

FRIENDS ACTION NORTH EAST

FANE ANNUAL REPORT 2021







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FANE's structure, Governance & Objects

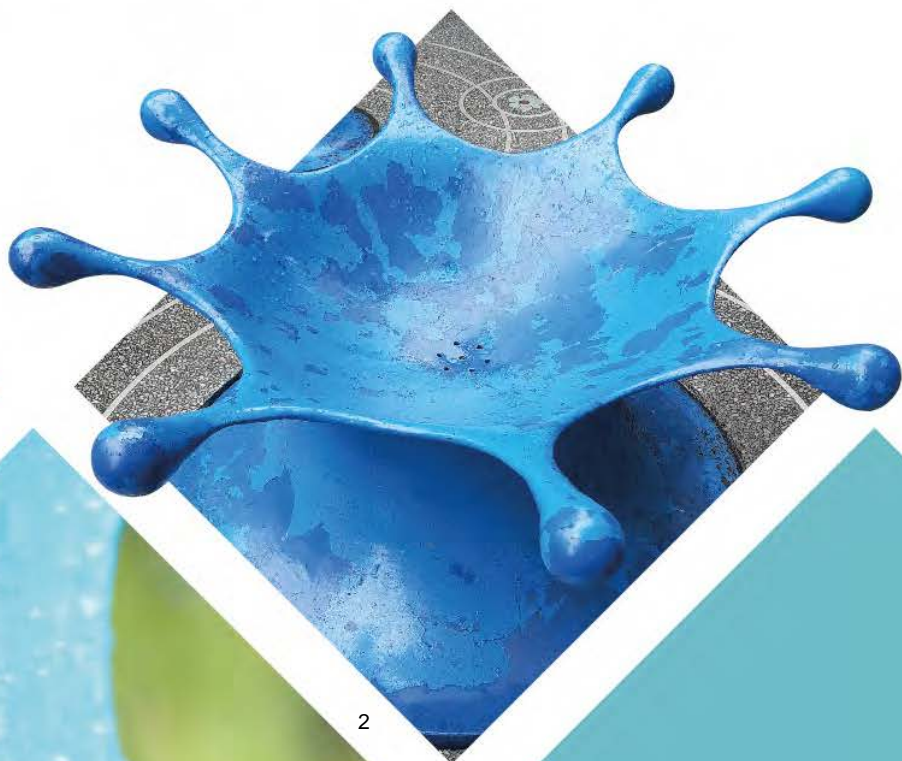
The FANE projects

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FANE Structure and Governance

FANE is managed and run by the Board of Trustees.

The Trustees have control of the Charity and its property and funds. There are four Trustees in a named role in office in 2020/21.

The Trustees have the responsibility to ensure the activities of FANE are conducted in compliance with the rules of the Charity Commission and the Articles of the Memorandum.

The Trustees ensure the work programme is met and the finances are managed appropriately. All the accounts are audited annually by an independent examiner.

The Trustees hold a Trustee meeting quarterly and hold their Annual General Meeting every year. The minutes of all meetings are held at the office and are also circulated to members of FANE and anyone who wishes to access them.

The Trustees complete accredited training about their roles and responsibilities as a trustee including safeguarding and update this accordingly.

Election of new Trustees is usually held at the Annual General Meeting, and all Trustees are required to complete an enhanced disclosure and barring check before being accepted as a Trustee.

In 2008 FANE was a Registered Charity Unincorporated Association, however in 2019 the trustees voted to change the charity's status to that of a Charitable Incorporated Organisation (CIO), as this would better suit the charity's needs and objects, whilst providing protection of trustees and members.

The original constitution of FANE was agreed on 26th November 2008. The constitution was amended on 1st February 2019 as part of the status change to Charitable Incorporated Organisation and who's only voting members are its charity trustees using the 'Foundation' model.

CIO Transfer 2019/20

In March 2019 FANE successfully applied to become a charitable incorporated organisation (CIO). This does not affect the FANE aims or objects, it just means that our trustees are safeguarded better for the future, and it supports FANE to move forwards with our future plans.

We transferred all our assets over from FANE registered charity 1127153 from March 2021.

Our CIO number is 1182364 and we are registered with the charity commission.

All FANE projects and activities remain the same.

Objectives

To assist people with learning disabilities and autism to develop and maintain friendships and friendship groups to enable them to achieve their full potential as members of the local community

To advance the education of the public and supporters of people with learning disabilities and autism in all issues related to learning disabilities and autism particularly friendship & socialisation.



Our Core project work

FANE was set up in 2004 when a group of people with a learning disability got together with a mixture of community and statutory sector staff volunteers to map out what it would take for them to have ordinary, equal friendships.

Their aims were to raise people's expectations and celebrate their skills and abilities as well as finding ways to overcome the things they found difficult around making and keeping friendships.

They explored ways they could be supported to overcome personal barriers to having an ordinary social life and this work formed the basis of friendship mentoring programme.

Since then, FANE has grown and developed organically, always keeping the people using the project in the driving seat to inform the way want to be supported to achieve their personal friendship goals.

In 2008 FANE became a registered charity and since then with the support of grants from many trusts and foundations it has evolved to support many people through the mentoring programme and social groups. FANE has continuously developed its activities and services to meet the ever-changing needs of the individuals and their supporters using the project, and to adapt to the wider changing social and economic climates.

FANE now supports people with all aspects of friendship through 1:1 support and mentoring, peer support, training, digital inclusion work, social groups, community connections, close partnerships with other organisations and collaborative projects across the sector.

Our aims are to empower, inform, and support people to keep safe, feel valued, combat loneliness and self-advocate for equality to benefit from the improved health, wellbeing and quality of life that results from having healthy friendships and connections in their lives.

In these recent and difficult times, FANE faced the most demanding challenges yet, endeavouring to maintain all elements of the project during the pandemic and ensuring that the people we support felt connected, and as safe as possible amidst the changing circumstances.

This financial year (2020/21) we are in year 2 of our grant for our mentoring programme from the Henry Smith Foundation. We also received a two-year grant from the Tudor Trust to continue to our core work remotely, across the region during the Covid-19 pandemic.

We secured a grant from the Northumbria Police Crime Commissioner emergency Covid-19 fund and completing a twelve-month digital project jointly funded by Hadrian and The Joicey Trusts. As well as this we received support from The Joseph Strong Fraser Trust, The Garfield Weston Foundation the Hospital of God, Greatham and a grant from The Shears Foundation towards the mentoring programme, training, and groups.

The County Durham Community Foundation provided us with a grant to extend our work into County Durham.

