

**BOUNCE! BRIGHTER FUTURES
FOUNDATION**

UNAUDITED

TRUSTEES' REPORT

AND FINANCIAL STATEMENTS

**FOR THE YEAR ENDED
31 MARCH 2023**

**CHARITY NUMBER
1181729**

Bounce! Brighter Futures Foundation
Charity Number 1181729

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Bounce! Brighter Futures Foundation
Charity Number 1181729

Legal and administrative information

Status

Bounce! Brighter Futures Foundation is a CIO Foundation registered 24 January 2019.

Charity number 1181729

Business address 33 St Peter Street
Tiverton
Devon
EX16 6NW

| | | |
|-----------------|-----------------|-------------------------|
| Trustees | Hayley Graham | Chairperson |
| | Samantha Slater | |
| | Irene Hill | (Resigned 1 March 2023) |
| | Alicia Balfour | |
| | Eunice Hinds | |

Accountants Westcotts
47 Boutport Street
Barnstaple
Devon
EX31 1SQ

Bankers Nationwide Building Society
11 Fore Street
Tiverton
Devon
EX16 6LW

Bounce! Brighter Futures Foundation
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Report of the trustees
for the year ended 31 March 2023

The trustees present their report and the financial statements for the year ended 31 March 2023. The trustees who served during the year and up to the date of this report are set out on page 1.

Structure, governance and management

Organisational Structure

The legal and administrative details are listed on page 1. The trustees who served during the year are listed on page 1.

BOUNCE! is established as a CIO. The Charity is overseen by the Trustees. Trustees are appointed from those who wish to volunteer as trustees by a majority vote at the Annual General Meeting. The trustees meet on a regular basis. From an operational perspective the Chair of Trustees also acts as Clinical Director and co-ordinates the day to day running and fundraising activities. Currently this element is provided pro bono. The Chair also undertakes clinical work for which she is paid the same charitable rate as all other professional associates. This has been agreed with the Charity Commission.

BOUNCE! has a comprehensive set of governance and operational policies in place. These

- Safeguarding and Child Protection Policy
- Safeguarding Adult Policy
- Complaints Policy
- Equal Opportunities Policy
- Privacy Policy
- Remote Working Policy
- Reserves Policy

All BOUNCE! associates have an individual letter of engagement which specifies compliance with BOUNCE! policies. This also includes requirements for:

- DBS and identity checks
- Checks on qualifications and registration
- Compliance with registering body code of ethics

Governance, Internal Control and Risk Management

The trustees have reviewed the major risks of the charity and have taken action and established systems which will mitigate any known risks. All policies and procedures are updated regularly.

The insurance policies are reviewed annually and amended if appropriate.

As the Charity works with children, DBS checks are always carried out on staff and any volunteers before they take up a position within the charity.

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for the year ended 31 March 2023

Objectives and Activities

BOUNCE! is a charity providing mental health services to children, families and educational staff within schools and the broader community. We're based in Tiverton, Mid Devon. We aim to improve mental health and build resilience in children, their families and the wider community; improve learning outcomes and create happier learners, families, and communities.

At BOUNCE! we want every child and family to be able to look forward to a brighter future and believe passionately in the power of early intervention to help those in need. We have established an innovative, accessible, and holistic service.

We are a team of committed mental health professionals with a high level of training and a wealth of relevant experience including:

- Child and adolescent psychotherapists and counsellors
- Adult psychotherapists and counsellors
- Clinical psychologists
- Art psychotherapists

We also have a group of volunteers passionate about mental health who support the therapists and the organisation.

Our focus is on delivering accessible high-quality psychotherapy and counselling to children, young people and their families.

We work with a wide-range of difficulties including anxiety, depression, trauma, loss and relationship problems.

Our commitment is:

- To put children, young people and families at the centre of everything we do.
- To provide high-quality, accessible counselling and psychotherapy to those in need.
- To develop and grow our service so we can reach more children, young people and families.
- To build on our existing expertise and develop new and innovative ways of working with children, young people and families

BOUNCE! is the only charity providing subsidised therapy to young people in Mid Devon. We are consistently providing support to around 70 families a week, and in 2022/23 provided around 3000 therapy sessions. BOUNCE! therapists were embedded in 5 schools, providing support up to two days a week alongside delivering free or low cost therapy (at point of delivery) through our community hub. Both models allow us to reach those vulnerable children, young people and families who would otherwise fall through the cracks of statutory services and private provision.

