 64 are still currently in placements now. 21 of our young people have set up their own small business, mostly around social media and motivational speaking, beauty, and catering.

During the intial lockdown we had problems keeping the placements goings for a lot of the small buisnesses who were force to shut. However we adjusted our training delivery to included training around areas of skills development that these small business would need to survive during lockdown and manage to create some new roles for some of our young people, particularly around social media, marketing, etc.

During the summer of 2020 and the rise of the Black Lives Matter movement, we started

delivering some specialist sessions creating an open space for our youth to discuss openly discrimination in the employment market and experiences they have had, and what we can do as an organisation to support them.

**All year round** is a rounders project for women aged between 18- 40 living in Edmonton and Tottenham. The aim was to increase participation and overall fitness amongst women (particularly African and Caribbean women). The project offered rounders all year round, during autumn and winter participants there will be indoors rounders, then outdoors in the spring and summer. We have not been able to secure funding for this project this year.

**Family Times Project** is a 12 month subscription box for disadvantaged low income families, that will offer fun educational indoor and outdoor activities on a monthly basis. Activities will include arts and craft, STEM, games, and treasure trails. We have secure funding to run this programme for a year. It has proved very popular, particularly during the lockdown. We are currently oversubscribed and are now seeking further funding to expand the programme as further restrictions and changes to daily life loom over the UK.

**Money and Changes project** will teach financial literacy to disadvantaged women who are about to go through or are going through economic transition either from benefits to work or self employment, or work to benefits. We have not been able to secure funding for this project just yet, but we are still keen to deliver this project.

**Forward programme** aims to provide offenders/ex-offenders with knowledge and skills to successfully integrate them back into the community through a series of community engagement initiatives. We aim to help offenders/ex-offenders to strengthen themselves, their families and communities through training and support in entrepreneurship and social consciousness. We have not been able to secure funding for this project just yet, but we are still keen to deliver this project.

## **Present and Future Plans**

My Family Organisation continues to see an increase in clients, operating a waiting list on all current funded programmes. We have developed an income generation strategy to diversify funding and develop services in order to make the charity more sustainable. My Family Organisation continues to strive to become experts in the field by providing innovative support and development programmes. The charity continues to update procedures and working practices so that it meets good governance and keeps the charity on top of current trends in the field. Our vision for the future is to continue to grow and learn in the charity's chosen fields in order to ensure My Family Organisation offer the best advice and support to its clients. My Family Organisation continue to enhance its practices to improve year on year, to include methods that consistently show achievements and positive results for its clients.

## **Structure Governance & Management**

The charity's governing document is the memorandum and articles of association adopted 12<sup>th</sup> April 2017 and amended in October 2018 as amended by resolution of 1<sup>st</sup> October 2018. The charity's trustees determine the general policy of the charity and oversee its finances. They meet 12 times a year. The day to day running of the charity is shared by 3 trustees. The chairperson undertakes key leadership roles overseeing all aspects of the charity's service undertaken within the policies and procedures. All significant expenditure decisions and major capital projects are referred to the Trustees for prior approval. The recruitment of all staff has been delegated to 1 trustee with over 20 years of IAG and



recruitment experience. The charity administration and book keeping is managed by the treasurer.

## **Staff Profiles**

There are currently 8 part-time members of staff, 4 sessional workers and 23 volunteers including the mentors.

With a strong focus on staff development, the charity has secured funds for training needs analysis, and ICT training and development, including Microsoft 365. We also secured funding for additional staff support during COVID pandemic, including funding for extra staff hours, and also independent counselling sessions and down days.

The trustees' report is a draft, awaiting approval by the Board of Trustees.

Ms Denise Watson (Chairperson)

Dated: 01 April 2021

## **INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF MY FAMILY ORGANISATION**

I report to the trustees on my examination of the financial statements of My Family Organisation (the charity) for the year ended 30 November 2020.

### **Responsibilities and basis of report**

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 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.