We also received a donation from Quayside Frozen Foods, Newcastle that we allocated to the support of our mentoring programme and groups.

This current year's project work began in March 2021. Due to the pandemic the core work for the 2020 - 2021 period mainly took place via remote digital settings and has since adapted to face to face support according to Covid official guidelines.



A man in a winter jacket is giving a thumbs up while standing on a set of outdoor stairs. The background is a blurred city street with a 'FOR SALE' sign visible. The entire image is overlaid with a semi-transparent magenta filter. Large, bold, white text is positioned at the top of the page.

PROJECTS

Our projects

Research shows that having friendships and being involved in community activities is beneficial to a person's health and wellbeing and can reduce feelings of isolation and loneliness.

The Mentoring programme

The Mentoring programme is a community model of support that is based on the outcomes of FANE's prior work of supporting people with a learning disability and autism to make and maintain safe, positive friendships.

One of the lessons learned by FANE is that developing friendships is often still the most difficult, skilled, intensive, and overlooked part of people's lives. The mentoring programme is designed to address this need and allow the people who are referred onto the programme to

directly inform and shape its content and methods of delivery around their individual needs and barriers.

It enables a minimum of 20 people with a learning disability or autism per year to receive intensive, personalised, 1:1 support to make realistic friendship goals according to their individual needs. They gain the skills required to put those goals into practice and make new friendships in their own communities, whilst getting the specialised 1:1 support to sustain them. A further minimum of 20 people per year access friendship support through our group meet up circles.

All people referred to us have access to our full induction training programme 'Friendkit' and ongoing support to

- Explore realistic friendship goals and set individual targets
- Explore social opportunities that facilitate lasting friendships and support networks
- Access community information digitally with accessible software
- Practice social interaction with 1:1 support
- Practice budgeting and money skills
- Attend our 'Friendkit' training programme, What is a Friend, Plan B, Social interaction and Goal Setting
- Attend our Tech Smart workshops, which includes staying smart and safe on social media, reporting, and recognising hate/mate crime and abuse and exploitation.
- Access digital support to use devices, email, zoom and google classroom and support to get onto the internet
- Access to 1:1 supported travel training and access to travel buddying
- 1:1 and group support to overcome personal barriers to friendship
- Inform community venues and business how to be more inclusive and accessible around their specific needs
- 1:1 support to access social groups, activities, and meet-ups with friends.
- Receive sign posting information and support to access other services
- Access the local safe spaces scheme
- Explore opportunities to become a volunteer peer mentor



It is very much a holistic programme that people are referred to if they are vulnerable, socially isolated or at risk from abusive relationships. We teach friendship skills through our training workshops and together build a profile of each person to identify realistic goals and starting points, look at current friendships and new opportunities to meet people and offer 1:1 support throughout their friendship journey.

The programme includes meeting with the staff team to identify needs, setting personal goals and creating an individualised friendship plan. Each person is matched with a volunteer

friendship mentor who supports them to work towards their goals and help plan social activities and opportunities to build friendships. They are supported to attend events and community groups at the beginning of the programme and that volunteer support is withdrawn when they feel ready and confident to do this independently.

Reviews are undertaken regularly with FANE staff, volunteer mentors and supporters and only when all goals have been reached, people are signed off the programme with a celebration of achievement event.



Pilot and partnerships

Through our mentoring programme work FANE has developed a friendship model of support and toolkit that has been informed by the people we support.

Through training workshops, we cover a number of topics relating to making and keeping healthy friendships and our model of support offers, support and resources to embed, track, monitor and record friendships skills for a wide range of skills and abilities in a holistic, person-centred way.

The training workshops include topics such as exploring how friendships are different from other types of relationships, what makes a good friend, what barriers people encounter when making and keeping friends

and ways to overcome them. We have also developed workshops that address mate/hate crime and discrimination, staying safe when out and about in the community, when relationships break down and using social media tools/apps devices and mobiles to maintain friendships and connect.

The FANE community model of support also helps inform people in local communities about a person's support and access needs and their goals and aspirations around friendship. It also provides a

first contact for securing lasting community connections helping to make people feel more valued and included- which helps to reduce the impact of social isolation.

We have worked in partnership with Sunderland people first, Your Voice Counts, Skills for People, Bullion Hall, Liberdade, Mencap and Espa and North Tyneside Special Education Youth Forum to pilot Friendkit and Tech Smart workshops.



Feedback we got from the Plan B training sessions:

"I really liked the session as it was very helpful and taught good values to have in friendships and shows reliability and understanding"

"Really useful to build new skills and think about a Plan B"

"I liked the interaction"

"It got the group talking and interacting with one another to discuss the safe ways to travel"

"The game is fun and clever"

"Happy playing the Plan B game and all the chatting"

"Helped me to choose different questions and situations"

"Excellent resource for learning about friendships and relationships"

"Team discussions about how we all react and interact differently to the same situations"

"Different options to the questions and make you think"

"Helping us to think about how to react to Mate crime and where to get help"

"The game was a fun and inventive way to look at and discuss life scenarios, friendships and how we react to situations"

"I thought the game was particularly great for J! Although she was initially sceptical about joining in once she saw how it worked it really appealed to her (perhaps because it was clear that the situations were fictional). I've known her for some time and never seen her engage with a game it gave a really good insight into her understanding that you wouldn't get if you tried to 'talk with her' about the same situations."

Elizabeth, NT SEND Youth Forum

"The group were very engaged with the game in the afternoon which was perfect when their attention had started to flag at the end of the day. There was lots of serious debate about the cards and actually highlighted areas to be aware of with their answers to know how best to support. So, from that perspective it was also a useful assessment tool as well as a support mechanism. There were also lots of fun and laughter too and really helped group interaction. They LOVED the social media scenarios on the cards."

To find out more information about 'Friendkit' training packages visit the FANE website www.friendsaction.co.uk or email: info@friendsaction.co.uk.

The training workshops and community model of support can be purchased by external organisations and supporters and will continued to be offered free of charge to people accessing the mentoring programme whilst our funding from grants and foundations continues.

ACHIEVEMENTS



The last five-years has seen FANE support over 3577 adults with a learning disability/autism in a 1:1, group support and training capacity.

They have been supported to attend training workshops around positive and equal friendships including keeping safe and hate crime awareness and a digital inclusion programme; which includes using a device or smart phone and training around staying safe online and on social media and video platforms.

We have also provided training/information/guidance to 3877 supporters of people with a learning disability and autism (including staff, parents, carers and professionals), through training workshops, presentations at open days, conferences and through meetings with partner organisations.

We train both student and community volunteers as well as people's supporters to learn the skills needed to positively support friendship and provide online tracking and monitoring systems to record skills attained and friendships developed.

