



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

The Sea Change Trust
Trustees' Report
Financial Statements for the year 31st December 2020

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

**The Sea Change Trust
Trustees' Report
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The trustees of The Sea Change Trust are pleased to present their report and the financial statements for the year ended 31st 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.

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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.

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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.

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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 1st August 2018 and was registered with the Charity Commission on 4th February 2019.

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 have regard to the skills, knowledge and experience needed for the effective administration of the charity.

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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:


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Mr T Etterley, Trustee

Date – 27th July 2021

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

I report to the trustees on my examination of the accounts of the above charity for the year ended 31st 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
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	Unrestricted	Restricted	Total	Total
	£	£	2020	2019
Receipts			£	£
Grant funding & donations received	16,470	52,450	68,920	20,590
Total Receipts	16,470	52,450	68,920	20,590
Payments				
Charitable activities	5,316	17,181	22,497	390
Support costs	979	380	1,359	661
Total Payments	6,295	17,561	23,856	(1,051)
Net (Payments)/Receipts	10,175	34,889	45,064	19,539
Transfer between funds		-	-	-
Total movement	10,175	34,889	45,064	19,539
Cash and bank balances brought forward	5,789	13,750	19,539	-
Cash and bank balances carried forward	15,964	48,639	64,603	19,539

The Sea Change Trust
Statement of assets and liabilities
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Monetary Assets	2020	2019
	£	£
Current account	64,603	19,539
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	64,603	19,539
 Funds		
 Unrestricted Funds		
General	10,000	5,789
Designated (Development)	5,964	-
 Restricted Funds		
Early Years' Service	11,807	13,750
Refugee Service	2,822	-
COVID 19	24,115	-
Subsidised psychotherapy	9,895	-
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	64,603	19,539