

stormbreak CIO Annual Report

1st April 2021 -
31st March 2022



stormbreak®

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Stormbreak® CIO

A Charitable Incorporated Organisation registered in England and Wales.

Charity registration number 1182771

Annual Report and Unaudited Financial Statements For The Year Ended 31 March 2022.

Stormbreak CIO, Evolve, 8a Parr Street, Ashley Cross, Poole, Dorset, BH14 0JY

Legal and Administrative Information

Trustees:

Mr D Mellor

Mr V Alexander

Mr N Cluley

Ms K Mellor

Mr P Sinton-Hewitt

Dr S Price (Appointed 4 February 2022)

Dr K Healy (Appointed 4 February 2022)

Charity Number: 1182771

Company Number: CE017040

Principal Address: Evolve, 8a Parr Street,
Ashley Cross, Poole,
Dorset,
BH14 0JY

Registered Office: Evolve, 8a Parr Street,
Ashley Cross, Poole,
Dorset,
BH14 0JY

Independent Examiner: TC Group,
10 Bridge Street,
Christchurch,
Dorset,
BH23 1EF

Bankers: Virgin Money Business Banking,
154 - 158 Kensington High Street,
London,
W8 7RL

Bankers: Barclays Bank Plc,
100 High Street,
Poole,
Dorset,
BH15 1BL

Trustees' Report

The Trustees of stormbreak present their Annual Report for the period ended 31 March 2022 together with the accounts for the Charity.

Accountants statement

The accounts comply with the requirements of the Charities Act 2011, the charity's governing document and 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 2015).

Objectives and activities

The objects of stormbreak CIO are;

- i) To advance education by the provision of programmes and services for the physical and mental health of children and young people
- ii) To advance education in the provision of programmes and services for the physical and mental health of children and young people by the undertaking of research and publication of the useful results thereof.

Stormbreak's vision: To embed mentally healthy movement every day for every child

- To reach, support and impact children, families, organisations, communities, and trusted adult networks through universal, preventative, and targeted programmes and services.
- To develop, implement and embed stormbreak programmes and services (digital and face to face) into education, social and health settings.

Activities undertaken in relation to objects:

Stormbreak has undertaken activities in relation to the objects including:

1. Ongoing development of the digital stormbreak platform
2. Roll out of the Surge programme to 60% more schools than the previous year
3. Created new resources and programmes for beneficiaries including children experiencing disadvantage - the stormbreak Together programme, MYTIME project
4. Co-created programmes with children - stormbreak Champion
5. Raised awareness of stormbreak in media and education

The trustees have paid due regard to guidance issued on Public Benefit by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

Financial review

As shown in more detail in the financial statements, total income has increased from £135,034 to £414,940. The main increase relates to grants received in the year, see note 3. Total expenditure has increased from £163,646 to £230,161, see note 6 for the main increase in charitable activities. The charity's balance sheet at the end of 2022 had increased significantly from £27,992 to £212,771, demonstrating the increase in restricted grant income, see note 16.

Restricted funds will be used for their intended purpose, see note 16. Unrestricted funds of £77,401 are held at the year end in line with the reserves policy that states that unrestricted funds, which have not been designated for a specific use, should be maintained at a level equivalent to between three and six month's expenditure. The trustees considers that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year. Free reserves are £73,913 after removing restricted funds and fixed assets.

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Structure, governance and management

Stormbreak CIO is a Charitable Incorporated Organisation, registered with the UK Charity Commission with charity number 1182771 on 3 April 2019. Stormbreak is a Foundation CIO, meaning that its members are the same as its trustees. Stormbreak's governing document is based on the Foundation model constitution published by the Charity Commission. It was last amended on 14 April 2020. There must be a minimum number of 3 Trustees and a maximum of 12 at any one time. New trustees are appointed for a term of 3 years by resolution at a meeting of the Trustees, and can re-appointed for a maximum of 2 further terms. In appointing Trustees, regard must be had to the skills, knowledge and experience needed for the effective administration of stormbreak. New Trustees are provided with an induction process including the provision of a copy of stormbreak's governing document and it's latest Annual Report and Accounts.

The trustees who served during the year and up to the date of signature of the financial statements were:

Mr D Mellor

Mr N Cluley

Mr P Sinton-Hewitt

Mr V Alexander

Ms K Mellor

Dr S Price (Appointed 4 February 2022)

Dr K Healy (Appointed 4 February 2022)

Trustee Recruitment

We worked hard to develop our first open Trustee Recruitment process. This included a clear and transparent existing trustee board composition skills, experiences and gaps exercise, and, following the Charity Commission and NVCO Guidance the development of a Trustee recruitment and induction pack stormbreak.org.uk/trustee.



Stormbreak recognises that a diverse, skilled and committed Board of Trustees is essential for the effective governance and management of the Charity. As the Charity's operations develop and expand, the trustees will monitor the skills represented on the Board and consider recruiting additional expertise as required. All members of the Board of Trustees give their time voluntarily and receive no benefits from the charity. Any expenses claimed from the Charity are set out in the notes to these financial statements.

None of the trustees has any beneficial interest in the charity. All of the trustees are members of the charity.

Trustees' responsibilities 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 law applicable to charities in England & Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102);
- make judgements and estimates 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

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charities (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. 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.

The trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.



Core Operations Team

Martin Yelling - Chief Executive Officer

Darryl Walsh - Director of School Operations

Kate Bone - Director of Coaching and Development

Victoria Stamp - Director of Emotional and Mental Wellbeing

Anji Andrews - Coach and Community Manager

Judy Willits - Co-founder and Strategic Operations

Dr Victoria Randall - Teaching and Learning Director

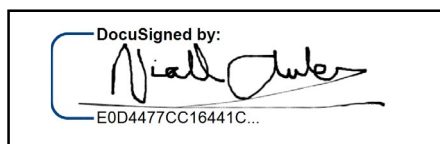
Mark Norris - Website Administrator

Claire Hannah Russell - Insight and Impact Officer

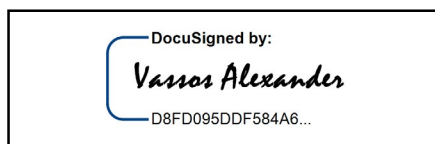
Matthew Warr - Website Infrastructure Support

Josh Ord - Video Production Assistant

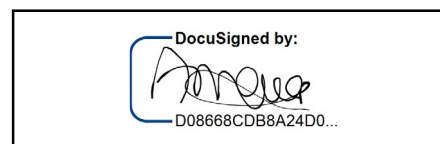
Approved by the trustees of the charity January 2023 and signed on its behalf by:



Niall Cluley (Chair)



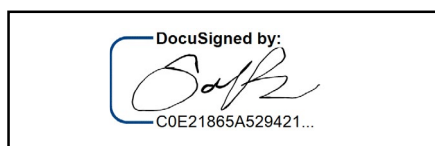
Vassos Alexander (Trustee)



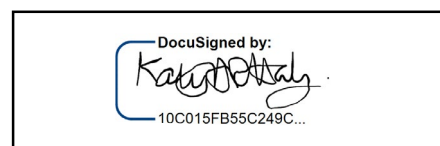
Drew Mellor (Trustee)



Katie Mellor (Trustee)



Dr Sarah Price (Trustee)



Dr Katy Healy (Trustee)



Paul Sinton-Hewitt (Trustee)

Setting the scene

Recovery is never easy, straightforward or without challenges, barriers and obstacles. Progress and change take time, effort, patience and support. Between April 2021 and March 2022 the UK has been, and arguably remains, in COVID-19 recovery. We have faced, and continue to face, new and burdensome economic challenges resulting in significant increases in the cost of living; health, wealth and happiness insecurity; and, high levels of anxiety and uncertainty for many people living in the UK, especially those living in disadvantage and deprivation.

Issues and challenges for children and the trusted adults that support them continue to rise

The COVID-19 pandemic and the lockdown measures, including school closures, have had a notable impact on children's mental health, heightening feelings of fear, anxiety, worry, depression, and stress.

Key facts - the size of the problem:

(NHS Digital, March 2021 [HERE](#))

- 1 in 6 of our young people have a probable mental health disorder
- Almost 40% of our young people have experienced deterioration in mental health since 2017
- 10.6% of 6 to 16 year olds missed more than 15 days of school during the 2020 Autumn term. Children with a probable mental disorder were twice as likely to have missed this much school (18.2%) as those unlikely to have a mental disorder (8.8%)

Covid-19 has seen an unprecedented surge in demand for mental health care in children (BMJ, Feb 2022 [HERE](#))

- Between April and September 2021, there was an 81% increase in referrals for children and young people's mental health services compared with the same period in 2019. The increase for adults (19 years and over) in the same period was 11%
- During the same period, there were over 15 000 urgent or emergency crisis care referrals for children and young people, a 59% increase compared with the same period in 2019
- One in five children and young people waited more than 12 weeks for a follow-up appointment with mental health services between April 2020 and March 2021

A rise in need demands a rise in response

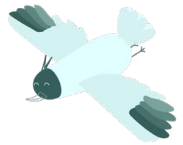
In April 2019, the charity stormbreak was established to support children's mental health through movement. Our goal is to work within education, healthcare and social settings to help trusted adults that work with, care for, live with and support primary aged children to engage in mentally healthy movement to support their emotional wellbeing.

“Throughout the previous 12 months, and our third year as a charity, stormbreak has continued to strive towards these aims through the provision of existing therapeutic prevention programmes and services but also in the development of new, innovative, digital, and targeted programmes. With an ongoing emergent need to support children, and an increase in the recognition of the importance of early intervention in education, health and social settings, stormbreak is required now more than ever”

Dr Martin Yelling, CEO

Mentally healthy movement every day for every child

The stormbreak approach is to raise awareness of how movement can be used to support and shape mental health, to give trusted adults and children tools and strategies to recognise, validate, change and regulate emotion and help them to make meaningful, impactful and sustainable change through creating a climate in which they can flourish.



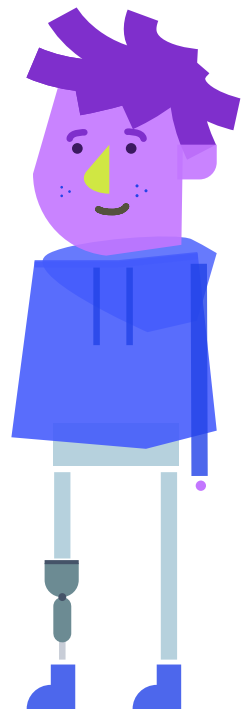
Stormbreak believes that:

- children are happier and healthier when they move more
- children and their trusted adults are happier and healthier when they interact together through movement
- movement improves children's wellbeing and provides vital opportunities for them to develop emotional and physical life skills



A 'stormbreak' is a short movement-based activity that focuses on the mental health concepts of resilience, self-worth, self-care, hope and optimism, and relationships. Stormbreaks are usually about 10-15 minutes in duration and utilise movement as an important vehicle to engage children in positive social and communicative experiences.