We have trained over 177 volunteers in the last five years using both our in-house induction training and external training such as safeguarding/first aid etc. Our volunteers include Health & Social care university placement students, community volunteers, graduate interns, research graduates and paid/family supporters.

We place a strong emphasis on building and maintaining meaningful friendships that last beyond the 1:1 period and enabling each person to achieve their own level of autonomy and interdependence when working towards their long-term friendship goals.

The FANE website provides accessible information, resources, and guidance around supporting positive friendships, news from the community sector, a 'what's on' and planning tools including community mapping. An average of 4,000 people use our website per month.

Friendship support groups

The aim of the group support model is to provide opportunities for people in their local communities to make and maintain friendships in a safe space, as well as practice their learned social and independence skills using a range of social activities that support and promote physical and mental well-being; for example, sport/fitness/ arts & crafts /food etc.

Everyone enrolled on the mentoring programme has full access to these groups, however people can also be referred via a guest application referral if they do not require or meet the criteria the 1:1 mentoring programme. Whilst we do not provide 1:1 support for these groups, people with

additional support needs are not excluded from them but are required to bring their own support from home or a Personal Assistant. Our face to face social groups currently take place over Newcastle, North Tyneside and the Gateshead area, but our remote groups are accessed by people all over the North East.

All groups have a shared plan based on what people want/need from the group, how it will become more self-sufficient and review sessions. Sessional staff and volunteers are all trained through FANE and monitor potential friendships, support communication and other social interaction barriers that people encounter. Many independent friendships have developed between individuals from these groups.

Covid recovery work 2020/21

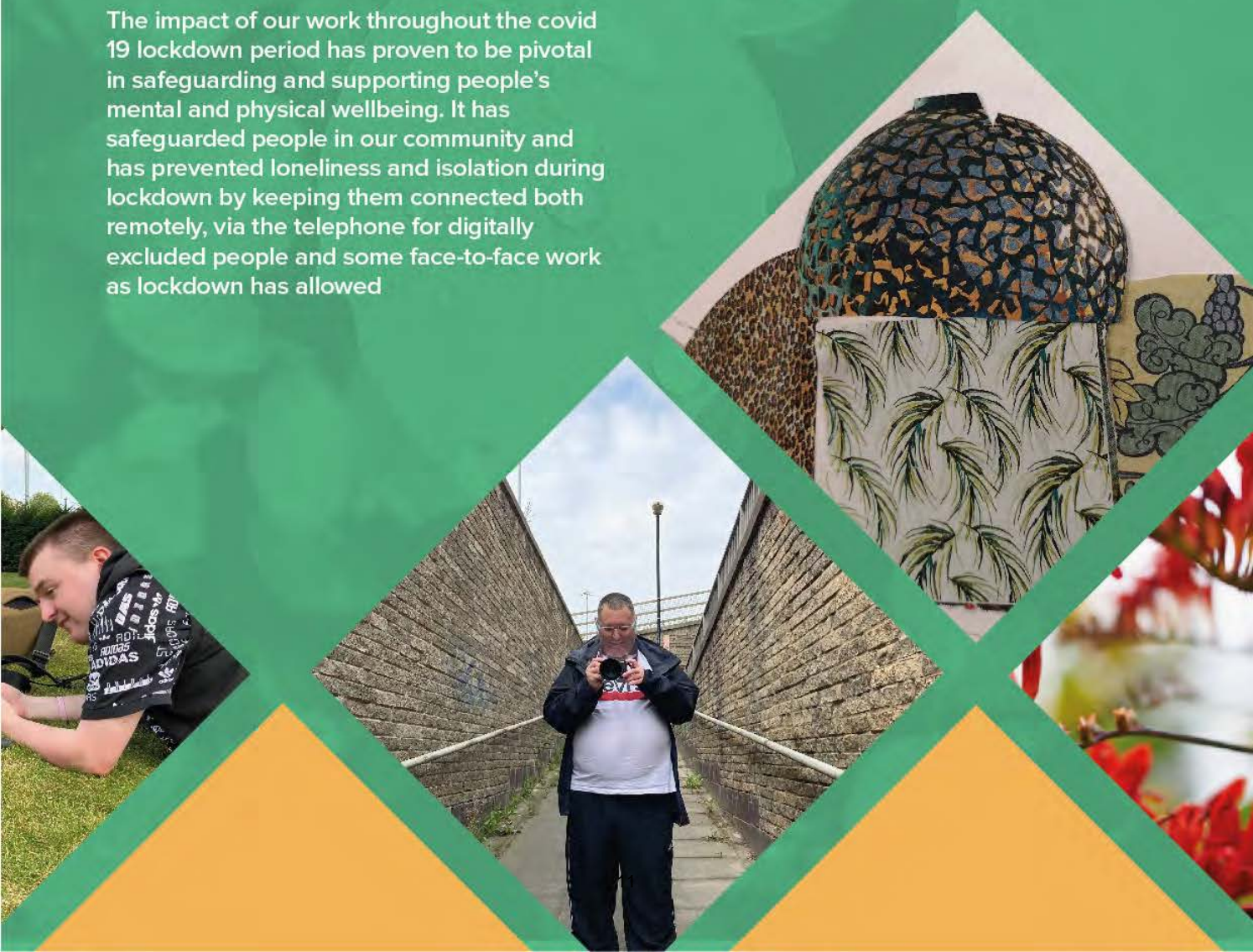
The work that we have delivered as part of our Covid-19 response work has ranged from a telephone befriending service to weekly zoom socials- (including art, health & wellbeing, photography, dance, and gaming socials), to online tech support and training workshops and regular 1:1 support with people via zoom and over the telephone. We have delivered five weekly online groups since March 2020

We are also working in partnership with local artists and community businesses including a professional photographer, a CIC yoga centre- (Shanti Bee community yoga and well-being studio) and cooking and horticulture in partnership with the Ouseburn farm where our office is based, all of which combine important themes around recovery, physical and mental health activities, to build back confidence and well-being.

The impact of our work throughout the covid 19 lockdown period has proven to be pivotal in safeguarding and supporting people's mental and physical wellbeing. It has safeguarded people in our community and has prevented loneliness and isolation during lockdown by keeping them connected both remotely, via the telephone for digitally excluded people and some face-to-face work as lockdown has allowed

By working in partnership with health and social care/safeguarding, community police teams and over 34 community organisations across the North East, we reduce safeguarding risks, and have a recognised positive impact on people's mental/physical health and wellbeing. Our group model of support has proven to be very successful and has helped people to make and maintain friendships in their communities with minimal support.

