

A young boy with curly hair, wearing a blue Superman t-shirt and green shorts, is running towards the camera in a grassy field. He has a green ribbon tied around his waist. In the background, several other children are standing or walking, some also wearing green ribbons. The scene is outdoors with trees in the background. A large yellow semi-transparent circle is overlaid on the bottom half of the image.

# **stormbreak CIO Annual Report**

**1st April 2022 -  
31st March 2023**



**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 2023.  
Stormbreak CIO, Evolve, 8a Parr Street, Ashley Cross, Poole, Dorset, BH14 0JY

# Legal and Administrative Information

## Trustees:

Mr N Cluley (Chair)

Mr D Mellor

Mr V Alexander

Mr P Sinton-Hewitt

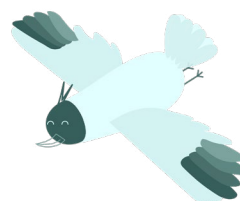
Dr S Price

Dr K Healy

Mr A Morton (Appointed 31 January 2023)

Mr K Walker (Appointed 31 January 2023)

Mrs K Mellor (resigned 24 January 2023)



**Charity Number:** 1182771

**Company Number:** CE017040

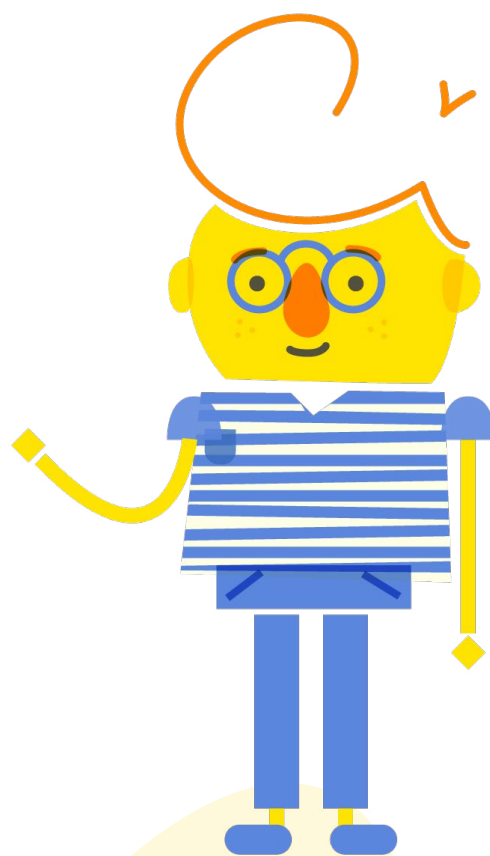
**Principal Address:** Evolve, 8a Parr Street,  
Ashley Cross, Poole,  
Dorset,  
BH14 0JY

**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,  
154 - 158 Kensington High Street,  
London,  
W8 7RL

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





# Trustees' Report (Including Directors' Report)

The trustees present their report and financial statements for the year ended 31 March 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's (governing document), the Companies Act 2006 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)" (as amended for accounting periods commencing from 1 January 2016)

## 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.

## Activities undertaken in relation to objects:

Stormbreak has undertaken activities in relation to the objects including:

1. Continued and increased delivery of stormbreak programmes in education, health and social care
2. Enhanced existing mental and physical health education and learning programmes for trusted adults
3. Developed new resources and materials to support children and the trusted adults that surround them to improve their mental and physical wellbeing
4. Worked with local and national partners , including BBC Children In Need and BBC Education to promote emotional, mental and physical health
5. Conducted research, gathered evidence and generated insight into the impact of stormbreak programmes on professional practise and children's wellbeing.

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 £414,940 to £530,973 (and from £135,034 in 20/21).

Income increased across all main sources:

- Grants increased from £297,000 to £333,658
- Donations (including gifts in kind) increased from £43,130 to £77,115
- Contract income increased from £74,810 to £120,200

Total expenditure has increased by £256,722, from £230,161 to £486,883. The increase is primarily attributable to staff costs, which increased from £116,512 to £203,172, and programme-related digital/web investment, which increased from £33,145 to £161,861 which supported a significant upgrade to our digital delivery platform.

This resulted in a surplus for the year of £44,090 (21/22: £184,779), increasing total reserves from £212,771 to £256,861. Unrestricted reserves at 31 March 23 were £176,324. Free reserves were £169,860 after removing restricted funds and fixed assets (21/22: £73,913), within the range set out in the reserves policy outlined below.

## Reserves Policy

It is the policy of the charity that free reserves should be maintained at a level equivalent to between three and six month's expenditure (equivalent to £100,000 - £200,000 based on the 23/24 budget).

The trustees consider that reserves at this level will ensure that, in the event of potential gaps in funding or 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.

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 its latest Annual Report and Accounts.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Mr D Mellor	Dr S Price
Mr V Alexander	Mr A Morton (Appointed 31 January 2023)
Mr N Cluley	Mr K Walker (Appointed 31 January 2023)
Dr K Healy	Ms K Mellor (Resigned 24 January 2023)
Mr P Sinton-Hewitt	

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.

## Trustee Recruitment

We delivered our second open Trustee Recruitment Process for a Treasurer position. The quality of applicants enabled us to appoint two new Trustees.

[stormbreak.org.uk/media/czypcoh0/trustee-recruitment-stormbreak.pdf](https://stormbreak.org.uk/media/czypcoh0/trustee-recruitment-stormbreak.pdf)



The trustees' report was approved by the Board of Trustees.

Mr N Cluley  
Chair of Trustees  
Dated: December 12th 2023

## 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  
Beth Bradbury - Programme Support Officer  
Ian Campbell - CTO and Digital Consultant



## 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.

# Setting the scene



The mental health and wellbeing of children has never been a more urgent priority. One in six children in England is now likely to have a mental health condition. There is a growing need to support the mental, emotional and physical wellbeing of children in order to reduce the potential onset of long term mental ill health, mitigate escalation and prevent crisis point.

Children are facing many and more pressures within the complexities of a support system that is struggling to keep up with the rise in demand. Between July and Sept 2021 there was an 81% increase in referrals for children's mental health support services and one in 5 young people waited more than 12 weeks for a follow up appointment (BMJ 2022). The problem has escalated since the pandemic with 432,000 referrals for people aged 18 and under to children and young people's mental health services in the six months up to February 2022 – more than doubling the number of referrals compared to the same period in 2019/20. (Nuffield Trust 2023).

More children than ever are struggling with anxiety and worry, unhappiness, uncertainty, low self worth, poor relationships, neuro-diverse challenges, shaky resilience and are lacking in hope for the future. A recent BBC Children in Need (2022) survey of 776 UK wide charity organisations revealed that 91% believe that mental health is the biggest challenge facing young people today and 93% believe the situation is only going to get worse.

## **This ongoing rise in need demands a greater 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.



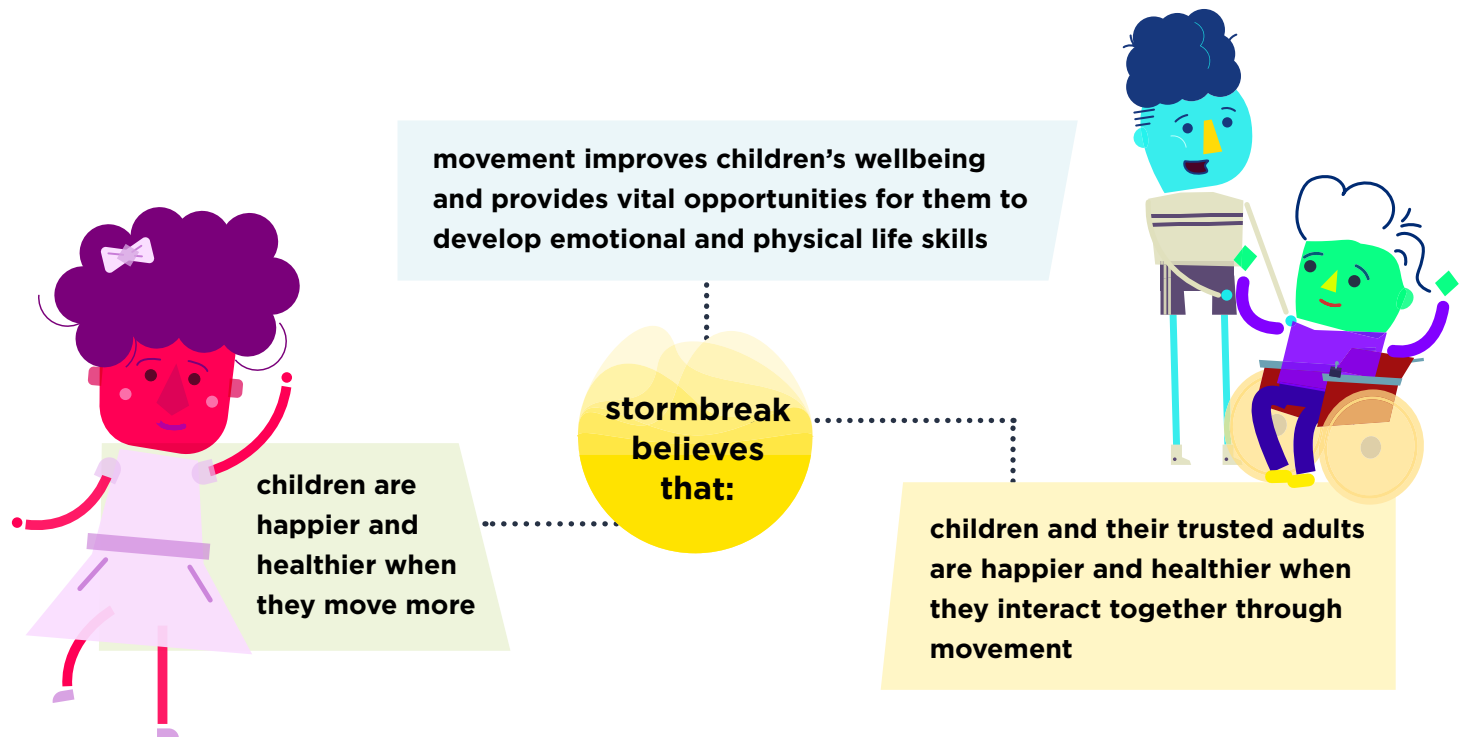
*"The problem is stark. The issues of emotional, mental and physical health for children and the trusted adults surrounding them are rising. Stormbreak exists to help and make a difference to the lives of children now and in the future. Universally supporting children before needs arise, and for some who may need more help, when issues begin to emerge is vital to stem the tide and respond to the challenges children, parents, schools, communities and families face. We know this isn't easy and that so often children's lives can be complex and complicated, yet they need and deserve our help. Despite widespread recognition of the importance of prevention and early intervention, meaningful ways to deliver and sustain this on the ground and in real life for those that need it more, and those that need it most, remain inconsistent. We're striving to work better together with partners, systems, and communities in health, education and social care to be there before we're needed and act when we're needed more".*

Dr Martin Yelling, CEO



## Mentally healthy movement every day for every child

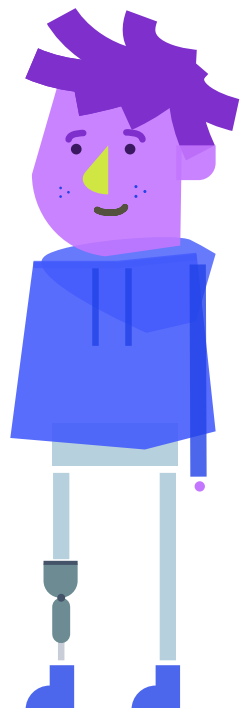
The stormbreak approach is to raise awareness of how movement can be used to support and shape mental health, to give trusted adults the support they need to give children the tools and strategies to recognise, validate, change and regulate emotion and help them to make meaningful, impactful and sustainable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



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. Stormbreak programmes are developed and informed by evidence based practise and research.