It is anticipated that children will use their learning from repeated engagement in stormbreak activities to develop strategies over time that shape positive mental health and wellbeing. This includes learning how and when to recognise strengths and vulnerabilities, and how and when to elicit support. As children grow in confidence to take part in stormbreak, and talk about what they feel, notice and understand, movement will hopefully become a positive tool that supports their mental health.



Throughout the last year stormbreak has gone through some organisational maturity, strengthening and capacity building and in doing so been strongly positioned to continue to develop and scale our programmes in education, specifically in Primary Schools (stormbreak Surge), in communities (stormbreak Together, particularly with looked after children, and young carers), and in healthcare through the ongoing future development of stormbreak Shine (a digital self help toolkit for professionals and parents to support early emerging struggles in children).

At a time when charities and organisations that support children's mental and physical health need to step into the space of giving more help when it matters stormbreak have worked together, and with, existing and new partners to strive to embed movement for mental health in more schools, communities and families. Stormbreak digital development has increased reach into different settings in new and engaging ways, including an exciting project working directly with Young Carers, and has seen a rise in opportunity and need to support trusted adults and children within and across education, health and social settings.

Our year highlights: Programmes

Making a difference for
children and trusted adults

Total number
of stormbreaks
delivered
(As at April 2022):
40,364



Children

93%

Children enjoyed feelings of happiness when they took part in the stormbreak activities.

72%

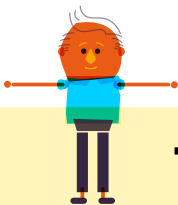
Children told us that stormbreaks can help them if they feel worried about something.

78%

Children said that when they did stormbreaks, they felt included by others either a lot or all of the time.

83%

Children said they know where to go for help if they have problems or worries.



Trusted adults



Teaching approaches are being shaped by stormbreak and a more supportive school culture that exemplifies conversations and promotion of wellbeing.

91%

School advocates told us that they were confident that the whole school approach to mental health and wellbeing was already being enhanced through stormbreak.

97%

Teacher-pupil relationships improved through verbalisation of feelings and emotions. Participants said that stormbreak supports the connection between children and the staff who lead stormbreak sessions.

75%

School advocates told us that conversations about feelings and wellbeing have been easier since doing stormbreaks. The training, resources and putting stormbreak into practice increased their confidence to have these conversations.

Families said that stormbreak can support positive interactions within the family dynamic and routines. This included:

100%

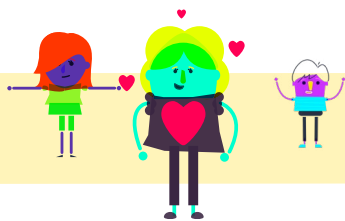
supporting each other if someone is upset.

97%

feeling happy and trusting each other.

71%

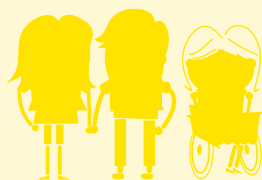
listening to each other.



Community and schools



Increasing:



Stormbreak has reached

19,327
children



The development of the stormbreak targeted pathways, so that trusted adults in schools and health and social care settings can support children who have identified emotional, behavioural, educational and developmental needs.

Enhancing our flagship continuing professional development programme Surge.

Surge has provided full training to

76 schools



Which includes **344** stormbreak advocates



248 teachers

96 school leaders

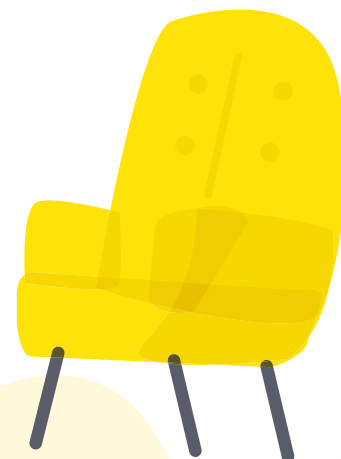


100%

Successful embedding of stormbreak as an effective support for social workers and families in the foster care system. Social workers and foster parents said that stormbreak can impact positively on children's mental health and wellbeing.

In the period
April 21 - March
2022 stormbreak
reached

10,500
children



Our year highlights: Organisation

Alongside the project design and delivery with our programmes, we have focussed on our organisation's team development, partnerships and building networks to develop our infrastructure and to facilitate sustainable growth.

We have:

Achieved significant progress in our digital development:

The discovery and design process was completed between January to April 2022. Our next development phase runs from May to December 2022. This comprises the enhancement of the stormbreak platform to increase our user functionality, the scope and type of resources and the availability of targeted intervention pathways as a feature of the stormbreak Shine social prescription referral toolkit.

Provided real-time access to data:

That informs visitors to the website about the scope and reach of stormbreak. As April 2022 40,364 stormbreaks have been completed and almost 20,000 children reached.

Celebrated our first primary school who has delivered over a 1000 stormbreaks:

Achieved since going live with our BBC Children in Need funded website in 2020. This was an incredible milestone for any early adopting school¹.

Increased our stormbreak family:

We employed a registered children's nurse to lead on mental and emotional programme development and delivery and employed a new team member to deliver stormbreak programmes. We have also been able to recruit new trustees and work with one of our trustees, Dr Sarah Price (a consultant clinical psychologist) to gain support on developing content.

Increased our flagship stormbreak resources:

We have created 24 new stormbreak activities. We are working with a breath-works specialist, a music producer and an education specialist to create another 3 sets of stormbreak activity 'moves' and videos (Breath Moves, Musical Moves and Play Moves) to sit alongside the 6 Wild Moves (animal themed) that have been produced.

Developed upon our partnerships:

We successfully established a mental health and emotional wellbeing preventative partnership with a CCG to place stormbreak Surge programmes in primary schools and stormbreak Shine - our digital self-help referral and management tool, with Primary Care Networks.

Enhanced our governance:

We developed and added to stormbreak policies and procedures and reviewed and accepted these at Trustee Board level. We plan to strengthen our Board of Trustees further in 2022 to 2023 with more diverse representation.

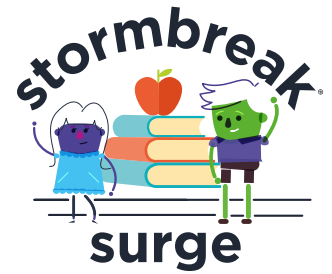
Prioritised a health inequality and strategy focus:

This moves towards addressing health inequalities and population and community needs that includes (though is not limited to) early development, disadvantage, disability, and engaging young people in content production.



¹ Early adopter school **Visit**

Stormbreak Surge: Schools Programme



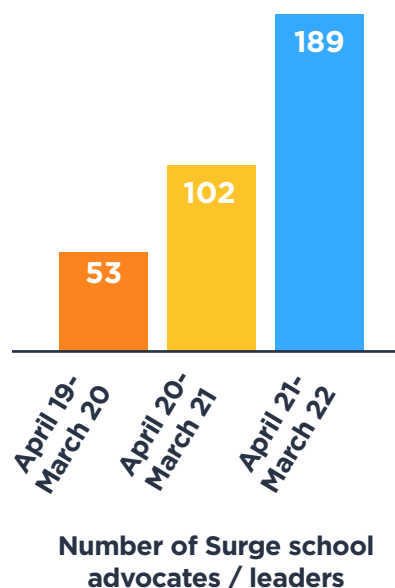
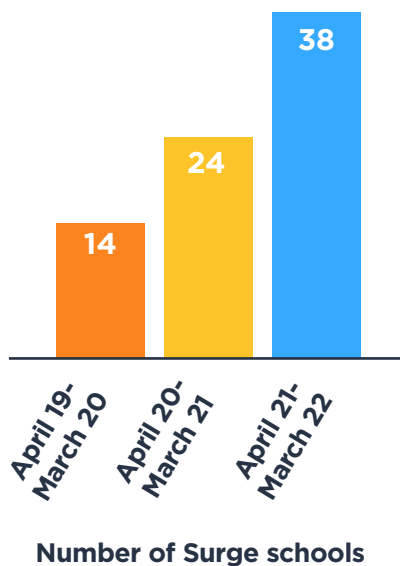
Stormbreak Surge is our pioneering school training programme delivered to primary school settings. It involves a continuing professional development programme that helps teachers to embed mentally healthy movement every day for every child. Stormbreak Surge is a whole school universal and preventative approach that enables every child, in every primary school, to stormbreak every day.

Between April 2021 and March 2022 we engaged 38 more primary schools through 5 cohorts of our Surge training in schools across the country (Hertfordshire, Dorset, Birmingham, Yorkshire, Bedfordshire and Walsall).

This increased our number of stormbreak surge schools to 76. (As at April 2022).

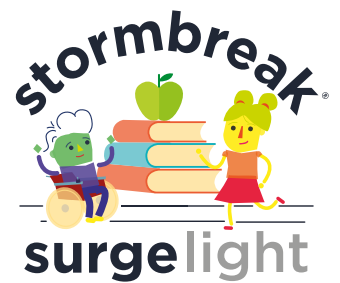
In this period stormbreak trained 189 stormbreak school advocates (136 teachers/pastoral workers and 53 school head teachers/leaders). With a wider whole school embedding of the stormbreak to their entire schools stormbreak reached and supported the mental health and wellbeing of 10,500 more children in the reported period.

Stormbreak surge growth



Reached a total of 10,500 primary school children through new Surge trained schools

Surge Light



We are continually producing freely available content to promote access and inclusivity for all Primary Schools through the stormbreak Cloud digital platform. This enables schools to access a free portfolio of stormbreak content to support the wellbeing of children.

We have a total of 392 registered stormbreak schools. (As at April 2022).

We are continuing to strive to make the benefits of stormbreak accessible, equitable and scalable. We are also in the process of developing 'Surge Light' - a blended digital online learning approach to enable stormbreak to be further scalable and accessible at a lower cost.

Map of stormbreak schools

Now is a much needed time for schools to embed stormbreak as they continue to be challenged by the ongoing effects, both immediate and long term, of the pandemic.

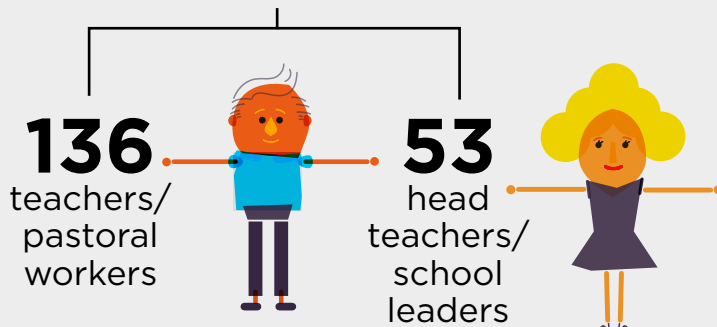
We are working hard to gain early pipelines into schools and communities for delivery in 2022-23 with a vision to both scale up stormbreak Surge universal primary school programmes whilst also developing new, targeted, specific early intervention support programmes for schools and the children that attend them.