Akarams & Co. Accountants  
66 King Henry's Walk,  
Mildmay Ward,  
London  
N1 4NJ

Dated: 19 March 2021

**STATEMENT OF FINANCIAL ACTIVITIES  
INCLUDING INCOME AND EXPENDITURE ACCOUNT  
FOR THE PERIOD ENDED 30 NOVEMBER 2020**

	Notes	Unrestricted Funding 2020 £	Restricted Funding 2020 £	Total
<b>Income and Endowments from:</b>				
<b>Grants from Funders</b>	3	0	73571	73571
<b>Donations</b>	4	0	15974.78	15974.78
<b>Fundraising Activities</b>	5	27291	0	27291
<b>TOTAL INCOME</b>		27291	89545.78	116836.78
<b>Expenditure on:</b>				
<b>Charitable activities</b>	6	27291	61953.92	89244.92
<b>Marketing and PR</b>	7	0	1800	1800
<b>Management and Adminstrative Costs</b>	8	0	10601	10601
<b>TOTAL EXPENDITURE</b>		27291	74354.92	101645.92
<b>NET</b>		0	15190.86	15190.86
<b>Fund balance at 30<sup>th</sup> November 2020</b>		0	15190.86	15190.86

The statement of financial activities includes all gains and losses recognised in the period.

All income and expenditure derive from continuing activities.

**BALANCE SHEET**  
**AS AT 30 November 2020**

<b>NOTES</b>	<b>2020 £</b>	<b>2020 £</b>
<b>Fixed Assets</b>		
<b>Tangible Assets</b>		4940
<b>Current Assets</b>		
<b>Debtors</b>	2213.50	
<b>Cash at bank and in hand</b>	12977.36	
<b>Creditors: amounts falling due within one year</b>	15190.86	
<b>Net current assets</b>		10250.86
<b>Total assets less current liabilities</b>		15190.86
<b>Income funds</b>		
<b>Restricted funds</b>		15190.86
<b>Unrestricted Funds</b>		0
		15190.86

The financial statements to be approved by the Trustees on 11<sup>th</sup> October 2021

Ms Denise Watson  
Trustee

## NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 30 NOVEMBER 2020

### 1 Accounting policies

#### 1.1 Accounting convention

The financial statements have been prepared in accordance with the Charities Act 2011 and “Accounting and Reporting by Charities: 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)” (as amended for accounting periods commencing from 1 January 2016). The charity is a Public Benefit Entity as defined by FRS 102. The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows. The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn. The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £1. The financial statements have been prepared under the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

#### 1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity will have adequate resources to continue in operational existence for the foreseeable future once funding is secured. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

#### 1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes. Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

**1.4 Incoming resources** Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received. Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset. Turnover is measured at the fair value of the consideration received or receivable and represents amounts receivable for goods and services provided in the normal course of business, net of discounts, VAT and other sales related taxes.

**1.5 Tangible fixed assets** Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses. Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases: Fixtures and fittings 33% reducing balance The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

**1.6 Impairment of fixed assets** At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any). Intangible assets with indefinite useful lives and intangible assets not yet available for use are tested for impairment annually, and whenever there is an indication that the asset may be impaired.

**1.7 Cash and cash equivalents** Cash and cash equivalents include cash in hand, deposits held at call with banks, other shortterm liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

**1.8 Financial instruments** The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments. Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument. Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

- **Basic financial assets** Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

**Basic financial liabilities** Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised. Debt instruments are subsequently carried at amortised cost, using the effective interest rate method. Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

**Derecognition of financial liabilities** Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

**2 Critical accounting estimates and judgements** In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates. The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

<b>3</b>	<b>Grants from Funders</b>			
		Unrestricted funds	Restricted Funds	Total
	Grants receivable	0	73571	73571
<b>4</b>	<b>Donations</b>			2020 £
	Donations receivable	0	15974.78	15974.78
<b>5</b>	<b>Fundraising Activities</b>			2020 £
	Fundraising activities receivable	27291	0	27291
<b>6</b>	<b>Charitable Activities</b>			
	Organisation			£5688.00
	Volunteer costs			
	Miscellaneous			£0.00
	Still Our home project costs			£9982.00
	I am Still Me! project costs			£9591.79
	Saturday Jobs project costs			£30383.13
	Family Times Project Cost			£33600.00
				89244.92

<b>7</b>	<b>Employees</b>	
	Number of employees	
	No employee received emoluments (excluding employer pension costs) of more than £60,000. The average monthly number of employees during the period was:	
		2020 Number
		12

8	Management and Adminstrative Costs			
		Unrestricted Funds	Restricted Funds	Total
	Adminstration (stationery etc)		1440.00	1440.00
	Accountant/ legal costs/ insurances		1056.00	1056.00
	Accomodation/Rent		3,180.00	3180.00
	Equipment		1140.00	1140.00
	Training		3785.00	3785.00
			10601.00	10601.00