Throughout the last year stormbreak has gained further organisational maturity, strengthening and building capacity. This has enabled us to continue to develop and scale our programmes with a greater focus on effective and efficient implementation.

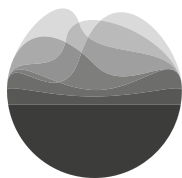


Importantly we have identified our key priorities and are working to continually address these.

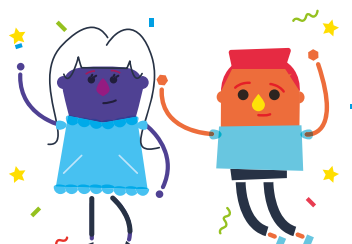


At a time when charities and organisations that support children's mental and physical health need to step into the space of giving more help when it matters stormbreak have worked together with existing and new partners to strive to embed movement for mental health in more schools, communities and families.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

## All time stormbreak reach\*



Total number of  
stormbreaks completed:  
**555,584**



Total number of  
children supported:  
**37,870**



### Happy, healthy humans

When the storm rages we teach children to create light, calm and change through movement.



### Mentally healthy movement

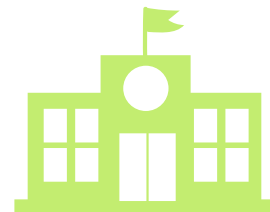
Embedding mentally healthy movement for every child, everyday.



**Lifelong healthy habits** Equipping children with sustainable skills and coping strategies to thrive throughout life.

\*As at April 1st 2023

# Our Year Highlights



1.

Developed and scaled our **digital referral early intervention** programme 'stormbreak Shine' and commenced service implementation in education, health and social care as a Voluntary, Community and Social Enterprise (VCSE) organisation across and within an Integrated Care System.



2.

Further **increased universal engagement by 245%** in our preventative mentally healthy movement programme in primary schools through stormbreak Surge.



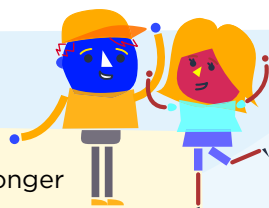
3.

Tackled **disadvantage** through our stormbreak Together programme working with children in care, foster and adoption families and social workers.



4.

Developed stronger **user lead and collaborative** compelling content through stormbreak Champion (our peer to peer programme) and our work with young carers.



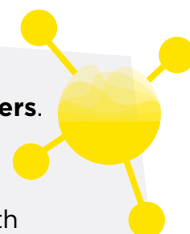
5.

Improved **content access and availability** by continuing to develop and enhance the accessible stormbreak digital resource library stormbreak Cloud and built stormbreak Plus, our membership area.

In the last 12 months we have worked hard to continually build on, develop and grow all of our stormbreak programmes and services. **Most notably throughout the last year we have;**

7.

**Grown our workforce/volunteers.** 369 new trainee teachers learned about mentally health movement and to deliver stormbreaks through our new stormbreak Connect programme.



9.

Supported national campaigns. We wrote and supported the production of BBC Education mental health campaign "BBC Moodboosters".

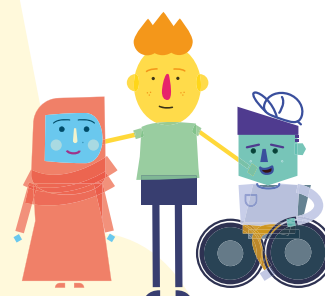


10.

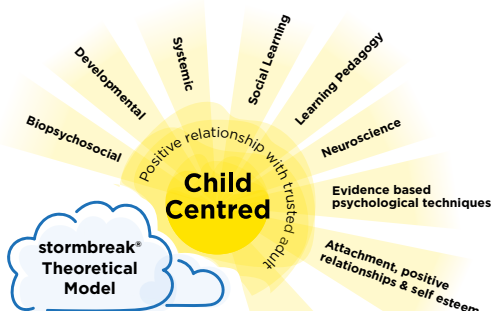
Focussed on and strengthened our **people**, our **governance**, our **strategy** and **sustainability**.

8.

Developed some exciting **new partnerships**, including with regional NHS commissioners, Integrated Care Boards (ICBs) and other national partner charities, for example, ADHD Foundation, Arts Mark and Coram Life, and shared our work at multiple regional and national conferences.



Developed a **conceptual model** to describe the psycho-social and educational theoretical underpinning of the approaches used by stormbreak.



# 1. **stormbreak Shine:**

## **Digital referral early intervention.**

### **Stemming the tide**



As a fundamental part of the stormbreak scale and prevention strategy the development of stormbreak Shine commenced 2 years ago. Digital health transformation and appropriate provision for children and young people is an important part of meeting the needs of children and the trusted adults that support them. Stormbreak Shine has been developed as a response to children's, trusted adults' and professionals' needs around supporting emotional wellbeing and mental health, especially meeting a prevention at scale agenda and early intervention response whilst children are awaiting support or before issues escalate. With stormbreak Shine we provide a tool that can help professionals, practitioners and trusted adults that support children's mental health with a management and referral platform to help them quickly, easily and appropriately support children when they are starting to struggle and show early emerging difficulties.

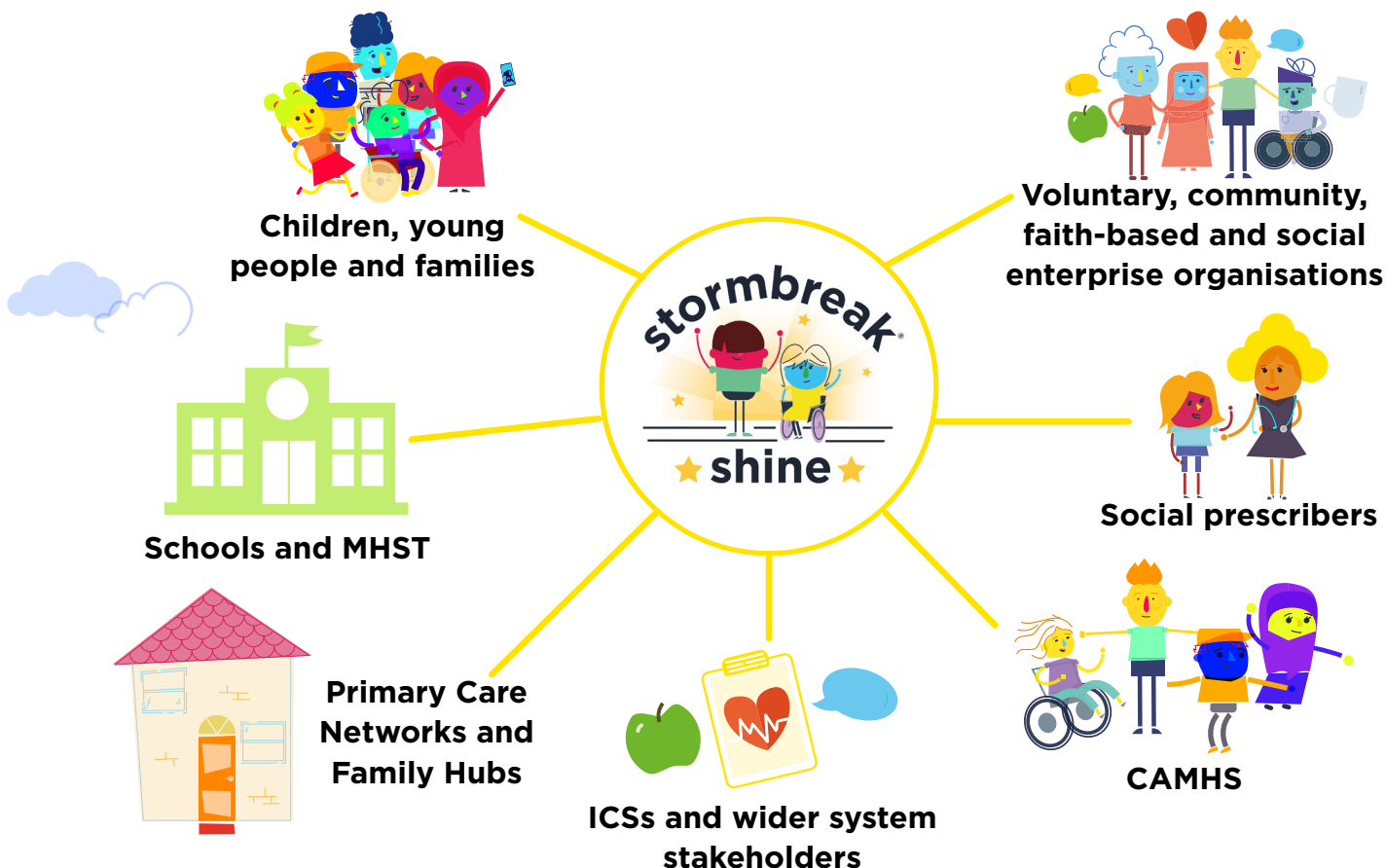
Much of the early part of the period Jan - July 2022 was spent undertaking a comprehensive digital and technical requirements and specification exercise whilst the period July 2022 - December 2022 was spent designing and developing the digital platform itself. In January 2023 the stormbreak Shine digital referral platform went live and subsequently we worked with partners in education (primary schools, mental health school teams (MHSTs), school nursing teams, pastoral care workers), health care (Primary Care Networks (PCNs), GP's, social prescribers, digital care navigators, family link workers, children's mental health practitioners, Child and Adolescent Mental Health Services (CAMHS) and social care (foster families, social workers) implementing and delivering support through Shine.

**Stormbreak Shine** is a digital referral tool that enables trusted adults to support children when emotional wellbeing difficulties are emerging. They can complete a stormbreak pathway (for example, for early emerging anxiety) with a child, or group of children. They can also share an appropriate pathway with another trusted adult to complete with a child while still monitoring their progress, therefore increasing their capacity to support more children and respond in an appropriate and timely way.