The need for our charitable work shows no signs of diminishing. We have an ever-growing waiting list and we fully expect demand to increase. The national picture is that 1 in 6 children have a mental health problem and that self-harm and thoughts of suicide are on the increase.

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We know that children from the poorest 20% of households are 4 times more likely to experience serious mental health issues. Mid Devon, Tiverton and its surrounding communities are a hot spot of rural poverty and the financial impact of the pandemic along with the cost-of-living crisis, means fewer families than ever can pay for the private help needed.

50% of mental health difficulties begin before the age of 14, so we are well aware of the need for timely intervention. Our local statutory services are so stretched families are finding themselves on lengthy waiting lists. In 2021-22, 34% of children referred to a statutory service did not receive treatment. As a result, we receive daily requests for help from families in our community, GP surgeries, schools and other services. Many of these families are at crisis point and experiencing significant distress.

BOUNCE! in schools

BOUNCE! intervention work has an on-going significant impact. We make a difference. Direct feedback from teaching and support staff at our schools shows that of the children we work with:

- 93% show an improvement in their mental health
- 60% find it easier to make and keep friends
- 60% show an improvement in their behaviour at home
- 84% of those who were causing problems in class now cause fewer problems
- 100% are more able to access learning

Testimonies from our partner schools give more anecdotal evidence

'Despite the high numbers of pupils with SEMH needs in our school, we have incredibly few incidents of exclusion.'

'The support has made a huge difference. Children are able to manage in a mainstream classroom. What we have seen is those children that have been supported by BOUNCE, are much less likely to experience exclusion'.

Within schools, we have found the greatest impact occurs where provision is delivered at a minimum of one day a week. We continue to believe the best possible, and most sustainable outcomes are achieved by working with the entire system around the child. This includes parents, carers and educators. This belief is reflected in our outcomes and continues to shape our thinking regarding future service provision.

We continue to follow a cross-section of beneficiaries on their journey through their therapy process and we communicate directly with school leaders on a regular basis. A benefit of having BOUNCE! therapists in settings on a weekly basis, is that it provides good communication channels, and the flexibility to adapt the provision to suit the school's and the individual's needs.

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'We are enormously grateful to Bounce who support 7 of our pupils with weekly 1:1 psychotherapy. This support is enabling the pupils to access mainstream schooling despite challenging behaviour which is often conducive with exclusions. Despite the high numbers of pupils with SEMH needs in our school, we have incredibly few incidents of exclusion. The BOUNCE! team offer training to staff so that we can use best practices in classrooms benefitting all of our children. In these challenging times with ever increasing pressure on mental health support such as CAMHs, we are always reassured to know that we can offer quick, high- quality interventions in a timely manner. This service extends to the pupil's wider family and a holistic approach is widely used to help all family members if appropriate.'

BOUNCE! in the community

Our therapy hub also shows the difference BOUNCE! is making within the community. The outcome measures that we use at our hub show that 84% of the children, young people and parents we work with, show an improvement in their mental health.

Our community hub receives referrals directly from families, from schools and from other services, including local surgeries. One local GP said:

'You do a fantastic job at Bounce with children and parents, and I have heard many accounts from patients that they are really happy to have had help from you, so thank you.'

Testimonies from the children themselves however show the real difference BOUNCE! is making:

'Seeing my therapist is fun. It helps me very much. It helps me not getting angry. It helps my brain and it helps my autism.'

'I really like my therapist she's nice, kind and caring. She has really helped me with my fears.'

Over the past year we have been able to provide on average 50 sessions of specialist therapy per week to children, adolescents and parents, directly from the community hub. Crucially, the hub allows us to expand our reach - helping children not currently benefitting from attending one of our partner schools. Demand for this service has been high and we receive referrals directly from families in the community, from local GP surgeries, from schools, social services and other organisations.

Future aims of BOUNCE!

For a small charity, we have large ambitions!

As a result of funding recently received in 2022/23, we have been able to employ an Operations & Fundraising Manager for 18 months, with the aim of establishing long term security of funding for the charity. Such security would allow us to fulfil our 5-year plan, which incorporates the following:

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for the year ended 31 March 2023

- To provide an in-setting provision to a greater number of schools.
- To increase the provision of treatment through the BOUNCE! Community Hub at subsidised rates for those children, adolescents, parents and whole families unable to access treatment through their schools.
- To position BOUNCE! as a Centre of Excellence for psychotherapeutic services for families. This would enhance the provision of support through appropriately qualified therapists, on tailored treatment plans.
- To provide our Associate therapist team with the training and professional development they require, to allow them to continue to offer the best service possible for the community.
- In the long term, BOUNCE! aims to gain regional and national recognition as a point of expert knowledge in the field of child and adolescent mental health. We seek to accredit BOUNCE! as an organisation with a professional body such as the BACP, to gain national recognition as a Centre of Excellence.

