



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

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

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 Third Floor 21 St Mary's Street Shrewsbury Shropshire SY1 1ED
Bankers	Coop Bank
Trustees	Dr Gillian Goodwillie (Chair) Melanie Camu Tobias Etterley Patricia Farley Catherine Shaw

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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 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:

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- 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.

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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

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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.

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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

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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 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. 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

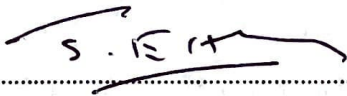
The trustees have a proactive approach to risk management. A live risk register is kept, which is regularly updated and reviewed at the quarterly Trustees' meetings.

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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. E. R.', is written above a horizontal dotted line.

Mr T Etterley, Trustee

Date: 21/07/2022

**The Sea Change Trust
Independent Examiner's Report
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I report to the trustees on my examination of the accounts of the above charity for the year ended 31st 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
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	Unrestricted	Restricted	Total	Total
	£	£	2021	2020
Receipts			£	£
Grant funding & donations received	14,970	10,500	25,470	68,920
Gift aid recovered	5,139	-	5,139	-
Total Receipts	20,109	10,500	30,609	68,920
Payments				
Charitable activities	8,484	58,525	67,009	22,497
Support costs	5,585	1,126	6,711	1,359
Total Payments	14,069	59,651	73,720	23,856
Net (Payments)/Receipts				
	6,040	(49,151)	(43,111)	45,064
Transfer between funds	(3,483)	3,483	-	-
Total movement	2,557	(45,668)	(43,111)	45,064
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

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