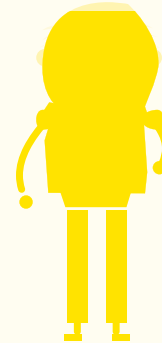
What our stormbreak school advocates have said

Number of Surge participants from the schools over the last year:

189 Stormbreak advocates

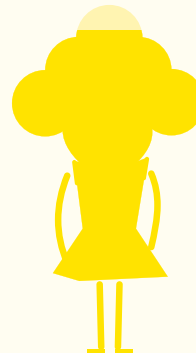


Overall, there were **607 opportunities to gather feedback** across 5 cohorts of Surge programme training that was offered to schools. The feedback from these sessions was:



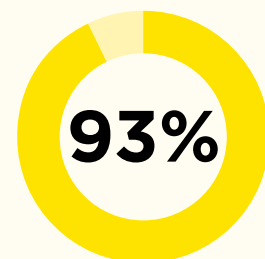
98%

of school staff who participated in the Surge programme training said that the sessions were understandable.



94%

of school staff who participated in the Surge programme training said that the resources were useful and supported the implementation of stormbreak across the school day.



of school staff who participated in the Surge programme said that they felt confident about embedding stormbreak into their schools, based on their learning from the training and access to the available resources.

School leaders have told us:

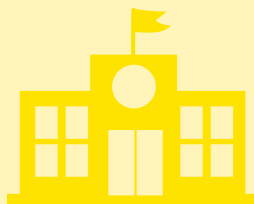
"This has been the most important training our team has had in the last year and we hope to use it for many years to come for the good of our whole school community"
stormbreak advocate

"The Surge programme has been well led and managed. The training for the advocates and whole school staff has been engaging and gave staff the skills to immediately deliver sessions and start supporting children. For our federation of schools, the vision is to ensure that we support all children in understanding their own mental health and to enable them to identify concerns they may have. We also want to see them have skills to manage their mental health and know how to talk about any worries they have whilst in primary school and beyond."

When participants were asked to complete an outcome measure at the end of the first school term to capture the impact of the Surge training and the experience of implementing stormbreak, the following results were found:

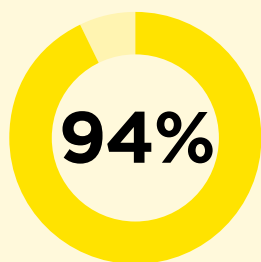


of participants said they were confident to begin to embed the principles of stormbreak into their school day, to impact positively on the whole school culture of mental health and wellbeing.



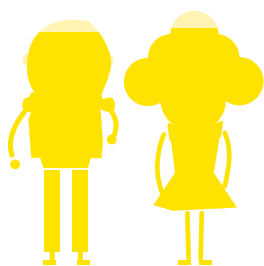
91%

of participants said they felt confident that their whole school approach to mental health and wellbeing was already enhanced through stormbreak.



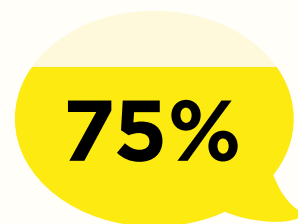
of participants said:

- they were confident to deliver stormbreak directly themselves
- they were confident to lead the process of showing colleagues how to use stormbreak

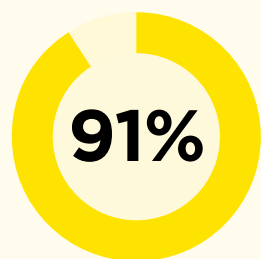


91%

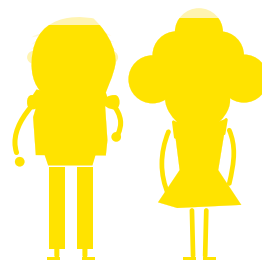
of participants said they were confident to use the stormbreak dashboard to monitor deliveries and evidence the outcomes for pupils.



of participants said they found that having conversations about feelings and wellbeing was easier since doing stormbreaks. The remaining participants said they already felt confident about conversations as this was related directly to their pre-existing role in schools.



of participants said that when children do stormbreaks, their engagement helps them to create a positive learning environment (children's readiness for learning in the classroom).



97%

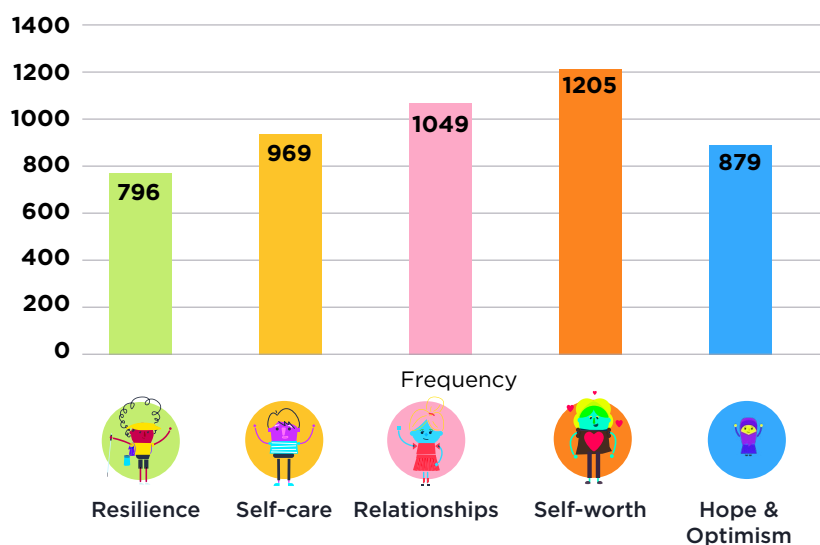
of participants said that stormbreak supports the connection between children and the staff who lead stormbreak sessions.



Engagement in stormbreak

The diagram shows us that schools chose to take part in a variety of different stormbreak activities. The self-worth stormbreak activities focus on a concept area that is about how people feel and how much they value themselves. Schools took part in more activities that focused on self-worth than any other stormbreak activity. Schools also chose concepts that focused on supporting relationships and self-care, so there was a strong orientation towards how children can engage in pro-social ways, whilst also identifying and regulating their own emotions and behaviours. The other activities that were selected in schools included hope and optimism and resilience. During the pandemic, there was a strong focus on wellbeing, through the hope and optimism activities and bouncing back, despite the adversity that children were experiencing. Over the last year, the evaluation showed that self-worth, relationships and self-care were prioritised.

Evaluation schools: Number of stormbreaks and concepts chosen

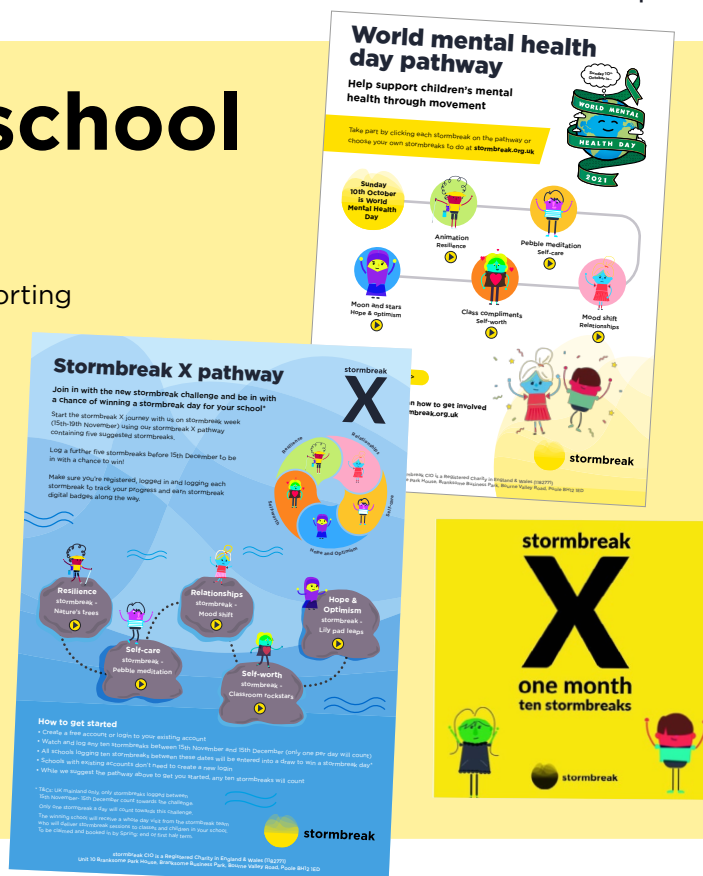


Stormbreak school campaigns

We prepared a specific campaign supporting World Mental Health Day 2021.

We gave schools the chance to win an opportunity for stormbreak coaches to go to their school for a day and deliver stormbreak face to face.

stormbreak.org.uk/stormbreakx



Stormbreak school campaigns continued...

Let's boost resilience!

stormbreak.org.uk/resilience-boost

As a response to further lockdown and intermittent school closures and attendance we developed a pathway to support children's resilience.

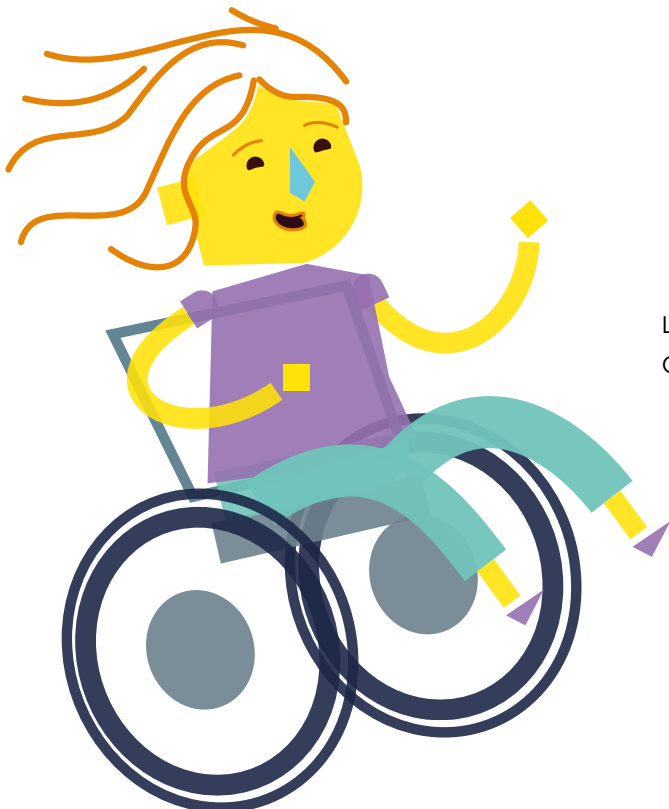


1000 stormbreaks

We celebrated our first primary school delivering over a 1000 stormbreaks:

Achieved since going live with our BBC CiN funded website in 2020 and is an incredible milestone for any early adopting school. Watch this brief **video** to hear how stormbreak has helped the children and teachers at this pioneering school.

stormbreak.org.uk/blog/poole-primary-school-first-to-deliver-1000-stormbreaks



"The impact of stormbreak is huge. Implementing stormbreak is having such a positive impact on our children's wellbeing and mental health. The level of emotional need, even through Covid, has reduced"
Lizzie Sharpe, Deputy Headteacher at Bishop Aldhelm's CE Primary, Poole.