By providing these social opportunities for like-minded people to come together, whilst creating a personal support network we can enable close friendships to re-connect and help people recover back to independence in their communities.



ROOTS & SHOOTS

(COVID RECOVERY)

The 'Roots and Shoots' project aims to address a need for learning new creative skills, supporting participants to maintain a healthy body and mind, in a safe, supportive, and friendly environment. To enable this to happen we aim to work in partnership with local community and creative organisations.

As well as building on the success of the art and the dance groups (roots) we are including simple cookery, gardening, yoga, ceramics, and photography/walking (shoots) as part of the creative sessions offered for this project.

Tech smart training:

Our tech smart course was designed to deliver workshops to people to keep them confident, smart, and safe on social media platforms.

These workshops were to directly address some of the barriers and issues people were having with their friendships when interacting on social media forums.

We had been delivering these in schools and colleges pre-covid but have adapted them to be deliverable over zoom since Lockdown. This is a Northumbria Crime Commissioner funded project and we are working in partnership with the community engagement teams to publicise and shape this project.

We have delivered remote sessions to people in Newcastle, Northumberland, and County Durham during the lock down. Topics included were staying safe online, how to access groups via zoom and also how to use a tablet and the internet to connect with family and friends, and how to shop online etc

Friendkit training outreach model of support

MISSION STATEMENT:

'A model of support with social value that invests resources back into the community to reduce loneliness and isolation'

Our model of supporting friendship, our training and outreach model is a tried and tested model of support that both enables sustainable, safe friendships for people with a learning disability, and enables supporters to track, monitor and support friendships and become a trained 'friendship champion' within their own organisations and homes.

FANE has mapped out a plan to share our support model and resources in a cost-effective way, without incurring the full costs of the mentoring programme, Friendkit and our group models of support.

FANE's founding objects as a charity have always been to share our model of support and resources for all abilities and to ensure every member of our community can have safe equal friendships, have the right to an ordinary life and do ordinary things.

We have written a 2-day workshop that shares our model of support to use within an outreach capacity and use our resources to track, record and impact people's friendships, skills learnt and community connections.

Delivering this outreach model ensures that many more people can have access to our training, knowledge and methods that support sustainable friendships and lasting community connections. It is also a solution to expand our model beyond our current beneficiaries and current project capacities.

We are undertaking funding applications to deliver this outreach model into County Durham and South Tyneside.

We will need an outreach worker post to deliver this service and a training officer to undertake the Friendkit elements.

Volunteers

Over the last several years we have worked with over 250 volunteers in various capacities: including training, telephone befriending and friendship mentoring. The essential work provided by volunteers has enabled Friendship Finders to be supported on a 1:1 basis, training and groups throughout the project providing over 31,585 hours of support to the people involved since the project began. This is equivalent to 1 full time and 1 part time staff posts per year.

We have held regular volunteer events- which have proven to be a real success in sharing good practice and allowing volunteers to learn from one another's experiences, support strategies, community mapping and diverse backgrounds.

In addition, this year FANE has worked with 13 placement students from Newcastle University as part of their psychology / health and social with the Good Things Foundation - care degree course and have 10 new placements to begin in September 2021. This has proven to be a successful way of working which will continue next year. The students commit to working with FANE for 70 hours during their placement period, with regular contact taking place between FANE and the course leaders.

We have 2 peer mentors who have successfully completed the volunteer training programme to mentor people on a 1:1 basis and support social meet-up groups. One of our peer volunteers has become a digital champion 'The good things foundation' which is our new partnership with Mencap. They have just completed a digital training programme to support and train other people on the mentoring project. This takes the number of peer volunteers to 6.

We continue to work with our digital volunteers whose role is to update and maintain the FANE website and social media accounts. This year there has been 1 continuing and 1 new digital volunteer working remotely.

FANE Website

Our website has been successful as a community planning tool and has seen consistently increasing traffic throughout the past 10 years.

It has been used and developed by the people we support on our projects, as well as volunteers and professionals seeking resources and information about friendship, accessibility

and using the 'what's on section' for people to access events in their local communities.

We are currently seeking funding to improve and update our website as it is now over 10 years old. It needs to be updated onto a more current, user friendly platform and be more relevant to people's current post covid needs reflecting the work we are now delivering/supporting.

After analysing our survey and feedback from people who regularly use it, we are looking to reduce some content not being used, add other features including a training area to reflect our digital work. We want to make it much easier for volunteers to access for training/information and remote evaluation forms etc

We also want to include our quarterly digital newsletter and have a private space for friendship finders to access and connect with each other.

www.friendsaction.co.uk

Events

This year we have continued to facilitate groups via zoom and some covid secure face to face groups where lockdown rules have allowed

These include:

Art socials

Get Out There Group

(a regular friendly social)

Gateshead Social

Street Dance social

Walking Group

Yoga

Health & wellbeing sessions

Quiz group

Xmas zoom karaoke and mince pies!

Fundraising:

Our staff have undertaken online art auction events this year to raise funds for our project work.

These 2 auctions have included our art groups artwork and some donations from local artists in the region

Thank you to everyone who has supported and donated to us this -it means a lot to so many people we support!

OUR IMPACT 2020/21

21

people supported
with friendship skills
on a 1:1 basis

54

people involved in
group activities both face
to face & remotely

06

new people ready
to start a new
friendship journey

127

more people confident
and happier with their
social connections over
lockdown

15

people now have a device
and internet connection
and have been supported
to use them

100

people learned
new friendship
skills

127

people have undertaken
online Friendkit training
workshops

127

people feel more
confident using digital
technology

127

people learned
how to be safer on
social media

127

people are now less
vulnerable to abuse and
'Mate crime'

35,294

people know what
they can access in their
local area

35,294

know about a
safe place in their
communities

35,294

supporters have access
to training, resources
around supporting safe
friendships opportunities

35,294

people are reviewing
accessibility where
they live

OVER
2,500

people less
socially isolated in
the North East

Supported and
trained over
248

volunteers and
supporters to date

Overall
31,130
HOURS

of Volunteer support

13

new university
placement students
recruited

01

new digital
volunteer

How you can support FANE:

Here are some of the ways you can support us to achieve our fundraising goals and help connect people together in the North East:

Donating via our website:

Go to: www.friendsaction.co.uk



FUNDRAISING

Join our fundraising team

If you would like to help us raise money for our charity, are good at organising teams of people and have great ideas for inclusive fundraising events- then you may be a great person to help our fundraising team. Please get in touch with Keelie at: Keelie@friendsaction.co.uk if you're interested and we would love to have a conversation with you!

