

MY FAMILY ORGANISATION
CHARITY NUMBER: 1180508
COMPANY NUMBER: 11066039

**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS FOR
THE PERIOD ENDED 30 NOVEMBER 2023**

LEGAL AND ADMINISTRATIVE INFORMATION

TRUSTEES

Ms Denise Watson
Miss Sharon Brown
Mr Dean Davies
Giorgia Williams

CHARITY NUMBER: 1180508

COMPANY NUMBER: 11066039

INDEPENDENT EXAMINERS

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TRUSTEES' REPORT

FOR THE PERIOD ENDED 30 November 2023

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, illhealth, 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

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 2022/2023 were funded by:

BBC Children in Need

Lloyds Foundation

Awards for All

The Big Give

HMRC Gift Aid

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 and are now currently delivering it in Barking and Dagenham. We have been working with 32 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 had overwhelming demand for our support during and since COVID 19 lockdown. We have had an increase in domestic violence support calls and child abuse calls, from current clients and new women seeking support for themselves and their families.

Still our Home project, started working with 18 new families during the past 3 months.

We have had request for support from over 38 women in the past 12 weeks, who are identified as being at risk of domestic violence perpetrated by men in their families with more than one child.

During the past year, we had 37 families from Barking and Dagenham on this programme, all of which have multiple and complex needs that they have been identified by the local authority for additional support through social services, and CAHMS. Of the 37 families 34 were self referrals/ spouse referrals and 3 were referred through religious organisations. We have had 95% attendance rate from the men, and 100% attendance rate from their partners. All the families on this current programme are BME families.

We currently have 7 member of staff and 18 volunteers working on this project.

This project has 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.

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 Barking and Dagenham 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 behaviours are often thought to be a "normal" part of a relationship. But these behaviours 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 behaviours 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 11 and 18. I'm still Me! is a 10 week Safe Dates workshop sessions that targets attitudes and behaviours associated with dating abuse and violence. They then produced their own 30 second campaign video/ social media product/ 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 122 that registered only 60 completed the programme, with the 62 still on the waiting list, waiting for the. Next round of training. 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 10 local schools to speak briefly to students to promote the programme. We also contacted local organisations, and put flyers in local shops. Of the 122 that originally registered 74 of them came through self referrals, and 48 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, campaigning products instead. This actually 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 526 drop in sessions for young people who were interested in the project. These are currently weekly on a Wednesday and Thursday afternoon at the Costa café and the Heathway Library. 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. We are currently seeing 8 young people on average a week.

1. There are currently 180 young people registered on the programme. 165 young people aged 14-18. 108 males and 72 females. Of the 180 young people, 82% admitted

being involved in serious youth crime including violence against other youths. 77% admitted being involved in serious youth crime including fraud and theft.

69 young people have completed the 12 week course. We have had 5 people who started the course with us but did not complete the 12 weeks course but are still working with us on a 1-2-1 basis. We have 250 employers interested in having a young person working for them and to date we have placed 200 young people in Saturday jobs.

Following visits to the employers, we are currently working with them to ensure that the working environment is safe for the young people and that the employer is following all legislation regarding health and safety and other necessary requirements. The employer handbook is completed and is a useful tool when working with the employers to develop the job roles and support their employee once the young person is in the role.

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.

A rounders coach will be present in the sessions to advise and help the participants develop their skills and technique. After 12 weeks of participation, participants were offered the opportunity to attend Rounders England Leadership and/or coaching programme.

Our project did increase participation in sports and fitness for young women aged 18-40 (particularly African and Caribbean women), with 65% of the women who participated in this project continuing participation in local sports and fitness activities of more than 30 minutes a week.

We have not been able to secure funding for this project just yet, but we are still keen to deliver this project.

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 funded the project through the Big Give fundraising programme. With the help of InKind Direct, we have been able to source and produce 600 boxes (50 boxes a month for 12 months).

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 completed our strategic 5 year plan which incorporates our 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 12th April 2017 and amended in October 2018 as amended by resolution of 1st 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 12 part-time members of staff, 7 sessional workers and 24 volunteers.

With a strong focus on staff development, the charity is apply to secured funds for 12 of the part time members of staff to completed professional development courses. 5 members of staff and 3 member of the board have completed trauma informed training.

The trustees' report was approved by the Board of Trustees.

Ms Denise Watson (Chairperson)

Dated: 2nd January 2025

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 2023.

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: 4th November 2024

**STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE PERIOD ENDED 30
NOVEMBER 2023**

	Notes	Unrestricted Funding 2023 £	Restricted Funding 2023 £	Total
Income and Endowments from:				
Grants from Funders	3	27,250.00	27,007.09	54,257.09
Donations	4	48,162.86	0	48,162.86
Fundraising Activities	5	6,324.98	0	6,324.98
TOTAL INCOME		81,737.84	27,007.09	108,744.93
Expenditure on:				
Charitable activities	6	76,241.03	27,007.09	103,248.12
Marketing and PR	7	1800	0	1800.00
Management and Administrative Costs	8	2968	0	2968.00
TOTAL EXPENDITURE		81,009.03	27,007.09	108,016.12
NET		0	728.81	728.81
Fund balance at 30th November 2023		0	728.81	728.81

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 2023

NOTES	2023 £	2023 £
Fixed Assets		
Tangible Assets		4,330.00
Current Assets		0.00
Debtors	0.00	
Cash at bank and in hand	10,291.81	
Creditors: amounts falling due within one year	6,750.00	
Net current assets		14,621.81
Total assets less current liabilities		7,841.81
Income funds		
Restricted funds		9,563.00
Unrestricted Funds		728.81
		10,291.81

The financial statements were approved by the Trustees on

Ms Denise Watson
Trustee

NOTES TO THE FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 30 NOVEMBER 2023

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 has adequate resources to continue in operational existence for the foreseeable future. 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.

3	Grants from Funders			
		Unrestricted funds	Restricted Funds	Total
	Grants receivable	27,250.00	27,007.09	54,257.09
4	Donations			
				2023 £
	Donations receivable	48,162.86	0.00	48,162.86
				0
5	Fundraising Activities			
				2023 £
	Fundraising activities receivable	6,324.98	0.00	6,324.98
6	Charitable Activities			
	Organisation Volunteer costs			£8,145.00
	Training			£3,395.00
	Still Our home project costs			£27,040.12
	I am Still Me! project costs			£46,128.00
	Saturday Jobs project costs			£18,540.00
	Family Times Project Cost			£0.00
	Charity marketing costs			£1,800.00
	Adminstration (stationery etc)			£1,312.00
	Accountant/ legal costs/ insurances			£1,056.00
	Accomodation/Rent			£0.00
	Equipment			£600.00
				£108,016.12
7	Employees			
	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:

			2023 Number
			12
8	Management and Administrative Costs		
	Unrestricted Funds	Restricted Funds	Total
Adminstration (stationery etc)		1312.00	1312.00
Accountant/ legal costs/ insurances		1,056.00	1,056.00
Accomodation/Rent		0.00	0.00
Equipment		600.00	600.00
		2968.00	2968.00