"The main impact we've seen is our children's ability to articulate how they are feeling using really specific emotion words to talk about their feelings and their wellbeing, and also being proactive about how they are feeling. For children with additional needs such as autism, break times and lunchtimes can be overwhelming and quite difficult as a free-flowing activity... stormbreak (led by a member of staff) is a structured activity that lets them move around. Something they are familiar with makes break times more purposeful"

Lizzie Sharpe, Deputy Headteacher at Bishop Aldhelm's CE Primary, Poole.

Stormbreak Cloud: digital resource hub



Cloud is our open access digital platform of resources. We have progressed with new content that has been added to the website, focusing on specific themes and national campaigns.

Our stormbreak activity types include run moves, mindful moves, nature moves, free moves and creative moves. This year we have developed new activity types and have worked alongside outside providers to create activity types as well.

We have:

- Written and filmed a set of six animal themed activities called 'Wild Moves', based on the functional and primal movements of the animal kingdom
- Stormbreak has also written and filmed a set of six 'Play Moves', built on the theories behind the pedagogy (or methods and teaching) of play.
- We have also written a set of Early Years specific stormbreak moves.

Stormbreak will begin to release these new types of activities and video resources in Autumn 2022.



Stormbreak Champion: Peer to Peer

Our work with children and young people

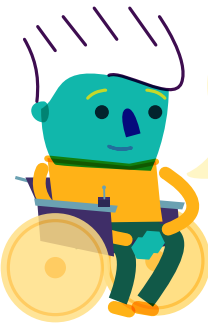
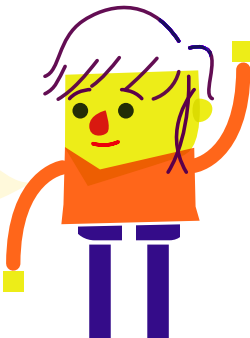
With a view to presenting a more prominent child voice, through the co-production of the stormbreak narrative, we have been piloting the Champion programme. In primary schools, this involves working alongside pupils, teachers and senior leaders, to increase pupil capacity to deliver stormbreak to classroom peers. Stormbreak facilitated focus groups with 18 children in Year 5 and Year 6 and school staff and then commenced a pilot to explore this approach in March 2022.



The children have learned about the stormbreak activities and in each session, they have practised the delivery of stormbreaks to their peers, using the newly created resources. Children and the session advocates are invited to provide feedback and are actively shaping the Champion primary approach and the narrative within delivery.


When all pilot sessions have been completed with the schools, the stormbreak team will use the learning, amend the programme and develop a 'Champion Train the Trainer' model. This new model will then be piloted again in the 2022 autumn term. After this we feel confident we will be able to start to provide this training to schools who have completed the Surge training.

Quotes from Year 5 stormbreak Champions:




"Stormbreak is really good because if they are sad we go stormbreak with them and we can make them happier"

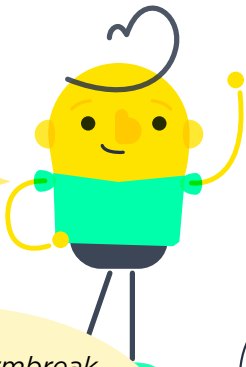
"It's been quite fun teaching other kids that their mental health is important"




"With children, it's the people they play with, the children doing it makes it more energetic and the children can relate to it more if its kids instead of adults, it's their friend and they take notice of their friend and look up to them"




"It makes me more confident speaking in front of the rest of the class...sharing my ideas"



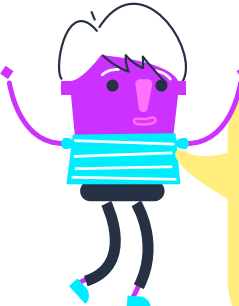
"It's taken me out of my comfort zone and allowed me to experience different things"



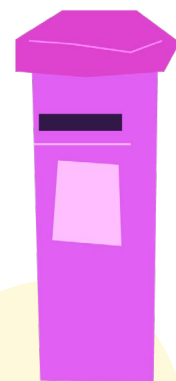
"I now know that my mental health and other people's mental health does matter"



"Leading a stormbreak relaxes the person leading the stormbreak as well as the children who are doing the stormbreak"



"If they hear it from a child's view, the children can explain some things in a way that they might understand, in a way that an adult might not think of"



The emerging impact from this process which was being piloted for the first time was:

92%

Pupils enjoyed participating in stormbreaks that were led by peers who were stormbreak Champions.

51%

Pupils felt less self-conscious after engaging in stormbreaks. In other words, pupils could connect with each other and were less concerned about how they looked or behaved in front of each other. The remaining pupils said they did not feel self-conscious in the first instance.

86%

Pupils said they enjoyed participating in the teamwork aspect of stormbreak activities.

71%

Pupils said they felt more confident in themselves following their participation in stormbreak.

67%

Pupils said that they felt they could talk openly about their emotions and feelings after taking part in stormbreaks.

86%

Many of the pupils said they would recommend taking part in stormbreaks to other young people.



Targeting disadvantage

Peer to Peer: Young Carers

The MYTIME Young Carers project is supported by Dorset Public Health and delivered in partnership with local charity MYTIME Dorset. The project forms part of the suite of approaches that can be offered to support engagement with children and families.

This project draws seldom heard voices from young carers in the co-production of stormbreak resources and content to support young carer mental health including, loneliness, isolation, resilience, relationships and feelings of guilt.

The project recruited a group of 6 young adult carers aged 15 to 23 who have completed an employability programme and are ready to build on their confidence and skills. Stormbreak is working with them to develop and deliver stormbreaks to other young carers who are aged 5 to 11.

We have hosted two residential short breaks during school holidays for this group where we worked with the young carers to teach them about stormbreak, how to deliver stormbreaks and curate and produce their own stormbreaks.

The young carer stormbreak ambassadors participate in detailed consultations about the challenges young carers face, and the impact these can have on their sense of self-worth, resilience, and social identity.

Here is a video of young carers talking about the stormbreak training



This work will directly inform the co-design and production of a stormbreak mental health and wellbeing pathway for young carers which speaks specifically to a young carer audience, and supports them with the unique challenges they face. Young carers aged 5-11 will then be able to access the specific pathway created for them by the ambassadors.



Please watch a Young Carer, Kierney delivering a stormbreak.



Stormbreak Together: Looked After Children



Stormbreak Together aims to contribute towards foster placement stability. According to Social Care Institute for Excellence (2004), foster placement stability is a predictor of outcomes for looked after children. Stormbreak Together provides support for social work professionals and increases their capacity to engage with families and mainstream conversations about mental health.

Stormbreak Together is a 12 week programme for families, parents and carers, trusted adults and for organisations (statutory and voluntary sector) that provide support for looked after children and/or children who experience vulnerability in relation to their mental health or wellbeing. At the start and end of the programme there is a professional network session with the social work team who provided support to families. Six face to face delivery sessions with foster parents and options for virtual mentor sessions are built into the programme.

Foster parents participated in the practical activities and engaged with the digital platform through their stormbreak accounts. During this time, they also completed the stormbreak Together Journal during and in between sessions, as well as following a specific activity pathway for each of the mental health concepts. This programme has been designed as a longer-term therapeutic offer to families.



A stormbreak Together example session.

We have secured a continued partnership within a Children's Services team which will see a further roll out of our Together programme, working with cohorts of families across 2022 and 2023.

Stormbreak Shine: Digital Platform



Simple,
accessible, makes
a difference, more
relevant for the
child's issue

WHAT IS IT...

FOR children of Primary school age **WHO** have shown signs of concern with their mental health

STORMBREAK SHINE is a feature of Stormbreak

THAT offers **pathways** of movement based activities that are **focused** on the child's specific need. The activities are designed to equip the child with **sustainable** and **transferable** skills and coping strategies to keep them happy and healthy.

UNLIKE other methods of intervention

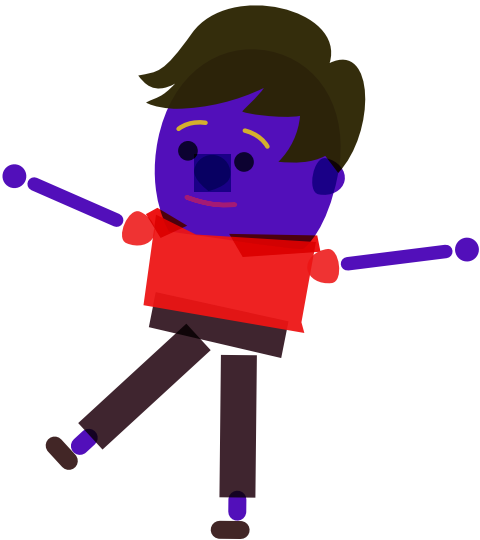
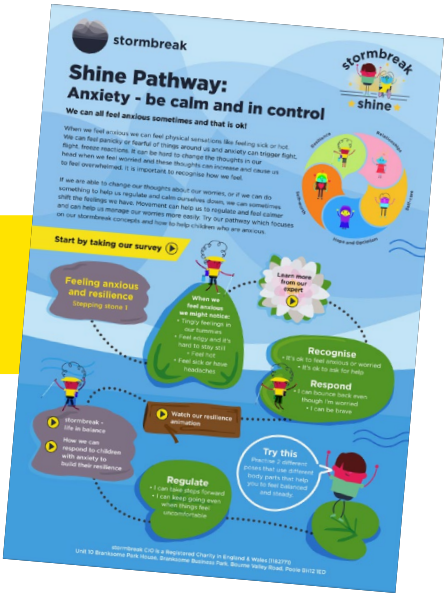
OUR PATHWAYS can be **prescribed immediately** to the child by anyone who works with, lives with, cares for, or supports them, and can be complete by the child in their own time.

Stormbreak Shine represents an early intervention approach. Our aim is to provide a framework that can be utilised by children, families and in the home, school, community and health and social care settings to prevent a spiral into challenging mental health by utilising mentally healthy movement strategies to help them cope, thrive, adapt and flourish. This can be achieved independently through the direct use of our digital platform, through referral by professionals or through the use of a social prescription approach. The emphasis of Shine is to provide a timely and dynamic opportunity to use stormbreak as an early intervention that is responsive for both preventative and targeted contexts.

NHS providers have expressed concerns that Child and Adolescent Mental Health Services (CAMHS) is under significant pressure to meet the increasing mental health needs of children and young people in the UK (Health and Social Care Committee, 2021). Consequently, care providers, families, children and young people may be adversely impacted by this. Our vision for Shine is to contribute to improving children's mental wellbeing, reducing the risk of escalation in mental health issues that result in high level targeted care and support. Our ultimate ambition would be to contribute towards reducing the incoming pressures experienced by CAMHS, by promoting mental and physical health and wellbeing in this young cohort.

