

# THE SEA CHANGE TRUST

England & Wales · Charity number 1181866

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2019-02-04

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** Sea Change Psychotherapy Ltd  
The Mews  
8 St. Austins Friars  
Shrewsbury  
SY1 1RY

**Phone** 01743248886

**Email** [info@theseachangetrust.co.uk](mailto:info@theseachangetrust.co.uk)

**Website** [www.theseachangetrust.co.uk](http://www.theseachangetrust.co.uk)

## Activities

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**Objects:** THE OBJECTS OF THE CIO ARE:TO PROMOTE AND PROTECT THE MENTAL HEALTH OF CHILDREN AND THEIR PARENTS OR CARERS IN SHROPSHIRE AND SURROUNDING COUNTIES THROUGH, BUT NOT EXCLUSIVELY, THE PROVISION OF PSYCHOTHERAPEUTIC SERVICES. TO ADVANCE THE EDUCATION OF PARENTS, CARERS AND PROFESSIONALS RESPONSIBLE FOR THE CARE AND EDUCATION OF CHILDREN, WHO ARE IN NEED OF PSYCHOTHERAPEUTIC SERVICES, BY THE PROVISION OF SPECIALIST TRAINING IN RELATED SUBJECTS.

**Activities:** Our vision is a world where the emotional and psychological needs of children and young people can be met through early interventions in the local community. We will provide young parents/carers and their children or infants, and young adults, with the best psychotherapeutic support whatever their financial means, background or status.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, The General Public/mankind

## Geography

- Throughout England And Wales

## Finances

| Period end | Income   | Expenditure | Assets | Employees |
|------------|----------|-------------|--------|-----------|
| 2024-12-31 | £412,839 | £363,036    | -      | -         |
| 2023-12-31 | £286,156 | £142,106    | -      | -         |
| 2022-12-31 | £81,845  | £79,034     | -      | -         |
| 2021-12-31 | £30,609  | £73,720     | -      | -         |
| 2020-12-31 | £68,920  | £23,856     | -      | -         |

## Trustees

| Name               | Role | Appointed  |
|--------------------|------|------------|
| Dr Alice O'Connor  |      | 2024-12-06 |
| Paul Dyson         |      | 2023-03-09 |
| Paul James Andrews |      | 2023-06-08 |
| Richard Turner     |      | 2024-09-26 |

**THE SEA CHANGE TRUST**

England & Wales - Charity number 1181866

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# Accounts

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**The Sea Change Trust**  
**(Registered Charity Number 1181866)**

**Unaudited**

**Trustees Report and Accounts**

**Year ended 31<sup>st</sup> December 2024**

**THE SEA CHANGE TRUST**

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**FOR THE YEAR ENDED 31 DECEMBER 2024**

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**THE SEA CHANGE TRUST**

**REFERENCE AND ADMINISTRATIVE DETAILS**  
**FOR THE YEAR ENDED 31 DECEMBER 2024**

|                                    |  |
|------------------------------------|--|
| <b>Charity registration number</b> | 1181866  |
| <b>Registered Company number</b>   | CE016399 (England and Wales)   |
| <b>Registered office address</b>   | The Sea Change Trust<br>8 & 9 Victoria Mews<br>St. Austins Friars<br>Shrewsbury<br>SY1 1RY   |
| <b>Accountants</b>                 | TCA (Shrewsbury) LLP<br>Third Floor<br>21 St Mary's Street<br>Shrewsbury<br>Shropshire<br>SY1 1ED  |
| <b>Bankers</b>                     | Coop Bank  |
| <b>Trustees</b>                    | Emma Alexander (resigned 12 <sup>th</sup> February 2024)<br>Paul Andrews<br>Paul Dyson (Chair)<br>Tobias Etterley (resigned 14 <sup>th</sup> July 2024)<br>Alice O'Connor (appointed 6 <sup>th</sup> December 2024)<br>Catherine Shaw (resigned 6 <sup>th</sup> December 2024)<br>Richard Turner (appointed 26 <sup>th</sup> September 2024)<br>Dr Gillian Goodwillie (resigned 4 <sup>th</sup> July 2024) |

**THE SEA CHANGE TRUST**  
**TRUSTEES' REPORT**  
**FOR THE YEAR ENDED 31 DECEMBER 2024**

The trustees of The Sea Change Trust are pleased to present their annual report, which outlines the activities, impact, and achievements of the charity for the year ending 31st December 2024.

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2024. The trustees have adopted the provisions of 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) (effective 1 January 2019).

## **1. INTRODUCTION**

The Sea Change Trust is a Shropshire-based charity offering specialist psychological support to children, young people, and families, particularly those who are vulnerable, marginalised, or unable to access other services. Founded in 2019 by local child and family therapists, the charity was established in response to a growing gap in accessible, early mental health intervention – especially in rural communities where services have been significantly reduced.

Our work is shaped by a strong commitment to therapeutic excellence, community collaboration, and long-term emotional wellbeing. We believe that timely, sensitive support can have a life-changing impact – whether during the early years, through key transition points such as adolescence, or within family relationships that have been strained by trauma or adversity.

Everything we do is rooted in our unwavering vision and mission:

### **Our Vision**

A future where young minds are supported and empowered at the time of need.

### **Our Mission**

To transform young futures through specialist therapeutic support.

We aim to achieve our mission and vision by:

- Ensuring parents or carers, children and young people get the best possible mental health support to overcome life's challenges, through specialist psychological intervention to those whose needs are not being met by current services
- Providing the best psychotherapeutic support in a caring, professional environment where we will give help to our clients whatever their financial means, background or status
- Working together with other professionals to make a real difference and to have a positive impact on mental health in Shropshire
- Prioritising equality, diversity and inclusion in all our projects

Our overriding aims are:

- To increase engagement with local services including our own
- To strengthen connections within families, between individuals and within communities
- To help with recovery from trauma

**THE SEA CHANGE TRUST**  
**TRUSTEES' REPORT**  
**FOR THE YEAR ENDED 31 DECEMBER 2024**

## **2. OBJECTIVES AND PUBLIC BENEFIT**

### **a. Our objects as set out in our constitution are:**

To promote and protect the mental health of children and their parents or carers in Shropshire and surrounding counties through, but not exclusively, the provision of psychotherapeutic services.

To advance the education of parents, carers and professionals responsible for the care and education of children who need psychotherapeutic services, by the provision of specialist training in related subjects.

### **b. Public Benefit Statement**

We provide psychological support to children, families, and individuals in our community who might otherwise struggle to access the support they need, regardless of financial means, background, or status. Our work delivers tangible benefits to children, young people, families, carers, and professionals responsible for the care and education of children.

#### **Our beneficiaries include:**

- **Children, young people, and families** - Our services reduce isolation, promote emotional and mental well-being, and foster greater self-awareness and understanding. They help to strengthen relationships and build resilience within families
- **Carers and professionals** - We offer a safe and reflective space for carers and professionals to explore the challenges they face in their roles. This enhances their capacity to support others while also protecting their own well-being

#### **Wider public benefit includes:**

- **The broader community** - By reducing anxiety, loneliness, and emotional distress, our support enables individuals to engage more confidently and actively within their communities
- **Healthcare systems** - Early psychological support helps to prevent escalation of mental health difficulties, reducing the need for more intensive or specialist interventions and easing pressure on public health services.

## **3. ACHIEVEMENTS AND PERFORMANCE**

In 2024, The Sea Change Trust has continued to deliver vital specialist psychological support across Shropshire and Telford, with a particular focus on perinatal and infant mental health, early years, young people, and families experiencing complex emotional needs. The majority of our services remain free at the point of access and prioritise those unable to access or afford traditional therapeutic support.

**THE SEA CHANGE TRUST**  
**TRUSTEES' REPORT**  
**FOR THE YEAR ENDED 31 DECEMBER 2024**

**Early Years and Infant Mental Health**

We expanded our community-based support for parents and young children through our Reaching Vulnerable Children and Perinatal and Infant Mental Health Projects, funded by the National Lottery and Best Start for Life (Telford & Wrekin).

In 2024 we delivered:

- 373 sessions across drop-in groups and 1:1 'Listening Space' therapy
- 984 parents and carers attended drop-in group
- 283 babies and children benefitted directly from attendance

Key delivery locations included:

- Bell Tent Drop-In (Shrewsbury): 40 sessions, 356 parents/carers and 135 children
- Pontesbury Pavilion Hub: 36 sessions, 347 parents/carers and 56 children
- Telford Family Hubs (Leegomery, Southwater Library, Jubilee House, Gurdwara Temple): 61 sessions, 257 parents/carers and 79 children
- Listening Space Therapy: 23 sessions for 120 parents/carers and 24 children

Feedback from participants emphasised the critical role of these safe, therapeutic spaces:

- "A safe space to be heard and feel like someone actually cares..."
- "I have formed friendships that I keep in contact with... I appreciate the therapists and the charity for their support."

**Young Adults Support (YAS)**

Our Young Adults Support (YAS) project provided essential therapeutic intervention for 170 young people facing a range of challenges, from anxiety and low mood to autism and emotional burnout.

- 52 group sessions held
- 151 group participants
- 19 received individual therapy

Outcomes reported by participants:

- 86% showed improved emotional regulation and interpersonal relationships
- 71% reported increased confidence and engagement with their communities
- Participants shared:  
"This project has helped me open up to others and feel more comfortable talking about my feelings."

**THE SEA CHANGE TRUST**  
**TRUSTEES' REPORT**  
**FOR THE YEAR ENDED 31 DECEMBER 2024**

**The Rose Fund – Subsidised Psychotherapy**

The Rose Fund continued to address gaps in provision for those in need of longer-term therapeutic work, especially where financial barriers exist.

In 2024:

- 481 individual psychotherapy sessions delivered
- Beneficiaries included children, young people, and parents
- Therapies included art psychotherapy, analytic psychotherapy, and therapeutic parenting support

This flexible, in-depth model helped clients access support at the level and pace they required.

**FUTURE PLANS**

**Future Plans (Next 12 Months)**

Over the coming year, The Sea Change Trust will continue to build on its strong foundations and the positive impact achieved across its programmes to date. Our focus will be on sustaining and growing our core areas of work while further strengthening the organisation's infrastructure and long-term sustainability. As ever, our priority is to consider the needs of those who are most vulnerable or isolated.

**Early Years:**

We aim to sustain and grow our early years provision, ensuring that families with babies and young children continue to have access to safe, creative and therapeutic spaces in their local communities. Building on the success of our group sessions, we plan to extend our reach to more families and further embed our model of early, accessible emotional support.

The Family Hubs funding for our work in Telford will be coming to an end, so we will take time to review the interventions we've been able to offer there and decide how best to take work forward in this area in future. The Reaching Vulnerable Children funding through the National Lottery will continue to support our work in Shrewsbury and Pontesbury and we will be considering how best to sustain the drop-ins and Listening Space service beyond the existing funding stream.

**Young Adults:**

Our aim is that our work with vulnerable young adults will continue to develop, responding to the increasing demand for therapeutic and relational support for those navigating transitions into adulthood. We intend to build on our existing partnerships and explore new opportunities to provide group and one-to-one interventions tailored to this age group.

We are working with several young adults who have come to us through the Young Adults Service this year, and have ideas about ways of engaging this vulnerable age group within the community which we will be working on in the coming months.

**Subsidised Psychotherapy:**

We will continue to offer subsidised psychotherapy, ensuring that high-quality, specialist mental health support remains accessible to those who would not otherwise be able to afford it. A priority

## **THE SEA CHANGE TRUST**

### **TRUSTEES' REPORT** **FOR THE YEAR ENDED 31 DECEMBER 2024**

for the coming year is to maintain and, where possible, expand this offer through a mixed funding model.

#### **Fundraising and Sustainability:**

The charity is actively working to grow and diversify its fundraising base. Over the next 12 months, we will continue to strengthen our trust and foundation applications, develop community and corporate fundraising, and explore new income-generating opportunities. These steps will help ensure the sustainability of our therapeutic services and reduce reliance on any single source of income.

#### **Systems and Infrastructure:**

A key focus for the year ahead is the implementation of our new Customer Relationship Management (CRM) system, which is currently being developed. The first phase will be operational soon and will help the charity to manage referrals, monitor outcomes, and improve communication with stakeholders more efficiently. Once fully implemented, the CRM will provide valuable insights into our impact, strengthen data management, and support the long-term development of our services.

#### **Website**

Our new website has been under development this year, in partnership with Sea Change Psychotherapy and Reech Marketing. We look forward to its launch imminently.

#### **New Projects and Opportunities:**

The Sea Change Trust remains open to new projects and opportunities that align with our charitable aims. We recognise the value of collaboration and innovation, and will continue to explore partnerships and pilot initiatives that help us respond to emerging community needs and enhance our reach and impact.

Through these plans, The Sea Change Trust will continue to work towards its vision of a world where the emotional and psychological needs of children, young people and families are met through timely, effective, and compassionate support within their own communities. We look forward to these and other developments with hope and curiosity.

## **4. STRUCTURE, GOVERNANCE AND MANAGEMENT**

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

#### **Methods used to recruit and appoint new trustees**

As set out in our constitution, dated 1st August 2018, Trustees are appointed for a fixed term. In selecting individuals for appointment as Trustees, the Trustees must consider the skills, knowledge and experience needed for the effective administration of The Sea Change Trust. An annual skills analysis ensures the Trustees offer a suitable range of knowledge and skills to support the charity.

New Trustees are recruited openly in line with The Sea Change Trust's Trustee Recruitment Policy and receive a full induction to the charity.

**THE SEA CHANGE TRUST**  
**TRUSTEES' REPORT**  
**FOR THE YEAR ENDED 31 DECEMBER 2024**

**5. Financial Review**

The Trustees are pleased to report that in the financial year ending 31<sup>st</sup> December 2024 our income for the year was £412,839.

This was an increase of £126,683 from the previous year (2023: £286,156) due to an increase in grant income and the timings at which these were received. The demand for The Sea Change Trust's services continues to grow and we have worked hard to generate funds to enable us to support our beneficiaries throughout the year and reach many more families and children in Shropshire.

**a. Going concern**

The Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the 12 next months and the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

**b. Reserves Policy**

The trustees agree to hold free reserves in the region of £40,000 - £80,000. This is to ensure that there is sufficient in reserve to support the charitable activities of the organisation for 3-6 months, at the current level. The Trustees agree to continuously monitor this as the charity grows and develops to ensure the amount held in reserves mirrors the level of activity.

The free reserves of the charity for the financial year ended 31<sup>st</sup> December 2024 were £76,098 (2023: £64,768).

**c. Risks and uncertainties**

The trustees have a proactive approach to risk management. A live risk register is kept, which is regularly updated and reviewed at the quarterly Trustees' meetings.

**TRUSTEES' RESPONSIBILITY STATEMENT**

The trustees (who are also the directors of The Sea Change Trust for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

**THE SEA CHANGE TRUST**

**TRUSTEES' REPORT**  
**FOR THE YEAR ENDED 31 DECEMBER 2024**

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

27/10/2025

Approved by order of the board of trustees on ..... and signed on its behalf by:



.....  
Paul Dyson (Chair)

Date: 27/10/2025

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
THE SEA CHANGE TRUST**

**Independent examiner's report to the trustees of The Sea Change Trust ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2024.

**Responsibilities and basis of report**

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

**Independent examiner's statement**

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

*C Moelwyn-Williams*

C Moelwyn-Williams BSc FCA

TCA (Shrewsbury) LLP  
Third Floor  
21 St Mary's Street  
Shrewsbury  
Shropshire  
SY1 1ED

Date: 31st October 2025

**THE SEA CHANGE TRUST**

**STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31 DECEMBER 2024**

|                                    | Notes | Unrestricted<br>funds<br>£ | Restricted<br>funds<br>£ | 2024<br>Total<br>funds<br>£ | 2023<br>Total<br>funds<br>£ |
|------------------------------------|-------|----------------------------|--------------------------|-----------------------------|-----------------------------|
| <b>INCOME AND ENDOWMENTS FROM</b>  |       |                            |                          |                             |                             |
| Donations and legacies             | 2     | 70,285                     | 332,579                  | 402,864                     | 276,681                     |
| <b>Charitable activities</b>       |       |                            |                          |                             |                             |
| General                            |       | 9,975                      | -                        | 9,975                       | 9,475                       |
| <b>Total</b>                       |       | <u>80,260</u>              | <u>332,579</u>           | <u>412,839</u>              | <u>286,156</u>              |
| <b>EXPENDITURE ON</b>              |       |                            |                          |                             |                             |
| <b>Charitable activities</b>       |       |                            |                          |                             |                             |
| General                            |       | 68,611                     | 294,425                  | 363,036                     | 142,106                     |
| <b>NET INCOME</b>                  |       |                            |                          |                             |                             |
| Transfers between funds            | 10    | 11,649                     | 38,154                   | 49,803                      | 144,050                     |
|                                    |       | <u>36,695</u>              | <u>(36,695)</u>          | <u>-</u>                    | <u>-</u>                    |
| <b>Net movement in funds</b>       |       | <u>48,344</u>              | <u>1,459</u>             | <u>49,803</u>               | <u>144,050</u>              |
| <b>RECONCILIATION OF FUNDS</b>     |       |                            |                          |                             |                             |
| Total funds brought forward        |       | 65,526                     | 101,382                  | 166,908                     | 22,858                      |
| <b>TOTAL FUNDS CARRIED FORWARD</b> |       | <u>113,870</u>             | <u>102,841</u>           | <u>216,711</u>              | <u>166,908</u>              |

**CONTINUING OPERATIONS**

All income and expenditure has arisen from continuing activities.