Team message

A BIG THANK YOU for all the support and dedication of everyone that has been involved in our projects this year.

It has been an extremely challenging and stressful year for the staff team, in more ways than one, due to the continuing covid lockdown constraints and ever-changing government guidelines and rules. We have dealt with additional challenges of switching our support and services to a remote platform, whilst staff have been working from home, with some team members furloughed.

We applied for emergency funding to get people connected with devices to keep them safe and connected, which has come with additional challenges of trying to set them up digitally and train family members and supporters over the telephone so we could continue our groups and support.

At the heart of our project are the Friendship Finders that we support. They continue to prove to us that with the right support everyone can achieve their goals, stay connected to their

community lives in a digital way, and continue to create ordinary social networks, overcome barriers to friendship and take control of their lives.

We look forward to continuing and developing the work of the charity over the coming year alongside people with a learning disability and autism in the driving seat informing how they wish to be supported to make and keep friendships.

We remain positive that we will secure funding to keep all projects continuing however, we know that these are extremely challenging times and securing funding is proving to be a very difficult thing to do for any long-term projects. This makes us more determined than ever to continue our funding strategy for the future of FANE. We know more than ever the importance of supporting people to stay connected with their friends and communities.

The Covid-19 pandemic has proven to us that what FANE does, is vital to people's mental health and wellbeing and that charities and community groups like ours are a lifeline in a crisis and must continue into the long term future.



FRIENDS ACTION NORTH EAST CIO
STATEMENT OF FINANCIAL ACTIVITIES
For the year ending 31 March 2021

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2021 £	Total 2020 £
Income from:					
Donations and legacies	7	930	-	930	-
Charitable activities					
Grants and contracts	8	22,068	133,000	155,068	-
Other trading activities	9	5,327	-	5,327	-
Total income		28,325	133,000	161,325	-
Expenditure on:					
Charitable activities					
Operation of the charity	10	42,090	80,870	122,960	-
Total expenditure		42,090	80,870	122,960	-
Net income/(expenditure) and net movement of funds		(13,766)	52,130	38,364	-
Reconciliation of funds					
Total funds brought forward					
Exceptional item brought forward		63,661	6,720	70,381	-
Total funds carried forward		49,895	58,850	108,745	-

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

FRIENDS ACTION NORTH EAST CIO

Charity Number 1182364

BALANCE SHEET
As at 31 March 2021

	Notes	Total 2021 £	Total 2020 £
Fixed assets			
Tangible assets	17	2,413	-
Total fixed assets		2,413	-
Current assets			
Debtors	18	721	-
Cash at bank and in hand	19	107,744	-
Total current assets		108,466	-
Creditors: amounts falling due within one year	20	(2,133)	-
Net current assets		106,332	-
Total assets less current liabilities		108,745	-
Total net assets or liabilities		108,745	-
Funds of the charity			
Unrestricted income funds		49,895	-
Restricted income funds		58,850	-
Total funds		108,745	-

Feedback from our friendship finders in lockdown

A lovely message from our friendship finders in lock down

"Hi guys, Thanks for putting the workshop together on how to make clay elephants. We had great fun with it! Great to have you guys on board during such tricky times. eternally grateful for all your efforts.

Many thanks and stay creative
Richard, Ed and Debra xx

.....
"Hi Becky and Toby et al

Hope you're all well and keeping bright. Here's some photos from our little pottery session today with Ed and Richard! Could you post them on the page as Ed would like this. We enjoyed drawing dogs with Toby too!"

Thanks guys these are great, good to see you keeping well and creative!

.....
"It was an interesting visit to Northern Print"
Andrew (Friendship Finder)

"Ed has really loved it (printing project) and has mentioned it a lot during lockdown"

"That was brilliant that" Jayne
(Friendship Finder).

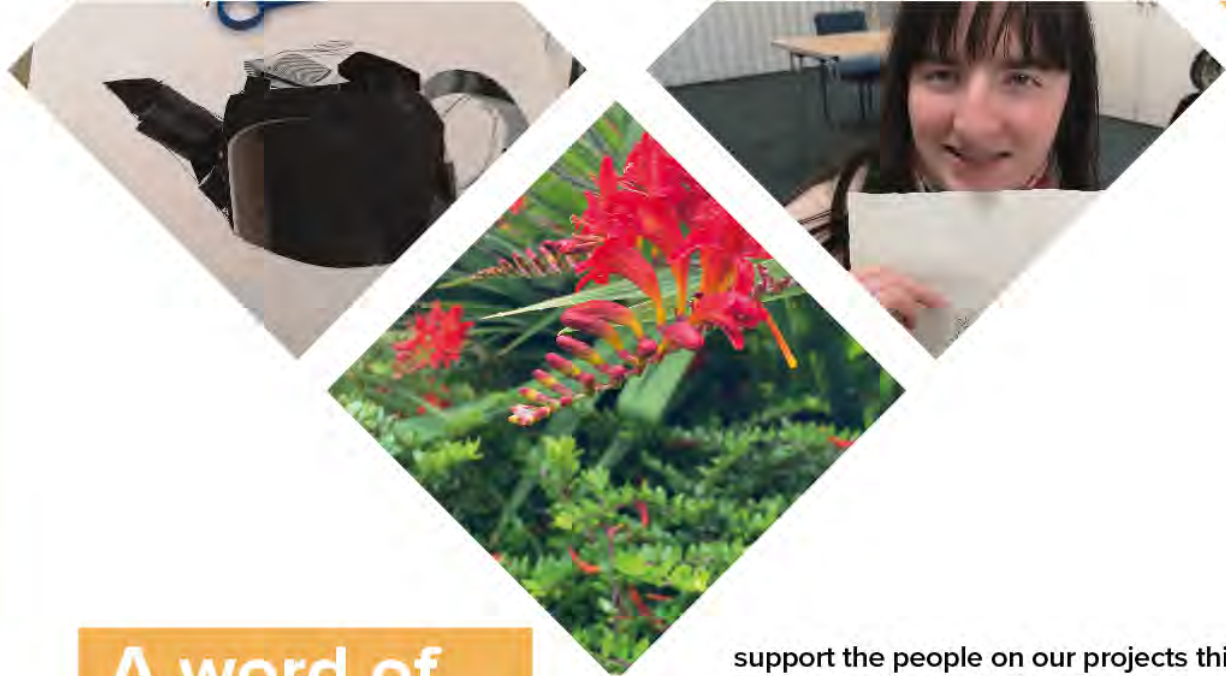
AR contacted the telephone befriending service during lockdown. She had been referred us by her mental health team, as her and her family were having difficulties during lockdown due to isolation and deteriorating mental health, which was impacting family life and relationships.