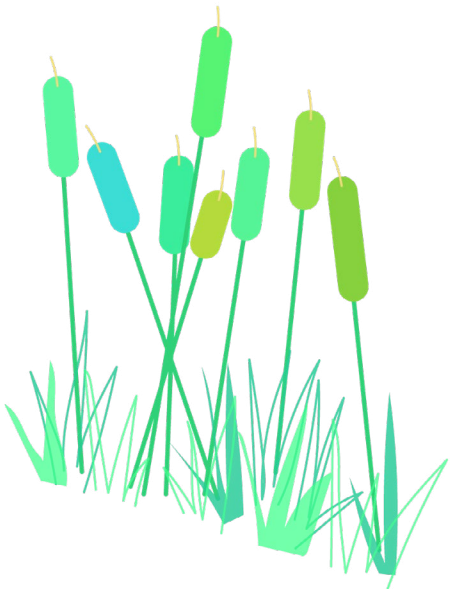
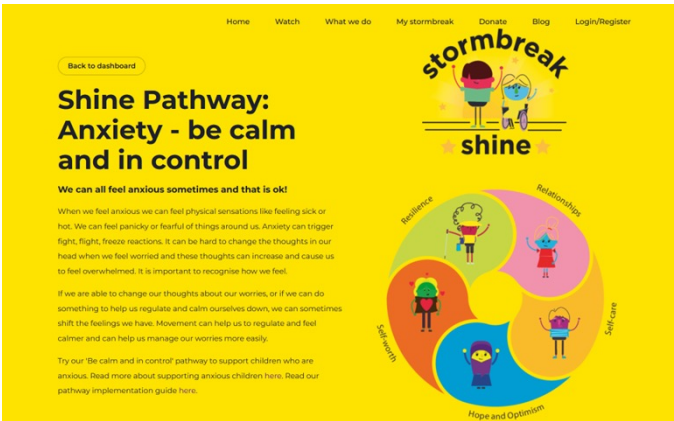
Recently, we have developed a pathway called ‘calm and in control’ for children with early emerging, low level anxiety. The pathway has been enhanced with inclusion of educational videos, produced by our new stormbreak trustee Dr Sarah Price, for the trusted adults delivering the pathway to individuals or groups of children. The pathway also includes a survey to be completed for each individual child at both the start and end of the pathway to provide evaluation, seek feedback and allow for impact assessment.

This pathway can be viewed here



Whilst the main digital Shine development takes place, an interim solution has been built for our pilot phase. This allows us and the account holder to track progress through their engagement in the Shine pathway.

This first pathway ‘Calm and in control’ is currently being piloted with around 100 children in 8 primary schools. To support the pilot schools we have developed a step by step implementation guide and an anxiety supporting guide.



Stormbreak Shine development is continuing throughout 2022 with an aspiration of new enhanced functionality and pathway engagement ready for the start of 2023.

Key deliverables:

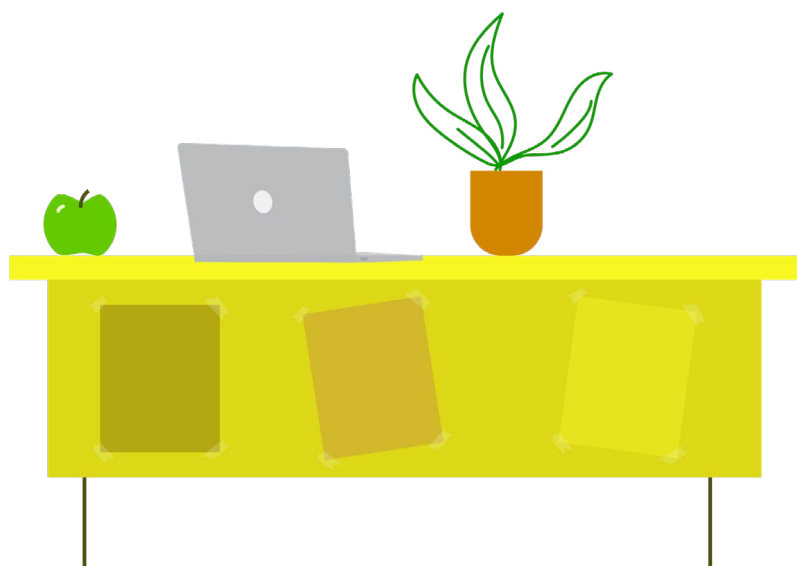
A clear technical direction and requirements for building the stormbreak Shine digital referral tool.

- For health care professionals (GPs, social prescribers, link workers, wellbeing practitioners) that support children's early emerging mental health and emotional wellness to be able to access, select, refer and manage stormbreak Shine low level, preventative mental health support pathways through an organisational profile.
- For school staff (teachers, teaching assistants, pastoral support workers) to be able to access, select, and manage stormbreak Shine low level, preventative mental health support pathways for children through a school profile.
- For parents and carers to be able to support children through identifying and following stormbreak Shine early intervention pathways.

We will work towards:

We will work towards:

- Developing a suite of Shine pathways to be available to support children with specific mental health and well being needs and provide a valuable preventative and early intervention resource
- Introducing our Shine pathways to all our Surge schools to allow for a more targeted approach for children with identified needs
- Utilising the Shine programme to develop an integrated approach across health, education and social care in line with the statutory establishment of Integrated Care Systems and developments at a place and neighbourhood level. Equipping a wide range of stakeholders who come into contact with children and their trusted adults with a preventative and targeted approach to address early and emerging mental health issues
- Assessing what is needed to develop clinically effective Shine pathways, that target emerging emotional and behavioural difficulties experienced by children
- Ensuring we can embed our systemic approach to childhood emotional wellbeing. This would be achieved by providing relevant material that can be used by trusted adults within any setting where stormbreak is engaged with - be it education, health, social care and the home

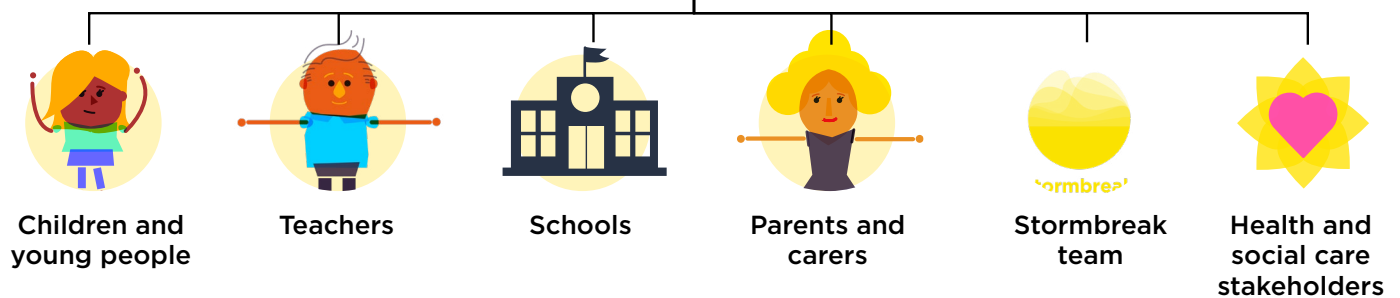


Developing our evidence and insight

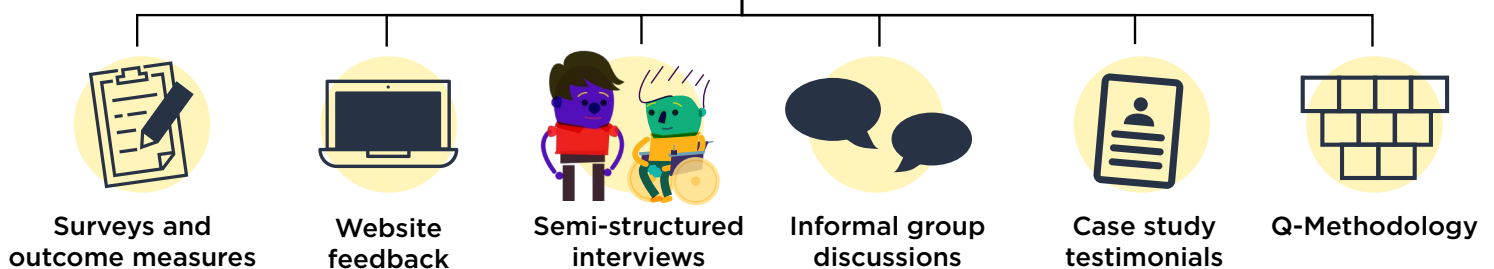
Stormbreak has continued to develop its link with Bournemouth University. A part time researcher who is also completing her PhD is leading with the evaluation of each of stormbreak's programmes and approaches. A second doctorate student is currently at writing up phase and hopes to submit her PhD in 2023.

Our evaluation approaches

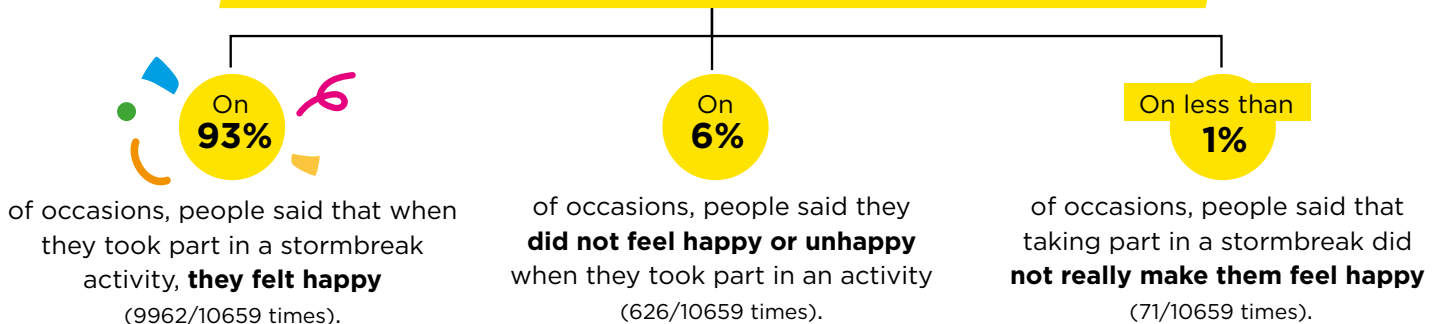
Who has taken part in the evaluation?