**THE SEA CHANGE TRUST**

**STATEMENT OF FINANCIAL POSITION**

**31 DECEMBER 2024**

|  | Notes | Unrestricted<br>funds<br>£ | Restricted<br>funds<br>£ | 2024<br>Total<br>funds<br>£ | 2023<br>Total<br>funds<br>£ |
|--|-------|----------------------------|--------------------------|-----------------------------|-----------------------------|
| <b>FIXED ASSETS</b>                          |       |                            |                          |                             |                             |
| Tangible assets                              | 7     | 37,772                     | -                        | 37,772                      | 43,929                      |
| <b>CURRENT ASSETS</b>                        |       |                            |                          |                             |                             |
| Debtors                                      | 8     | 101,810                    | -                        | 101,810                     | 58,130                      |
| Cash at bank and in hand                     |       | 22,322                     | 102,841                  | 125,163                     | 68,042                      |
|  |       | <u>124,132</u>             | <u>102,841</u>           | <u>226,973</u>              | <u>126,172</u>              |
| <b>CREDITORS</b>                             |       |                            |                          |                             |                             |
| Amounts falling due within one year          | 9     | (48,034)                   | -                        | (48,034)                    | (3,193)                     |
| <b>NET CURRENT ASSETS</b>                    |       |                            |                          |                             |                             |
|  |       | <u>76,098</u>              | <u>102,841</u>           | <u>178,939</u>              | <u>122,979</u>              |
| <b>TOTAL ASSETS LESS CURRENT LIABILITIES</b> |       |                            |                          |                             |                             |
|  |       | <u>113,870</u>             | <u>102,841</u>           | <u>216,711</u>              | <u>166,908</u>              |
| <b>NET ASSETS</b>                            |       |                            |                          |                             |                             |
|  |       | <u><u>113,870</u></u>      | <u><u>102,841</u></u>    | <u><u>216,711</u></u>       | <u><u>166,908</u></u>       |
| <b>FUNDS</b>                                 |       |                            |                          |                             |                             |
| Unrestricted funds                           | 10    |                            |                          | 113,870                     | 65,526                      |
| Restricted funds                             |       |                            |                          | 102,841                     | 101,382                     |
| <b>TOTAL FUNDS</b>                           |       |                            |                          |                             |                             |
|  |       |                            |                          | <u><u>216,711</u></u>       | <u><u>166,908</u></u>       |

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

**THE SEA CHANGE TRUST**

**STATEMENT OF FINANCIAL POSITION - continued**  
**31 DECEMBER 2024**

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on .....27/10/2025.....and were signed on its behalf by:

A handwritten signature in black ink, appearing to be 'PD', is written over a long horizontal line.

.....  
Paul Dyson - Trustee

## THE SEA CHANGE TRUST

### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

#### 1. ACCOUNTING POLICIES

##### **Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

##### **Financial reporting standard 102 - reduced disclosure exemptions**

The charitable company has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows;
- the requirement of paragraph 3.17(d);
- the requirements of paragraphs 11.42, 11.44, 11.45, 11.47, 11.48(a)(iii), 11.48(a)(iv), 11.48(b) and 11.48(c);
- the requirements of paragraphs 12.26, 12.27, 12.29(a), 12.29(b) and 12.29A;
- the requirement of paragraph 33.7.

##### **Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

##### **Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

##### **Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

- Motor Vehicles - 15% reducing balance
- Equipment - 33% straight line

##### **Taxation**

The charity is exempt from corporation tax on its charitable activities.

##### **Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**THE SEA CHANGE TRUST**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2024**

**1. ACCOUNTING POLICIES - continued**

**Debtors**

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

**Cash at bank and in hand**

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

**Financial instruments**

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

**2. DONATIONS AND LEGACIES**

|                         | 2024        | 2023        |
|-------------------------|-------------|-------------|
|                         | £           | £           |
| Donations               | 7,831       | 5,569       |
| Gift aid                | 568         | 437         |
| Grants                  | 332,459     | 270,675     |
| NHS Salary Contribution | 62,006      | -           |
|                         | <hr/>       | <hr/>       |
|                         | 402,864     | 276,681     |
|                         | <hr/> <hr/> | <hr/> <hr/> |

Grants received, included in the above, are as follows:

|                        | 2024        | 2023        |
|------------------------|-------------|-------------|
|                        | £           | £           |
| Other Grant Income     | 188,709     | 101,014     |
| Local authority Grants | 143,750     | 169,661     |
|                        | <hr/>       | <hr/>       |
|                        | 332,459     | 270,675     |
|                        | <hr/> <hr/> | <hr/> <hr/> |

Included within grant income is £143,750 (2023: £169,661) received from Telford & Wrekin Council; funding received from the Government and Local Authorities during the year. Apart from the employment allowance credit against Employers National Insurance, the charity has received no other financial assistance from the government.

**THE SEA CHANGE TRUST**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2024**

**3. NET INCOME/(EXPENDITURE)**

Net income/(expenditure) is stated after charging/(crediting):

|                             | 2024         | 2023         |
|-----------------------------|--------------|--------------|
|                             | £            | £            |
| Depreciation - owned assets | 7,190        | 7,992        |
|                             | <u>7,190</u> | <u>7,992</u> |

**4. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 December 2024 nor for the year ended 31 December 2023.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 December 2024 nor for the year ended 31 December 2023.

**5. STAFF COSTS**

|                       | 2024          | 2023         |
|-----------------------|---------------|--------------|
|                       | £             | £            |
| Wages and salaries    | 87,958        | 6,760        |
| Social security costs | 139           | -            |
| Other pension costs   | 10,890        | -            |
|                       | <u>98,987</u> | <u>6,760</u> |

The Key management personnel of the charity to whom the Trustees delegate the day-to-day running of the organisation is the CEO. The total employee benefit of the key management personnel of the charity for the year ended 31 December 2024 were £38,342 (2023: £1,525).

The average monthly number of employees during the year was as follows:

|                              | 2024     | 2023     |
|------------------------------|----------|----------|
| The Sea Change Trust - Staff | 4        | 2        |
|                              | <u>4</u> | <u>2</u> |

No employees received emoluments in excess of £60,000.

**THE SEA CHANGE TRUST**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2024**

**6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

|                                    | Unrestricted<br>funds<br>£ | Restricted<br>funds<br>£ | Total<br>funds<br>£   |
|------------------------------------|----------------------------|--------------------------|-----------------------|
| <b>INCOME AND ENDOWMENTS FROM</b>  |                            |                          |                       |
| Donations and legacies             | 63,606                     | 213,075                  | 276,681               |
| <b>Charitable activities</b>       |                            |                          |                       |
| General                            | 9,475                      | -                        | 9,475                 |
| <b>Total</b>                       | <u>73,081</u>              | <u>213,075</u>           | <u>286,156</u>        |
| <b>EXPENDITURE ON</b>              |                            |                          |                       |
| <b>Charitable activities</b>       |                            |                          |                       |
| General                            | 12,024                     | 130,082                  | 142,106               |
| <b>NET INCOME</b>                  | 61,057                     | 82,993                   | 144,050               |
| <b>Transfers between funds</b>     | (5,923)                    | 5,923                    | -                     |
| <b>Net movement in funds</b>       | 55,134                     | 88,916                   | 144,050               |
| <b>RECONCILIATION OF FUNDS</b>     |                            |                          |                       |
| Total funds brought forward        | 10,392                     | 12,466                   | 22,858                |
| <b>TOTAL FUNDS CARRIED FORWARD</b> | <u><u>65,526</u></u>       | <u><u>101,382</u></u>    | <u><u>166,908</u></u> |

**7. TANGIBLE FIXED ASSETS**

|                       | Motor<br>vehicles<br>£ | Computer<br>equipment<br>£ | Totals<br>£          |
|-----------------------|------------------------|----------------------------|----------------------|
| <b>COST</b>           |                        |                            |                      |
| At 1 January 2024     | 50,790                 | 1,131                      | 51,921               |
| Additions             | -                      | 1,033                      | 1,033                |
| At 31 December 2024   | <u>50,790</u>          | <u>2,164</u>               | <u>52,954</u>        |
| <b>DEPRECIATION</b>   |                        |                            |                      |
| At 1 January 2024     | 7,619                  | 373                        | 7,992                |
| Charge for year       | 6,476                  | 714                        | 7,190                |
| At 31 December 2024   | <u>14,095</u>          | <u>1,087</u>               | <u>15,182</u>        |
| <b>NET BOOK VALUE</b> |                        |                            |                      |
| At 31 December 2024   | <u>36,695</u>          | <u>1,077</u>               | <u>37,772</u>        |
| At 31 December 2023   | <u><u>43,171</u></u>   | <u><u>758</u></u>          | <u><u>43,929</u></u> |

**THE SEA CHANGE TRUST**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2024**

|  |                       |                       |                        |                       |
|--|-----------------------|-----------------------|------------------------|-----------------------|
| <b>8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</b>   |                       | 2024                  | 2023                   |                       |
|  |                       | £                     | £                      |                       |
| Trade debtors  |                       | 87,560                | 58,130                 |                       |
| Other debtors  |                       | 8,370                 | -                      |                       |
| Prepayments and accrued income                           |                       | 5,880                 | -                      |                       |
|  |                       | <u>101,810</u>        | <u>58,130</u>          |                       |
|  |                       | <u><u>101,810</u></u> | <u><u>58,130</u></u>   |                       |
| <br>   |                       |                       |                        |                       |
| <b>9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</b> |                       | 2024                  | 2023                   |                       |
|  |                       | £                     | £                      |                       |
| Social security and other taxes                          |                       | 1,684                 | 1,807                  |                       |
| Other creditors  |                       | 44,466                | -                      |                       |
| Accruals and deferred income                             |                       | 1,884                 | 1,386                  |                       |
|  |                       | <u>48,034</u>         | <u>3,193</u>           |                       |
|  |                       | <u><u>48,034</u></u>  | <u><u>3,193</u></u>    |                       |
| <br>   |                       |                       |                        |                       |
| <b>10. MOVEMENT IN FUNDS</b>                             |                       |                       |                        |                       |
|  | At 1.1.24             | Net                   | Transfers              | At                    |
|  | £                     | movement              | between                | 31.12.24              |
|  |                       | in funds              | funds                  | £                     |
|  |                       | £                     | £                      |                       |
| <b>Unrestricted funds</b>                                |                       |                       |                        |                       |
| General fund   | 65,526                | 11,649                | 36,695                 | 113,870               |
| <b>Restricted funds</b>                                  |                       |                       |                        |                       |
| Early Years' Service                                     | 84                    | -                     | -                      | 84                    |
| Reaching Vulnerable Children                             | 55,472                | (13,267)              | -                      | 42,205                |
| Early Years' Service - Telford and Wrekin                | 45,826                | 15,823                | (36,695)               | 24,954                |
| Young Adults Project                                     | -                     | 35,598                | -                      | 35,598                |
|  | <u>101,382</u>        | <u>38,154</u>         | <u>(36,695)</u>        | <u>102,841</u>        |
|  | <u><u>101,382</u></u> | <u><u>38,154</u></u>  | <u><u>(36,695)</u></u> | <u><u>102,841</u></u> |
| <b>TOTAL FUNDS</b>                                       | <u>166,908</u>        | <u>49,803</u>         | <u>-</u>               | <u>216,711</u>        |
|  | <u><u>166,908</u></u> | <u><u>49,803</u></u>  | <u><u>-</u></u>        | <u><u>216,711</u></u> |

**THE SEA CHANGE TRUST**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2024**

**10. MOVEMENT IN FUNDS - continued**

Net movement in funds, included in the above are as follows:

|  | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|--|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b>                    |                            |                            |                           |
| General fund                                 | 80,260                     | (68,611)                   | 11,649                    |
| <b>Restricted funds</b>                      |                            |                            |                           |
| Reaching Vulnerable Children                 | 98,819                     | (112,086)                  | (13,267)                  |
| Early Years' Service - Telford and<br>Wrekin | 143,750                    | (127,927)                  | 15,823                    |
| Young Adults Project                         | 90,010                     | (54,412)                   | 35,598                    |
|  | <u>332,579</u>             | <u>(294,425)</u>           | <u>38,154</u>             |
| <b>TOTAL FUNDS</b>                           | <u><u>412,839</u></u>      | <u><u>(363,036)</u></u>    | <u><u>49,803</u></u>      |

**Comparatives for movement in funds**

|  | At 1.1.23<br>£       | Net<br>movement<br>in funds<br>£ | Transfers<br>between<br>funds<br>£ | At<br>31.12.23<br>£   |
|--|----------------------|----------------------------------|------------------------------------|-----------------------|
| <b>Unrestricted funds</b>                    |                      |                                  |                                    |                       |
| General fund                                 | 10,392               | 61,057                           | (5,923)                            | 65,526                |
| <b>Restricted funds</b>                      |                      |                                  |                                    |                       |
| Early Years' Service                         | 12,466               | (12,382)                         | -                                  | 84                    |
| Subsidised Psychotherapy                     | -                    | (5,483)                          | 5,483                              | -                     |
| Refugee Service                              | -                    | (440)                            | 440                                | -                     |
| Reaching Vulnerable Children                 | -                    | 55,472                           | -                                  | 55,472                |
| Early Years' Service - Telford and<br>Wrekin | -                    | 45,826                           | -                                  | 45,826                |
|  | <u>12,466</u>        | <u>82,993</u>                    | <u>5,923</u>                       | <u>101,382</u>        |
| <b>TOTAL FUNDS</b>                           | <u><u>22,858</u></u> | <u><u>144,050</u></u>            | <u><u>-</u></u>                    | <u><u>166,908</u></u> |

**THE SEA CHANGE TRUST**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2024**

**10. MOVEMENT IN FUNDS - continued**

Comparative net movement in funds, included in the above are as follows:

|  | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|--|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b>                    |                            |                            |                           |
| General fund                                 | 73,081                     | (12,024)                   | 61,057                    |
| <b>Restricted funds</b>                      |                            |                            |                           |
| Early Years' Service                         | 1,020                      | (13,402)                   | (12,382)                  |
| Subsidised Psychotherapy                     | -                          | (5,483)                    | (5,483)                   |
| Refugee Service                              | -                          | (440)                      | (440)                     |
| Reaching Vulnerable Children                 | 99,994                     | (44,522)                   | 55,472                    |
| Early Years' Service - Telford and<br>Wrekin | 112,061                    | (66,235)                   | 45,826                    |
|  | <u>213,075</u>             | <u>(130,082)</u>           | <u>82,993</u>             |
| <b>TOTAL FUNDS</b>                           | <u>286,156</u>             | <u>(142,106)</u>           | <u>144,050</u>            |

A current year 12 months and prior year 12 months combined position is as follows:

|  | At 1.1.23<br>£ | Net<br>movement<br>in funds<br>£ | Transfers<br>between<br>funds<br>£ | At<br>31.12.24<br>£ |
|--|----------------|----------------------------------|------------------------------------|---------------------|
| <b>Unrestricted funds</b>                    |                |                                  |                                    |                     |
| General fund                                 | 10,392         | 72,706                           | 30,772                             | 113,870             |
| <b>Restricted funds</b>                      |                |                                  |                                    |                     |
| Early Years' Service                         | 12,466         | (12,382)                         | -                                  | 84                  |
| Subsidised Psychotherapy                     | -              | (5,483)                          | 5,483                              | -                   |
| Refugee Service                              | -              | (440)                            | 440                                | -                   |
| Reaching Vulnerable Children                 | -              | 42,205                           | -                                  | 42,205              |
| Early Years' Service - Telford and<br>Wrekin | -              | 61,649                           | (36,695)                           | 24,954              |
| Young Adults Project                         | -              | 35,598                           | -                                  | 35,598              |
|  | <u>12,466</u>  | <u>121,147</u>                   | <u>(30,772)</u>                    | <u>102,841</u>      |
| <b>TOTAL FUNDS</b>                           | <u>22,858</u>  | <u>193,853</u>                   | <u>-</u>                           | <u>216,711</u>      |

**THE SEA CHANGE TRUST**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2024**

**10. MOVEMENT IN FUNDS - continued**

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

|  | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|--|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b>                    |                            |                            |                           |
| General fund                                 | 153,341                    | (80,635)                   | 72,706                    |
| <b>Restricted funds</b>                      |                            |                            |                           |
| Early Years' Service                         | 1,020                      | (13,402)                   | (12,382)                  |
| Subsidised Psychotherapy                     | -                          | (5,483)                    | (5,483)                   |
| Refugee Service                              | -                          | (440)                      | (440)                     |
| Reaching Vulnerable Children                 | 198,813                    | (156,608)                  | 42,205                    |
| Early Years' Service - Telford and<br>Wrekin | 255,811                    | (194,162)                  | 61,649                    |
| Young Adults Project                         | 90,010                     | (54,412)                   | 35,598                    |
|  | <hr/>                      | <hr/>                      | <hr/>                     |
|  | 545,654                    | (424,507)                  | 121,147                   |
|  | <hr/>                      | <hr/>                      | <hr/>                     |
| <b>TOTAL FUNDS</b>                           | <u>698,995</u>             | <u>(505,142)</u>           | <u>193,853</u>            |

Details of the various funds held by the charity are as follows:

**Unrestricted Funds**

General Fund - Any monies not included in any other fund

**Restricted Funds**

Early Years Service - Early intervention through specialist outreach projects for babies toddlers and their parents/carers.