**Watch the stormbreak Shine animation >**

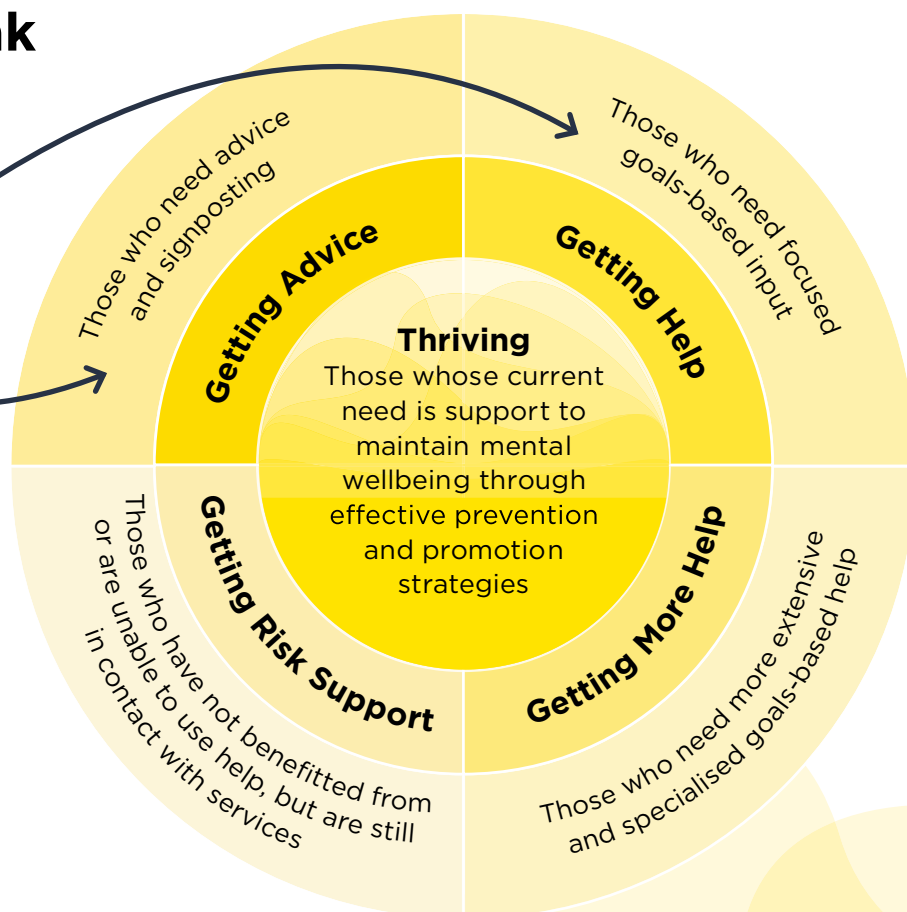


# Who can benefit from stormbreak Shine?



## How stormbreak Shine works

Stormbreak Shine sits within the NHS iThrive Framework for **getting help** and **getting advice**.



# Pathway Development



We continue to develop partnerships with clinical and practitioner specialists and experts in the CYP MH to co-produce our targeted pathways - these include input for the 2 neurodevelopment target pathways. This ensures the quality, suitability, specialism and validity of the content that we are producing.

## To date we have released support pathways for:

- **Be Calm;** early emerging anxiety
- **Be Resilient;** building resilience
- **Be Connected;** positive relationships
- **Be Enough;** improving self-worth
- **Be Hopeful;** developing hope and optimism
- **Be Present;** promoting self-care

## Due for release summer 2023 are pathways for:

- **Be Ready;** (waiting Autistic Spectrum (AS) diagnosis)
- **Be Focussed;** ADHD focus and attention
- **Be Strengthened;** using self-care to develop helpful rather than harmful coping strategies

Stormbreak has developed specific needs focussed Shine Pathways to help children and their trusted adults to engage in mentally healthy movement and to help focus on ways to support children with low level, early emerging mental and emotional health challenges. A Shine Pathway is made up of a series of stages (up to 6) containing a number of steps (up to 8) to complete along a stormbreak journey. These are completed by the child together with their trusted adult. These steps comprise video activities to watch, explainers from clinical psychologists and CAMHS nurses, activities to read, reflect on and discuss, and coached stormbreak video activities to take part in. A Pathway can be prescribed by any professional working in education, health or social care when they recognise and are supporting a child with mental health or emotional needs.

The stormbreak Shine platform is a digital infrastructure designed to facilitate efficiency, scale and impact. This can be achieved through an increase in the number of registered organisations, professional / practitioner members and number of children supported but also we have created the system to allow us to continually update and add further pathways as needs and priorities emerge.

We have developed a strong internal and collaborative end-to-end production workflow to enable this to happen from issue discovery and prioritisation, through to relationship building, co-creation content development, pre-production scripting, proofing, video production, editing, content uploading, management and dissemination.

[View the stormbreak Shine Be Calm pathway here >](#)



To date this project has trained and enabled stormbreak Shine with:

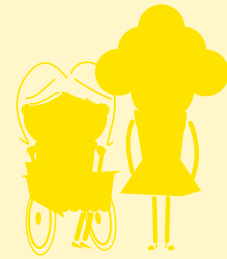
**136**

professionals in education



**20**

**health** organisations (E.g. GP surgeries, PCN's) and **social care** organisations (E.g. Children's Services, Social Services)



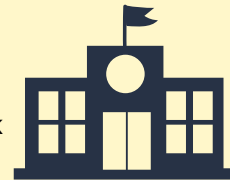
**98**

professionals in health and social care

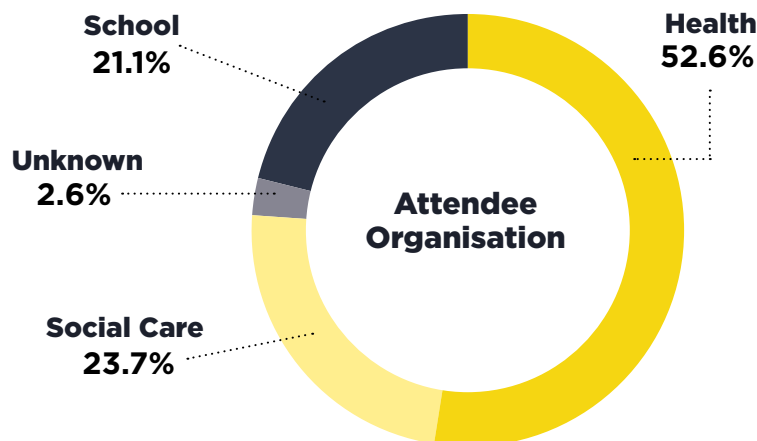


**40**

**Primary schools** with a stormbreak Shine activated account



### Implementation workshop demographic



**Note:** The intention of the stormbreak Shine workshops was to focus on professionals / practitioners within health and social care. We have delivered a series of additional stormbreak Shine virtual sessions targeting primary schools, education professionals and families.

## Shine Practitioner Feedback

- **ALL** respondents agreed that the session was well organised and enabled participants to understand stormbreak and what the Shine pathways were
- **ALL** respondents were able to professionally network during the training
- **ALL** respondents felt the training illustrated how they could support children/patients to engage with the stormbreak Shine resources

*"The explanation of how things work and the theory behind it and how it could help professionals in practice is really valuable to know"*

*"I will be able to support so many other young people with this tool."*

*"The resources and tools were great and accessible"*

*"Brilliant training, I feel this is a really good tool that I will be using to support the young people I work with"*

Ongoing support to embed the digital tool in practice continues. This support includes onboarding with digital literacy, as well as maximising professional benefits in practice. As a follow up, our intention is to offer follow-up consultations to support the practitioners as they navigate the journey with the children they support.

One CYP Mental Health Lead has identified how Shine can be used in her PCN, to save time and positively impact waiting lists. This includes her team identifying children on their current caseload for access to the Be Calm pathway, with planned monitoring and support from her team. Children on their waiting list, who are identified as appropriate for Shine pathways, will be opened to their service for planned monitoring and support. This could improve efficiency through reducing their waiting list, enabling capacity planning and saving direct contact time.

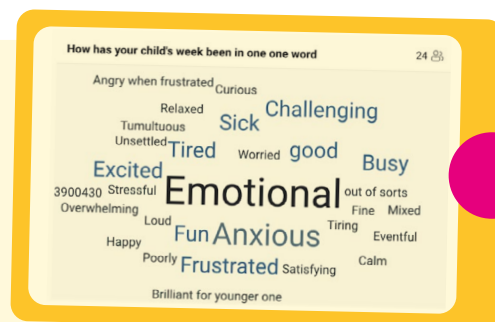
### **We have also delivered a series of family/community workshops to:**

- Introduce families to stormbreak
- Demonstrate access to our resources and activities to explore with children in the home setting
- Strengthen stormbreak being embedded in schools with the families of the school
- Answer any questions families might have about access to stormbreak Shine.

We have had over 100 parents/trusted adults register for these sessions.

Embedded in the Trusted Adult Toolkit is information on helping to prevent mental health difficulties and to develop emotional coaching skills. The psychoeducation that is offered for the trusted adult is intended to be empowerment materials to help them learn the skills they need to continue helping in preventative ways.

In the session families reflected on their child's mental health status. Families expressed that their child(ren) were 'emotional', showing varying emotions and behaviours, but these were predominantly presenting to them as frustration, anxiousness and challenging. Fun, tired, excited, good and busy were secondary emotions and behaviour.



### **Feedback from the sessions has been positive, with families saying....**

**100%**

- agreed or strongly agreed that 'the workshop was good at helping them 'to think things through'
- would recommend the workshop to other families

**69%**

agreed or strongly agreed that they know more about wellbeing and mental health than they did before the session

**92%**

agreed or strongly agreed that the resource links would be useful for their families

**85%**

agreed or strongly agreed that the workshop was relevant and helpful to them as a parent, carer or family member.



## 2. stormbreak Surge: Universal, prevention at scale. Help before it's needed.



**Stormbreak Surge** is a primary school mental health and wellbeing programme. Surge is a staff advocate training programme making movement simple, inclusive and accessible that equips and upskills school staff with the delivery confidence to incorporate mentally healthy movement strategies into the daily life of the whole school. It removes barriers to participation and enhances perceptions of the value of movement in schools for teachers, staff and children, through the delivery of purposeful and intentional movement that is focussed on mental health. It establishes an effective whole school empowering environment, improves children's readiness for learning, reduces the stigma of mental health conversation, and improves the emotional literacy of trusted adults and children.

[Our 2022 stormbreak Surge insight report can be read \*here\* >](#)

[Watch a stormbreak school \*here\* >](#)