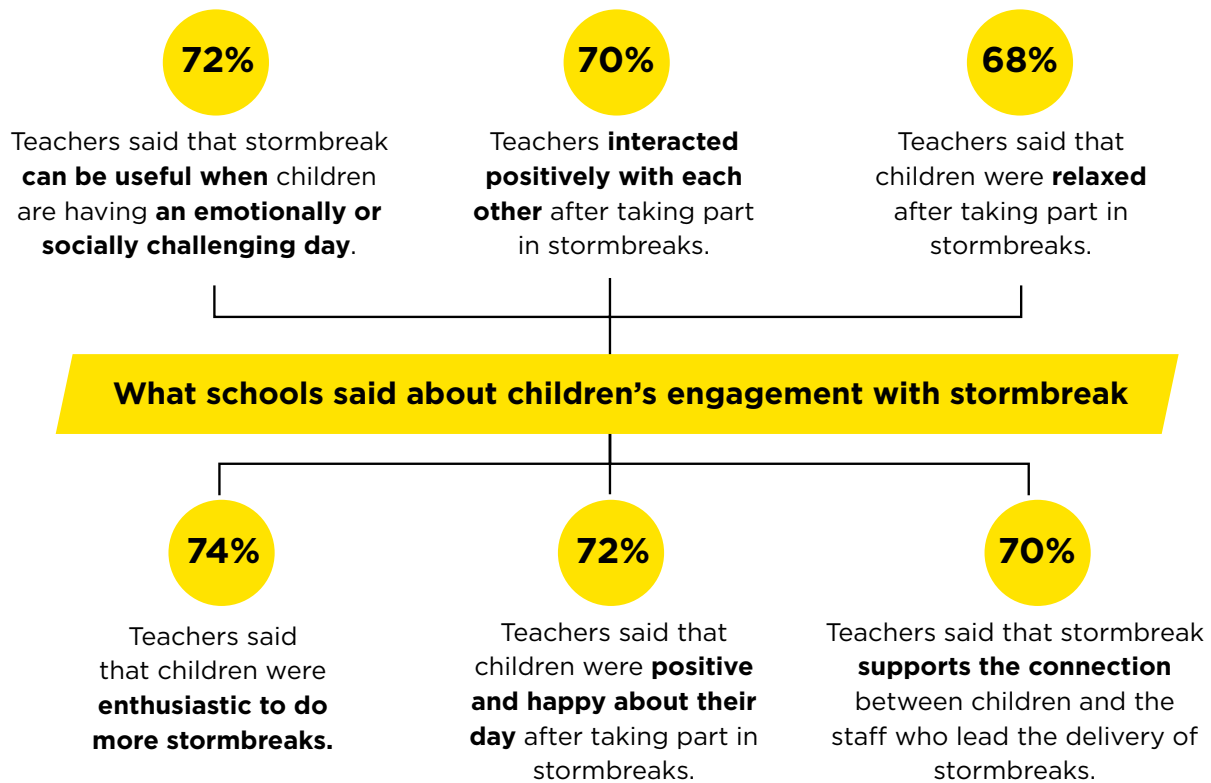


The evaluation approaches we have used

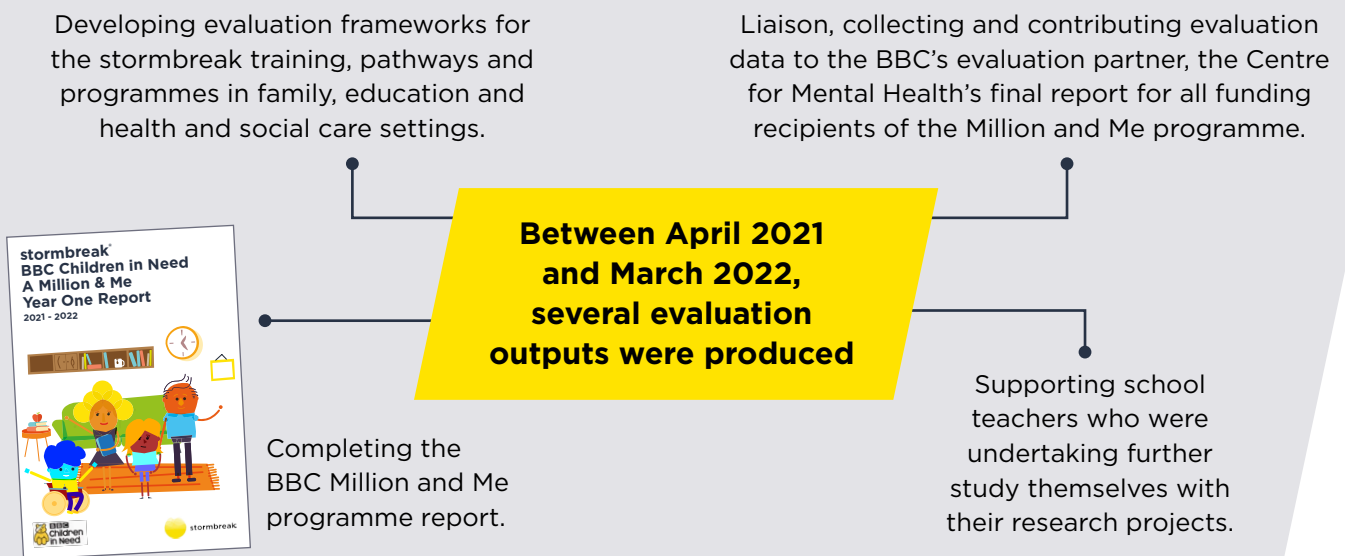


Do families feel happy when they take part in stormbreaks?





Feedback was gathered from teachers on n=1131 occasions.



Funding

During the year 21/22 we received the following support for stormbreak:

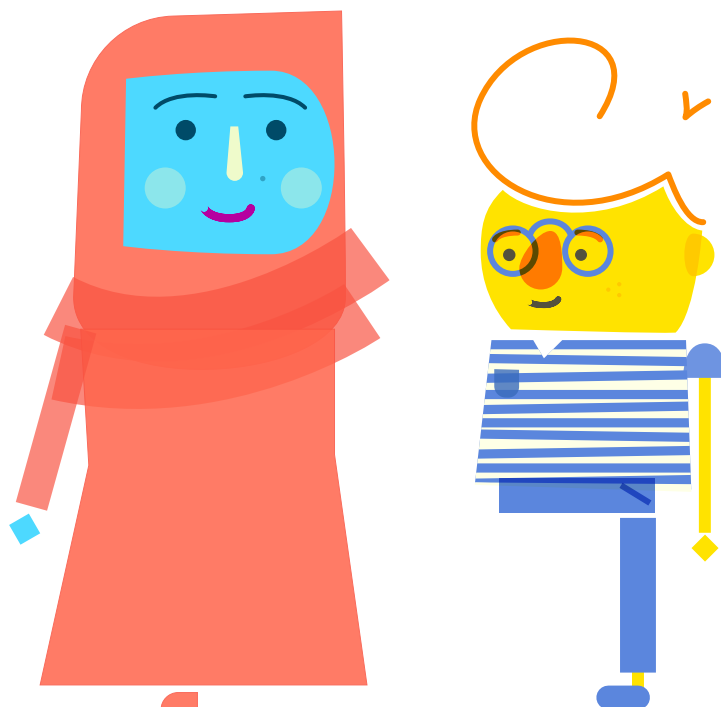
Gift in kind

- Volunteer workforce - estimated time 169 days
- Cranfield Trust on-going strategic planning support - 2 days
- Bournemouth University Media Production Voluntary editing team - 21 days

Financial

We would like to thank all those who have supported stormbreak throughout 21/22 including:-

- BBC Children in Need A Million and Me 3 year funding for strategic growth in social care and health sectors
- Dorset Public Health £32,000 for a joint project with MyTime
- Corporate donation for core funding £10,000
- Valentine Charitable Trust for core funding £10,000 and Alice Ellen Cooper Dean Foundation for core funding £5,000
- Individual giving raised online through London Marathon and other sporting events

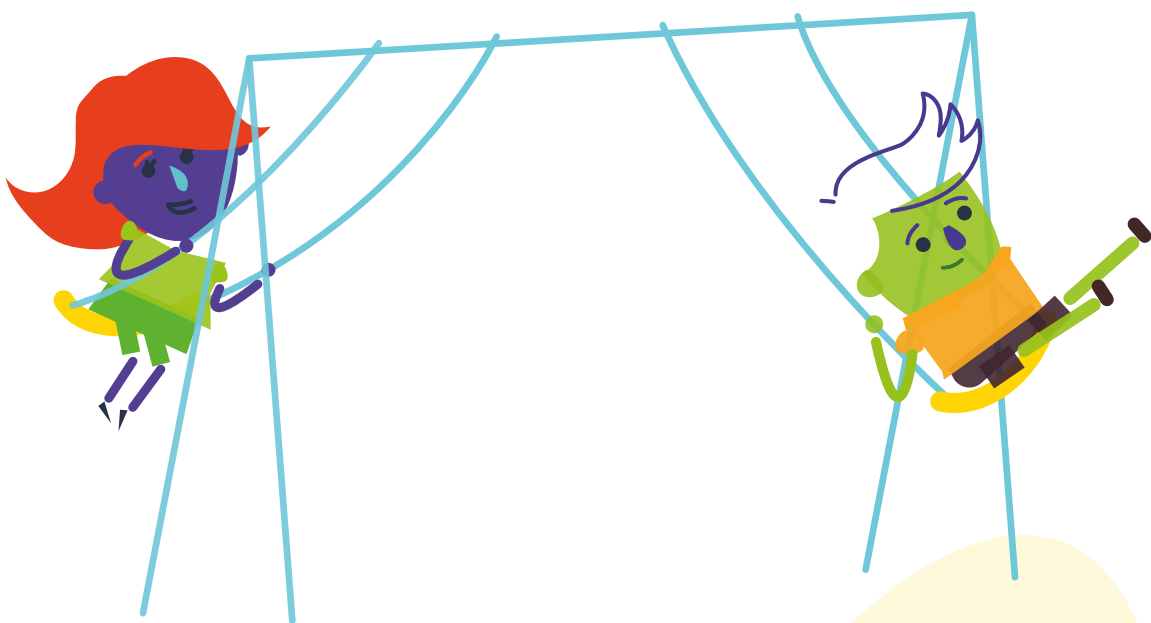


Building our future

Stormbreak's Strategic Development

We will work towards:

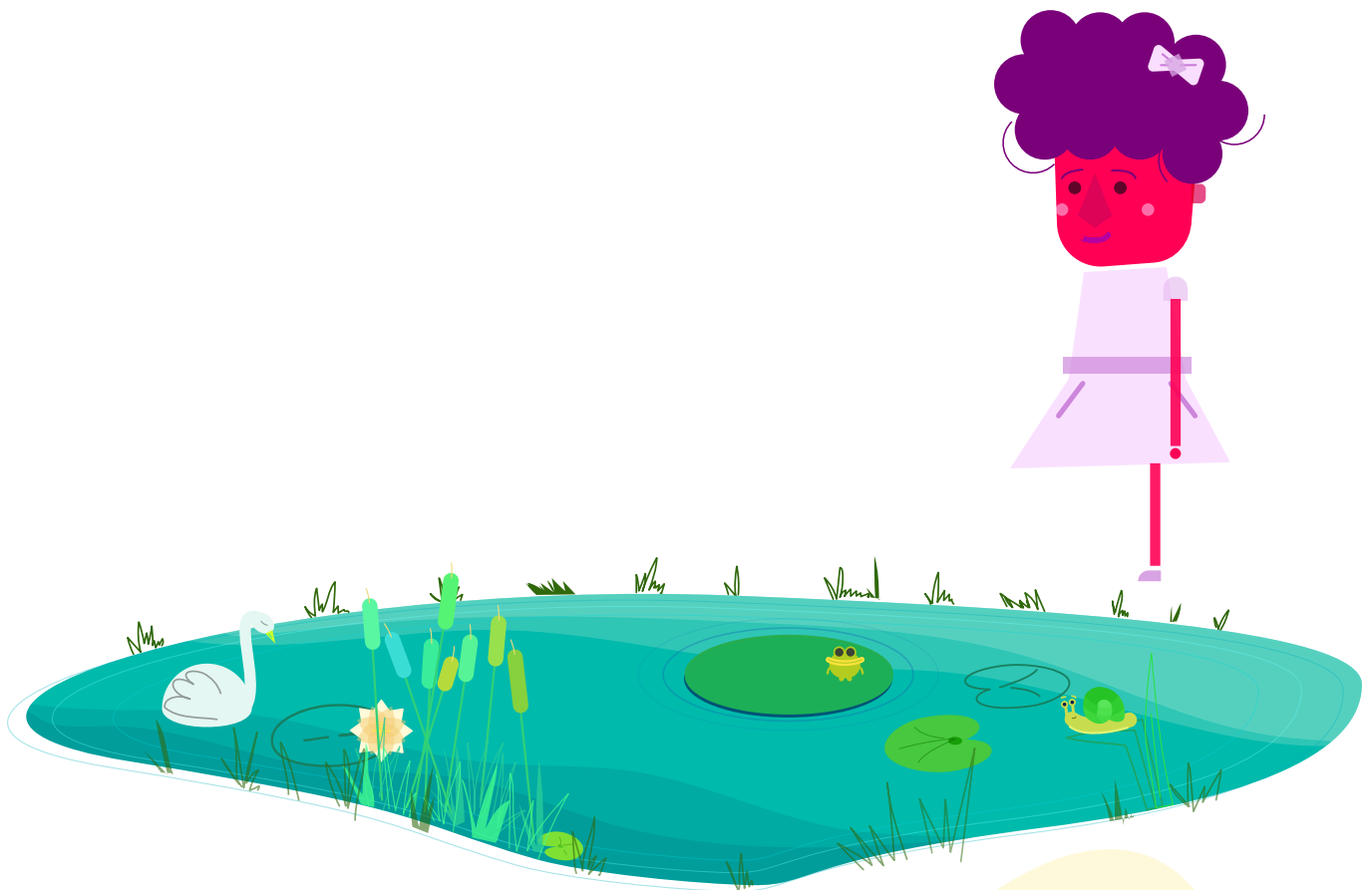
- Developing and improving stormbreak's positioning and reputation as a charity that positively supports adults and children through programmes and services at a preventative level that are delivered face to face and via digital technologies
- Focusing the stormbreak strategic approach on areas of health inequality and disadvantage and finding ways to build on our existing programmes and create new content and programmes that meet the needs of different and marginalised groups and people. E.g. inclusive physical, disabled, cultural and ethnically relevant content created with, for and to meet the needs of more diverse communities and people
- Continuing to evaluate and build high quality evidence, insight and effectiveness of stormbreak delivered and digital programmes
- Developing clear commissioning and fundraising propositions to focus on stormbreak continuity and stability
- Expanding the numbers of stormbreak people, programmes and services more widely across the UK, and especially in more disadvantaged areas
- Enhancing stormbreak digital content to support early emerging high levels of unmet need in children's mental health service provision using mentally healthy movement as an approach at a more targeted level and for specific low level needs, for example, ASD, neurodiversity, ADHD, focus and attention
- Continuing to work with the BBC Education project to equip schools with the knowledge and drive the importance of mentally healthy movement main-streaming the stormbreak approach and provide a platform for further engagement with stormbreak and all we do



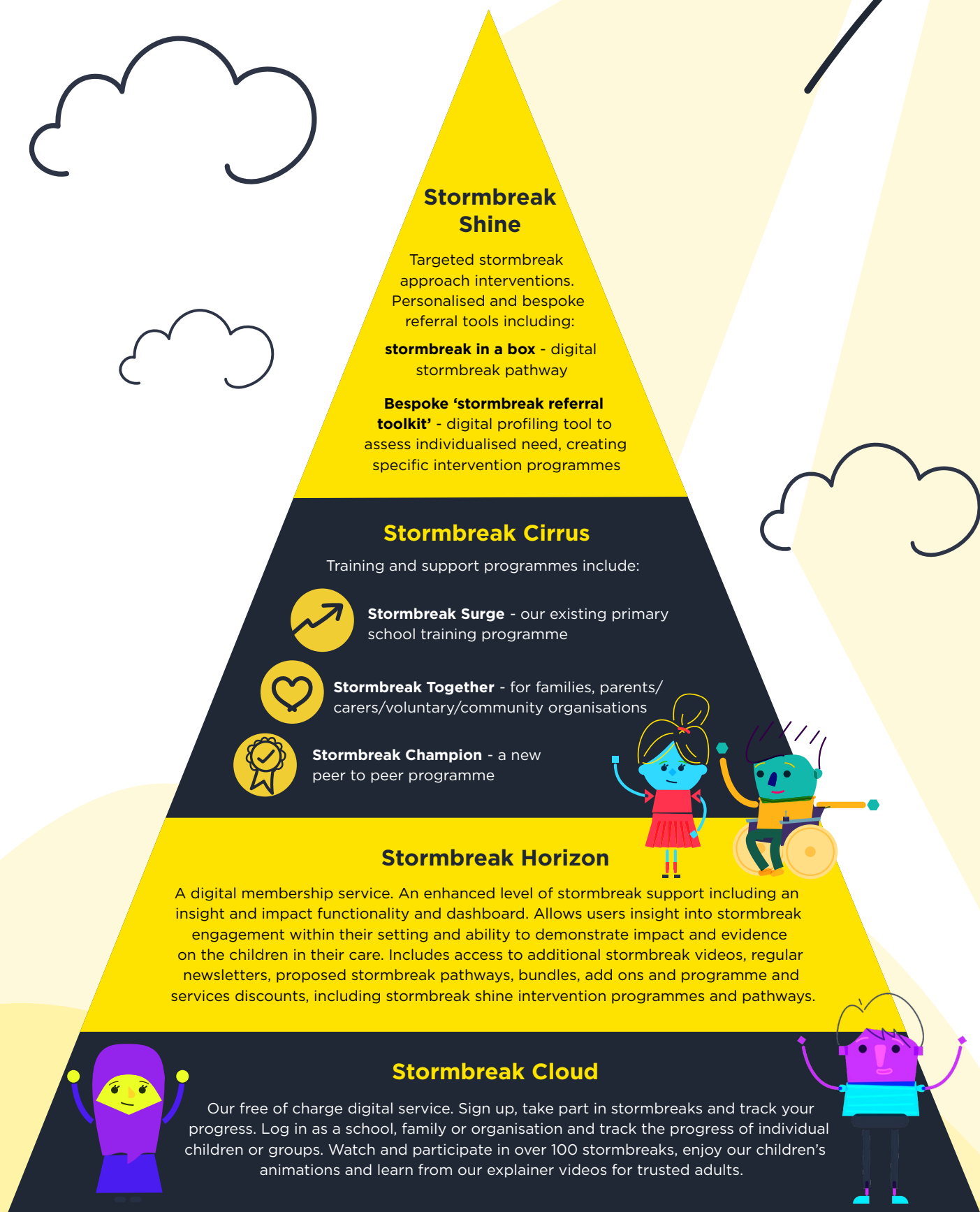
Digital Development and Delivery

We will work towards:

- Creating content for seldom heard and/or disadvantaged groups and communities who experience health inequality who can be reached digitally, to have an opportunity to engage in mentally healthy movement (an example of a bespoke group would be for content of stormbreaks for bereaved children led by children who have suffered this loss - e.g. lived experience)
- Making more stormbreak 'moves' available to all
- Increasing the number of advocates from schools and other organisations involved in the creation of content for the website
- Continuing to develop new stormbreak activities, working with specialists in various movement spaces to produce activity themes, new resource cards and videos to be featured on the website.
- Co-producing additional content for the website with diverse communities and specific demographic groups to ensure stormbreak can be relatable and relevant to a wider range of children
- Creating module based learning videos and resources to feature within our horizon offering, turning our current face-to-face or virtual live delivery into pre-recorded e-learning packages



Strategic Growth Model



Independent Examiner's Report to the trustees of stormbreak CIO

I report to the trustees on my examination of the financial statements of Stormbreak CIO (the charity) for the year ended 31 March 2022.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's financial statements carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of ICAEW, which is one of the listed bodies.

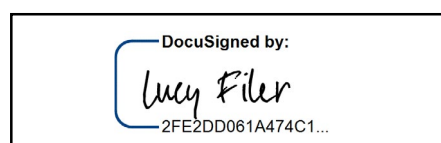
I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do 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 financial statements give a 'true and fair view' which is not a matter considered as part of an independent examination.

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

Lucy Filer, FCA
TC Group

10 Bridge Street, Christchurch Dorset BH23 1EF



Statement of Financial Activities

Including income and expenditure account
For the year ended 31 March 2022

| Income from | Notes | Unrestricted Funds 2022 £ | Restricted Funds 2022 £ | Total 2022 £ | Total 2021 £ |
|------------------------|-------|------------------------------|----------------------------|-----------------|-----------------|
| Donations and legacies | 3 | 48,130 | 292,000 | 340,130 | 115,109 |
| Charitable activities | 4 | 74,810 | - | 74,810 | 19,925 |
| Total Income | | 122,940 | 292,000 | 414,940 | 135,034 |

| Expenditure on | Notes | Unrestricted Funds 2022 £ | Restricted Funds 2022 £ | Total 2022 £ | Total 2021 £ |
|---------------------------------|-------|------------------------------|----------------------------|-----------------|-----------------|
| Raising funds | 5 | 4,624 | 22,988 | 27,612 | 23,073 |
| Charitable activities | 6 | 68,907 | 133,642 | 202,549 | 140,573 |
| Total resources expended | | 73,531 | 156,630 | 230,161 | 163,646 |

| | | | | | |
|--|--|---------------|----------------|----------------|---------------|
| Net incoming/(outgoing) resources before transfers | | 49,409 | 135,370 | 184,779 | (28,612) |
| Gross transfers between funds | | 1,500 | (1,500) | - | - |
| Net income/(expenditure) for the year/ Net movement in funds | | 50,909 | 133,870 | 184,779 | (28,612) |
| Fund balances at 1 April 2021 | | 26,492 | 1,500 | 27,992 | 56,604 |
| Fund balances at 31 March 2022 | | 77,401 | 135,370 | 212,771 | 27,992 |

The statement of financial activities includes all gains and losses recognised in the year.

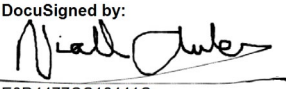
All income and expenditure derive from continuing activities.

Balance Sheet


As at 31 March 2022

| | | 2022 | | 2021 | |
|--|-------|----------------|----------------|---------------|---------------|
| | Notes | £ | £ | £ | £ |
| Fixed assets | | | | | |
| Tangible assets | 11 | | 3,488 | | 3,885 |
| Current assets | | | | | |
| Debtors | 12 | 210,796 | | - | |
| Cash at bank and in hand | | 214,736 | | 44,881 | |
| Total | | 425,532 | | 44,881 | |
| Creditors: amounts falling due within one year | 13 | (216,249) | | (20,774) | |
| Net current assets | | | 209,283 | | 24,107 |
| Total assets less current liabilities | | | 212,771 | | 27,992 |
| Income funds | | | | | |
| Restricted funds | 16 | | 135,370 | | 1,500 |
| Unrestricted funds | | | 77,401 | | 26,492 |
| Total | | | 212,771 | | 27,992 |

The financial statements were approved by the trustees on 19th January 2023.