Subsidised Psychotherapy - Psychotherapy for those children, young people and parents/carers who aren't able to meet the cost of private support.

Refugee Service - Specialist, trauma-informed therapeutic provision for child refugees and young asylum seekers who need support with their mental and emotional health.

Reaching Vulnerable Children - The delivery of specialist provision through outreach and early intervention.

Telford and Wrekin Early Years - Early intervention through specialist outreach projects for babies, toddlers, and their parents/carers in Telford and Wrekin.

Young Adults Project - The Young Adults Service aims to offer therapeutic support to vulnerable young people between the ages of sixteen and twenty five, using individual psychotherapy and group interventions based at our centre and in the community.

## **THE SEA CHANGE TRUST**

### **NOTES TO THE FINANCIAL STATEMENTS - continued** **FOR THE YEAR ENDED 31 DECEMBER 2024**

#### **11. EMPLOYEE BENEFIT OBLIGATIONS**

The charitable company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charitable company in an independently administered fund. The pension cost charge represents contributions payable by the charitable company to the fund and amounted to £10,890 (2023: £2,430). Contributions totalling £15,658 (2023: £3,586) were payable to the fund at the balance sheet date.

#### **12. RELATED PARTY DISCLOSURES**

During the year there has been transactions with Sea Change Psychotherapy Limited, who's Director Therese Bailey-Sayer is currently a key management personnel at The Sea Change Trust. In total £73,487 has been paid to Sea Change Psychotherapy Limited during the period. These costs are broken down as sub-contractor costs of £25,260, re-charging of overhead costs which have been calculated based on activity levels of £46,509, and other general expenses of £ 1,718.

During the year £11,095 has been paid to sub-contractor K Turner, who is the spouse of Trustee R Turner, appointed on 26/09/2024.

**THE SEA CHANGE TRUST**

England & Wales - Charity number 1181866

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# Accounts

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**The Sea Change Trust**  
**(Registered Charity Number 1181866)**  
**Unaudited**  
**Trustees Report and Accounts**  
**Year ended 31<sup>st</sup> December 2023**

**THE SEA CHANGE TRUST**

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**FOR THE YEAR ENDED 31 DECEMBER 2023**

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**THE SEA CHANGE TRUST**

**REFERENCE AND ADMINISTRATIVE DETAILS**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**

|                                    |   |
|------------------------------------|---|
| <b>Charity registration number</b> | 1181866   |
| <b>Registered Company number</b>   | CE016399  |
| <b>Registered office address</b>   | The Sea Change Trust<br>8 & 9 Victoria Mews<br>St. Austins Friars<br>Shrewsbury<br>SY1 1RY  |
| <b>Independent Examiner</b>        | TCA (Shrewsbury) LLP<br>Third Floor<br>21 St Mary's Street<br>Shrewsbury<br>Shropshire<br>SY1 1ED   |
| <b>Bankers</b>                     | Co-op Bank  |
| <b>Trustees</b>                    | Emma Alexander<br>Paul Andrews<br>Paul Dyson (Chair)<br>Tobias Etterley (resigned 14 <sup>th</sup> July 2023)<br>Dr Gillian Goodwillie (resigned 4 <sup>th</sup> July 2024)<br>Catherine Shaw<br>Richard Turner (appointed 26 <sup>th</sup> September 2024) |

## **THE SEA CHANGE TRUST**

### **REFERENCE AND ADMINISTRATIVE DETAILS** **FOR THE YEAR ENDED 31 DECEMBER 2023**

The trustees of The Sea Change Trust are pleased to present their report and the financial statements for the year ended 31<sup>st</sup> December 2023.

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2023. The trustees have adopted the provisions of 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) (effective 1 January 2019).

#### **1. INTRODUCTION**

The Sea Change Trust was founded in February 2019 by a group of local child and family therapists, with the aim of offering specialist psychological support to the most vulnerable and marginalised members of our community.

Our vision is a future where young minds are supported and empowered at the time of need.

Our mission is to transform young futures through specialist therapeutic support.

We aim to achieve our mission and vision by:

- Ensuring young parents or carers and their children or infants get the best possible mental health support to overcome life's challenges, through specialist psychological intervention to those whose needs are not being met by current services
- Providing parents or carers and their children or infants with the best psychotherapeutic support in a caring, professional environment where we will give help to our clients whatever their financial means, background, or status
- Working together with other professionals to make a real difference and to have a positive impact on mental health in Shropshire
- Prioritising equality, diversity, and inclusion in all our projects.

#### **The Need**

We were formed to respond to the challenges children, young people, and parents face with their mental health. 1 in 8 children and young people in England face mental health problems (NHS Digital Report 2018). Approximately 68% of women and 57% of men with mental health problems are parents (Royal College of Psychiatrists, 2016).

Services to support children, young people and parents have been subject to many cuts in recent years, leaving the remaining resources extremely stretched in the face of increasing demand. While a lack of provision for mental health support is sadly not a new challenge it has been amplified over the last 3 years due to the Covid-19 pandemic and the cost-of-living crisis.

Covid-19 had a huge impact on mental health, particularly affecting children and young people, with parents worried about how the pandemic would affect their children's long-term mental health. This has been further amplified by the current cost of living crisis.

Children living in lower income households and whose parents are in receipt of low-income benefits are more likely to experience challenges with their mental health (NHS Digital, 2019). There is growing concern over the rates of childhood poverty in Shropshire. 31.5% of children in Telford and Wrekin, 31% of children in North Shropshire, 26% of children in Shrewsbury and 30% of children in Ludlow are living in poverty (End Child Poverty, 2020).

We are seeing the reality of these statistics with demand for our services growing rapidly. We support children, young people, and families by delivering one-to-one specialist psychotherapy and group

## THE SEA CHANGE TRUST

### REFERENCE AND ADMINISTRATIVE DETAILS FOR THE YEAR ENDED 31 DECEMBER 2023

support sessions. We work closely in partnership with other charities and service providers, ensuring we are able to offer our services to those who are most in need of our support.

#### **2. OBJECTIVES AND PUBLIC BENEFIT**

##### **a. Our objects as set out in our constitution are:**

*To promote and protect the mental health of children and their parents or carers in Shropshire and surrounding counties through, but not exclusively, the provision of psychotherapeutic services. To advance the education of parents, carers and professionals responsible for the care and education of children, who are in need of psychotherapeutic services, by the provision of specialist training in related subjects.*

##### **b. Public Benefit Statement**

We deliver psychological support to the most vulnerable and marginalised members of our community, regardless of financial means, background, or status. Our work directly benefits children, young people, families and carers and professionals responsible for the care and education of children:

- **Children, young people, and families:** Our support has been shown to lessen the sense of isolation and prevent a decline in emotional and mental well-being. It also helps increase understanding and self-awareness and strengthens positive relationships
- **Carers and professionals:** Our support gives carers and professionals working with children, young people, and families the space to talk through the challenges they are facing, so that they are better able to take care of themselves and one another.

In delivering our services we further benefit the public, as follows:

- **Wider community:** Reducing anxiety and social isolation for those who access our services means they can play a more active role in the community
- **Healthcare providers:** Our support helps to reduce the need for specialist mental health services and interventions.

#### **3. ACHIEVEMENTS AND PERFORMANCE**

We would like to thank all of our donors and supporters. Without them none of the following achievements would have been possible.

We work closely in partnership with other charities and service providers, ensuring we are able to offer our services to those who are most in need of our support.

In 2023 we:

- Supported 4016 babies, children, young people and parents
- Offered 61 group Drop-In sessions
- Delivered 372 Individual sessions

The three key differences we aim to make are:

1. To enable greater engagement with local services, including our own.
2. To improve connections within families and communities.
3. To lessen the impact of trauma, loss, and separation.

## THE SEA CHANGE TRUST

### REFERENCE AND ADMINISTRATIVE DETAILS FOR THE YEAR ENDED 31 DECEMBER 2023

The services have helped:

- Lessen the sense of isolation
- Provide support with bereavement
- Give a greater sense of self-confidence
- Prevent a decline in emotional and mental well-being
- Reduce levels of anxiety
- Reduce social isolation
- Strengthen positive relationships
- Increase understanding and self-awareness.

Through the year the key focus of our project work included the following services:

#### **a. National Lottery Community Fund – Reaching Communities**

In June 2023 we were awarded a grant from the National Lottery Community Fund through their Reaching Communities fund, enabling us to provide our 'Reaching Vulnerable Children' project. It has enabled us to bring together different elements of our service provision, as well as developing and expanding them through individual, group and family interventions.

Previously part of our Early Years provision, our 'Talk and Play in the Bell Tent' drop-in continued to take place and has been used really well by local families. Aimed at parents with babies, toddlers and pre-schoolers, it is an accessible service in a central and weekly position in the Quarry Park in Shrewsbury. The 'Family Drop-in' at Pontesbury Pavillion community hub and library, provides a creative space for toddlers and pre-schoolers, for families in a rural community with poor transport links. Running throughout the year, we have met lots of new families, as well as welcoming regular and returning families. The mix of established attendees and new members has enabled connections and relationships to build between families, with many continuing relationships outside of the drop-in space. Through the sharing of parenting experiences as well as practical knowledge base, around development experiences and what's on in the local community, the 'village' community, which not all families have the fortune to experience, has been effectively created.

The funding has also enabled us to provide more vital 'Listening Space'; individual support for those from across the county, for those who need more specialist help in a confidential setting. This funding has enabled us to meet the needs of those accessing support at the earliest opportunity, with no individual waiting for longer than two weeks before meeting with a therapist.

Through the first year, the project has improved the lives of 1,140 beneficiaries in our local community.

#### **b. Early Years – Telford and Wrekin**

In April 2023 we were awarded funding through the Best Start For Life Fund via Telford and Wrekin Council. The funding was granted to The Sea Change Trust so that we could provide Perinatal and Infant Mental Health services aimed at under twos and their parents and carers. A key part of this service was to provide weekly Talk and Play sessions for families, taking place at either Telford Town Park in the charity's bell tent or at Southwater Library, during term time. Each session is run by two qualified therapists, who are there to talk with parents and carers about any concerns they have about their own emotional or mental health, their child, or the relationship with their child. The sessions are a safe and non-judgemental space that also give families the opportunity to form bonds with each other. The funding also enabled us to offer an emotional well-being weekly drop-in aimed at Dads has taken place each week at the Telford Sikh Temple. The Dads are among those who have accessed additional support through a 'Listening Space'; short-term individual interventions of up to twelve sessions for parents and families. Listening Spaces can include parent-infant psychotherapy, and individual psychotherapy or counselling for parents.

## **THE SEA CHANGE TRUST**

### **REFERENCE AND ADMINISTRATIVE DETAILS** **FOR THE YEAR ENDED 31 DECEMBER 2023**

As part of the project funding has also been allocated to fund a therapy van. This has enabled the team to offer a mobile consulting room space for individual sessions.

#### **FUTURE PLANS**

**Our aims for 2024 months are to:**

- Continue Reaching Vulnerable Children project, to include group and individual support (funding agreed to July 2026, subject to yearly reports)
- Continue Early Years Telford and Wrekin Project, to include group and individual support (funding agreed to end March 2025, subject to yearly reports) There are hopeful signs that the new government will continue to fund Family Hubs and in fact to extend the support they are able to offer, so we are optimistic that the work will be able to continue
- Launch a re-brand of the charity and a new website, to better represent and support our work. This work is in progress, with a new logo ready for use and the website in construction
- Develop and deliver a Young Adults project.

#### **4. STRUCTURE, GOVERNANCE AND MANAGEMENT**

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

##### **Methods used to recruit and appoint new trustees**

As set out in our constitution, dated 1<sup>st</sup> August 2018, Trustees are appointed for a fixed term. In selecting individuals for appointment as Trustees, the Trustees must have regard to the skills, knowledge and experience needed for the effective administration of the charity. An annual skills analysis ensures the Trustees offer a suitable range of knowledge and skills to support the charity.

New Trustees are recruited openly in line with The Sea Change Trust's Trustee Recruitment Policy and receive a full induction to the charity.

#### **5. FINANCIAL REVIEW**

The Trustees are pleased to report that in the financial year ending 31<sup>st</sup> December 2023 our income for the year was £286,156. This was a significant increase of £204,311 (from £81,845) due to two sizable grants, as outlined above. The demand for our services continues to grow and we have worked hard to generate funds to enable us to support our beneficiaries throughout the year and reach many more families and children in Shropshire.

##### **a. Going concern**

The Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the 12 next months and the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

##### **b. Reserves Policy**

The trustees agree to hold free reserves in the region of £35,000 - £70,000. This is to ensure that there is sufficient in reserve to support the charitable activities of the organisation for 3-6 months, as their current level. The Trustees agree to continuously monitor this as the charity grows and develops to ensure the amount held in reserves mirrors the level of activity.

Due to an increase of the charity's funding and activities in 2023, the free reserves of the charity for the financial year ended 31<sup>st</sup> December 2023 were £64,768 (2022: £10,392).

**THE SEA CHANGE TRUST**

**REFERENCE AND ADMINISTRATIVE DETAILS**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**

**c. Risks and uncertainties**

The trustees have a proactive approach to risk management. A live risk register is kept, which is regularly updated and reviewed at the quarterly Trustees' meetings.

**TRUSTEES' RESPONSIBILITY STATEMENT**

The trustees (who are also the directors of The Sea Change Trust for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the board of trustees on .....<sup>26/10/2024</sup>..... and signed on its behalf by:

*Paul Dyson*

.....

Paul Dyson (Chair)

Date:

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
THE SEA CHANGE TRUST**

**Independent examiner's report to the trustees of The Sea Change Trust ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2023.

**Responsibilities and basis of report**

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

**Independent examiner's statement**

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

*C Moelwyn-Williams*

C Moelwyn-Williams BSc FCA

TCA (Shrewsbury) LLP  
Third Floor  
21 St Mary's Street  
Shrewsbury  
Shropshire  
SY1 1ED

Date: ..... *28th October 2024* .....