After regular telephone contact with FANE and then going onto access our face to face social groups we have had some really positive feedback from her family.

They have told us they feel very positive about all the groups AR has attended, and they have noticed a positive difference in her. Her confidence has grown, and she is travelling independently to places. They also said the respite is giving them a welcome break to relax as she is out and about much more now with improving mental health.

"When we first did a zoom meet with AR, both her and her family said she wouldn't be able to travel independently, so it's great that she is doing this now!





A word of Thanks and reflection...

Friends Action NE would like to thank The Henry Smith Charity the Tudor trust and the Shears foundation for our grant funding for the mentoring programme.

We would also like to thank the Hospital of God Greatham, The Joicey Trust Northumbria PCC fund and Durham Community Foundation for our digital work and support for the Covid 19 period.

We would like to extend our thank you the Joseph Strong Frazer and Hadrian Trusts and Quayside Frozen Foods for all its support and donations.

Without the support from our funders and community organisations and the wider community FANE would not be able to carry out our project work for the people we support on a day to day basis. Our impact on people's lives can be small, meaningful-but life changing and without access to these grants and funding our project would cease to exist.

We would also like to extend such a 'BIG thank you' to all the volunteers for all their time and hard work they have given to

support the people on our projects this year. They have been a lifeline for people throughout the Covid lockdown period, and truly have gone above and beyond to support people, keep them safe and in good mental health.

The staff team would like to thank the Board of Trustees for all their hard work and support throughout the project to date, in particular our treasurer Barbara, who has supported us throughout the Covid 19 period-she truly is a lifeline and a credit to the staff team and project -she works so hard for the FANE charity and the people who are supported on the project.

Getting involved....

There are many ways you can get involved with Friends Action North East.

If you would like to donate or raise funds for FANE please contact us on 0191 231 4327 or email: info@friendsaction.co.uk

Becoming a volunteer and being a trustee....

We welcome people of all abilities and backgrounds to FANE. If you would like to volunteer and can offer at least 2 hours per week of your time for the FANE mentoring programme or groups, support or be a new Trustee or are interested in volunteering in other areas of the project please get in touch.



Friends Action North East

0191 231 4327

info@friendsaction.co.uk

www.friendsaction.co.uk

Registered charity 1182364
C/O Ouseburn Farm, Ouseburn road
(off Lime St)

Newcastle-Upon-Tyne, NE1 2PA

FRIENDS ACTION NORTH EAST CIO

ANNUAL REPORT AND FINANCIAL STATEMENTS

For the year ended 31 March 2021

1. Reference and administrative details of the charity, its trustees and advisors

Charity Name	Friends Action North East CIO	
Registered Charity Number	1182364	
Trustees	Graham Newton Barbara Creed Jason Hare Glenn Howe	Chair
Registered Office	C/O Ouseburn Farm Ouseburn Road Newcastle upon Tyne, NE1 2PA	
Independent Examiner	Michelle Wright Connected Voice Business Services Higham House Higham Place Newcastle upon Tyne NE1 8AF	
Bankers	The Co-Operative Bank Plc Customer Service P O Box 250, Skelmersdale WN8 6WT	

2. Structure, governance and management

Governing documents

Friends Action North East CIO is a charitable incorporated organisation, governed by its constitution, adopted on 07th March 2019.

Appointment of Trustees

Trustees are elected by members of the organisation at the Annual General Meeting (AGM) and are eligible to stand for re-election each year. There is a minimum of three and maximum of 10 trustees at any given time. The trustees have the power to co-opt up to three other members and agree to meet at least four times a year.

FRIENDS ACTION NORTH EAST CIO

ANNUAL REPORT AND FINANCIAL STATEMENTS

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Newly appointed trustees are provided with a Trustee pack giving an overview of the work of the charity, including its constitution and its finances. Should trustee training be required, this is arranged and along with any specific training needed for a particular role.

Organisation

The trustees administer the charity and the Project Managers are responsible for managing the work of the charity on a day-to-day basis.

The trustees are aware that the major risk to the organisation is lack of funding. Each quarter the risk is assessed when budgets are compared to actual spend and reserves are reviewed on a yearly basis to ensure that there are sufficient funds available to cover three months running costs and any possible redundancy costs.

Risk management

The trustees have conducted a review of the major risks to which the charity is exposed and systems have been established to mitigate those risks. Internal risks are minimised by the implementation of procedures for authorisation of all transactions and projects and for ensuring the consistent quality of the delivery of all operational aspects of the charitable company. These procedures are periodically reviewed to ensure that they still meet the needs of the charity.

3. Trustees responsibilities in relation to the financial statement

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

The trustees are required to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure of the charity for the year. 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 Charities SORP;
- make judgements that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

FRIENDS ACTION NORTH EAST CIO

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The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees on ...17/12/2021..... and signed on their behalf by:



Barbara Creed
Treasurer

FRIENDS ACTION NORTH EAST CIO

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

For the year ending 31 March 2021

I report on the financial statements of Friends Action North East CIO for the year ending 31 March 2021, which are set out on pages 24 to 35.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Charities Act") and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

I 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.

Michelle Wright
Connected Voice Business Services
Higham House
Higham Place
Newcastle upon Tyne
NE1 8AF
Date: 17/12/2021



FRIENDS ACTION NORTH EAST CIO

STATEMENT OF FINANCIAL ACTIVITIES

For the year ending 31 March 2021

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2021 £	Total 2020 £
<u>Income from:</u>					
Donations and legacies	7	930	-	930	-
Charitable activities					
Grants and contracts	8	22,068	133,000	155,068	-
Other trading activities	9	5,327	-	5,327	-
Total income		28,325	133,000	161,325	-
<u>Expenditure on:</u>					
Charitable activities					
Operation of the charity	10	40,960	82,000	122,960	-
Total expenditure		40,960	82,000	122,960	-
Net income/(expenditure)		(12,636)	51,000	38,364	-
Transfers between funds		349	(349)	-	-
Net income/(expenditure) and net movement of funds		(12,287)	50,651	38,364	-
<u>Reconciliation of funds</u>					
Total funds brought forward					
Exceptional item brought forward	6	63,661	6,720	70,381	-
Total funds carried forward		51,374	57,371	108,745	-

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

The notes on pages 26 to 35 form an integral part of these accounts.