The competition for funding since COVID has increased enormously, thus making it challenging for all charities applying for funds.

In parallel however, the number of children, adolescents and families requiring mental health & wellbeing help has increased enormously since, and as a result of, COVID. BOUNCE! is increasingly being recognised as a force for good for the community, but the challenges of short term funding remain a very real constant.

For more information on the work of BOUNCE! and the difference we are making please visit our website www.bouncebrighterfutures.co.uk

Financial review

Financial Review

BOUNCE! started the financial year with circa £25k funds. Over the accounting period expenditure was circa £80k and we finished the year with circa £46k in the bank having raised over £100k.

75% of expenditure was directly on provision of therapy services and just over 15% was on costs associated with the community hub. This extremely high proportion of funds being used to support our clients was only possible due to the majority of administration and management being provided pro bono.

Source of Funds

A large proportion of funding for BOUNCE! comes from charitable grants. In this period our key funders were:

| | |
|---|---------|
| - Devon Community Foundation (Feel Good grants) | £8,000 |
| - Northbrook Foundation (for school service) | £7,300 |
| - Tiverton Education Fund (via DCF) | £20,000 |
| - CLASP funding | £5,000 |
| - Chief Constable's Fund | £2,640 |

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| | |
|--------------|--------|
| - INVOLVE | £3,000 |
| - Pixel Fund | £2,300 |

Importantly we have started to generate income of £25k from clients who have the option to pay a staggered rate depending on circumstances, from external contracts (e.g. Primary care Network, Devon County Council) and from utilising the community hub.

Overall source of funds is:

- 49% grants
- 24% service income
- 12% contracts
- 14% schools
- 1% donations

Reserves Policy

For Core service provision we agree there should always be at least one full terms fund secured prior to work beginning or continuing in a school-based programme of support. Whilst it is envisaged to be an exceptional circumstance this allows sufficient time to exit the service and manage ending sessions with vulnerable clients appropriately.

We agree that at any point we will hold a reserve of unrestricted funds to cover 3 months of fixed costs. As at the 31 March 2023, £46,518 was held in unrestricted reserves, which is equivalent to just over 28 months of fixed costs (expenditure less therapist fees).

Surplus funds - it is envisaged that any surplus from restricted funds will be minimal and, if possible, re-allocated in discussion with the relevant funding body. From unrestricted funds in excess of agreed reserves we agree that the Trustees will consider proposals to utilise in the following way:

- To give financial support to existing activities, if required
- To give financial support to assist the development of new activities and services
- To purchase additional equipment and/or replace existing equipment if required
- To support training needs of Bounce! associates/volunteers/committee members
- To support volunteers through provision of volunteer expenses for travel and associated costs
- To promote the Bounce! service

Looking forward

The psychotherapeutic model of BOUNCE! is now well established. Moving forward the key focus area for BOUNCE! are:

- Achieving long-term financial stability
- Developing the BOUNCE! organisational structure

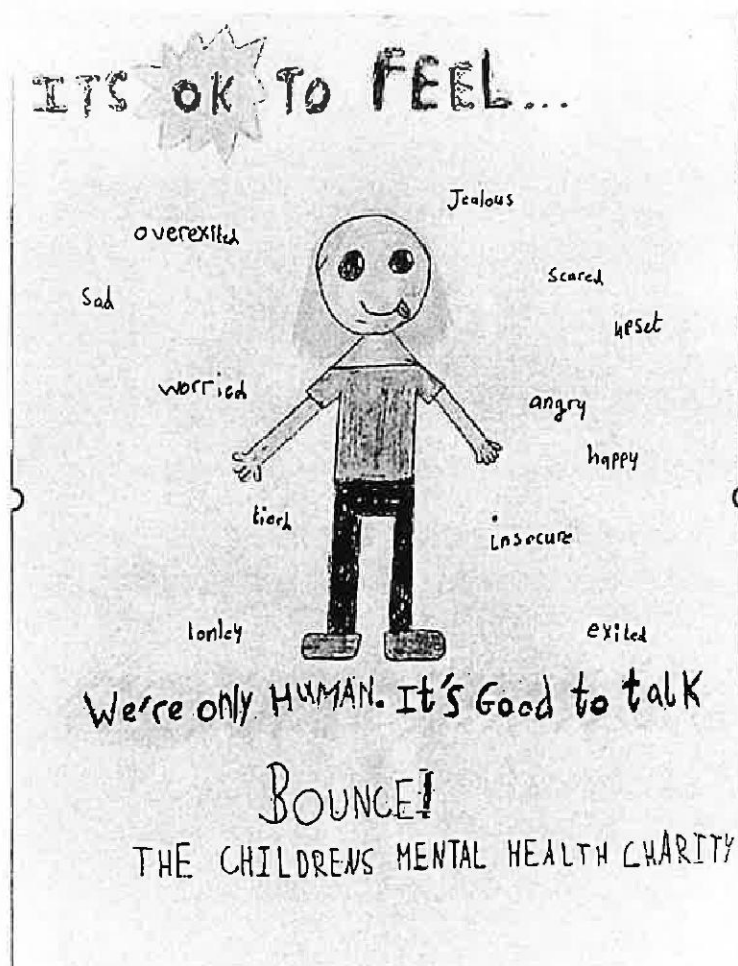
Report of the trustees
for the year ended 31 March 2023