**THE SEA CHANGE TRUST**

**STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**

|                                    | Notes | Unrestricted<br>funds<br>£ | Restricted<br>funds<br>£ | 2023<br>Total<br>funds<br>£ | 2022<br>Total<br>funds<br>£ |
|------------------------------------|-------|----------------------------|--------------------------|-----------------------------|-----------------------------|
| <b>INCOME AND ENDOWMENTS FROM</b>  |       |                            |                          |                             |                             |
| Donations and legacies             | 2     | 63,606                     | 213,075                  | 276,681                     | 69,817                      |
| <b>Charitable activities</b>       |       |                            |                          |                             |                             |
| General                            |       | <u>9,475</u>               | <u>-</u>                 | <u>9,475</u>                | <u>12,028</u>               |
| <b>Total</b>                       |       | <u>73,081</u>              | <u>213,075</u>           | <u>286,156</u>              | <u>81,845</u>               |
| <b>EXPENDITURE ON</b>              |       |                            |                          |                             |                             |
| <b>Charitable activities</b>       |       |                            |                          |                             |                             |
| General                            |       | <u>12,024</u>              | <u>130,082</u>           | <u>142,106</u>              | <u>79,034</u>               |
| <b>NET INCOME</b>                  |       | 61,057                     | 82,993                   | 144,050                     | 2,811                       |
| <b>Transfers between funds</b>     | 10    | <u>(5,923)</u>             | <u>5,923</u>             | <u>-</u>                    | <u>-</u>                    |
| <b>Net movement in funds</b>       |       | 55,134                     | 88,916                   | 144,050                     | 2,811                       |
| <b>RECONCILIATION OF FUNDS</b>     |       |                            |                          |                             |                             |
| Total funds brought forward        |       | <u>10,392</u>              | <u>12,466</u>            | <u>22,858</u>               | <u>20,047</u>               |
| <b>TOTAL FUNDS CARRIED FORWARD</b> |       | <u>65,526</u>              | <u>101,382</u>           | <u>166,908</u>              | <u>22,858</u>               |

**CONTINUING OPERATIONS**

All income and expenditure has arisen from continuing activities.

The notes form part of these financial statements

**THE SEA CHANGE TRUST**

**STATEMENT OF FINANCIAL POSITION**  
**31 DECEMBER 2023**

|  | Notes | Unrestricted funds<br>£ | Restricted funds<br>£ | 2023<br>Total funds<br>£ | 2022<br>Total funds<br>£ |
|--|-------|-------------------------|-----------------------|--------------------------|--------------------------|
| <b>FIXED ASSETS</b>                          |       |                         |                       |                          |                          |
| Tangible assets                              | 7     | 758                     | 43,171                | 43,929                   | -                        |
| <b>CURRENT ASSETS</b>                        |       |                         |                       |                          |                          |
| Debtors                                      | 8     | 58,130                  | -                     | 58,130                   | 4,410                    |
| Cash at bank                                 |       | <u>9,831</u>            | <u>58,211</u>         | <u>68,042</u>            | <u>20,698</u>            |
|  |       | 67,961                  | 58,211                | 126,172                  | 25,108                   |
| <b>CREDITORS</b>                             |       |                         |                       |                          |                          |
| Amounts falling due within one year          | 9     | (3,193)                 | -                     | (3,193)                  | (2,250)                  |
| <b>NET CURRENT ASSETS</b>                    |       | <u>64,768</u>           | <u>58,211</u>         | <u>122,979</u>           | <u>22,858</u>            |
| <b>TOTAL ASSETS LESS CURRENT LIABILITIES</b> |       | <u>65,526</u>           | <u>101,382</u>        | <u>166,908</u>           | <u>22,858</u>            |
| <b>NET ASSETS</b>                            |       | <u>65,526</u>           | <u>101,382</u>        | <u>166,908</u>           | <u>22,858</u>            |
| <b>FUNDS</b>                                 | 10    |                         |                       |                          |                          |
| Unrestricted funds                           |       |                         |                       | 65,526                   | 10,392                   |
| Restricted funds                             |       |                         |                       | <u>101,382</u>           | <u>12,466</u>            |
| <b>TOTAL FUNDS</b>                           |       |                         |                       | <u>166,908</u>           | <u>22,858</u>            |

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 26/10/2024..... and were signed on its behalf by:

*Paul Dyson*

.....  
Paul Dyson - Trustee

The notes form part of these financial statements

## **THE SEA CHANGE TRUST**

### **NOTES TO THE FINANCIAL STATEMENTS** **FOR THE YEAR ENDED 31 DECEMBER 2023**

#### **1. ACCOUNTING POLICIES**

##### **Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

##### **Financial reporting standard 102 - reduced disclosure exemptions**

The charitable company has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows;
- the requirement of paragraph 3.17(d);
- the requirements of paragraphs 11.42, 11.44, 11.45, 11.47, 11.48(a)(iii), 11.48(a)(iv), 11.48(b) and 11.48(c);
- the requirements of paragraphs 12.26, 12.27, 12.29(a), 12.29(b) and 12.29A;
- the requirement of paragraph 33.7.

##### **Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

##### **Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

##### **Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

- Motor Vehicles - 15% reducing balance
- Equipment - 33% straight line

##### **Taxation**

The charity is exempt from corporation tax on its charitable activities.

##### **Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

## THE SEA CHANGE TRUST

### NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2023

#### 1. ACCOUNTING POLICIES - continued

##### **Debtors**

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

##### **Cash at bank and in hand**

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

##### **Financial instruments**

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

#### 2. DONATIONS AND LEGACIES

|           | 2023           | 2022          |
|-----------|----------------|---------------|
|           | £              | £             |
| Donations | 5,569          | 13,347        |
| Gift aid  | 437            | 110           |
| Grants    | <u>270,675</u> | <u>56,360</u> |
|           | <u>276,681</u> | <u>69,817</u> |

Grants received, included in the above, are as follows:

|                        | 2023           | 2022          |
|------------------------|----------------|---------------|
|                        | £              | £             |
| Other Grant Income     | 101,014        | 56,360        |
| Local authority Grants | <u>169,661</u> | <u>-</u>      |
|                        | <u>270,675</u> | <u>56,360</u> |

#### 3. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

|                             | 2023         | 2022     |
|-----------------------------|--------------|----------|
|                             | £            | £        |
| Depreciation - owned assets | <u>7,992</u> | <u>-</u> |

#### 4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2023 nor for the year ended 31 December 2022.

##### **Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 December 2023 nor for the year ended 31 December 2022.

**THE SEA CHANGE TRUST**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**

**5. STAFF COSTS**

|                    | 2023         | 2022     |
|--------------------|--------------|----------|
|                    | £            | £        |
| Wages and salaries | <u>6,760</u> | <u>-</u> |
|                    | <u>6,760</u> | <u>-</u> |

The average monthly number of employees during the year was as follows:

|                              | 2023     | 2022     |
|------------------------------|----------|----------|
| The Sea Change Trust - Staff | <u>2</u> | <u>-</u> |

No employees received emoluments in excess of £60,000.

**6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

|                                    | Unrestricted<br>funds<br>£ | Restricted<br>funds<br>£ | Total<br>funds<br>£ |
|------------------------------------|----------------------------|--------------------------|---------------------|
| <b>INCOME AND ENDOWMENTS FROM</b>  |                            |                          |                     |
| Donations and legacies             | 25,947                     | 43,870                   | 69,817              |
| <b>Charitable activities</b>       |                            |                          |                     |
| General                            | <u>10,518</u>              | <u>1,510</u>             | <u>12,028</u>       |
| <b>Total</b>                       | <u>36,465</u>              | <u>45,380</u>            | <u>81,845</u>       |
| <b>EXPENDITURE ON</b>              |                            |                          |                     |
| <b>Charitable activities</b>       |                            |                          |                     |
| General                            | <u>31,373</u>              | <u>47,661</u>            | <u>79,034</u>       |
| <b>NET INCOME/(EXPENDITURE)</b>    | 5,092                      | (2,281)                  | 2,811               |
| Transfers between funds            | <u>(11,776)</u>            | <u>11,776</u>            | <u>-</u>            |
| <b>Net movement in funds</b>       | (6,684)                    | 9,495                    | 2,811               |
| <b>RECONCILIATION OF FUNDS</b>     |                            |                          |                     |
| Total funds brought forward        | <u>17,076</u>              | <u>2,971</u>             | <u>20,047</u>       |
| <b>TOTAL FUNDS CARRIED FORWARD</b> | <u>10,392</u>              | <u>12,466</u>            | <u>22,858</u>       |

**THE SEA CHANGE TRUST**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**

**7. TANGIBLE FIXED ASSETS**

|                       | Motor<br>vehicles<br>£ | Computer<br>equipment<br>£ | Totals<br>£   |
|-----------------------|------------------------|----------------------------|---------------|
| <b>COST</b>           |                        |                            |               |
| Additions             | <u>50,790</u>          | <u>1,131</u>               | <u>51,921</u> |
| <b>DEPRECIATION</b>   |                        |                            |               |
| Charge for year       | <u>7,619</u>           | <u>373</u>                 | <u>7,992</u>  |
| <b>NET BOOK VALUE</b> |                        |                            |               |
| At 31 December 2023   | <u>43,171</u>          | <u>758</u>                 | <u>43,929</u> |
| At 31 December 2022   | <u>-</u>               | <u>-</u>                   | <u>-</u>      |

**8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

|                                | 2023<br>£     | 2022<br>£    |
|--------------------------------|---------------|--------------|
| Trade debtors                  | 58,130        | 1,210        |
| Prepayments and accrued income | <u>-</u>      | <u>3,200</u> |
|                                | <u>58,130</u> | <u>4,410</u> |

**9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

|                                 | 2023<br>£    | 2022<br>£    |
|---------------------------------|--------------|--------------|
| Social security and other taxes | 1,807        | -            |
| Accruals and deferred income    | <u>1,386</u> | <u>2,250</u> |
|                                 | <u>3,193</u> | <u>2,250</u> |

**10. MOVEMENT IN FUNDS**

|  | At 1.1.23<br>£ | Net<br>movement<br>in funds<br>£ | Transfers<br>between<br>funds<br>£ | At<br>31.12.23<br>£ |
|--|----------------|----------------------------------|------------------------------------|---------------------|
| <b>Unrestricted funds</b>                    |                |                                  |                                    |                     |
| General fund                                 | 10,392         | 61,057                           | (5,923)                            | 65,526              |
| <b>Restricted funds</b>                      |                |                                  |                                    |                     |
| Early Years' Service                         | 12,466         | (12,382)                         | -                                  | 84                  |
| Subsidised Psychotherapy                     | -              | (5,483)                          | 5,483                              | -                   |
| Refugee Service                              | -              | (440)                            | 440                                | -                   |
| Reaching Vulnerable Children                 | -              | 55,472                           | -                                  | 55,472              |
| Early Years' Service - Telford and<br>Wrekin | <u>-</u>       | <u>45,826</u>                    | <u>-</u>                           | <u>45,826</u>       |
|  | <u>12,466</u>  | <u>82,993</u>                    | <u>5,923</u>                       | <u>101,382</u>      |
| <b>TOTAL FUNDS</b>                           | <u>22,858</u>  | <u>144,050</u>                   | <u>-</u>                           | <u>166,908</u>      |

**THE SEA CHANGE TRUST**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**

**10. MOVEMENT IN FUNDS - continued**

Net movement in funds, included in the above are as follows:

|   | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b>                 |                            |                            |                           |
| General fund                              | 73,081                     | (12,024)                   | 61,057                    |
| <b>Restricted funds</b>                   |                            |                            |                           |
| Early Years' Service                      | 1,020                      | (13,402)                   | (12,382)                  |
| Subsidised Psychotherapy                  | -                          | (5,483)                    | (5,483)                   |
| Refugee Service                           | -                          | (440)                      | (440)                     |
| Reaching Vulnerable Children              | 99,994                     | (44,522)                   | 55,472                    |
| Early Years' Service - Telford and Wrekin | <u>112,061</u>             | <u>(66,235)</u>            | <u>45,826</u>             |
|   | <u>213,075</u>             | <u>(130,082)</u>           | <u>82,993</u>             |
| <b>TOTAL FUNDS</b>                        | <u><u>286,156</u></u>      | <u><u>(142,106)</u></u>    | <u><u>144,050</u></u>     |

**Comparatives for movement in funds**

|                               | At 1.1.22<br>£       | Net<br>movement<br>in funds<br>£ | Transfers<br>between<br>funds<br>£ | At<br>31.12.22<br>£  |
|-------------------------------|----------------------|----------------------------------|------------------------------------|----------------------|
| <b>Unrestricted funds</b>     |                      |                                  |                                    |                      |
| General fund                  | 8,555                | 13,613                           | (11,776)                           | 10,392               |
| Designated - Development Fund | <u>8,521</u>         | <u>(8,521)</u>                   | -                                  | -                    |
|                               | 17,076               | 5,092                            | (11,776)                           | 10,392               |
| <b>Restricted funds</b>       |                      |                                  |                                    |                      |
| Early Years' Service          | -                    | 12,466                           | -                                  | 12,466               |
| Subsidised Psychotherapy      | 1,354                | (13,117)                         | 11,763                             | -                    |
| Refugee Service               | <u>1,617</u>         | <u>(1,630)</u>                   | <u>13</u>                          | -                    |
|                               | <u>2,971</u>         | <u>(2,281)</u>                   | <u>11,776</u>                      | <u>12,466</u>        |
| <b>TOTAL FUNDS</b>            | <u><u>20,047</u></u> | <u><u>2,811</u></u>              | <u><u>-</u></u>                    | <u><u>22,858</u></u> |

**THE SEA CHANGE TRUST**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**

**10. MOVEMENT IN FUNDS - continued**

Comparative net movement in funds, included in the above are as follows:

|                               | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|-------------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b>     |                            |                            |                           |
| General fund                  | 36,465                     | (22,852)                   | 13,613                    |
| Designated - Development Fund | <u>-</u>                   | <u>(8,521)</u>             | <u>(8,521)</u>            |
|                               | 36,465                     | (31,373)                   | 5,092                     |
| <b>Restricted funds</b>       |                            |                            |                           |
| Early Years' Service          | 43,630                     | (31,164)                   | 12,466                    |
| Subsidised Psychotherapy      | 1,750                      | (14,867)                   | (13,117)                  |
| Refugee Service               | <u>-</u>                   | <u>(1,630)</u>             | <u>(1,630)</u>            |
|                               | <u>45,380</u>              | <u>(47,661)</u>            | <u>(2,281)</u>            |
| <b>TOTAL FUNDS</b>            | <u><u>81,845</u></u>       | <u><u>(79,034)</u></u>     | <u><u>2,811</u></u>       |

A current year 12 months and prior year 12 months combined position is as follows:

|  | At 1.1.22<br>£       | Net<br>movement<br>in funds<br>£ | Transfers<br>between<br>funds<br>£ | At<br>31.12.23<br>£   |
|--|----------------------|----------------------------------|------------------------------------|-----------------------|
| <b>Unrestricted funds</b>                    |                      |                                  |                                    |                       |
| General fund                                 | 8,555                | 74,670                           | (17,699)                           | 65,526                |
| Designated - Development Fund                | <u>8,521</u>         | <u>(8,521)</u>                   | <u>-</u>                           | <u>-</u>              |
|  | 17,076               | 66,149                           | (17,699)                           | 65,526                |
| <b>Restricted funds</b>                      |                      |                                  |                                    |                       |
| Early Years' Service                         | -                    | 84                               | -                                  | 84                    |
| Subsidised Psychotherapy                     | 1,354                | (18,600)                         | 17,246                             | -                     |
| Refugee Service                              | 1,617                | (2,070)                          | 453                                | -                     |
| Reaching Vulnerable Children                 | -                    | 55,472                           | -                                  | 55,472                |
| Early Years' Service - Telford and<br>Wrekin | <u>-</u>             | <u>45,826</u>                    | <u>-</u>                           | <u>45,826</u>         |
|  | <u>2,971</u>         | <u>80,712</u>                    | <u>17,699</u>                      | <u>101,382</u>        |
| <b>TOTAL FUNDS</b>                           | <u><u>20,047</u></u> | <u><u>146,861</u></u>            | <u><u>-</u></u>                    | <u><u>166,908</u></u> |

**THE SEA CHANGE TRUST**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**

**10. MOVEMENT IN FUNDS - continued**

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

|  | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|--|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b>                    |                            |                            |                           |
| General fund                                 | 109,546                    | (34,876)                   | 74,670                    |
| Designated - Development Fund                | <u>-</u>                   | <u>(8,521)</u>             | <u>(8,521)</u>            |
|  | 109,546                    | (43,397)                   | 66,149                    |
| <b>Restricted funds</b>                      |                            |                            |                           |
| Early Years' Service                         | 44,650                     | (44,566)                   | 84                        |
| Subsidised Psychotherapy                     | 1,750                      | (20,350)                   | (18,600)                  |
| Refugee Service                              | -                          | (2,070)                    | (2,070)                   |
| Reaching Vulnerable Children                 | 99,994                     | (44,522)                   | 55,472                    |
| Early Years' Service - Telford and<br>Wrekin | <u>112,061</u>             | <u>(66,235)</u>            | <u>45,826</u>             |
|  | <u>258,455</u>             | <u>(177,743)</u>           | <u>80,712</u>             |
| <b>TOTAL FUNDS</b>                           | <u><u>368,001</u></u>      | <u><u>(221,140)</u></u>    | <u><u>146,861</u></u>     |

Details of the various funds held by the charity are as follows:

**Unrestricted Funds**

General Fund - Any monies not included in any other fund

**Restricted Funds**

Early Years Service - Early intervention through specialist outreach projects for babies toddlers and their parents/carers.