DocuSigned by:

 E0D4477CC16441C...

Mr N Cluley
Chair of Trustees

DocuSigned by:

 D08668CDB8A24D0...

Mr D Mellor
Trustee

Company Registration No. CE017040

Notes to the financial statements

For the year ended 31 March 2022

1. Accounting policies

Charity information

Stormbreak is a Charitable Incorporated Organisation (CIO) incorporated in England and Wales. The registered office is Evolve, 8a Parr Street, Poole, BH14 0JY.

1.1 Accounting convention

The financial statements have been prepared and 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 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest pound.

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

The accounts are presented on an accruals basis, with the figures from 2021 being restated from receipts and payments to an accruals basis.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Designated funds are unrestricted funds which have been earmarked for a particular purpose, within the objects of the charitable company by the trustees.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Notes to the financial statements (continued)

For the year ended 31 March 2022

1.4 Incoming resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Income from 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.

1.5 Resources expended

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

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Governance costs are those support costs incurred to meet the statutory and constitutional requirements of the charitable company.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Computers - 25% Straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

Notes to the financial statements (continued)

For the year ended 31 March 2022

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

1.12 Donated office costs

Office space donated is measured at fair value, it is recognised as income with a corresponding cost.

2. Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

The annual depreciation charge is considered with reference to the estimated useful economic lives and residual value of the assets. The useful economic lives and residual values are re-assessed annually.

Income recognition is considered with reference to the service level agreement, grant agreement or other supporting documentation, to ensure cut off is correctly stated at the point of entitlement.

There were no other key sources of estimation uncertainty or judgements.

Notes to the financial statements (continued)

For the year ended 31 March 2022

3. Donations and legacies

| | Unrestricted Funds 2022 £ | Restricted Funds 2022 £ | Total 2022 £ | Total 2021 £ |
|---|---------------------------------|-------------------------------|-----------------|-----------------|
| Donations and gifts | 37,130 | - | 37,130 | 8,459 |
| Grants received | 5,000 | 292,000 | 297,000 | 105,650 |
| Donated goods and services | 6,000 | - | 6,000 | 1,000 |
| Total | 48,130 | 292,000 | 340,130 | 115,109 |
| For the year ended 31 March 2021 | 9,459 | 105,650 | | 115,109 |

4. Charitable activities

| | Charitable income 2022 £ | Charitable income 2021 £ |
|----------------------------------|--------------------------------|--------------------------------|
| Services provided under contract | 74,810 | 19,925 |

5. Raising funds

| Fundraising and publicity | Unrestricted Funds 2022 £ | Restricted Funds 2022 £ | Total 2022 £ | Total 2021 £ |
|---|---------------------------------|-------------------------------|-----------------|-----------------|
| Staging fundraising events | 3,500 | 9,375 | 12,875 | 11,712 |
| Advertising | 522 | 13,591 | 14,113 | 10,728 |
| Other fundraising costs | 602 | 22 | 624 | 633 |
| Fundraising and publicity total | 4,624 | 22,988 | 27,612 | 23,073 |
| For the year ended 31 March 2021 | 2,808 | 20,265 | - | 23,073 |

Notes to the financial statements (continued)

For the year ended 31 March 2022

6. Charitable activities

| | Charitable expenditure 2022 £ | Charitable expenditure 2021 £ |
|---|-------------------------------------|-------------------------------------|
| Staff costs | 116,512 | - |
| Surge materials | 7,512 | 7,396 |
| Education & social care programmes | 4,007 | 203 |
| Other costs | 2,826 | - |
| Consultant facilitator | - | 76,720 |
| Freelance support | 9,013 | - |
| Website and computer costs | 33,145 | 40,716 |
| Research & evaluation lead | 11,000 | - |
| Total | 184,015 | 125,035 |
| Share of support costs (see note 7) | 11,519 | 4,424 |
| Share of governance costs (see note 7) | 7,015 | 11,114 |
| | 202,549 | 140,573 |
| Analysis by fund | | |
| Unrestricted funds | 68,907 | 14,053 |
| Restricted funds | 133,642 | 126,520 |
| | 202,549 | 140,573 |
| For the year ended 31 March 2021 | | |
| Unrestricted funds | 14,053 | |
| Restricted funds | 126,520 | |
| | 140,573 | |

Notes to the financial statements (continued)

For the year ended 31 March 2022

7. Support costs

| | Support costs £ | Governance costs £ | 2022 £ | 2021 £ |
|---|--------------------|-----------------------|---------------|---------------|
| Depreciation | 1,314 | - | 1,314 | 1,295 |
| Computer costs | 2,059 | - | 2,059 | 1,409 |
| Insurance | 1,302 | - | 1,302 | 680 |
| Subscriptions | 40 | - | 40 | 40 |
| Donated office space | 6,000 | - | 6,000 | 1,000 |
| Sundry | 789 | - | 789 | - |
| Bank fees | 15 | - | 15 | |
| Audit fees | - | 2,500 | 2,500 | 3,960 |
| Legal and professional | - | 4,515 | 4,515 | 6,170 |
| Management costs | - | - | - | 984 |
| Total | 11,519 | 7,015 | 18,534 | 15,538 |
| Analysed between Charitable activities | 11,519 | 7,015 | 18,534 | 15,538 |

Governance costs includes payments to the auditors of £2,500 (2021 - £3,960) for independent examination fees.

8. Net movement in funds

| Net movement in funds is stated after charging/(crediting) | 2022 £ | 2021 £ |
|---|-----------|-----------|
| Fees payable to the charity's auditor for the audit of the charity's financial statements | 2,500 | 3,960 |
| Depreciation of owned tangible fixed assets | 1,314 | 1,295 |

9. Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

Notes to the financial statements (continued)

For the year ended 31 March 2022

10. Employees

| Number of employees | 2022 Number | 2021 Number |
|--|------------------------|------------------------|
| The average monthly number of employees during the year was: | 4 | - |

| Employment costs | 2022 £ | 2021 £ |
|-------------------------|-------------------|-------------------|
| Wages and salaries | 108,000 | - |
| Social security costs | 6,434 | - |
| Other pension costs | 2,078 | - |
| Total | 116,512 | - |

All wages relate to remuneration of key management personnel.

There were no employees whose annual remuneration was £60,000 or more.

11. Tangible fixed assets

| Cost | Computers £ |
|------------------|------------------------|
| At 1 April 2021 | 5,180 |
| Additions | 917 |
| At 31 March 2022 | 6,097 |

| Depreciation and impairment | |
|------------------------------------|-------|
| At 1 April 2021 | 1,295 |
| Depreciation charged in the year | 1,314 |
| At 31 March 2022 | 2,609 |

| Carrying amount | |
|------------------------|-------|
| At 31 March 2022 | 3,488 |
| At 31 March 2021 | 3,885 |

Notes to the financial statements (continued)

For the year ended 31 March 2022

12. Debtors

| Debtors Amounts falling due within one year | 2022 £ | 2021 £ |
|--|-------------------------|-------------------------|
| Trade debtors | 209,250 | - |
| Payments and accrued income | 1,546 | - |
| Total | 210,796 | - |

13. Creditors

| Creditors Amounts falling due within one year | Notes | 2022 £ | 2021 £ |
|--|--------------|-------------------------|-------------------------|
| Deferred income | 14 | 195,000 | - |
| Trade creditors | | 13,781 | 16,814 |
| Other creditors | | 1,008 | - |
| Accruals and deferred income | | 6,460 | 3,960 |
| Total | | 216,249 | 20,774 |

14. Deferred income

| | 2022 £ | 2021 £ |
|-----------------------|-------------------------|-------------------------|
| Other deferred income | 195,000 | - |

Deferred income relates to contracted services to be undertaken after the financial year end.

Notes to the financial statements (continued)

For the year ended 31 March 2022

15. Retirement benefit schemes

Defined contribution schemes

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

The charge to profit or loss in respect of defined contribution schemes was £2,078 (2021 - nil).

16. Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

| | Balance at 1 April 2021 | Incoming resources £ | Resources expended £ | Transfers £ | Balance at 31 March 2022 £ |
|-----------------------|-------------------------|----------------------|----------------------|----------------|----------------------------|
| BBC Children in Need | - | 250,000 | (138,059) | - | 111,941 |
| Winchester University | 1,500 | - | - | (1,500) | - |
| Valentine | - | 10,000 | (9,375) | - | 625 |
| My Time Project | - | 32,000 | (9,196) | - | 22,804 |
| | 1,500 | 292,000 | (156,630) | (1,500) | 135,370 |

BBC Children in Need

£250,000 was received as part of a 3 year funding agreement, A Million and Me initiative.

This funding was awarded so that the charity could:- extend and enhance the digital and delivered programmes and services; improving scalability and reach across new settings such as health, social care and education to impact more children and trusted adults; contribute towards achieving long-term organisational strategic growth, stability and sustainability; and, shape, support and improve the immediate and long term mental, physical and emotional health of stormbreak beneficiaries.

This years expenditure has been used to contribute to staffing costs for the core operational team and for external support required to develop, deliver and evaluate new stormbreak resources.

Digital spend was delayed due to issues with securing a suitable Digital Agency hence only £27,000 was spent on the initial work to develop a new platform with a planned and allocated future spend of £120,000. The balance carried forward is being used for the digital build of the new website specifically to enable the functionality to support the charities targeted pathways that will be used across health, social care and education sectors.

Notes to the financial statements (continued)

For the year ended 31 March 2022

Winchester University

Winchester University provided a grant to support activities during the pandemic, as the charity needed to pivot to a totally online offering.

Valentine

Valentine provided a grant of £10,000 to contribute towards the costs of a part-time fundraiser throughout the year. Maternity leave has resulted in £625 being carried forward and this will be used for ongoing future fundraising activities.

My Time Project

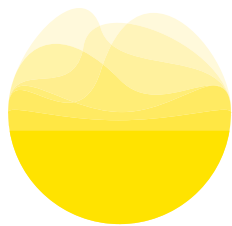
Dorset Public Health funded stormbreak to work in partnership with another local charity MYTIME to create a range of stormbreak resources specifically for young carers. A small team of young adult carers (aged 16-25) who have previously graduated from MYTIME's Employability Programme will co-produce the materials and training will build their confidence and skills so they can deliver stormbreaks for young carers, aged 5-11. The expenditure was spent on developing the materials for the project and initial training sessions for the Young Carers. £13,106 of the funds carried forward will be paid to MYTIME for their part of this project and the rest will be spent on a residential training course for the Young Carers, content and material development, video production costs, and digital integration costs.

17. Analysis of net assets between funds

| Fund balances at 31 March 2022 are represented by: | 2022 £ | 2022 £ | Total 2022 £ | Total 2021 £ |
|---|---------------|----------------|-----------------|-----------------|
| Tangible assets | 3,488 | - | 3,488 | 3,885 |
| Current assets / (liabilities) | 72,413 | 136,870 | 209,283 | 24,107 |
| Total | 75,901 | 136,870 | 212,771 | 27,992 |

18. Related party transactions

There were no disclosable related party transactions during the year (2021 - nil).



stormbreak

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