Achieving long-term financial stability

Although BOUNCE! has been successful in attracting funding this is becoming ever more challenging. The majority of funds available are however short term and often do not cover core costs. As an organisation we need to find larger partners and bid for substantial funds, ideally across several years. Until we can achieve this, the long-term sustainability will always be in doubt. This creates a sense of insecurity which holds back organisational development.

Developing the BOUNCE! organisational structure

This is a critical area for BOUNCE! if we are to sustain current services and expand as described above. Our governance is sound however as we grow the level of admin and management support required is increasing beyond what can reasonably be provided by voluntary hours. We have secured some short-term admin support but moving forward we will need to include management time in each of our funding bids. It is a measure of the success of BOUNCE! that our services are in demand and that we have attracted a large number of professional staff who wish to provide sessions in our charitable model. We currently have 12 therapists working in schools and in our community hub. We also have volunteers and trustees supporting BOUNCE! Whilst this is directionally very positive; we need to evolve our organisational model to the scale we are now operating at.



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Report of the trustees
for the year ended 31 March 2023

Statement of trustees' responsibilities

The trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the charity and of the incoming resources and application of resources of the charity for that year. In preparing these financial statements the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with Charities Act 2011 and the Charity (Accounts and Reports) Regulations 2008. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.



Hayley Graham
Trustee

30.11.2024

Bounce! Brighter Futures Foundation
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Independent examiner's report to the trustees on the unaudited financial statements of Bounce! Brighter Futures Foundation.

Independent examiner's report to the trustees of Bounce! Brighter Futures Foundation
I report to the trustees on my examination of the accounts of Bounce! Brighter Futures Foundation for the year ended 31 March 2023.

Responsibilities and basis of report

As the charity's trustees of Bounce! Brighter Futures Foundation 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 Bounce! Brighter Futures Foundation 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

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of Bounce! Brighter Futures Foundation as required by section 130 of the Act; or
2. the accounts do not accord with those records.

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



Catherine Williams FCA DChA

Independent Examiner

Westcotts (SW) LLP

47 Boutport Street

Barnstaple

Devon

EX31 1SQ

Dated: 31st January 2024

Bounce! Brighter Futures Foundation
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Receipts and Payments Account

For the year ended 31 March 2023

| | Notes | Unrestricted funds £ | 2023 Total £ | 2022 Total £ |
|---|-------|----------------------------|--------------------|--------------------|
| Receipts | | | | |
| Incoming resources from generating funds: | | | | |
| Donations | 2 | 50,209 | 50,209 | 37,916 |
| Activities for generating funds | 3 | 5,887 | 5,887 | 1,408 |
| Incoming resources from charitable activities | 4 | 46,066 | 46,066 | 29,660 |
| Total receipts | | <u>102,162</u> | <u>102,162</u> | <u>68,984</u> |
| Payments | | | | |
| Establishment costs | | 13,714 | 13,714 | 10,720 |
| Accountancy fees | | 570 | 570 | 480 |
| Therapist fees | | 60,630 | 60,630 | 60,202 |
| Telephone | | 762 | 762 | 570 |
| Advertising | | 120 | 120 | 291 |
| Admin | | 3,768 | 3,768 | 1,966 |
| Equipment | | 411 | 411 | - |
| Training | | - | - | 100 |
| Website | | 234 | 234 | 284 |
| Miscellaneous expenditure | | 194 | 194 | 182 |
| Total payments | | <u>80,403</u> | <u>80,403</u> | <u>74,795</u> |
| Net of receipts/(payments) | | 21,759 | 21,759 | (5,811) |
| Cash funds brought forward | | 24,759 | 24,759 | 30,570 |
| Cash funds carried forward | | <u>46,518</u> | <u>46,518</u> | <u>24,759</u> |

All of the above amounts relate to continuing activities.