Subsidised Psychotherapy - Psychotherapy for those children, young people and parents/carers who aren't able to meet the cost of private support.

Refugee Service - Specialist, trauma-informed therapeutic provision for child refugees and young asylum seekers who need support with their mental and emotional health.

Reaching Vulnerable Children - The delivery of specialist provision through outreach and early intervention.

Telford and Wrekin Early Years - Early intervention through specialist outreach projects for babies, toddlers, and their parents/carers in Telford and Wrekin.

**THE SEA CHANGE TRUST**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**

**11. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 December 2023.

**THE SEA CHANGE TRUST**

England & Wales - Charity number 1181866

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# Accounts

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**The Sea Change Trust**  
**(Registered Charity Number 1181866)**  
**Unaudited**  
**Trustees Report and Accounts**  
**Year ended 31<sup>st</sup> December 2022**

**THE SEA CHANGE TRUST**

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**FOR THE YEAR ENDED 31 DECEMBER 2022**

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**THE SEA CHANGE TRUST**

**REFERENCE AND ADMINISTRATIVE DETAILS**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

|                                    |   |
|------------------------------------|---|
| <b>Charity registration number</b> | 1181866   |
| <b>Registered office address</b>   | The Sea Change Trust<br>8 & 9 Victoria Mews<br>St. Austins Friars<br>Shrewsbury<br>SY1 1RY  |
| <b>Independent Examiner</b>        | TCA (Shrewsbury) LLP<br>Third Floor<br>21 St Mary's Street<br>Shrewsbury<br>Shropshire<br>SY1 1ED   |
| <b>Bankers</b>                     | Coop Bank   |
| <b>Trustees</b>                    | Dr Gillian Goodwillie (Chair)<br>Emma Alexander (appointed 8 <sup>th</sup> June 2023)<br>Paul Andrews (appointed 8 <sup>th</sup> June 2023)<br>Melanie Camu (resigned 9 <sup>th</sup> March 2023)<br>Paul Dyson (appointed 9 <sup>th</sup> March 2023)<br>Tobias Etterley<br>Patricia Farley (resigned 29 <sup>th</sup> March 2023)<br>Catherine Shaw |

**THE SEA CHANGE TRUST**  
**TRUSTEES' REPORT**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2022. The trustees have adopted the provisions of 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) (effective 1 January 2019).

### **1. Introduction**

The Sea Change Trust was founded in February 2019 by a group of local child and family therapists, with the aim of offering specialist psychological support to the most vulnerable and marginalised members of our community.

Our vision is a future where young minds are supported and empowered at the time of need.

Our mission is to transform young futures through specialist therapeutic support.

We aim to achieve our mission and vision by:

- Ensuring young parents or carers and their children or infants get the best possible mental health support to overcome life's challenges, through specialist psychological intervention to those whose needs are not being met by current services
- Providing parents or carers and their children or infants with the best psychotherapeutic support in a caring, professional environment where we will give help to our clients whatever their financial means, background, or status
- Working together with other professionals to make a real difference and to have a positive impact on mental health in Shropshire.
- Prioritising equality, diversity, and inclusion in all our projects.

### **The Need**

We were formed to respond to the challenges children, young people, and parents face with their mental health. 1 in 8 children and young people in England face mental health problems (NHS Digital Report 2018). Approximately 68% of women and 57% of men with mental health problems are parents (Royal College of Psychiatrists, 2016).

Services to support children, young people and parents have been subject to many cuts in recent years, leaving the remaining resources extremely stretched in the face of increasing demand. While a lack of provision for mental health support is sadly not a new challenge it has been amplified over the last 3 years due to the Covid-19 pandemic and the cost-of-living crisis.

Covid-19 had a huge impact on mental health, particularly affecting children and young people, with parents worried about how the pandemic would affect their children's long-term mental health. This has been further amplified by the current cost of living crisis.

Children living in lower income households and whose parents are in receipt of low-income benefits are more likely to experience challenges with their mental health (NHS Digital, 2019). There is growing concern over the rates of childhood poverty in Shropshire. 31.5% of children in Telford and Wrekin, 31% of children in North Shropshire, 26% of children in Shrewsbury and 30% of children in Ludlow are living in poverty (End Child Poverty, 2020).

We are seeing the reality of these statistics with demand for our services growing rapidly. We support children, young people, and families by delivering one-to-one specialist psychotherapy and group support sessions. We work closely in partnership with other charities and service providers, ensuring we are able to offer our services to those who are most in need of our support.

**THE SEA CHANGE TRUST**  
**TRUSTEES' REPORT**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

**2. Objectives and Public Benefit**

**a. Our objects as set out in our constitution are:**

*To promote and protect the mental health of children and their parents or carers in Shropshire and surrounding counties through, but not exclusively, the provision of psychotherapeutic services. To advance the education of parents, carers and professionals responsible for the care and education of children, who are in need of psychotherapeutic services, by the provision of specialist training in related subjects.*

**b. Public Benefit Statement**

We deliver psychological support to the most vulnerable and marginalised members of our community, regardless of financial means, background, or status. Our work directly benefits children, young people, families and carers and professionals responsible for the care and education of children:

- **Children, young people, and families:** Our support has been shown to lessen the sense of isolation and prevent a decline in emotional and mental well-being. It also helps increase understanding and self-awareness and strengthens positive relationships
- **Carers and professionals:** Our support gives carers and professionals working with children, young people, and families the space to talk through the challenges they are facing, so that they are better able to take care of themselves and one another.

In delivering our services we further benefit the public, as follows:

- **Wider community:** Reducing anxiety and social isolation for those who access our services means they can play a more active role in the community
- **Healthcare providers:** Our support helps to reduce the need for specialist mental health services and interventions.

**3. Achievements and performance**

We are pleased to report the following updates on our work.

We would like to thank all of our donors and supporters. Without them none of the following achievements would have been possible.

We work closely in partnership with other charities and service providers, ensuring we are able to offer our services to those who are most in need of our support.

In 2022 we:

- Directly supported 766 babies, children, young people, parents, and teachers
- Offered 79 Drop-In sessions
- Delivered 341 Individual sessions

The three key differences we aim to make are:

1. To enable greater engagement with local services, including our own.
2. To improve connections within families and communities.
3. To lessen the impact of trauma, loss, and separation.

**THE SEA CHANGE TRUST**  
**TRUSTEES' REPORT**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

The services have helped:

- Lessen the sense of isolation
- Provide support with bereavement
- Give a greater sense of self-confidence
- Prevent a decline in emotional and mental well-being
- Reduce levels of anxiety
- Reduce social isolation
- Strengthen positive relationships
- Increase understanding and self-awareness.

**a. Early Years' Project**

In 2022 we further developed our Early Years' Project, which launched in 2020. We have seen demand for this service grow considerably over the year.

Our Early Years' project is an accessible, community-based preventative Perinatal and Infant Mental Health Programme. It was formed in consultation with local families. Responding to the needs of the community we created a safe and non-judgemental space, where parents and carers can share their experiences with our therapists and other families, as well as forming bonds with each other. The project is primarily aimed at families with babies and children of pre-school age.

The Project differs from other Parent and Baby/Toddler services within the community because they are delivered by our team of specialist psychotherapists. The project currently consists of two weekly drop-ins alongside individual 'Listening Space' sessions.

Each drop-in session is run by two qualified therapists, who are there to talk to parents and carers about any concerns they have about the emotional and mental wellbeing of themselves or their child, or about the developing relationship. We aim to hold the sessions throughout term-time, for 40 weeks of the year. Having regular groups means parents can build this into the pattern of their week.

'Talk and Play in the Bell Tent' takes place in the Quarry Park in Shrewsbury. This is aimed at babies and pre-schoolers and their parents or carers, with a space for adults to talk while babies play. We hold the sessions in places at the heart of the local community that people can easily access, with good public transport links. Families can drop in at any time during the session.

The 'Family Drop-In' is based at the Pavilion Community Hub and Library in Pontesbury. Sessions cater for babies and children up to the age of four, who are offered a craft activity based on a children's story book, while parents and carers are able to talk with our therapists and one another over a hot drink.

For parents and carers who would like a more private space to talk, we offer support from one of our team of specialist psychotherapists through our 'Listening Space' service. This is a short-term intervention which is usually held over twelve sessions but can be longer if needed.

We promote our Early Years' Project through other service providers, other charities, and through the local press and social media.

We aim to make the sessions as accessible as possible. They are free at the point of delivery and funded through grants and donations.

This year, 626 parents, grandparents, carers, babies, and toddlers have used our Drop-Ins, with 6 having extra support through the Listening Space.

**THE SEA CHANGE TRUST**  
**TRUSTEES' REPORT**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

**b. Individual Psychotherapy for children, young people, and families**

In 2022 we continued our subsidised psychotherapy service, 'The Rose Fund'. This service is for those who would otherwise be unable to access this kind of support and whose needs cannot be met by counselling or other provision available elsewhere. Work is aimed at those who are particularly vulnerable, including refugee children and their parents.

Children and young people attend on a weekly basis, with parent work offered alongside in support of their therapy. The kinds of difficulties children present with include low mood, anxiety, difficulties with peer relations, self-harm and suicidal ideation. This work is not short term or straightforward. It requires time to build a trusting relationship and to explore the complex issues involved. This time and attention is very much appreciated by the families, and real and lasting changes take place. 20 children and parents have attended Rose Fund sessions, many of them attending regularly for over a year.

**c. Working with Schools**

*In 2022 we developed our work with schools, building on a successful project which started in 2020.*

During the year we worked in partnership with a local school to provide therapeutic groupwork and individual therapeutic support for children as well as consultation and reflective practice groups for staff. By working closely with the school, we were able to support children and their families, teachers, and pastoral care staff. Our understanding of the child's emotional and mental world, the importance of attachment patterns and expertise in trauma means we are well equipped to provide support, guidance and a reflective space in which difficulties can be explored, understood, and addressed as effectively as possible.

The impact of Covid-19 continues to be felt, particularly by those children and staff.

This year we ran an Art Therapy group for reception children who were struggling to adjust to being at school after a lack of social contact during lockdown and subsequently offered classroom observations and teacher consultations for staff who have concerns about particular groups or individual children. 27 children and 18 staff have been supported directly, and 7 classes of children indirectly. The senior management team have had two consultations and a report has been written in support of an EHCP application.

**d. Case Study**

Erin, an 11-year-old girl was referred by her parents due to significant distress, PTSD symptoms and separation anxiety following her mother's battle and recovery from a rare form of cancer. The whole family were feeling the impact of this experience, but Erin was the one holding most of the worry. Erin engaged in weekly art psychotherapy for two years, with sessions taking place via zoom throughout lockdown during the pandemic. Erin used art materials to express feelings and memories that were hard to put into words, and her psychotherapist helped her to make sense of these worries and process the traumatic memories until she reached a point where they were much less overwhelming.

While Erin engaged in weekly psychotherapy, the parents attended fortnightly sessions to support them in their role as parents to Erin. Over time, Erin reported feeling more confident, less separation anxiety, and was more able to enjoy other relationships and activities with less of a preoccupation with her mother's health. After two years things were feeling much better, and Erin was able to engage in a positive and meaningful ending to her psychotherapy.

**THE SEA CHANGE TRUST**  
**TRUSTEES' REPORT**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

#### **4. Future Plans**

We plan to continue to develop the scope and breadth of our services, through the following:

- To support the Drop-In sessions with both extended Listening Space provision and a new Family Listening Space service.
- To run a new Drop-In based in Telford Town Park, to also include Listening Space and targeted group work.
- To further develop the Subsidised Psychotherapy project to reach greater numbers of children and young people.
- To invest in a Therapy Bus to help with our outreach provision across the county.
- To work with a local marketing company on improving our branding and communications.

#### **5. Structure, Governance and Management**

The charity is governed by a constitution dated 1<sup>st</sup> August 2018 and was registered with the Charity Commission on 4<sup>th</sup> February 2019.

##### **Methods used to recruit and appoint new trustees**

As set out in our constitution, dated 1<sup>st</sup> August 2018, Trustees are appointed for a fixed term. In selecting individuals for appointment as Trustees, the Trustees must have regard to the skills, knowledge and experience needed for the effective administration of the charity. An annual skills analysis ensures the Trustees offer a suitable range of knowledge and skills to support the charity.

New Trustees are recruited openly in line with The Sea Change Trust's Trustee Recruitment Policy. Trustees receive a full induction to the charity.

#### **6. Financial Review**

The Trustees are pleased to report that in the financial year ending 31<sup>st</sup> December 2022 our income for the year was £81,845.

This was an increase of £50,651 (from £31,194) raised in the previous year, when we had a restricted carry over of £64,603, which was due to the need for us to pause most of our face-to-face work in 2020, due to the COVID-19 pandemic.

As outlined in this report the demand for our services continues to grow and we have worked hard to generate funds to enable us to support our beneficiaries throughout the year.

##### **a. Going concern**

The Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the 12 next months and the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

##### **b. Reserves Policy**

The trustees agree to hold free reserves in the region of £10,000. This is to ensure that there is sufficient in reserve to support the project activities of the charity funded through restricted funds, for 6 months. The Trustees agree to continuously monitor this as the charity grows and develops to ensure the amount held in reserves mirrors the level of activity.

The free reserves of the charity for the financial year ended 31<sup>st</sup> December 2022 were £10,392 (2021: £8,555).

**THE SEA CHANGE TRUST**  
**TRUSTEES' REPORT**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

**c. Risks and uncertainties**

The trustees have a proactive approach to risk management. A live risk register is kept, which is regularly updated and reviewed at the quarterly Trustees' meetings.

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing document**

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

**TRUSTEES' RESPONSIBILITY STATEMENT**

The trustees (who are also the directors of The Sea Change Trust for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the board of trustees on ..... and signed on its behalf by:

.....

Dr Gillian Goodwillie - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
THE SEA CHANGE TRUST**

**Independent examiner's report to the trustees of The Sea Change Trust ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2022.

**Responsibilities and basis of report**

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the 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 matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act;  
or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

C Moelwyn-Williams BSc FCA

TCA (Shrewsbury) LLP  
Third Floor  
21 St Mary's Street  
Shrewsbury  
Shropshire  
SY1 1ED

Date: .....

**THE SEA CHANGE TRUST**

**STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

|                                    | Notes | Unrestricted<br>funds<br>£ | Restricted<br>funds<br>£ | 2022<br>Total<br>funds<br>£ | 2021<br>Total<br>funds<br>as restated<br>£ |
|------------------------------------|-------|----------------------------|--------------------------|-----------------------------|--|
| <b>INCOME AND ENDOWMENTS FROM</b>  |       |                            |                          |                             |  |
| Donations and legacies             |       | 25,947                     | 43,870                   | 69,817                      | 28,954                                     |
| <b>Charitable activities</b>       |       |                            |                          |                             |  |
| General                            |       | <u>10,518</u>              | <u>1,510</u>             | <u>12,028</u>               | <u>2,240</u>                               |
| <b>Total</b>                       |       | <u>36,465</u>              | <u>45,380</u>            | <u>81,845</u>               | <u>31,194</u>                              |
| <br>                               |       |                            |                          |                             |  |
| <b>EXPENDITURE ON</b>              |       |                            |                          |                             |  |
| <b>Charitable activities</b>       |       |                            |                          |                             |  |
| General                            |       | <u>31,373</u>              | <u>47,661</u>            | <u>79,034</u>               | <u>75,750</u>                              |
| <br>                               |       |                            |                          |                             |  |
| <b>NET INCOME/(EXPENDITURE)</b>    |       | 5,092                      | (2,281)                  | 2,811                       | (44,556)                                   |
| <b>Transfers between funds</b>     | 7     | <u>(11,776)</u>            | <u>11,776</u>            | <u>-</u>                    | <u>-</u>                                   |
| <b>Net movement in funds</b>       |       | (6,684)                    | 9,495                    | 2,811                       | (44,556)                                   |
| <br>                               |       |                            |                          |                             |  |
| <b>RECONCILIATION OF FUNDS</b>     |       |                            |                          |                             |  |
| Total funds brought forward        |       | <u>17,076</u>              | <u>2,971</u>             | <u>20,047</u>               | <u>64,603</u>                              |
| <br>                               |       |                            |                          |                             |  |
| <b>TOTAL FUNDS CARRIED FORWARD</b> |       | <u>10,392</u>              | <u>12,466</u>            | <u>22,858</u>               | <u>20,047</u>                              |

**CONTINUING OPERATIONS**

All income and expenditure has arisen from continuing activities.