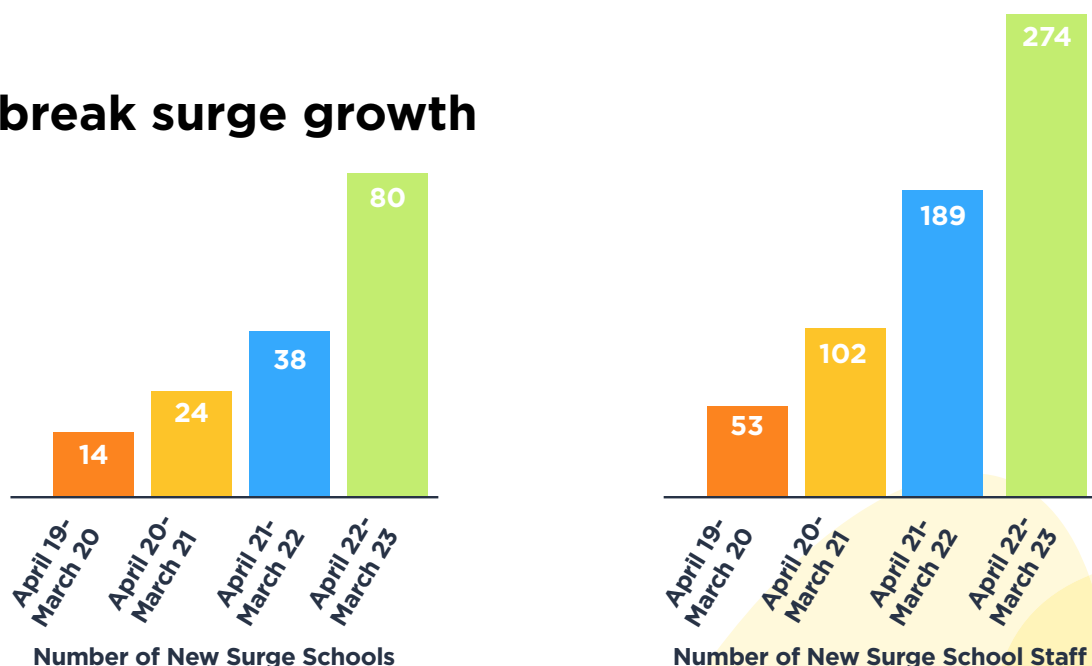


### Our all time reach\*

#### Surge reach in primary schools across England:



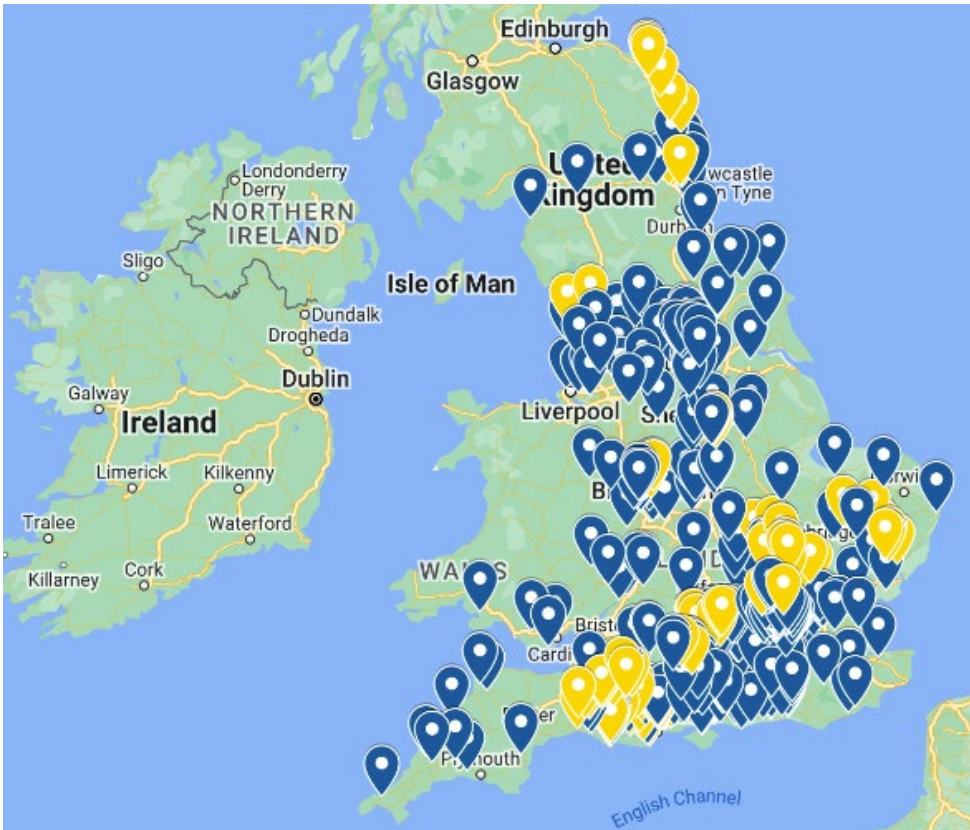
#### Stormbreak surge growth



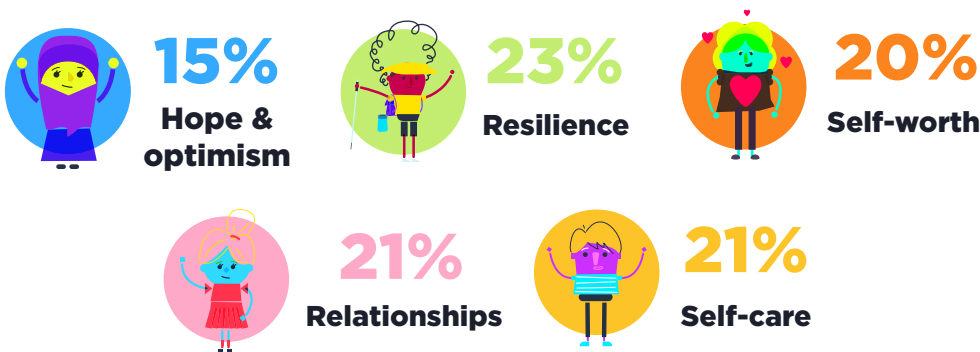
\*As at April 2023

# Our UK stormbreak schools

-  stormbreak  
Surge school
-  Registered  
stormbreak  
school



The stormbreaks schools delivered to meet the needs of children were:



## Insight

30 Primary Schools took part in an detailed evaluation delivered by the insight and evaluation team based at Bournemouth University. The evaluation is ongoing and the findings presented here are emerging, confident observations of progress so far. The people who participated in the evaluation to date include school staff (class teachers, pastoral care workers, senior leaders) who engaged with the stormbreak Surge programme training and those staff who have delivered stormbreak in their classes and across the school.

Children's outcomes have been captured through teacher observations, experiences during stormbreak and across the school day. The staff within the research cohort played a significant role in supporting the evaluation.

# 93%

of children said they **enjoyed feelings of happiness** when they took part in the stormbreak activities.

# 78%

of children said that they **wanted to do more** stormbreaks.

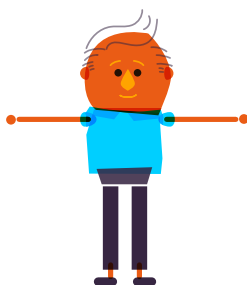


### What professionals say:

Total number of Surge participants from the 30 schools;

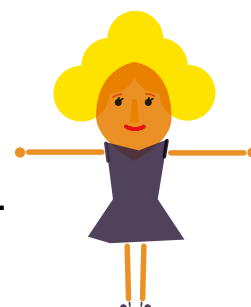
# 99

**Primary School Advocates completed stormbreak Surge.**  
(class teachers, pastoral care workers, teaching assistants)



# 52

**Primary School Leaders completed stormbreak Surge.**



All surge programme training participants completed an outcomes evaluation at the end of each session they attended. The research team analysed this data and identified some key findings and themes from the feedback received:

# 86%

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

# 83%

of school staff who participated in the Surge programme strongly agreed that the resources that accompanied the training sessions were useful.

# 86%

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

## What stormbreak advocates and staff say:

"Stormbreak helps children to feel good and to feel positive about themselves."

"Through stormbreak, children are learning useful vocabulary very quickly. This helps with children's understanding and acceptance of how they are feeling. Children also then know to use the ideas and coping strategies that they have been taught - trusting that these will help them."

"Stormbreak is inspiring for us. It is easy to understand, enjoyable and motivating. It's already possible in a short time to see how relationships with children can be strengthened and how children find talking about their emotions easier."

"When we complete stormbreaks, we notice how different children are throughout the day. The children ask to do stormbreaks frequently. They are engaged and focused on learning afterwards. They seem really happy in the school days whenever they do stormbreaks."

"One class teacher I spoke to said she could see the changes in wellbeing with children who have done stormbreaks. She referred to stormbreak as having a "magical effect" on children."

"We have found that conversations about mental health have increased. Our staff team is more aware of children's mental health and wellbeing needs. Importantly, children are also more aware of their emotional needs since we have embedded stormbreak into our school."

"Stormbreak enables us to reach out to all children, including those who would not usually take part in any interactive activities. We see happy faces when the children do take part in stormbreaks."

"Children have increased their understanding of the words to describe their feelings and this has enabled them to develop different ways to cope and manage their feelings."



The participants completed Surge programme training and school impact measures and the following results were found:

# 100%

of participants said:

- they were confident to lead the process of showing colleagues how to use stormbreak
- that stormbreak supports the connection between children and the staff who lead stormbreak sessions

**The Surge training participants said they were more confident to plan, deliver and embed the stormbreak approach across the school.**



**86%**

of participants said they were more confident to embed stormbreak into their school day

**95%**

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

**87%**

of participants said:

- that having conversations about feelings and wellbeing was easier since doing stormbreaks
- they felt confident that their whole school approach to mental health and wellbeing was enhanced through stormbreak
- that when children do stormbreaks, they engage in team work most of this time, amongst each other, as peers

**96%**

of participants said that when children do stormbreaks, their engagement helps them to create a positive learning environment (readiness for learning)



## Teachers told us about their observations so far:

"I have gained much more of an understanding about children's mental health. I have learnt how movement can help children to feel better about themselves. I now implement stormbreaks as part of the school day."

"I have benefited from an understanding of what stormbreak is. As well as the classes, it has given us a chance to explore its impact with a small group of children. We now have the chance to share ideas with other staff about how to use it."

"Stormbreak is so powerful in supporting children's mental health and wellbeing. The children always ask to do more!"

"Children are building relationships with each other through stormbreaks."

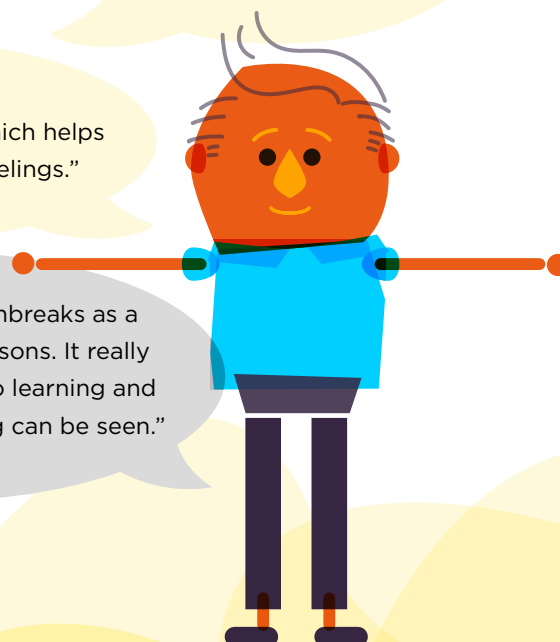
"It is positive to be able to reinforce mental health and wellbeing through movement with the children in our school."

"Using the resources and the website are easy processes to deliver different stormbreaks, based on the children's interests and needs."

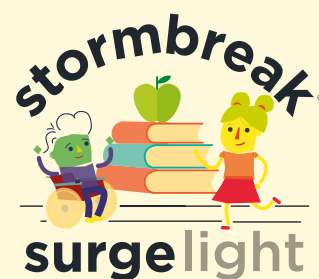
"Children are able to identify different emotions which helps them to understand their feelings."

"We have dedicated time to deliver stormbreaks in our schools. It provides us with different ways to support children with mental health issues and with well being generally."

"I have been using stormbreaks as a 'brain break' between lessons. It really helps children to return to learning and their readiness for learning can be seen."



One of the limitations to stormbreak growth and ability to reach the number of beneficiaries needing our services is capacity. We are currently limited, without growing our employed delivery team, to deliver stormbreak Surge to circa 120-150 schools a year. To improve our capacity to respond to schools in need and support them earlier to embed mentally healthy movement we have developed an online learning platform and programme.



In the Autumn of 2023 we are launching **Surge Light** which will offer schools the chance to engage with stormbreak through a self-led online training programme. This programme explains to school staff what stormbreak is, how to deliver video-based stormbreak activities into the day to day life of the school, and how to embed stormbreak across a whole school culture to support teacher and school staff learning and children's mental wellbeing and emotional health.

Surge Light will reduce barriers to engagement, particularly geography; cost; and, human resources and in doing so further boost the capacity of stormbreak to reach more schools, more trusted adults and children.