The notes on pages 13 to 15 form an integral part of these financial statements.

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Statement of Assets and Liabilities

As At 31 March 2023

| | Notes | 2023 £ | 2022 £ |
|-------------------------------|-------|---------------|---------------|
| Cash funds | | | |
| Bank and cash | | 46,518 | 24,759 |
| | | <u>46,518</u> | <u>24,759</u> |
| Assets and liabilities | | <u>46,518</u> | <u>24,759</u> |
| Funds | 5 | | |
| Unrestricted income funds | | 46,518 | 24,759 |
| Total funds | | <u>46,518</u> | <u>24,759</u> |

The financial statements were approved by the trustees on 30th January 2024..... and signed on its behalf by

Hayley Graham
Trustee



The notes on pages 13 to 15 form an integral part of these financial statements.

Notes to the financial statements
for the year ended 31 March 2023

1. Accounting policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and the preceding year.

1.1. Basis of accounting

The financial statements are prepared under the receipts and payments basis and in accordance with FRS102, the Charities SORP (FRS102) and the requirement of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Charities SORP (FRS102) and the Charities Act 2011.

1.2. Cashflow

The charity has taken advantage of the exemption in FRS102 from the requirement to produce a cashflow statement as it is classed as a small charity.

1.3. Fund accounting

Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specific purpose and which the charity may use for its purpose at its discretion.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

1.4. Incoming resources

All incoming resources are included in the statement of financial activities when the charity receives the income. The following specific policies are applied to particular categories of income:

Donations are received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when received.

The value of services provided by volunteers has not been included.

Fees are included in full in the Statement of Financial Activities when received. All other incoming resources are also included in full in the Statement of Financial Activities when received.

Grants, including grants for the purchase of fixed assets, are recognised in full in the Statement of Financial Activities in the year in which they are received.

Notes to the financial statements
for the year ended 31 March 2023

1.5. Resources expended

Expenditure is recognised on a payments basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.

2. Donations

| | Unrestricted funds £ | 2023 Total £ | 2022 Total £ |
|--------------------------|-------------------------------------|-----------------------------|-----------------------------|
| Donation and fundraising | 718 | 718 | 13,416 |
| Grants | 49,491 | 49,491 | 24,500 |
| | <u>50,209</u> | <u>50,209</u> | <u>37,916</u> |

3. Activities for generating funds

| | Unrestricted funds £ | 2023 Total £ | 2022 Total £ |
|--|-------------------------------------|-----------------------------|-----------------------------|
| Other activities for generating funds income | 5,887 | 5,887 | 1,408 |
| | <u>5,887</u> | <u>5,887</u> | <u>1,408</u> |

4. Incoming resources from charitable activities

| | Unrestricted funds £ | 2023 Total £ | 2022 Total £ |
|----------------------------|-------------------------------------|-----------------------------|-----------------------------|
| Credit from schools | 14,420 | 14,420 | 28,718 |
| External Provider payments | 12,578 | 12,578 | 942 |
| Client Fees | 19,068 | 19,068 | - |
| | <u>46,066</u> | <u>46,066</u> | <u>29,660</u> |

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Notes to the financial statements
for the year ended 31 March 2023

5. Analysis of net assets between funds

| | Unrestricted funds £ | Total funds £ |
|---|-------------------------------------|------------------------------|
| Fund balances at 31 March 2023 as represented by: | | |
| Current assets | 46,518 | 46,518 |
| | <u>46,518</u> | <u>46,518</u> |

6. Unrestricted funds

| | At 1 April 2022 £ | Incoming resources £ | Outgoing resources £ | At 31 March 2023 £ |
|--------------------|--------------------------------------|-------------------------------------|-------------------------------------|---------------------------------------|
| Unrestricted funds | <u>24,759</u> | <u>102,162</u> | <u>(80,403)</u> | <u>46,518</u> |

Purposes of unrestricted funds

Unrestricted funds are used to further the objects of the charity, but are subject to no restrictions on their use within those objects.

8. Related party transactions

During the year, a trustee received £3,400 for therapy services provided to the charity (2022 £9,706). This has been agreed with the Charity Commission.