**THE SEA CHANGE TRUST**

**STATEMENT OF FINANCIAL POSITION**

**31 DECEMBER 2022**

|  | Notes | Unrestricted funds<br>£ | Restricted funds<br>£ | 2022<br>Total funds<br>£ | 2021<br>Total funds<br>as restated<br>£ |
|--|-------|-------------------------|-----------------------|--------------------------|---|
| <b>CURRENT ASSETS</b>                        |       |                         |                       |                          |   |
| Debtors                                      | 5     | 4,410                   | -                     | 4,410                    | 585                                     |
| Cash at bank                                 |       | <u>8,232</u>            | <u>12,466</u>         | <u>20,698</u>            | <u>21,492</u>                           |
|  |       | 12,642                  | 12,466                | 25,108                   | 22,077                                  |
| <b>CREDITORS</b>                             |       |                         |                       |                          |   |
| Amounts falling due within one year          | 6     | <u>(2,250)</u>          | -                     | <u>(2,250)</u>           | <u>(2,030)</u>                          |
| <b>NET CURRENT ASSETS</b>                    |       | <u>10,392</u>           | <u>12,466</u>         | <u>22,858</u>            | <u>20,047</u>                           |
| <b>TOTAL ASSETS LESS CURRENT LIABILITIES</b> |       | <u>10,392</u>           | <u>12,466</u>         | <u>22,858</u>            | <u>20,047</u>                           |
| <b>NET ASSETS</b>                            |       | <u>10,392</u>           | <u>12,466</u>         | <u>22,858</u>            | <u>20,047</u>                           |
| <b>FUNDS</b>                                 | 7     |                         |                       |                          |   |
| Unrestricted funds                           |       |                         |                       | 10,392                   | 17,076                                  |
| Restricted funds                             |       |                         |                       | <u>12,466</u>            | <u>2,971</u>                            |
| <b>TOTAL FUNDS</b>                           |       |                         |                       | <u>22,858</u>            | <u>20,047</u>                           |

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

**THE SEA CHANGE TRUST**

**STATEMENT OF FINANCIAL POSITION - continued**  
**31 DECEMBER 2022**

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on ..... and were signed on its behalf by:

.....  
Dr Gillian Goodwillie - Trustee

## **THE SEA CHANGE TRUST**

### **NOTES TO THE FINANCIAL STATEMENTS** **FOR THE YEAR ENDED 31 DECEMBER 2022**

#### **1. ACCOUNTING POLICIES**

##### **Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

##### **Financial reporting standard 102 - reduced disclosure exemptions**

The charitable company has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows;
- the requirement of paragraph 3.17(d);
- the requirements of paragraphs 11.42, 11.44, 11.45, 11.47, 11.48(a)(iii), 11.48(a)(iv), 11.48(b) and 11.48(c);
- the requirements of paragraphs 12.26, 12.27, 12.29(a), 12.29(b) and 12.29A;
- the requirement of paragraph 33.7.

##### **Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

##### **Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

##### **Taxation**

The charity is exempt from corporation tax on its charitable activities.

##### **Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

##### **Debtors**

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

## THE SEA CHANGE TRUST

### NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2022

#### 1. ACCOUNTING POLICIES - continued

##### Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

##### Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

#### 2. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2022 nor for the year ended 31 December 2021.

##### Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2022 nor for the year ended 31 December 2021.

#### 3. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

|                                    | Unrestricted<br>funds   | Restricted<br>funds      | Total<br>funds<br>as restated<br>£ |
|------------------------------------|-------------------------|--------------------------|------------------------------------|
|                                    | £                       | £                        | £                                  |
| <b>INCOME AND ENDOWMENTS FROM</b>  |                         |                          |                                    |
| Donations and legacies             | 18,454                  | 10,500                   | 28,954                             |
| <b>Charitable activities</b>       |                         |                          |                                    |
| General                            | <u>2,240</u>            | <u>-</u>                 | <u>2,240</u>                       |
| <b>Total</b>                       | <u>20,694</u>           | <u>10,500</u>            | <u>31,194</u>                      |
| <b>EXPENDITURE ON</b>              |                         |                          |                                    |
| <b>Charitable activities</b>       |                         |                          |                                    |
| General                            | <u>16,099</u>           | <u>59,651</u>            | <u>75,750</u>                      |
| <b>NET INCOME/(EXPENDITURE)</b>    |                         |                          |                                    |
| Transfers between funds            | 4,595<br><u>(3,483)</u> | (49,151)<br><u>3,483</u> | (44,556)<br><u>-</u>               |
| <b>Net movement in funds</b>       | 1,112                   | (45,668)                 | (44,556)                           |
| <b>RECONCILIATION OF FUNDS</b>     |                         |                          |                                    |
| Total funds brought forward        | <u>15,964</u>           | <u>48,639</u>            | <u>64,603</u>                      |
| <b>TOTAL FUNDS CARRIED FORWARD</b> | <u>17,076</u>           | <u>2,971</u>             | <u>20,047</u>                      |

**THE SEA CHANGE TRUST**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

**4. PRIOR YEAR ADJUSTMENT**

The funds at 31st December 2021 have been restated due to the change from receipts and payments accounts to accruals accounts, which has reduced the opening funds by £1,445 due to the inclusion of a £2,030 accrual and a £585 debtor.

**5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

|                                | 2022         | 2021<br>as restated |
|--------------------------------|--------------|---------------------|
|                                | £            | £                   |
| Trade debtors                  | 1,210        | 585                 |
| Prepayments and accrued income | <u>3,200</u> | <u>-</u>            |
|                                | <u>4,410</u> | <u>585</u>          |

**6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

|                              | 2022         | 2021<br>as restated |
|------------------------------|--------------|---------------------|
|                              | £            | £                   |
| Accruals and deferred income | <u>2,250</u> | <u>2,030</u>        |

**7. MOVEMENT IN FUNDS**

|                               | At 1.1.22<br>£ | Net<br>movement<br>in funds<br>£ | Transfers<br>between<br>funds<br>£ | At<br>31.12.22<br>£ |
|-------------------------------|----------------|----------------------------------|------------------------------------|---------------------|
| <b>Unrestricted funds</b>     |                |                                  |                                    |                     |
| General fund                  | 8,555          | 13,613                           | (11,776)                           | 10,392              |
| Designated - Development Fund | <u>8,521</u>   | <u>(8,521)</u>                   | <u>-</u>                           | <u>-</u>            |
|                               | 17,076         | 5,092                            | (11,776)                           | 10,392              |
| <b>Restricted funds</b>       |                |                                  |                                    |                     |
| Early Years' Service          | -              | 12,466                           | -                                  | 12,466              |
| Subsidised Psychotherapy      | 1,354          | (13,117)                         | 11,763                             | -                   |
| Refugee Service               | <u>1,617</u>   | <u>(1,630)</u>                   | <u>13</u>                          | <u>-</u>            |
|                               | <u>2,971</u>   | <u>(2,281)</u>                   | <u>11,776</u>                      | <u>12,466</u>       |
| <b>TOTAL FUNDS</b>            | <u>20,047</u>  | <u>2,811</u>                     | <u>-</u>                           | <u>22,858</u>       |

**THE SEA CHANGE TRUST**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

**7. MOVEMENT IN FUNDS - continued**

Net movement in funds, included in the above are as follows:

|                               | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|-------------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b>     |                            |                            |                           |
| General fund                  | 36,465                     | (22,852)                   | 13,613                    |
| Designated - Development Fund | <u>-</u>                   | <u>(8,521)</u>             | <u>(8,521)</u>            |
|                               | 36,465                     | (31,373)                   | 5,092                     |
| <b>Restricted funds</b>       |                            |                            |                           |
| Early Years' Service          | 43,630                     | (31,164)                   | 12,466                    |
| Subsidised Psychotherapy      | 1,750                      | (14,867)                   | (13,117)                  |
| Refugee Service               | <u>-</u>                   | <u>(1,630)</u>             | <u>(1,630)</u>            |
|                               | <u>45,380</u>              | <u>(47,661)</u>            | <u>(2,281)</u>            |
| <b>TOTAL FUNDS</b>            | <u>81,845</u>              | <u>(79,034)</u>            | <u>2,811</u>              |

**Comparatives for movement in funds**

|                               | At 1.1.21<br>£ | Net<br>movement<br>in funds<br>£ | Transfers<br>between<br>funds<br>£ | At<br>31.12.21<br>£ |
|-------------------------------|----------------|----------------------------------|------------------------------------|---------------------|
| <b>Unrestricted funds</b>     |                |                                  |                                    |                     |
| General fund                  | 10,000         | 4,595                            | (6,040)                            | 8,555               |
| Designated - Development Fund | <u>5,964</u>   | <u>-</u>                         | <u>2,557</u>                       | <u>8,521</u>        |
|                               | 15,964         | 4,595                            | (3,483)                            | 17,076              |
| <b>Restricted funds</b>       |                |                                  |                                    |                     |
| Early Years' Service          | 11,807         | (12,976)                         | 1,169                              | -                   |
| COVID-19                      | 24,115         | (26,429)                         | 2,314                              | -                   |
| Subsidised Psychotherapy      | 9,895          | (8,541)                          | -                                  | 1,354               |
| Refugee Service               | <u>2,822</u>   | <u>(1,205)</u>                   | <u>-</u>                           | <u>1,617</u>        |
|                               | <u>48,639</u>  | <u>(49,151)</u>                  | <u>3,483</u>                       | <u>2,971</u>        |
| <b>TOTAL FUNDS</b>            | <u>64,603</u>  | <u>(44,556)</u>                  | <u>-</u>                           | <u>20,047</u>       |

**THE SEA CHANGE TRUST**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

**7. MOVEMENT IN FUNDS - continued**

Comparative net movement in funds, included in the above are as follows:

|                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> |                            |                            |                           |
| General fund              | 20,694                     | (16,099)                   | 4,595                     |
| <b>Restricted funds</b>   |                            |                            |                           |
| Early Years' Service      | 9,000                      | (21,976)                   | (12,976)                  |
| COVID-19                  | 1,500                      | (27,929)                   | (26,429)                  |
| Subsidised Psychotherapy  | -                          | (8,541)                    | (8,541)                   |
| Refugee Service           | -                          | (1,205)                    | (1,205)                   |
|                           | <u>10,500</u>              | <u>(59,651)</u>            | <u>(49,151)</u>           |
| <b>TOTAL FUNDS</b>        | <u>31,194</u>              | <u>(75,750)</u>            | <u>(44,556)</u>           |

A current year 12 months and prior year 12 months combined position is as follows:

|                               | At 1.1.21<br>£ | Net<br>movement<br>in funds<br>£ | Transfers<br>between<br>funds<br>£ | At<br>31.12.22<br>£ |
|-------------------------------|----------------|----------------------------------|------------------------------------|---------------------|
| <b>Unrestricted funds</b>     |                |                                  |                                    |                     |
| General fund                  | 10,000         | 18,208                           | (17,816)                           | 10,392              |
| Designated - Development Fund | <u>5,964</u>   | <u>(8,521)</u>                   | <u>2,557</u>                       | -                   |
|                               | 15,964         | 9,687                            | (15,259)                           | 10,392              |
| <b>Restricted funds</b>       |                |                                  |                                    |                     |
| Early Years' Service          | 11,807         | (510)                            | 1,169                              | 12,466              |
| COVID-19                      | 24,115         | (26,429)                         | 2,314                              | -                   |
| Subsidised Psychotherapy      | 9,895          | (21,658)                         | 11,763                             | -                   |
| Refugee Service               | <u>2,822</u>   | <u>(2,835)</u>                   | <u>13</u>                          | -                   |
|                               | <u>48,639</u>  | <u>(51,432)</u>                  | <u>15,259</u>                      | <u>12,466</u>       |
| <b>TOTAL FUNDS</b>            | <u>64,603</u>  | <u>(41,745)</u>                  | <u>-</u>                           | <u>22,858</u>       |

**THE SEA CHANGE TRUST**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

**7. MOVEMENT IN FUNDS - continued**

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

|                               | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|-------------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b>     |                            |                            |                           |
| General fund                  | 57,159                     | (38,951)                   | 18,208                    |
| Designated - Development Fund | <u>-</u>                   | <u>(8,521)</u>             | <u>(8,521)</u>            |
|                               | 57,159                     | (47,472)                   | 9,687                     |
| <b>Restricted funds</b>       |                            |                            |                           |
| Early Years' Service          | 52,630                     | (53,140)                   | (510)                     |
| COVID-19                      | 1,500                      | (27,929)                   | (26,429)                  |
| Subsidised Psychotherapy      | 1,750                      | (23,408)                   | (21,658)                  |
| Refugee Service               | <u>-</u>                   | <u>(2,835)</u>             | <u>(2,835)</u>            |
|                               | <u>55,880</u>              | <u>(107,312)</u>           | <u>(51,432)</u>           |
| <b>TOTAL FUNDS</b>            | <u>113,039</u>             | <u>(154,784)</u>           | <u>(41,745)</u>           |

Details of the various funds held by the charity are as follows:

**Unrestricted Funds**

General Fund - Any monies not included in any other fund

**Restricted Funds**

Early Years Service - Early intervention through specialist outreach projects for babies toddlers and their parents/carers

COVID-19 - Therapeutic support for those children, young people, parents/carers and professionals who were most affected by the pandemic

Subsidised Psychotherapy - Psychotherapy for those children, young people and parents/carers who aren't able to meet the cost of private support

Refugee Service - Specialist, trauma-informed therapeutic provision for child refugees and young asylum seekers who need support with their mental and emotional health

**THE SEA CHANGE TRUST**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

**8. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 December 2022.

**THE SEA CHANGE TRUST**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

|                                 | 2022          | 2021             |
|---------------------------------|---------------|------------------|
|                                 | £             | as restated<br>£ |
| <b>INCOME AND ENDOWMENTS</b>    |               |                  |
| <b>Donations and legacies</b>   |               |                  |
| Donations                       | 13,347        | 11,515           |
| Gift aid                        | 110           | 5,139            |
| Grants                          | <u>56,360</u> | <u>12,300</u>    |
|                                 | 69,817        | 28,954           |
| <b>Charitable activities</b>    |               |                  |
| Earned Income                   | <u>12,028</u> | <u>2,240</u>     |
| <b>Total incoming resources</b> | 81,845        | 31,194           |
| <b>EXPENDITURE</b>              |               |                  |
| <b>Charitable activities</b>    |               |                  |
| Sundries                        | -             | 18               |
| Toys, equipment and materials   | 1,657         | 3,049            |
| Subcontractors                  | <u>64,987</u> | <u>63,942</u>    |
|                                 | 66,644        | 67,009           |
| <b>Support costs</b>            |               |                  |
| <b>Other</b>                    |               |                  |
| Insurance                       | 154           | 154              |
| Light and heat                  | 6,000         | 4,000            |
| Postage and stationery          | 45            | 9                |
| Sundries                        | 503           | -                |
| Advertising & Marketing         | 80            | 1,305            |
| IT Software and Consumables     | 422           | 394              |
| Repairs & renewals              | 770           | 942              |
| Training and welfare            | 1,369         | -                |
| Accommodation, travel and subs  | -             | 22               |
| Consultancy                     | <u>1,642</u>  | <u>-</u>         |
|                                 | 10,985        | 6,826            |
| <b>Governance costs</b>         |               |                  |
| Independent Examination fees    | 1,320         | 1,830            |
| Other governance costs          | <u>85</u>     | <u>85</u>        |
|                                 | <u>1,405</u>  | <u>1,915</u>     |
| Total resources expended        | <u>79,034</u> | <u>75,750</u>    |
| <b>Net income/(expenditure)</b> | <u>2,811</u>  | <u>(44,556)</u>  |

This page does not form part of the statutory financial statements

**THE SEA CHANGE TRUST**

England & Wales - Charity number 1181866

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# Accounts

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**The Sea Change Trust**  
**(Registered Charity Number 1181866)**  
**Unaudited**  
**Trustees Report and Accounts**  
**Year ended 31<sup>st</sup> December 2021**

**The Sea Change Trust  
Trustees' Report  
Financial Statements for the year 31<sup>st</sup> December 2021**

|                                    |   |
|------------------------------------|---|
| <b>Charity registration number</b> | 1181866   |
| <b>Registered office address</b>   | The Sea Change Trust<br>8 & 9 Victoria Mews<br>St. Austins Friars<br>Shrewsbury<br>SY1 1RY            |
| <b>Accountants</b>                 | TCA (Shrewsbury) LLP<br>Third Floor<br>21 St Mary's Street<br>Shrewsbury<br>Shropshire<br>SY1 1ED     |
| <b>Bankers</b>                     | Coop Bank   |
| <b>Trustees</b>                    | Dr Gillian Goodwillie (Chair)<br>Melanie Camu<br>Tobias Etterley<br>Patricia Farley<br>Catherine Shaw |

**The Sea Change Trust**  
**Trustees' Report**  
**Financial Statements for the year 31<sup>st</sup> December 2021**

The trustees of The Sea Change Trust are pleased to present their report and the financial statements for the year ended 31<sup>st</sup> December 2021.