### 3. Stormbreak Together. Tackling disadvantage and inequality; Working with children in care, foster and adoption families and social workers



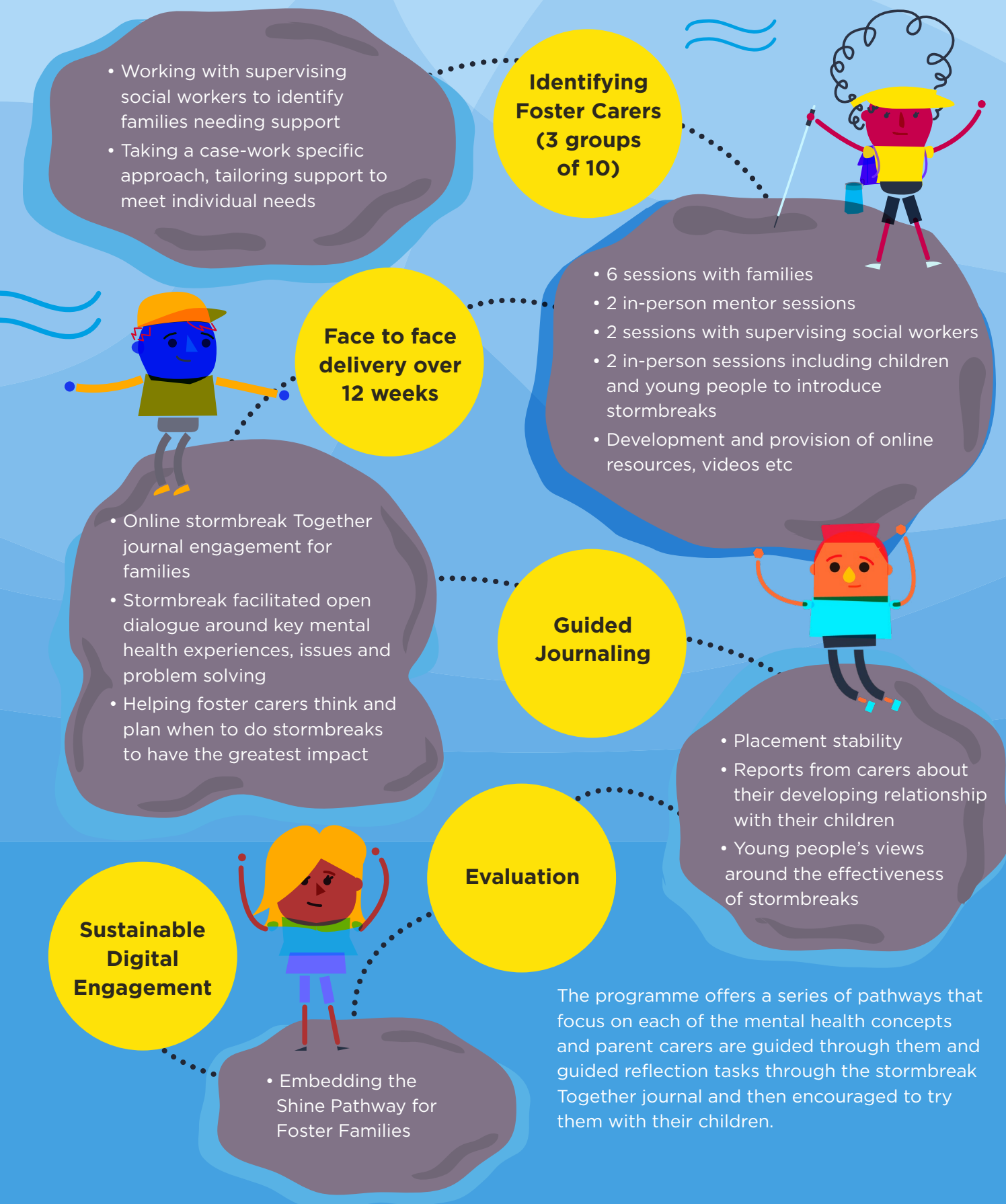
At stormbreak we are committed to working with and for children and families who experience challenge, disadvantage and inequality. A lot of this work has seen us focus on building purposeful partnerships with foster carers, social workers and children's services to help them support children in their care.

**Stormbreak Together** is our programme for families, parents/carers, trusted adults and organisations that provide support for children in the community. It aims to provide parents and carers with support and strategies to help them and their children, develop their confidence to use movement to support their children's physical and mental wellbeing and cultivate happy, safe, valued environments for children to thrive.

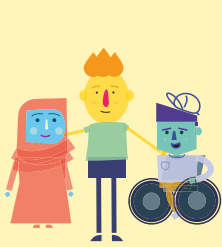
[Read about the Together programme here >](#)

Many of the children that come into foster care present with very complex needs, have experienced trauma, childhood adversity and multiple losses. Support and intervention for this can be limited or significantly delayed due to placement stability and limited resources available. Children and foster care families need support and strategies to help them and the children they care for articulate and regulate their feelings.

# stormbreak Together delivery model



## Through stormbreak Together this year we have supported:



**22 families**



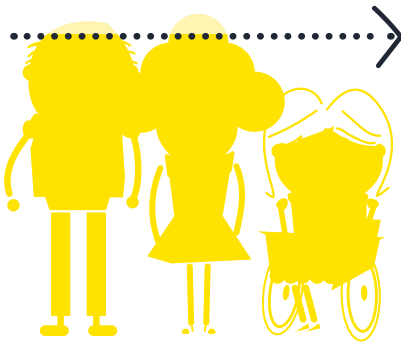
**27 children in care**



**21 social workers**

Although a smaller programme this is one we invest significant energy into. It's really important to us. The programme runs in small, localised groups of families where we work together in a sustained way with families across 5 months for the programme duration. We have new programmes starting in September 2022 working with 20 different families across two localities in the UK (Dorset and Berkshire). This programme has considerable potential to increase in scale, reach and impact.

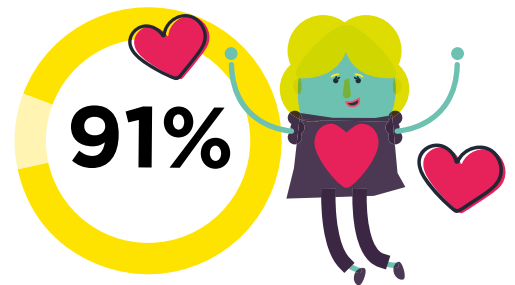
## What foster parents & social workers say



**97%**

**of families have said:**

- that the stormbreak sessions are understandable.
- they have found that the mental health and wellbeing resources that stormbreak has linked them with are useful.



**of families have said:**

that the training will help them to embed stormbreak into family life.

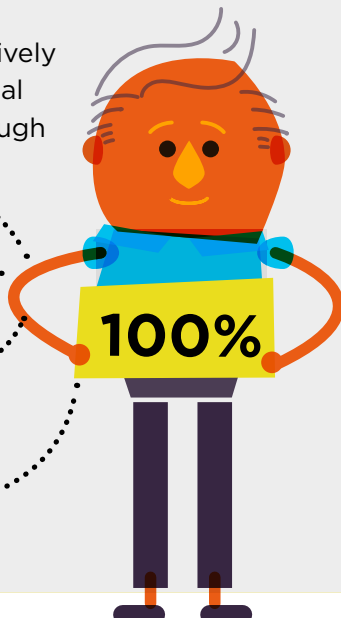
## Family perception about the impact of the sessions and stormbreak

There is potential to positively impact on children's mental health and wellbeing through stormbreak

The stormbreak sessions were understandable

The sessions were useful to practice stormbreak

The stormbreak resources were useful



### Family descriptions:

Families described themselves when they engaged in stormbreak as '**adaptable**', '**challenging**', '**close**', '**happy**' and '**supporting**'.

When asked about stormbreak, families said '**It is useful because there are lots of resources and strategies to learn**', '**It is an excellent concept**' and it is '**Very helpful**'.

Families could identify the positive impact of stormbreak on the children's mental health and wellbeing and on their overall family dynamic.



Through our existing children in care programmes and other projects with children and families we have identified:

- Children in care are more at risk from mental health challenges and struggles
- Families who foster need more help and support to enable the children they look after to develop their emotional literacy because of their adverse childhood experiences
- Creating content collaboratively with young people with lived experience of care has the potential to reach other children and young people on their terms in their spaces

We want to develop this programme further, to capture the voices of the children in care and speak directly to the children and their families. This is vital to reach these children, their parents and also the birth children within the families.

## 4. Amplifying meaningful voices; Co-design, co-delivery. Peer-to-peer programmes



Collaboration and connection. Building powerful partnerships. Working with Young Carers.

Young carers face a unique set of challenges from their caring roles in comparison to their peers. Together with the charity My Time we worked collaboratively with a small group of young carers to listen to their voices, understand their lives and spaces and produce and share 25 stormbreaks for young carers. Specifically, we worked with these young carers to write, produce and film stormbreak content designed to raise the profile of the young carer voice and challenges young carers face in their own emotional wellbeing. Younger primary aged young carers can access these and hear from someone like them who has experienced challenges similar to their own.

The MyTime 2 stormbreak 'Premier Night' in February 2023 was attended by around 70 people - funders, local dignitaries, and family and friends. The content is now being hosted on our website along with specific pathways for each mental health concept to be followed by the Young Carers.

[View the content online here >](#)



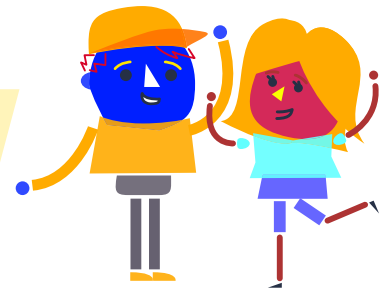
**Young Carers need to be celebrated, and this is just one way of supporting and celebrating the roles that these guys have.**

*Kierney, Young Carer*

**Here are some strategies we've used that have made us feel better, have helped us with certain things.**

*Jemima, Young Carer*

# Building generations through a stormbreak Champion programme



Stormbreak Champion is a peer-to-peer programme developing and supporting children and young people to become stormbreak coaches to enable and empower them to deliver stormbreak as champions in community, voluntary, health, education and social settings.

We hold the view that children's voices matter and so over the past 12 months to bring this to life further we have developed a learning programme resource for stormbreak primary schools to support and encourage children in their school to represent and advocate mental, physical and emotional wellbeing by becoming a stormbreak Champion.

Stormbreak Champion provides school staff with a resource based learning programme giving them the knowledge, tools and resources to help train older children (10-12) in their schools to be able to deliver stormbreak in their setting. In doing so, the school then has a peer to peer mental health advocacy network.

## Example Champion resource:

### Follow My Lead



**Resilience**  
Recognising that there are things that cannot be controlled. Developing an inner strength and courage.

**How to deliver the stormbreak:**

1. Introduce resilience using the definition above.
2. The stormbreak Champion arranges the children into pairs (as A and B).
3. Child A is lead by child B, who will have their eyes closed (or blindfolded).
4. Child A describes the surroundings out loud i.e. we are walking over leaves, turn around slowly etc.
5. Child A can hold child B's shoulder, hands, or whatever feels comfortable, or child B can walk behind child A holding their shoulders.
6. Once they have explored all three, Child B opens their eyes and guesses which objects they were touching.
7. Repeat this in two more areas with two different things in nature to explore - find something up high, at waist height and something near the floor.
8. Child A leads their partner to something safe and natural to touch e.g. a tree, grass etc and asks them to touch it and describe it, but not guess yet.



### Follow My Lead

**NATURE MOVES**

**Resources and space required:**

- ✓ Outside space with a natural environment where possible
- ✓ Blindfold (if required)

**Champion reminders**

- Communication is very important!
- Listen carefully!