BALANCE SHEET

As at 31 March 2021

	Notes	£	Total 2021 £	£	Total 2020 £
<u>Fixed assets</u>					
Tangible assets	17		2,413		-
<i>Total fixed assets</i>			2,413		-
<u>Current assets</u>					
Debtors	18	721		-	
Cash at bank and in hand	19	107,744		-	
<i>Total current assets</i>		108,466		-	
Creditors: amounts falling due within one year	20	(2,133)		-	
<i>Net current assets</i>			106,332		-
<i>Total assets less current liabilities</i>			108,745		-
<i>Total net assets or liabilities</i>			108,745		-
<u>Funds of the charity</u>					
Unrestricted income funds			51,374		-
Restricted income funds			57,371		-
<i>Total funds</i>			108,745		-

The notes on pages 26 to 35 form an integral part of these accounts.

These financial statements were approved by the Board on:

17/12/2021

and are signed on its behalf by:

Mrs Barbara
Treasurer

B. Good

FRIENDS ACTION NORTH EAST CIO

NOTES TO THE FINANCIAL STATEMENTS

For the year ending 31 March 2021

1 Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

2 Basis of accounting

2.1 Basis of preparation

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with 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) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Friends Action North East CIO meets the definition of a public benefit entity under FRS 102.

2.2 Preparation of the accounts on a going concern basis

The charity reported total unrestricted funds at the year end of £51,374 and has already secured a significant amount of funding for the current year. The trustees are of the view that the immediate future of the charity for the next 12 to 18 months is secure and that on this basis the charity is a going concern.

The financial statements have been prepared on a going concern basis. In making their assessment the trustees have reviewed and considered relevant information, including their annual budget and future cash flows. In response to the COVID-19 pandemic, the trustees have revised their forecasts to take into account measures that they can take with the current resources available to mitigate the impact of the current adverse conditions. The trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

3 Income

3.1 Recognition of income

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received and the monetary value can be measured with sufficient reliability

3.2 Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by FRS102 SORP or FRS102.

3.3 Grants and donations

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of the provision of a specified service is deferred until the criteria of income recognition are met.

FRIENDS ACTION NORTH EAST CIO

NOTES TO THE FINANCIAL STATEMENTS

For the year ending 31 March 2021

3.4 Volunteer help

The value of volunteer help received is not included in the accounts but is described in the trustees' annual report.

3.5 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

3.6 Income from membership subscriptions

Membership subscriptions received in the nature of a gift are recognised in donations and legacies.

Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

3.7 Investment gains and losses

This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

3.8 Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the

4 Expenditure and liabilities

4.1 Liability recognition

Liabilities are recognised when it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

4.2 Charitable activities

Expenditure on charitable activities includes the costs of training and other activities undertaken to further the purposes of the charity and their associated support costs.

4.3 Governance and support costs

Support costs have been allocated between governance cost and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

4.4 Irrecoverable VAT

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

FRIENDS ACTION NORTH EAST CIO

NOTES TO THE FINANCIAL STATEMENTS

For the year ending 31 March 2021

4.5 Creditors

The charity has creditors which are measured at settlement amounts less any trade discounts.

4.6 Provisions for liabilities

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

5 Assets

5.1 Tangible fixed assets for use by the charity

Individual fixed assets costing £500 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis as follows:

Computer and camera equipment	Straight line over four years
Office furniture	Straight line over four years

FRIENDS ACTION NORTH EAST CIO

NOTES TO THE FINANCIAL STATEMENTS

For the year ending 31 March 2021

Exceptional Transfer

	Unrestricted Funds £	Restricted Funds £	Total 2021 £
6 Transfer	63,661	6,720	70,381
	<u>63,661</u>	<u>6,720</u>	<u>70,381</u>

As at 1 April 2020 the assets of Friends Action North East (charity number 1127153) were transferred to Friends Action North East CIO.

Analysis of income

	Unrestricted Funds £	Restricted Funds £	Total 2021 £	Total 2020 £
7 Donations and legacies				
Donations and gifts	889	-	889	-
Gift Aid	41	-	41	-
	<u>930</u>	<u>-</u>	<u>930</u>	<u>-</u>
8 Charitable activities				
<u>Income from grants</u>				
Henry Smith Charity	-	90,000	90,000	-
County Durham Community Foundation	-	5,000	5,000	-
Shears Foundation	-	6,000	6,000	-
Tudor Trust	-	25,000	25,000	-
Tudor Trust Wellbeing	-	2,000	2,000	-
Northumbria Police	-	5,000	5,000	-
HMRC CJRS	18,179	-	18,179	-
RMS	2,000	-	2,000	-
Well Newcastle Gateshead	889	-	889	-
Other Small Grants	1,000	-	1,000	-
	<u>22,068</u>	<u>133,000</u>	<u>155,068</u>	<u>-</u>
9 Other trading activities				
Fundraising events	1,327	-	1,327	-
Other	4,000	-	4,000	-
	<u>5,327</u>	<u>-</u>	<u>5,327</u>	<u>-</u>

Income was £161,325 of which £28,325 was unrestricted or designated and £133,000 was restricted

FRIENDS ACTION NORTH EAST CIO

NOTES TO THE FINANCIAL STATEMENTS

For the year ending 31 March 2021

Analysis of expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	Total 2021 £	Total 2020 £
10 Charitable activities				
<u>Direct costs</u>				
Salary costs	37,688	56,364	94,052	-
Accommodation	-	7,763	7,763	-
Travel and volunteer expenses	16	232	248	-
Training, conference and events	-	30	30	-
Sessional Costs	1,990	1,739	3,729	-
Project Resources	1,123	9,307	10,430	-
<u>Support costs</u>				
Payroll fees	-	972	972	-
Insurance	-	815	815	-
Technical support website	-	374	374	-
General running costs	7	3,024	3,031	-
Depreciation / loss on disposal	136	577	713	-
<u>Governance costs</u>				
Independent examiner's fees for reporting on the accounts	-	804	804	-
	<u>40,960</u>	<u>82,000</u>	<u>122,960</u>	<u>-</u>

Expenditure on charitable activities was £122,960 of which £40,960 was unrestricted or designated and £82,000 was restricted

11 Fees for examination of the accounts

	2021 £	2020 £
Independent examiner's fees for reporting on the accounts	804	-
Other accountancy services paid to the examiner	972	-
	<u>1,776</u>	<u>-</u>

12 Analysis of staff costs and the cost of key management personnel

	2021 £	2020 £
Gross wages including employers NI	94,052	-
	<u>94,052</u>	<u>-</u>

No employee received remuneration above £60,000

The key management personnel of the charity, comprise the trustees and joint Project Managers. The total employee benefits of the key management personnel of the charity were £52,698.