## **1. Introduction**

The Sea Change Trust was founded in February 2019 by a group of local child and family therapists, with the aim of offering specialist psychological support to the most vulnerable and marginalised members of our community.

Our vision is a future where young minds are supported and empowered at the time of need.

Our mission is to transform young futures through specialist therapeutic support.

We aim to achieve our mission and vision by:

- Ensuring young parents or carers and their children or infants get the best possible mental health support to overcome life's challenges, through specialist psychological intervention to those whose needs are not being met by current services
- Providing parents or carers and their children or infants with the best psychotherapeutic support in a caring, professional environment where we will give help to our clients whatever their financial means, background or status
- Working together with other professionals to make a real difference and to have a positive impact on mental health in Shropshire.
- Prioritising equality, diversity and inclusion in all our projects.

A report from NHS Digital published in 2018 outlined that 1 in 8 children and young people in England face mental health problems. Children living in lower income households and whose parents are in receipt of low-income benefits are more likely to experience challenges with their mental health.

A lack of provision for mental health support is sadly not a new challenge. Services to support children, young people and parents have been subject to many cuts in recent years, leaving the remaining resources extremely stretched in the face of increasing demand. The number of children and young people in the UK waiting more than a year for specialist interventions more than trebled from 2018 to 2019, with children often referred to private therapists. We know for many families, there is no extra money available to pay for any kind of therapy, however great the need.

At The Sea Change Trust, we understand the importance of investing in the emotional wellbeing of babies and young children as an essential way to invest in the future. Late intervention in infant mental health is estimated to cost the public sector in Shropshire in excess of £74million per year and the United Kingdom over £17billion. However, rigorous long-term studies have shown for every £1 invested in early intervention for vulnerable families there is a saving of between £4 - £9. This is why providing support to families, at the time they need it, is vital.

Our work aims to address these issues, by providing effective therapeutic support, regardless of financial means, background or status. Since we formed in 2019, we have supported children, young people and their parents and carers, by delivering specialist psychotherapy. We have worked with vulnerable families and young people through a careful referral process. We have:

**The Sea Change Trust  
Trustees' Report  
Financial Statements for the year 31<sup>st</sup> December 2021**

- Directly supported 345 children, young people, teachers, and parents.
- Offered 249 groups sessions
- Delivered 115 individual sessions

The services have helped:

- Lessen the sense of isolation
- Provide support with bereavement
- Give a greater sense of self-confidence
- Prevent a decline in emotional and mental well-being
- Reduce levels of anxiety
- Reduce social isolation
- Strengthen positive relationships
- Increase understanding and self-awareness.

## **2. Objectives and Public Benefit**

### **a. Our objects as set out in our constitution are:**

*To promote and protect the mental health of children and their parents or carers in Shropshire and surrounding counties through, but not exclusively, the provision of psychotherapeutic services. To advance the education of parents, carers and professionals responsible for the care and education of children, who are in need of psychotherapeutic services, by the provision of specialist training in related subjects.*

### **b. Public Benefit Statement**

We deliver psychological support to the most vulnerable and marginalised members of our community, regardless of financial means, background or status. Our work directly benefits children, young people, families and carers and professionals responsible for the care and education of children:

- **Children, young people and families:** Our support has been shown to lessen the sense of isolation and prevent a decline in emotional and mental well-being. It also helps increase understanding and self-awareness and strengthens positive relationships
- **Carers and professionals:** Our support gives carers and professionals working with children, young people and families the space to talk through the challenges they are facing, so that they are better able to take care of themselves and one another.

In delivering our services we further benefit the public, as follows:

- **Wider community:** Reducing anxiety and social isolation for those that access our services means they can play a more active role in the community
- **Healthcare providers:** Our support helps to reduce the need for specialist mental health services and interventions.

**The Sea Change Trust**  
**Trustees' Report**  
**Financial Statements for the year 31<sup>st</sup> December 2021**

### **3. Achievements and performance**

After much of our face-to-face work was put on hold in 2020, due to the COVID-19 pandemic, we were pleased to be able to commence in-person group and individual support in 2021. This was especially important due to the impact of the pandemic on the mental health of children, young people and their families.

We are pleased to report the following updates on our work. Further details of all of our projects can be found in our Impact Report, which we are very happy to share.

We would also like to thank all of our donors and supporters. Without them none of the following achievements would have been possible.

#### **a. Covid-19 Response- Talking Circles and Listening Spaces Schools Project**

In 2020 we launched a project in direct response to the Covid-19 pandemic offering psychodynamic support to children, young people, parents, and teachers. We were able to deliver this work thank to funding from the HM Government in partnership with the National Lottery Community Fund, which we received in September 2020.

This project originated in listening to the experiences and ideas of members of our school communities. Professionals, parents, and young people themselves all highlighted the impact of Covid-19 on the mental wellbeing of their networks and wider community. Children and young people expressed the need for a safe and private space to share and talk through their anxieties about their parents being at risk at work or that an already unwell or at-risk parent could catch the virus. These children have not wanted to talk to their parents for fear of worrying or burdening them further. Parents described the increased need for them and their children to receive support during this time of enforced isolation and increased anxiety.

Following our reporting on the project in our 2020 Trustees' Report, we continued this work until June 2021. The key focus of our work in 2021 was in response to teachers and pastoral care staff asking if we could offer support for children facing the transition to secondary school in September 2021. Year 6 children had missed out on the chance to attend open days and induction days and were apprehensive about starting secondary school. We devised half day workshops aimed to help pupils cope with change, providing a space for them to discuss thoughts, feelings and worries before moving school. These sessions were activity-based workshops, allowing for interaction with professionals offering advice and a space to communicate, preparing them for their next chapter in life.

Throughout the project 96 students attended Year Six Workshops, Talking Circles and Listening Spaces. Feedback from pupils and teachers showed that the groups succeeded in helping develop resilience, improve mood and increase connections.

#### **b. Early Years Project**

In September 2019 we received funding to launch our Early Years' Service from BBC Children in Need. We reported in our 2020 Trustees' Report that we had to pause this project and the group sessions we had planned due to the COVID-19 pandemic, instead focusing on 1-2-1 Listening Spaces for parents of babies who had been through the neonatal unit in Telford and for those mothers who were under the Perinatal Mental Health Team. We were very grateful to BBC Children in Need were incredibly

**The Sea Change Trust**  
**Trustees' Report**  
**Financial Statements for the year 31<sup>st</sup> December 2021**

understanding and allowed to adapt and develop the project. In 2021 we were able to offer our planned groups and continue to offer Listening spaces for parents who asked for additional or longer-term support from one of our team of specialist psychotherapists. This work is still continuing at the time of writing this report.

We started the groups with Buggy Walk and Talk sessions. The walks are a chance for families to meet other parents of babies and toddlers out of doors for a walk, talk and coffee, with the support of one of our therapy team. The walks provide the opportunity to bring questions or worries parents may have about their baby or themselves to a friendly parent/baby specialist in a relaxed and friendly environment.

We also run two weekly family drop-in sessions in Shrewsbury, in our bell tent in The Quarry Park, and in Pontesbury, at The Pavilion Community Hub and Library. Each group session is run by two qualified therapists, who are there to listen while parents and carers talk about any concerns they have about their child or the parent-child relationship. Sessions are centred around a craft activity, so that the children have chance to play and be creative, which is a great form of communication and expression.

Through this project we have supported 176 people directly and a further 400 people indirectly. We have seen that those who have attended are comfortable to share their experiences and have reported that the focus on crafting/activities as a way into therapy has really helped them.

**c. Subsidised Psychotherapy**

In 2021 we continued our Subsidised psychotherapy service. This service is for those who would otherwise be unable to access this kind of support and whose needs can't be met by counselling or other provision available elsewhere.

Children attend on a weekly basis, with parent work offered alongside in support of this work. The kinds of difficulties children present with include low mood, anxiety, difficulties with peer relations, self-harm and suicidal ideation. This work is not short term or straightforward. It requires time to build a trusting relationship and to explore the complex issues involved. This time and attention are very much appreciated by the families, and real and lasting changes take place. 15 children, young people or their parents have received subsidised psychotherapy support, with many of these attending for a year or more.

**d. Young Refugees and Asylum Seekers**

In 2019 we launched our Young Refugees and Asylum Seekers service and completed a pilot in 2020, continuing work in 2021. The aim of this work was to offer psychotherapy to young refugees and asylum seekers in Shropshire who have been identified as most in need.

Through the project we delivered individual and group therapy sessions in school or college, as a known, secure base for the families. We did this in partnership with local primary schools and Shrewsbury College, who have referred children and young people to the project.

Through these sessions we aimed to develop capacity for more constructive relationships, help process traumatic life experiences, enhance self-confidence, resilience and emotional well-being leading to a more rewarding experience in school/education.

**The Sea Change Trust  
Trustees' Report  
Financial Statements for the year 31<sup>st</sup> December 2021**

After resuming our work supporting young refugees and asylum seekers 42 people have received support directly, and around 500 have been supported indirectly.

**e. Case Study**

S from Afghanistan came to the UK in October 2020. As a young teenager, he travelled on his own without his family, a journey taking between two and three years. He is in care, lodging with another teenager. S fled from his home in Afghanistan after his father was killed by the Taliban.

S suffered life changing injuries in the conflict. It is thought that his mum is in hiding but her whereabouts is unknown. S is still awaiting his right to remain. At college S had difficulties making and sustaining friends, as well as understanding the boundaries within those relationships. His teachers felt that S needs to learn and understand what appropriate behaviour is. They described that S doesn't understand social cues, doesn't have any friends, and becomes overwhelmed in social situations, especially struggling in larger group situations. S has been referred for art therapy with the aim of building a trusting therapeutic relationship within which he can explore his thoughts and feelings regarding the trauma and loss he has experienced. Although this work is challenging for him, there are signs that he is beginning to feel more confident in expressing himself and starting to feel able to reflect on his life story. We hope that this in turn will enable him to form closer and more lasting friendships.

*Details of this story have been changed to protect anonymity.*

**4. Future Plans**

We spent time in 2021 working on our strategy and plans for the next phase of our work. We aim to focus on the following:

- **Early Years Project:** Due to the growing demand for the groups we want to be able to continue our current provision and offer an increased number of sessions in different areas of the county. We'd like to offer more interventions to our service users, including family assessment and treatment and parent-infant psychotherapy.
- **Refugee service:** Our aim is to continue individual therapeutic support and groupwork through existing partnerships with schools and colleges, and in addition, to offer support to the new population of refugees arriving in the county from the Ukraine.
- **Supporting Young People who are Not in Education, Employment or Training:** We are in the early stages of forming a partnership with The Really Neet Project, a national Social Enterprise with a base in Shropshire, providing education to vulnerable young people between the ages of sixteen and eighteen, who are not able to access school, college, or employment.
- **School-based Support:** Following the success of our Talking Circles and workshops in school, we have been asked to provide support for a local primary school whose staff and children continue to feel the effects of the pandemic.
- **Subsidised Psychotherapy:** As demand for our Subsidised Psychotherapy service continues to grow, we want to ensure we can continue to provide this service for children, young

**The Sea Change Trust**  
**Trustees' Report**  
**Financial Statements for the year 31<sup>st</sup> December 2021**

people and parents, so that they can access the specialist support they need at the earliest possible opportunity.

In order to deliver this work, we plan to continue to grow and develop our fundraising. We would also like to start a Volunteer Programme to support our group work across our projects. This would enable us to reach even more people and have a greater impact.

## **5. Structure, Governance and Management**

The charity is governed by a constitution dated 1<sup>st</sup> August 2018 and was registered with the Charity Commission on 4<sup>th</sup> February 2019.

### **Methods used to recruit and appoint new trustees**

As set out in our constitution, dated 1<sup>st</sup> August 2018, Trustees are appointed for a fixed term. In selecting individuals for appointment as Trustees, the Trustees must have regard to the skills, knowledge and experience needed for the effective administration of the charity. An annual skills analysis ensures the Trustees offer a suitable range of knowledge and skills to support the charity.

New Trustees are recruited openly in line with The Sea Change Trust's Trustee Recruitment Policy. Trustees receive a full induction to the charity.

## **6. Financial Review**

As we had to pause most of our face-to-face work in 2020, due to the COVID-19 pandemic, there was a large, restricted carry over at the start of the year £64,603.

Income was down from £68,920 to £30,609 on the previous year, as we needed to ensure that we had the capacity to deliver this work and were not building funds for services we would be unable to carry out.

### **a. Going concern**

The Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the 12 next months and the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

### **b. Reserves Policy**

The trustees agree to hold free reserves in the region of £10,000. This is to ensure that there is sufficient in reserve to support the project activities of the charity funded through restricted funds, for 6 months. The Trustees agree to continuously monitor this as the charity grows and develops to ensure the amount held in reserves mirrors the level of activity.

The free reserves of the charity for the financial year ended 31st December 2021 were £10,000 (2020: £10,000).

### **c. Risks and uncertainties**

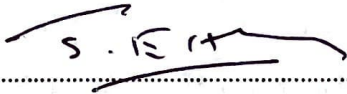
The trustees have a proactive approach to risk management. A live risk register is kept, which is regularly updated and reviewed at the quarterly Trustees' meetings.

**The Sea Change Trust  
Trustees' Report  
Financial Statements for the year 31<sup>st</sup> December 2021**

**Basis of Accounting**

The accounts of the charity have been prepared on a receipts and payments basis in accordance with charity regulations.

This report was approved by the Board and signed on its behalf by:

A handwritten signature in black ink, appearing to read 'S. Etterley', is written above a horizontal dotted line.

Mr T Etterley, Trustee

Date: 21/07/2022

**The Sea Change Trust  
Independent Examiner's Report  
Financial Statements for the year 31<sup>st</sup> December 2021**

I report to the trustees on my examination of the accounts of the above charity for the year ended 31<sup>st</sup> December 2021.

This report is made solely to the charity's trustees, as a body, in accordance with section 145 of the Charities Act 2011 and regulations made under section 154 of that Act. My work has been undertaken so that I might state to the charity's trustees those matters I am required to state to them in an Independent Examiners Report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for my work or for this report.

**Responsibilities and basis of report**

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

**Independent Examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention 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.

.....*C Moelwyn-Williams*.....

Date .....*26th July 2022*.....