**Talk together**

**Ask**  
"How did it feel not to be in control?"

**Ask**  
"How did it feel to be led/be the leader?"

**Tell them**  
"It's OK to take a chance"

**Tell them**  
"It's OK to not have control over everything and everyone"

**Remind them**  
"To relax and trust the person leading; if you are the leader, walk slowly and gently"

**Encourage them**  
"To move safely"

**Encourage them**  
"To communicate clearly"

**Tell them**  
"It's OK if you don't want to be touched on the shoulder, you can be led in a way that feels comfortable"

**Safety reminder**

- Ensure that the children move around the space in a safe way.
- Ensure that children are led only to objects that are safe to touch.




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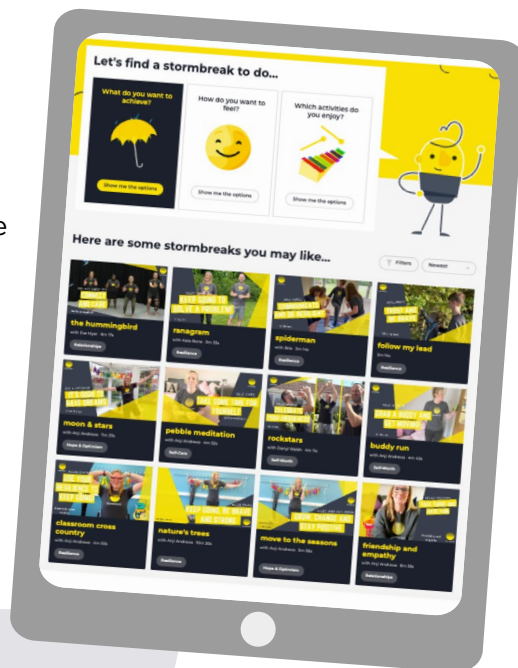
**stormbreak**

## 5. Improved content access and availability;

**By enhancing the accessible stormbreak digital resource library stormbreak Cloud and building the new stormbreak Plus**

During the last 12 months we have worked hard to extensively develop our library of stormbreak activities and resources to extend their range and relevance whilst also developing an increased focus on areas of priority needs for children that have emerged over the year. We have definitely seen how children need more help with early emerging anxiety, understanding worry, learning to be calm, how to play, how to be creative and inspired, how to develop focus and attention and how to understand sensory skills.

We now have a suite of available resources to be used by trusted adults and the children they support.



**Our library includes 177 videos;**

**5**

**child-friendly  
animations**

(1 per mental health  
concept)

**20**

**explainer  
videos**

(4 per mental health  
concept)

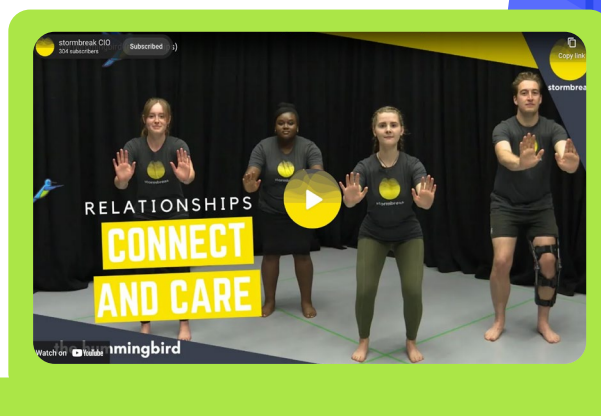
**152**

**stormbreak  
activity videos**

**Please see some example new stormbreaks**

### **Breath Moves**

Written in collaboration with a Master Instructor and Breathworks Coach, these activities are designed to help children to pay attention to their breath, to connect to their breathing rhythm and use the breath as a powerful tool to help calm the mind, lower heart rate and feel more in control.



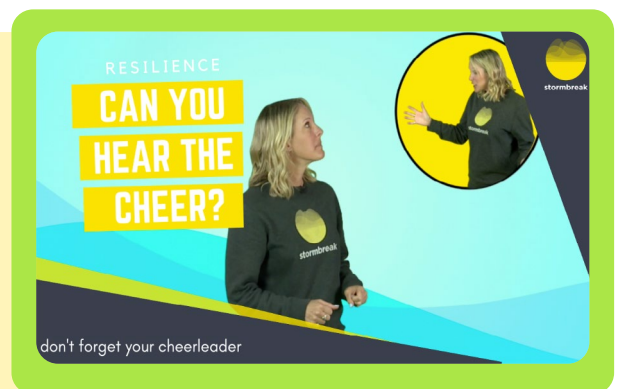
## Sensory Moves

Written with a specialist Occupational therapist and Advanced Sensory Integration Practitioner, these activities are designed to support children who are awaiting assessment for neurodevelopmental conditions, such as autism. Common difficulties associated with autism were identified and addressed through these specific movement activities. These movement activities may also support those with attachment difficulties or other sensory challenges, due to the commonality of difficulties experienced and the sensory integration approach.



## Focus Moves

These activities are designed to support children diagnosed with or awaiting assessment for ADHD, written with specialists in, and with lived experience of ADHD these activities acknowledge difficulties with focus and attention, distraction and organisation, talking openly about these challenges and using the activities to provide supporting mechanisms such as list-making and self-stimulating behaviour.



## Musical Moves

**A partnership with Tom Redmond (Director of Music and Joint Principal) and pupils of Chetham's School of Music, Manchester.**

In line with our strategic focus on developing content together with children and young people, in their places and on their terms, and a need be more inclusive through the use of music and sound we developed a set of stormbreak Musical Moves with children writing and performing the music that represented to them mental health concepts of resilience, self-care, relationships, self-worth and hope and optimism. Each child chose a mental health concept they were particularly drawn to, then composed an original score capturing the essence of what this concept meant to them. One child, Callum, created the 'Optimistic Waltz', using musical features such as 'scherzando' (being performed in a playful manner), saying the piece was 'joyful, playful and skippy'. Each child described how they use music to support their mental health. Six new pieces were created in total with Tom presenting movement activities alongside the live music, bringing movement and music together in a fun and meaningful way.

[View the stormbreak schuplattler here >](#)





## stormbreak Plus

A new membership model, stormbreak Plus has been developed to provide access to extended and premium mentally healthy movement resources. Stormbreak Plus is a digital membership service that will be available from September 2023 and provides access to additional premium content, on-going continuing professional development, Shine pathways and also new materials as they are released.

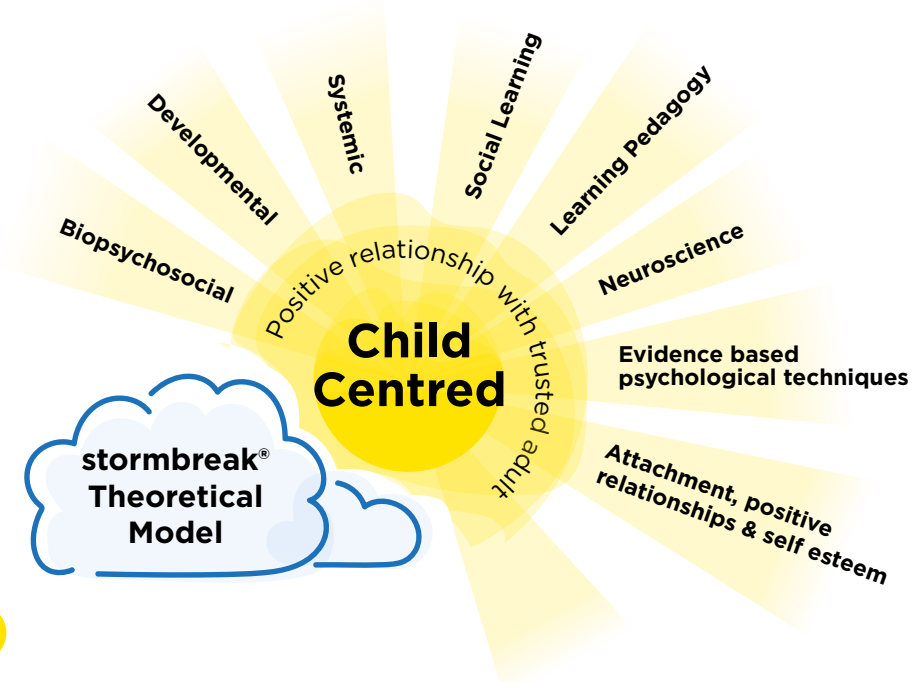
- Ensures stormbreak continues to be engaging and embedded into schools
- Exclusive access to stormbreak Shine, our early intervention pathway programme for supporting children with specific specific early emerging mental health challenges and struggles...and includes the ability to monitor engagement and progress on an individual and group basis
- Provides access to our schools peer to peer training programme, stormbreak Champion
- Offers access to new and premium stormbreak content, events and professional development opportunities



## 6. The stormbreak conceptual model; The psycho-social and educational theoretical underpinning of the approaches used by stormbreak

We developed the strength of the stormbreak approach by establishing a conceptual model supporting delivery.

### Our approach



[See our Theoretical Model here >](#)



Our approach removes barriers to participation and draws upon the simplicity of movement to support a child's mental health. Stormbreak adopts essential psychological approaches when supporting children, including biopsychosocial, systemic, developmental and multidisciplinary approaches.

## Evidence-Based Psychological Techniques

The importance of stormbreak's core emotional wellbeing concepts of Relationships, Self-Worth, Self-Care, Hope and Optimism and Resilience can be seen in the delivery of much evidence-based psychological therapies.

These therapies are concerned with increasing a child's emotional literacy to help identify, communicate, understand and manage emotions. We coach our children to notice (self-awareness), name their feelings, recognise the impact this can have on their physicality and learn how to manage unrest. In doing so we help to lay the foundations of a child's emotional development.

When the storm rages we help children to create light, calm and change through purposeful participation in movement to shape and support resilience and positive mental health.

### This is achieved by:

- using clinically proven techniques that support self-regulation
- drawing upon age-appropriate therapeutic metaphors that harness the evidence-based power of positive visual imagery that is used in many clinically proven treatment approaches
- building valuable tools of hope and optimism, often seen in reaching goals and helpful alternatives in talking therapies (e.g. Cognitive Behaviour Therapy and Compassion Focused Therapy)



## 7. Workforce growth in Initial Teacher Education; stormbreak Connect



An integral feature of stormbreak is prevention, education and awareness and with this in mind we are actively establishing new ways of working with new and different people, especially those identified trusted adults who can reach numbers of children across education, health and social care.

As a part of the development of stormbreak Connect we worked with four different Universities in London, the South, the North West and North East of England. We introduced 369 pre-service teachers to stormbreak and how to deliver and facilitate stormbreak in their placement primary school. This approach gives stormbreak an opportunity to enter into the mindset and teaching and learning skills of teachers early in their training. These trainee teachers then put stormbreak into action across a variety of different schools, with children of different backgrounds and needs.

"I didn't realise the amount of children with mental health issues. I am now able to recognise the impact movement can have."

"Stormbreak is a great way to help address children's mental health in a fun and creative way"

# 100%

of trainee teachers agreed or strongly agreed that:  
stormbreak will be useful for any professional working with children in an education or other setting.

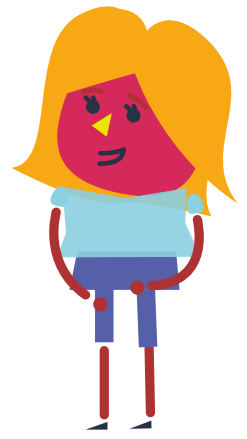
# 98.3%

agreed or strongly agreed that:  
the resources will be useful to them as a professional.