FRIENDS ACTION NORTH EAST CIO

NOTES TO THE FINANCIAL STATEMENTS

For the year ending 31 March 2021

13 Staff numbers

The average monthly head count was 3 staff and the average monthly number of full-time equivalent employees during the year were as follows:

	2021 Number	2020 Number
The parts of the charity in which the employee's work		
Charitable activities	3.0	0.0
	3.0	0.0

14 Transactions with trustees

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity.

Trustees' expenses

No trustee expenses have been incurred in the year.

Transaction(s) with related parties

There have been no related party transactions in the reporting period.

15 Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The employer's pension costs represent contributions payable by the charity to the fund and amount to £3,601. There was £325 outstanding as at 31 March 2021

16 Corporation Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives.

FRIENDS ACTION NORTH EAST CIO

NOTES TO THE FINANCIAL STATEMENTS

For the year ending 31 March 2021

	Computer & camera equipment £	Office furniture £	Total £
17 Tangible fixed assets			
Cost			
Balance brought forward	-	-	-
Transfer from unincorporated entity	13,243	683	13,926
Additions	948	-	948
Disposals	-	-	-
Balance carried forward	14,191	683	14,874
Depreciation			
Basis	SL	SL	
Rate	25%	25%	
Balance brought forward	-	-	-
Transfer from unincorporated entity	11,065	683	11,748
Depreciation charge for year	713	-	713
Disposals	-	-	-
Balance carried forward	11,778	683	12,461
Net book value			
Brought forward	-	-	-
Carried forward	2,413	-	2,413
18 Debtors and prepayments (receivable within 1 year)			
	2021 £	2020 £	
Prepayments	585	-	
Other debtors	137	-	
	721	-	
19 Cash at bank and in hand			
	2021 £	2020 £	
Cash at bank and in hand	107,523	-	
Cash in hand	221	-	
	107,744	-	
20 Creditors and accruals (payable within 1 year)			
	2021 £	2020 £	
Other creditors	439	-	
Accruals	1,695	-	
	2,133	-	

FRIENDS ACTION NORTH EAST CIO

NOTES TO THE FINANCIAL STATEMENTS

For the year ending 31 March 2021

21 Events after the end of the reporting period

No events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

22 Analysis of charitable funds

Analysis of movements in unrestricted funds

	Transfer unincorpor ated Entity £	Incoming resources £	Resources expended £	Transfers £	Fund balances carried forward £
Unrestricted funds					
General unrestricted fund	47,402	10,146	(22,782)	349	35,115
Designated funds					
HSBC	13,251	-		-	13,251
The Esme Fairbairn Foundation	709	-		-	709
Big Lottery Fund Assets	2,300	-		-	2,300
HMRC CJRS	-	18,179	(18,179)	-	-
Totals	63,662	28,325	(40,960)	349	51,375

Purpose of unrestricted funds

General unrestricted fund
Designated funds
 HSBC

The 'free reserves' after allowing for designated funds

Provided resources in earlier years for the development of the mentoring project and was used in year 5 of the project to take forward lessons learned from the practice of the project, to the development of the toolkit.

FRIENDS ACTION NORTH EAST CIO

NOTES TO THE FINANCIAL STATEMENTS

For the year ending 31 March 2021

Analysis of movement in restricted funds

Restricted funds	Transfer Unincorporated Entity £	Incoming resources £	Resources expended £	Transfers £	Fund balances carried forward £
Big Lottery Awards for All	4,004	-	-	-	4,004
Henry Smith Charity	2,716	90,000	(57,925)	-	34,791
Durham Community Foundation	-	5,000	(178)	-	4,822
Shears Foundation	-	6,000	(4,000)	-	2,000
Tudor Trust	-	25,000	(15,246)	-	9,754
Tudor Trust Wellbeing	-	2,000	-	-	2,000
Northumbria Police	-	5,000	(4,651)	(349)	-
Totals	6,720	133,000	(82,000)	(349)	57,371

Purpose of restricted funds

Restricted funds represent income resources used for a specific purpose within the charity as identified by the donor.

Big Lottery Awards for All project 'Moving on Together'	To work with young people of transition age and their supporters to give them access to friend kit training and understand their needs and barriers around friendship. The findings will enable us to shape our training, resources and 1:1 mentoring to be more in-line around younger people's friendship needs and tackle some of the barriers around isolation, tech and digital safeguarding.
Henry Smith Charity	The running costs of the project including salaries, utilities, rent etc. and general overheads
Durham Community Foundation	This was awarded to deliver friend kit training and digital inclusion and Tech smart workshops as an outreach project into the County Durham areas
Shears Foundation	This grant is towards the 1:1 mentoring programme and digital outreach projects
Tudor Trust	The grant from Tudor Trust over 2 years was towards core salaries of the CIO working in the North East to help support people with additional needs to reduce social isolation and establish independent friendships using digital inclusion in this time of covid 19
Tudor Trust Wellbeing	This is a one off grant towards the health and wellbeing of all staff, volunteers and trustees to help mental health and wellbeing recovery post COVID-19
Northumbria Police COVID-19	This emergency covid-19 grant was awarded to support people with digital connections, internet access, devices and training to keep them connected and safe around the covid-19 emergency lockdown period.

Transfers between funds

	Reason for transfer	Amount £
Between unrestricted and restricted funds	Asset purchased from capital funds to be depreciated over 4 years	349

FRIENDS ACTION NORTH EAST CIO

NOTES TO THE FINANCIAL STATEMENTS

For the year ending 31 March 2021

23 Capital commitments

As at 31 March 2021, the charity had no capital commitments (2020 -£nil)

24 Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total 2021 £
Tangible fixed assets	491	1,922	2,413
Cash at bank and in hand	50,747	56,997	107,744
Other net current assets/(liabilities)	136	(1,548)	(1,412)
	51,375	57,371	108,745

25 Guarantee

There have been no guarantees given by the charity at 31 March 2021.

26 Debt

There is no debt outstanding which is owed by the charity and which is secured by an excess charge on any of the assets of the charity at 31 March 2021.

27 Governing document

The organisation is a Charitable Incorporated Organisation - Foundation registered on 07 March 2019 as a body corporate under part 11 of the Charities Act 2011.











FANE CIO full document YE 2021 - Signed

Final Audit Report

2021-12-20

Created:	2021-12-17
By:	Nigel Douglass (nigel.douglass@connectedvoice.org.uk)
Status:	Signed
Transaction ID:	CBJCHBCAABAAp7nraFK6RwF-ghxoL5CXJav0IGbVNPhW

"FANE CIO full document YE 2021 - Signed" History

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-  Document emailed to Barbara Creed (barbara.creed@blueyonder.co.uk) for signature
2021-12-17 - 3:24:05 PM GMT
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