***Mrs C L Moelwyn-Williams BSc FCA***

***TCA (Shrewsbury) LLP***

***21 St Mary's Street***

***Shrewsbury***

**The Sea Change Trust**  
**Receipts and payments account**  
**Financial Statements for the year 31<sup>st</sup> December 2021**

|  | Unrestricted  | Restricted      | Total<br>2021   | Total<br>2020 |
|--|---------------|-----------------|-----------------|---------------|
| Receipts                               | £             | £               | £               | £             |
| Grant funding & donations received     | 14,970        | 10,500          | 25,470          | 68,920        |
| Gift aid recovered                     | 5,139         | -               | 5,139           | -             |
| <b>Total Receipts</b>                  | <b>20,109</b> | <b>10,500</b>   | <b>30,609</b>   | <b>68,920</b> |
| <b>Payments</b>                        |               |                 |                 |               |
| Charitable activities                  | 8,484         | 58,525          | 67,009          | 22,497        |
| Support costs                          | 5,585         | 1,126           | 6,711           | 1,359         |
| <b>Total Payments</b>                  | <b>14,069</b> | <b>59,651</b>   | <b>73,720</b>   | <b>23,856</b> |
| <b>Net (Payments)/Receipts</b>         | <b>6,040</b>  | <b>(49,151)</b> | <b>(43,111)</b> | <b>45,064</b> |
| Transfer between funds                 | (3,483)       | 3,483           | -               | -             |
| <b>Total movement</b>                  | <b>2,557</b>  | <b>(45,668)</b> | <b>(43,111)</b> | <b>45,064</b> |
| <br>                                   |               |                 |                 |               |
| Cash and bank balances brought forward | 15,964        | 48,639          | 64,603          | 19,539        |
| Cash and bank balances carried forward | 18,521        | 2,971           | 21,492          | 64,603        |

**The Sea Change Trust**  
**Statement of assets and liabilities**  
**Financial Statements for the year 31<sup>st</sup> December 2021**

| <b>Monetary Assets</b>    | <b>2021</b>   | <b>2020</b>   |
|---------------------------|---------------|---------------|
|                           | <b>£</b>      | <b>£</b>      |
| Current account           | 21,492        | 64,603        |
|                           | <b>21,492</b> | <b>64,603</b> |
| <b>Funds</b>              |               |               |
| <b>Unrestricted Funds</b> |               |               |
| General                   | 10,000        | 10,000        |
| Designated (Development)  | 8,521         | 5,964         |
| <b>Restricted Funds</b>   |               |               |
| Early Years' Service      | -             | 11,807        |
| Refugee Service           | 1,617         | 2,822         |
| COVID 19                  | -             | 24,115        |
| Subsidised psychotherapy  | 1,354         | 9,895         |
|                           | <b>21,492</b> | <b>64,603</b> |

**THE SEA CHANGE TRUST**

England & Wales - Charity number 1181866

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# Accounts

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**The Sea Change Trust**  
**(Registered Charity Number 1181866)**  
**Unaudited**  
**Trustees Report and Accounts**  
**Year ended 31<sup>st</sup> December 2020**

**The Sea Change Trust  
Trustees' Report  
Financial Statements for the year 31<sup>st</sup> December 2020**

|                                    |   |
|------------------------------------|---|
| <b>Charity registration number</b> | 1181866   |
| <b>Registered office address</b>   | The Sea Change Trust<br>8 & 9 Victoria Mews<br>St. Austins Friars<br>Shrewsbury<br>SY1 1RY  |
| <b>Accountants</b>                 | TCA (Shrewsbury) LLP<br>4 Claremont Bank<br>Shrewsbury<br>Shropshire<br>SY1 1RW   |
| <b>Bankers</b>                     | Coop Bank   |
| <b>Trustees</b>                    | Dr Gillian Goodwillie (Chair)<br>Melanie Camu<br>Catherine Shaw<br>Tess Bailey-Sayer (Resigned 23/11/2020)<br>Patricia Farley<br>Tobias Etterley (Appointed 23/11/2020) |

**The Sea Change Trust**  
**Trustees' Report**  
**Financial Statements for the year 31<sup>st</sup> December 2020**

The trustees of The Sea Change Trust are pleased to present their report and the financial statements for the year ended 31<sup>st</sup> December 2020.

### **1. Introduction**

The Sea Change Trust is a UK charity working in Shropshire to transform young futures through specialist psychotherapy.

Our vision is a future where young minds are supported and empowered at the time of need. We work directly with infants, children, young people, parents/carers and professionals who work with them.

The Sea Change Trust is formed of a team of child specialists, many of whom have experience of working in Child and Adolescent Mental Health Services (CAMHS) across the West Midlands. In developing our services, we work closely with the team at Sea Change Psychotherapy, a social enterprise that has been supporting the mental health of Shropshire parents and carers, infants, children and young adults for five years. We work in partnership with agencies across all sectors.

1 in 8 children and young people face mental health problems. Children living in lower income households and whose parents are in receipt of low-income benefits are more likely to experience challenges with their mental health. The number of children and young people in the UK waiting more than a year for specialist interventions more than trebled from 2018 to 2019, with children often referred to private therapists. For many families, there is no extra money available to pay for any kind of therapy, however great the need. Our work aims to address these issues, by providing effective therapeutic support, regardless of financial means, background or status.

Since we formed in 2019, we have supported children, young people and their parents and carers, by delivering specialist psychotherapy. We have worked with vulnerable families and young people through a careful referral process. The work has helped:

- Lessen the sense of isolation
- Provide support with bereavement
- Give a greater sense of self-confidence
- Prevent a decline in emotional and mental well-being
- Reduce levels of anxiety
- Reduce social isolation
- Strengthen positive relationships
- Increase understanding and self-awareness.

### **2. Objectives and Public Benefit**

**Our objects as set out in our constitution are:**

*To promote and protect the mental health of children and their parents or carers in Shropshire and surrounding counties through, but not exclusively, the provision of psychotherapeutic services. To advance the education of parents, carers and professionals responsible for the care and education of children, who are in need of psychotherapeutic services, by the provision of specialist training in related subjects.*

The Trustees have had due regard to the revised Charity Commission guidance on public benefit.

**The Sea Change Trust**  
**Trustees' Report**  
**Financial Statements for the year 31<sup>st</sup> December 2020**

### **3. Achievements and performance**

After we commenced our fundraising and project work in 2019, we began developing and planning our projects in 2020, with work starting on our Early Years' and Young Refugees and Asylum Seekers projects. Unfortunately, due to covid-19, much of our face-to-face work had to be put on hold.

We didn't want to have to stop our services completely at a time when the pandemic was having a huge impact on the mental health of children, young people, and their families. This continues to be the case and a survey of parents by the mental health charity *Young Minds* found that 67% of respondents are worried about how the pandemic will affect their children's long-term mental health. This rose to 77% for respondents whose children accessed mental health support in the three months prior to the virus taking hold in the UK.

We, therefore, responded by adapting services we were able to and by seeking additional funding to address the needs of those effected directly by the pandemic.

#### **Covid-19 Response**

In September 2020 we were delighted to receive funding from the HM Government in partnership with the National Lottery Community Fund to deliver our Talking Circles and Listening Spaces Project, to offer psychodynamic support to children, young people and parents affected by the current pandemic. Throughout the project we worked in partnership with local organisations, in particular with schools through two distinct models of support:

#### **Listening Space**

Listening Space provides parent and child/young person support sessions with an experienced and qualified psychotherapist. This allows us to offer regular support, to fit in with working and family life.

Children and young people have used sessions to work on issues of anxiety, separation and loss, challenging behaviour, identity issues and disabilities in the context of separation and change.

Similar to the Listening Space with children, parent sessions have supported people who would not otherwise be able to access this type of support. This has been space for parents to discuss reflect on their own issues and challenges alongside the question of how best to support their children.

#### **Talking Circles**

Talking Circles enabled us to provide focused interventions to groups of children, young people and their teachers who have specific and shared experiences of loss and trauma.

School pastoral teams thought with us in selecting children who were affected most by the COVID-19 pandemic. They faced a range of challenges including family issues, anxiety, bereavement, disabilities, low self-esteem and neglect. 29% of those supported have been children and young people with parental and family issues, including separation and domestic violence, which has been amplified due to the pandemic. Groups were time limited for six sessions and began in person in September 2020. Sessions used Art Psychotherapy activities to help children develop resilience, improve mood and increase connections with their peers.

**The Sea Change Trust**  
**Trustees' Report**  
**Financial Statements for the year 31<sup>st</sup> December 2020**

When schools returned from the summer lockdown, we produced a worksheet for children to use together with parents, carers or teachers as a way of supporting them in managing the transition. This was used across five local primary schools and one in Birmingham, with very positive feedback.

We ran a separate group for teachers to have a space to talk about their thoughts and feelings during the COVID-19 pandemic and how it has affected their work, social and personal life. Stress, anxiety, distraction, and low mood were the main topics discussed with the therapists. These were small group discussions with teachers who wanted to volunteer their time for extra support. The teachers did not have a space for this type of discussion before and found it relevant to the current climate. We have since heard that they continue to use the learning from group and continue to support one another.

These groups continued to April 2021, going online during the winter lockdown and then returning to meeting in person. In December 2020 we were asked by teachers if we could offer support for children facing the transition to secondary school this September, and we began planning for this before Christmas and were ready to begin delivery in the spring. Work ended in June 2021, and we will report on this in our 2021 report. By this time, the project had supported over 200 individuals.

#### **Subsidised Psychotherapy**

In May 2020 we received funding to deliver subsidised psychotherapy for families who would not otherwise be able to access this provision. While the pandemic is having a huge effect on the mental health of children and young people, a lack of provision for mental health support is sadly not a new challenge. Services to support children, young people and parents have been subject to many cuts in recent years, leaving the remaining resources extremely stretched in the face of increasing demand. We are delighted to be able to offer this support, with ten families helped over the course of this year.

#### **Early Years' Service**

In September 2019 we received funding to launch our Early Years' Service. Through this project we planned to work with those who are disadvantaged through poverty, adverse childhood experiences, displacement due to trauma or economic migration, mental illness including post-natal depression, traumatic delivery or prematurity.

Existing provision has been subject to cuts and services are increasingly stretched. We aim to bridge this gap by working in partnership with agencies in Shropshire, who can refer to our services. Our plan was to offer 'Paint with your Baby' and 'Little People with Big Feelings' groups for parents and their young children. The covid-19 pandemic meant that we had to pause this project until such time that we could deliver the planned work. We were unable to continue this work in 2020, but instead offered a specialist Listening Space provision for parents of babies who had been through the neonatal unit in Telford and for those mothers who were under the Perinatal Mental Health Team. These individual sessions took place by telephone or online and were used really well by a small number of parents, some of whom continue to meet with their therapist.

**The Sea Change Trust  
Trustees' Report  
Financial Statements for the year 31<sup>st</sup> December 2020**

### **Young Refugees and Asylum Seekers**

In 2019 we launched our Young Refugees and Asylum Seekers service. The aim of this work was to offer psychotherapy to young refugees and asylum seekers in Shropshire who have been identified as most in need.

Shropshire is home to a growing number of refugee families with young children, and unaccompanied asylum seekers in their teens. There are currently approximately 32 families living in Shropshire. These young people have suffered many losses and deep trauma. In order to access education and integrate into their new communities, they often need specialist psychological help which is not available in existing services.

The aim of the project was to deliver weekly therapy sessions in school or college, as a known, secure base for the families. Through these sessions we aimed to develop capacity for more constructive relationships, help process traumatic life experiences, enhance self-confidence, resilience and emotional well-being leading to a more rewarding experience in school/education. We made a promising start, with nearly thirty young people attending well-being groups and three attending individual sessions in college, and six children being offered individual sessions in school. Due to the restrictions in place because of covid-19, we had to put this work on hold, but have just resumed sessions for two primary aged children and plan to continue to develop this work further.

### **Developing our systems**

As a new charity, we took time during the year to develop our systems, both in our therapeutic work and our support systems. The training we received from Children in Need at the start of the Early Years' Project helped us to think about impact measurement in a different way from our experiences in the NHS, so client-friendly and straightforward methods of assessing the difference our work makes have become an integral part of our projects. We gather the views and reflections of children, parents and teachers as a way of gauging what's working, and what isn't. An Assistant Psychologist has joined us in autumn 2020, supporting the therapists with data collection and presentation. In 2020, we also engaged the support of a freelance consultant to help support our fundraising and development. We hope to develop our fundraising strategy to enable us to diversify our income streams in the future, to reduce risk and increase the impact of The Sea Change Trust.

## **4. Structure, Governance and Management**

The charity is governed by a constitution dated 1<sup>st</sup> August 2018 and was registered with the Charity Commission on 4<sup>th</sup> February 2019.

### **Methods used to recruit and appoint new trustees**

As set out in our constitution, dated 1<sup>st</sup> August 2018, Trustees are appointed for a fixed term. In selecting individuals for appointment as Trustees, the Trustees must have regard to the skills, knowledge and experience needed for the effective administration of the charity.

**The Sea Change Trust  
Trustees' Report  
Financial Statements for the year 31<sup>st</sup> December 2020**

**5. Financial Review**

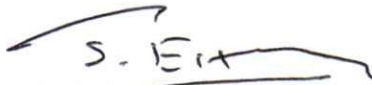
The trustees agree to hold free reserves in the region of £10,000. This is to ensure that there is sufficient in reserve to support the project activities of the charity funded through restricted funds, for 6 months. The Trustees agree to continuously monitor this as the charity grows and develops to ensure the amount held in reserves mirrors the level of activity.

The free reserves of the charity for the financial year ended 31st December 2020 were £10,000 (2019: £5,789).

**Basis of Accounting**

The accounts of the charity have been prepared on a receipts and payments basis in accordance with charity regulations.

This report was approved by the Board and signed on its behalf by:

A handwritten signature in black ink, appearing to read 'S. Etterley', is written over a horizontal dotted line.

Mr T Etterley, Trustee

Date – 27<sup>th</sup> July 2021

**The Sea Change Trust  
Independent Examiner's Report  
Financial Statements for the year 31<sup>st</sup> December 2020**

I report to the trustees on my examination of the accounts of the above charity for the year ended 31<sup>st</sup> December 2020.

This report is made solely to the charity's trustees, as a body, in accordance with section 145 of the Charities Act 2011 and regulations made under section 154 of that Act. My work has been undertaken so that I might state to the charity's trustees those matters I am required to state to them in an Independent Examiners Report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for my work or for this report.

**Responsibilities and basis of report**

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

**Independent Examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention 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.

*C. Moelwyn-Williams*

Date *28th July 2021*

**Mrs C L Moelwyn-Williams BSc FCA**

**TCA (Shrewsbury) LLP**

**4 Claremont Bank**

**Shrewsbury**

**The Sea Change Trust**  
**Receipts and payments account**  
**Financial Statements for the year 31<sup>st</sup> December 2020**

|  | Unrestricted  | Restricted    | Total<br>2020 | Total<br>2019  |
|--|---------------|---------------|---------------|----------------|
|  | £             | £             | £             | £              |
| <b>Receipts</b>                        |               |               |               |                |
| Grant funding & donations received     | 16,470        | 52,450        | 68,920        | 20,590         |
| <b>Total Receipts</b>                  | <b>16,470</b> | <b>52,450</b> | <b>68,920</b> | <b>20,590</b>  |
| <b>Payments</b>                        |               |               |               |                |
| Charitable activities                  | 5,316         | 17,181        | 22,497        | 390            |
| Support costs                          | 979           | 380           | 1,359         | 661            |
| <b>Total Payments</b>                  | <b>6,295</b>  | <b>17,561</b> | <b>23,856</b> | <b>(1,051)</b> |
| <b>Net (Payments)/Receipts</b>         | <b>10,175</b> | <b>34,889</b> | <b>45,064</b> | <b>19,539</b>  |
| Transfer between funds                 |               | -             | -             | -              |
| <b>Total movement</b>                  | <b>10,175</b> | <b>34,889</b> | <b>45,064</b> | <b>19,539</b>  |
| Cash and bank balances brought forward | <b>5,789</b>  | <b>13,750</b> | <b>19,539</b> | -              |
| Cash and bank balances carried forward | <b>15,964</b> | <b>48,639</b> | <b>64,603</b> | <b>19,539</b>  |

**The Sea Change Trust**  
**Statement of assets and liabilities**  
**Financial Statements for the year 31<sup>st</sup> December 2020**

| <b>Monetary Assets</b>    | <b>2020</b>   | <b>2019</b>   |
|---------------------------|---------------|---------------|
|                           | <b>£</b>      | <b>£</b>      |
| Current account           | 64,603        | 19,539        |
|                           | <hr/>         | <hr/>         |
|                           | <b>64,603</b> | <b>19,539</b> |
|                           | <hr/>         | <hr/>         |
| <b>Funds</b>              |               |               |
| <b>Unrestricted Funds</b> |               |               |
| General                   | 10,000        | 5,789         |
| Designated (Development)  | 5,964         | -             |
| <b>Restricted Funds</b>   |               |               |
| Early Years' Service      | 11,807        | 13,750        |
| Refugee Service           | 2,822         | -             |
| COVID 19                  | 24,115        | -             |
| Subsidised psychotherapy  | 9,895         | -             |
|                           | <hr/>         | <hr/>         |
|                           | <b>64,603</b> | <b>19,539</b> |
|                           | <hr/>         | <hr/>         |