"Stormbreak has been a fantastic resource for the children to access when necessary. It has allowed them to focus on their own mental health and be aware of how to support themselves."

"I think stormbreak is a really positive approach and something I will use in my practice"

## 8. Developed some exciting new partnerships including with regional commissioners and other national partner charities



At stormbreak we recognise that we cannot do all things on our own and that the power of collective action and collaboration has the potential to reach more trusted adults and children on their terms, in their ways, when they need help. This is why we look to build meaningful relationships and partnerships that help everyone. With an increase in the numbers of young children requiring preventative support and help with early emerging mental health difficulties, coupled with an increase in stormbreak visibility and awareness and need for stormbreak services we have sought to establish networks and opportunities to promote stormbreak but also support partners work with us to co-design and deliver specific local, or issue focussed needs based programmes, resources and content. We have started to establish strong links with other charity partners including the ADHD Foundation (with whom we are co-creating a programme to support children's focus and attention), Coram Life, My Time Young Carers, Get Berkshire Active, Be Active Beds. We are also building new networks with regional NHS commissioners (ICB's) who have children and young people's mental health and emotional well-being high on their strategic needs and priorities. We continue to raise awareness for children's mental health and emotional well-being at local, regional and national conferences, including being invited to the South West NHS Children and Young people mental health transformation conference.

## 9. BBC Education mental health campaign BBC Moodboosters



A positive and successful partnership in 2022 was with BBC Education. Stormbreak created the BBC Moodboosters concept along with the BBC education team and scripted each Moodbooster activity. We also supported the production and preparation of talent to film the Moodboosters and prepared the online teacher resources.

40 videos and the teacher guide are now live on the [BBC Teach website](#). BBC Teach launched their Family Moodbooster programme for the week commencing 6th February to coincide with Children's Mental Health Awareness week.

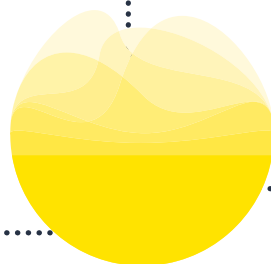
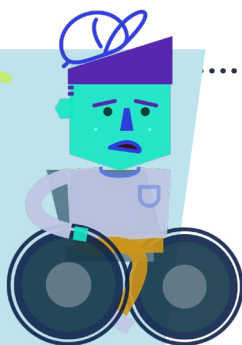


# Our Vision

In the last 4 years stormbreak has grown but so has the need for the work that we do. To respond to this we have grown our operational team and increased our programme outputs. We now have 7 salaried members of staff supported by regular contractors and volunteers.

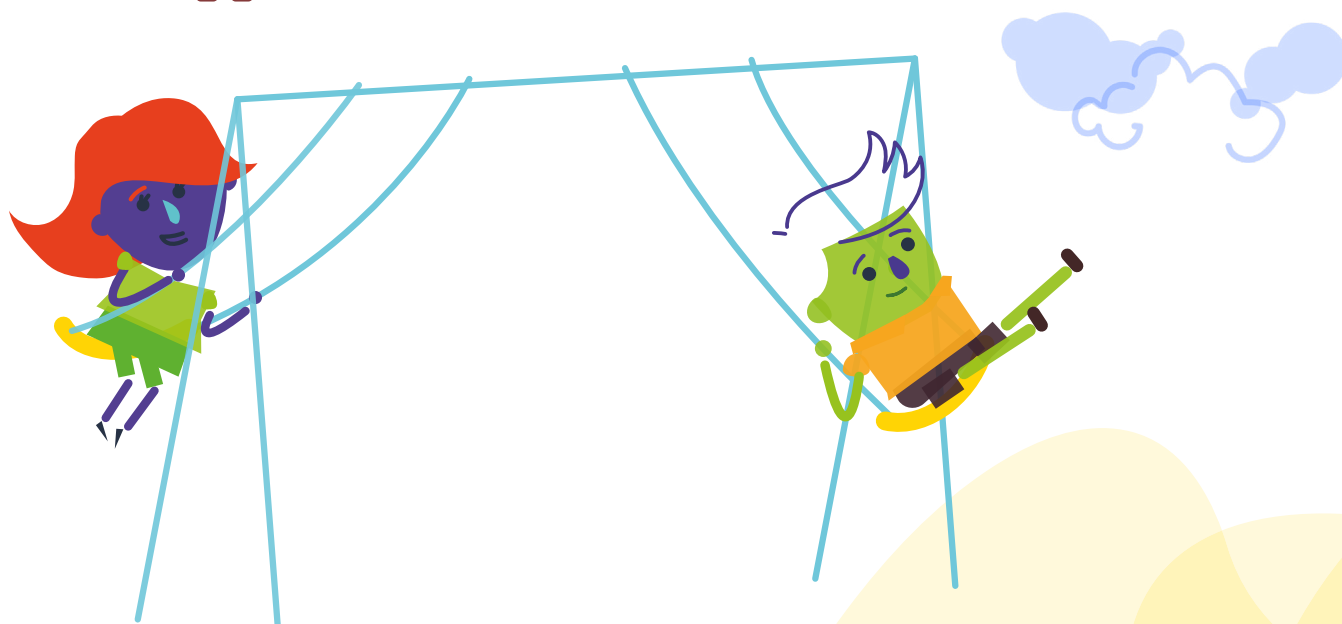
**Happier, healthier children through mentally healthy movement.**

We know that children's mental health, particularly in disadvantaged and underserved communities, is in need of help.



We understand the issues that children and young people face.

We understand that movement and collaboration can make meaningful change and a positive contribution to the mental and physical well-being of children now and in the future.

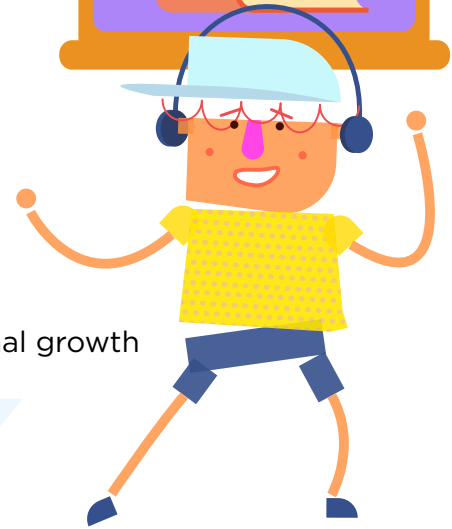




## 1. Scale: through innovation and integration - with a focus on prevention and early intervention

How we will do this...


- we will grow our digital and delivered preventative and early intervention programmes
- we will work as part of an integrated system with partners in education, health and social care
- we will continue to innovate to meet the existing and emerging mental and physical wellbeing needs of children
- we will collect and analyse data, measure and report outcomes, provide insight and demonstrate impact
- we will continue to focus on stable and sustainable organisational growth



## Our Priorities

### 2. Target: health inequalities and inclusivity - develop and extend our programmes with, by, and for underserved communities

- We will focus on children, professionals and parents who are more in need of help when they need it
- We will reach more underserved communities and children who experience barriers and challenges to accessing support through mentally healthy movement
- We will prioritise children in care, children that care, those living in poverty and deprivation, children facing racial and other inequalities, children with special educational needs and disabilities, and children and families with emerging emotional, mental and physical health needs and those who are at increased risk of poor mental and physical wellbeing
- We will enhance and increase availability, representation, relevance, and reach
- We will listen to and amplify the voice of children and the importance of positive mental health and movement



### 3. Empower: support and enable change - through those who live with, work with, care for and support children

- We will enable and equip parents, carers, and practitioners working in education, health and social care, improving their knowledge, confidence and skills to support children's mental and physical wellbeing
- We will prioritise supporting trusted adults in marginalised, disadvantaged and underserved communities where there is greatest need
- We will collaborate, co-design, co-create, and co-deliver. We will learn from those who know
- We will ensure that children and young people have meaningful involvement
- We will work together in partnership being authentic, inclusive, transparent, and trustworthy



# Our Supporters

During the year 22/23 we received the following support for stormbreak:

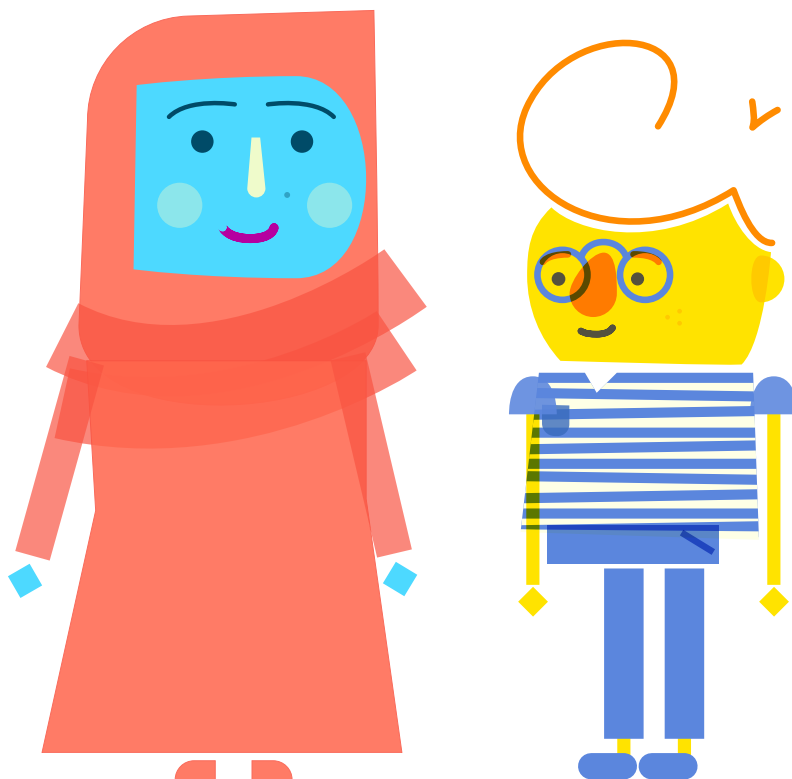
## Gift in kind

- Volunteer workforce - estimated time 158 days

## Financial

We would like to thank all those who have supported stormbreak throughout 22/23 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
- The Funding Network £13,000 for fundraising activities



# 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 2023.

## 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 the Association of Chartered Certified Accountants, 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.

Dean Pullen FCCA  
TC Group

10 Bridge Street, Christchurch Dorset BH23 1EF

Dean Pullen

Dated: December 21st 2023

# Statement of Financial Activities

Including income and expenditure account  
For the year ended 31 March 2023

Income from	Notes	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total 2023 £	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total 2022 £
Donations and legacies	3	179,115	231,658	410,773	48,130	292,000	340,130
Charitable activities	4	116,450	3,750	120,200	74,810	-	74,810
<b>Total Income</b>		<b>295,565</b>	<b>235,408</b>	<b>530,973</b>	<b>122,940</b>	<b>292,000</b>	<b>414,940</b>

Expenditure on	Notes	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total 2023 £	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total 2022 £
Raising funds	5	7,829	4,540	12,369	4,624	22,988	27,612
Charitable activities	6	188,813	285,701	474,514	68,907	133,642	202,549
<b>Total resources expended</b>		<b>196,642</b>	<b>290,241</b>	<b>486,883</b>	<b>73,531</b>	<b>156,630</b>	<b>230,161</b>

Gross transfers between funds		-	-	-	1,500	(1,500)	-
<b>Net income/(expenditure) for the year/ Net movement in funds</b>		<b>98,923</b>	<b>(54,833)</b>	<b>44,090</b>	<b>50,909</b>	<b>133,870</b>	<b>184,779</b>
Fund balances at 1 April 2022		77,401	135,370	212,771	26,492	1,500	27,992
<b>Fund balances at 31 March 2023</b>		<b>176,324</b>	<b>80,537</b>	<b>256,861</b>	<b>77,401</b>	<b>135,370</b>	<b>212,771</b>

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

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

# Balance Sheet

As at 31 March 2023


		2023		2022	
	Notes	£	£	£	£
<b>Fixed assets</b>					
Tangible assets	11		6,464		3,488
<b>Current assets</b>					
Debtors	12	5,754		210,796	
Cash at bank and in hand		337,256		214,736	
<b>Total</b>			<b>343,010</b>		<b>425,532</b>
Creditors: amounts falling due within one year	13	(92,613)		(216,249)	
Net current assets			250,397		209,283
<b>Total assets less current liabilities</b>			<b>256,861</b>		<b>212,771</b>
<b>Income funds</b>					
Restricted funds	15		80,537		135,370
Unrestricted funds			176,324		77,401
<b>Total</b>			<b>256,861</b>		<b>212,771</b>

The trustees acknowledge their responsibilities for ensuring that the charity keeps accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its incoming resources and application of resources, including its income and expenditure, for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the trustees on December 12th 2023.



Mr N Cluley  
Chair of Trustees

# Statement of Cash Flows

As at 31 March 2023

	Notes	2023		2022	
		£	£	£	£
<b>Cash flows from operating activities</b>					
Cash generated from operations	18		127,666		170,772
<b>Investing activities</b>					
Purchase of tangible fixed assets	12	(5,146)		(917)	
<b>Net cash used in investing activities</b>			(5,146)		(917)
<b>Net cash used in financing activities</b>			-		-
<b>Net increase in cash and cash equivalents</b>			122,520		169,855
<b>Cash and cash equivalents at beginning of year</b>			214,736		44,881
<b>Cash and cash equivalents at end of year</b>			337,256		214,736



# Notes to the financial statements

For the year ended 31 March 2023

## 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 in accordance with the charity's [governing document], the Companies Act 2006 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)" (as amended for accounting periods commencing from 1 January 2016). The charity is a Public Benefit Entity as defined by FRS 102.

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.

### 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 2023

## 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 2023

## 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 2023

## 3. Donations and legacies

	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total 2023 £	Total 2022 £
Donations and gifts	58,615	15,000	73,615	37,130
Grants received	117,000	216,658	333,658	297,000
Donated goods and services	3,500	-	3,500	6,000
<b>Total</b>	<b>179,115</b>	<b>231,658</b>	<b>410,773</b>	<b>340,130</b>
<b>For the year ended 31 March 2022</b>	<b>48,130</b>	<b>292,000</b>		<b>340,130</b>

## 4. Charitable activities

	Charitable income 2023 £	Charitable income 2022 £
Services provided under contract	120,200	74,810
<b>Analysis by fund</b>		
Unrestricted funds	116,450	74,810
Restricted funds	3,750	-
<b>Total</b>	<b>120,200</b>	<b>74,810</b>
<b>For the year ended 31 March 2022</b>		
Unrestricted funds	74,810	-

# Notes to the financial statements (continued)

For the year ended 31 March 2023

## 5. Raising funds

Fundraising and publicity	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total 2023 £	Total 2022 £
Staging fundraising events	4,450	625	5,075	12,875
Advertising and promotion	1,221	3,915	5,136	14,113
Other fundraising costs	2,158	-	2,158	624
<b>Fundraising and publicity total</b>	<b>7,829</b>	<b>4,540</b>	<b>12,369</b>	<b>27,612</b>
<b>For the year ended 31 March 2022</b>				
<b>Fundraising and publicity total</b>	<b>4,624</b>	<b>22,988</b>	<b>-</b>	<b>27,612</b>



# Notes to the financial statements (continued)

For the year ended 31 March 2023

## 6. Charitable activities

	Charitable expenditure 2023 £	Charitable expenditure 2022 £
Staff costs	203,172	116,512
Surge materials	16,841	7,512
Education & social care programmes	1,135	4,007
Other costs	23,157	2,826
Consultant facilitator	22,876	-
Freelance support	-	9,013
Digital development	161,861	33,145
Research & evaluation lead	12,114	11,000
Rent	2,500	-
<b>Total</b>	<b>443,656</b>	<b>184,015</b>

Share of support costs (see note 7)	14,082	11,519
Share of governance costs (see note 7)	16,776	7,015
<b>Total</b>	<b>474,514</b>	<b>202,549</b>

Analysis by fund		
Unrestricted funds	188,813	68,907
Restricted funds	285,701	133,642
<b>Total</b>	<b>474,514</b>	<b>202,549</b>

For the year ended 31 March 2022		
Unrestricted funds	68,907	
Restricted funds	133,642	
<b>Total</b>	<b>202,549</b>	

# Notes to the financial statements (continued)

For the year ended 31 March 2023

## 7. Support costs

	Support costs £	Governance costs £	2023 £	2022 £
Depreciation	2,170	-	2,170	1,314
Computer costs	1,437	-	1,437	2,059
Insurance	1,407	-	1,407	1,302
Subscriptions	422	-	422	40
Donated office space	3,500	-	3,500	6,000
Sundry	5,117	-	5,117	789
Bank fees	29	-	29	15
Independent examiners fees	-	3,500	3,500	2,500
Legal and professional	-	13,276	13,276	4,515
<b>Total</b>	<b>14,082</b>	<b>16,776</b>	<b>30,858</b>	<b>18,534</b>

## 8. Net movement in funds

Net movement in funds is stated after charging/(crediting)	2023 £	2022 £
Fees payable to the independent examiner for the independent examination of the financial statements	2,500	2,500
Fees payable to the independent examiner for other services	1,000	-
Depreciation of owned tangible fixed assets	2,170	1,314

## 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 2023

## 10. Employees

<b>Number of employees</b>	<b>2023 Number</b>	<b>2022 Number</b>
The average monthly number of employees during the year was:	6	4

<b>Employment costs</b>	<b>2023 £</b>	<b>2022 £</b>
Wages and salaries	185,583	108,000
Social security costs	13,837	6,434
Other pension costs	3,752	2,078
<b>Total</b>	<b>203,172</b>	<b>116,512</b>

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

<b>Cost</b>	<b>Computers £</b>
At 1 April 2022	6,097
Additions	5,146
At 31 March 2023	11,243

<b>Depreciation and impairment</b>	
At 1 April 2022	2,609
Depreciation charged in the year	2,170
At 31 March 2023	4,779

<b>Carrying amount</b>	
At 31 March 2023	6,464
At 31 March 2022	3,488

# Notes to the financial statements (continued)

For the year ended 31 March 2023

## 12. Debtors

<b>Debtors</b> <b>Amounts falling due within one year</b>	<b>2023</b> <b>£</b>	<b>2022</b> <b>£</b>
Trade debtors	5,469	209,250
Payments and accrued income	285	1,546
<b>Total</b>	<b>5,754</b>	<b>210,796</b>

In 2022 a balance of £195,000 was owed from a single provider.

## 13. Creditors

<b>Creditors</b> <b>Amounts falling due within one year</b>	<b>Notes</b>	<b>2023</b> <b>£</b>	<b>2022</b> <b>£</b>
Deferred income		83,000	195,000
Trade creditors		3,444	13,781
Other creditors		884	1,008
Accruals and deferred income		5,285	6,460
<b>Total</b>		<b>92,613</b>	<b>216,249</b>

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

## 14. 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 £3,752 (2022 - £2,078).

# Notes to the financial statements (continued)

For the year ended 31 March 2023

## 15. 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 £	Incoming resources £	Resources expended £	Balance at 31 March 2023 £
BBC Children in Need	-	250,000	(138,059)	-	111,941	200,000	(263,238)	48,703
BCP Together	1,500	-	-	(1,500)	-	3,185	(3,185)	-
Active Berkshire	-	-	-	-	-	3,750	(389)	3,361
Valentine	-	10,000	(9,375)	-	625	15,000	(625)	15,000
My Time Project	-	32,000	(9,196)	-	22,804	-	(22,804)	-
The Funding Network	-	-	-	-	-	13,473	-	13,473
	<b>1,500</b>	<b>292,000</b>	<b>(156,630)</b>	<b>(1,500)</b>	<b>135,370</b>	<b>235,408</b>	<b>(290,241)</b>	<b>80,537</b>

### BBC Children in Need

£200,000 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. The digital development was completed during this year requiring a spend of approximately £150,000 in line with our planned budget. The rest of this year's 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. The balance carried forward £48,703 is being used to support the maintenance of the digital platform and contribute towards core operational team costs.

### BCP Together

BCP provided a grant to support stormbeak Together, a programme for looked after children in Dorset. Further grants will be received in 2023-24 to support ongoing delivery of this project.

# Notes to the financial statements (continued)

For the year ended 31 March 2023

## Active Berkshire

Active Berkshire provided a grant to support stormbeak Together, a programme for looked after children in Berkshire. This project commenced but delivery is taking place in Autumn 2023 hence the fund has been carried forward.

## Valentine

Valentine had previously provided a grant towards fundraising costs and the final £625 was spent in this year. A further grant was awarded in February 2023 to support the operational running of the charity and this will be used throughout 2023/24 hence was carried forward.

## 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 co-produced the materials and undertook training to build their confidence and skills so they can deliver Stormbreaks for young carers, aged 5-11. The project commenced the previous year but was completed this year and the budget spent on developing the materials for the project, initial training sessions and a residential training course for the Young Carers, content and material development, video production, and digital integration, as well as £13,106 of the funds being paid to MYTIME for their part of this project.

## The Funding Network

Stormbreak was successful in bidding for funds from TFN to contribute towards a fundraiser role. Due to market forces it was decided to employ an experienced fundraising consultant on a part-time basis rather than recruit a substantive role. The fundraiser commenced work in June 2023.

## 16. Analysis of net assets between funds

Fund balances at 31 March 2023 are represented by:	Unrestricted 2023 £	Restricted 2023 £	Total 2023 £	Total 2022 £
Tangible assets	3,629	2,835	6,464	3,488
Current assets / (liabilities)	172,695	77,702	250,397	209,283
<b>Total</b>	<b>176,324</b>	<b>80,537</b>	<b>256,861</b>	<b>212,771</b>

## 17. Related party transactions

There were no disclosable related party transactions during the year (2022 - none).



# Notes to the financial statements (continued)

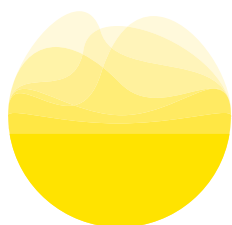
For the year ended 31 March 2023

## 18. Cash generated from operations

	2023 £	2022 £
Surplus for the year	44,090	184,779
<b>Adjustments for</b>		
Depreciation and impairment of tangible fixed assets	2,170	1,314
<b>Movements in working capital</b>		
Decrease/(increase) in debtors	205,042	(210,796)
Decrease/(increase) in creditors	(11,636)	475
(Decrease)/increase in deferred income	(112,000)	195,000
<b>Total</b>	<b>127,666</b>	<b>170,772</b>

## 19. Analysis of changes in net funds

The charity had no debt during the year.



# stormbreak

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#hellostormbreak



stormbreak.org.uk

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stormbreak CIO: Annual Report ended 31 March 2023

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