



# **stormbreak CIO Annual Report**

**1st April 2023 -  
31st March 2024**



**stormbreak®**

# Contents

Legal and administrative information .....	3
Trustees' Report (including Directors' Report) .....	4
Setting the Scene .....	8
Our programmes .....	12
The stormbreak conceptual model .....	14
Our Achievements .....	15
Stormbreak Surge .....	15
Stormbreak Surge Light .....	21
Stormbreak Plus .....	21
Stormbreak Shine .....	22
Stormbreak Together .....	28
Voices through the storm .....	32
Digital video library .....	36
Exciting new partnerships .....	37
Our Supporters .....	38
Independent Examiner's Report .....	39
Statement of Financial Activities .....	40
Balance Sheet .....	41
Statement of Cash Flows .....	42
Notes to the financial statements .....	43

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 2024.  
Stormbreak CIO, Evolve, Evolve, 3 Winchester Place, North St, Poole, Dorset, BH15 1NX

# Legal and Administrative Information

## Trustees:

Mr N Cluley (Chair)

Mr V Alexander

Mr P Sinton-Hewitt

Dr S Price

Dr K Healy

Mr A Morton

Mr K Walker

Mr D Mellor (resigned 28 February 2024)

**Charity Number:** 1182771

**Company Number:** CE017040

## Registered Office:

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

## Independent Examiner:

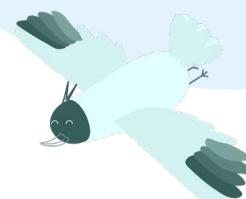
Dean Pullen  
TC Group,  
10 Bridge Street,  
Christchurch,  
Dorset,  
BH23 1EF

## 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 annual report and financial statements for the year ended 31 March 2024.

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 Charities Act 2011 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 2019).

## 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.

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

### Stormbreak's activities in relation to the objects include:

- Delivery of stormbreak mentally healthy movement programmes for children in education, health and social care
- Physical health education and learning programmes for trusted adults focussing on collaboration and co-design
- Development of new resources and materials to support children and the trusted adults that surround them to improve their mental and physical wellbeing
- Development of partnerships with existing and new local, regional and national partners and stakeholders to promote, shape and improve children's emotional, mental and physical health
- Research to gather evidence and insight into the impact of stormbreak programmes on professional practise and children's health and 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.

# Financial Review

During the prior year (22/23) stormbreak completed a substantial digital development project costing over £160,000, largely funded by a specific BBC Children in Need grant, enabling stormbreak to develop the Shine digital referral tool and monitor associated outcomes.

The 23/24 financial performance reflects a return to a greater focus on delivery and implementation with income and expenditure both falling following completion of the project.

Total income returned to a more normal level at £440,414 (22/23: £530,973 and 21/22: £414,940).

Grant income amounted to £310,455 (22/23: £333,658), whilst this was a £23,203 decrease, stormbreak reduced its reliance on BBC Children in Need (which decreased by £100,000), diversified its funder base and increased income from other grants (excluding BBC Children in Need) by 57% from £133,658 in 22/23 to £210,455 from 12 funders (22/23: 5 funders).

Contract income amounted to £69,937 (22/23: £120,200 and 21/22: £74,810), with the decrease largely attributable to the step-down in a one-off project which was completed during the year. Donation income amounted to £60,022, a slight decrease from £73,615 in 22/23.

Mirroring the budgeted decrease in income, expenditure also decreased in the year and amounted to £388,405 (22/23: £486,883 and 21/22: £230,161), reflecting the completion of the substantial investment in digital infrastructure (23/24: £18,473 and 22/23: £161,861). Excluding digital development, expenditure on charitable activities increased slightly, from £312,652 in 22/23 to £315,359 in 23/24.

Stormbreak invested in increasing fundraising capacity during the year, with expenditure on raising funds increasing from £12,369 in 22/23 to £54,572 in 23/24, reflecting a strategy to diversify income and reduce dependency on a BBC Children in Need grant (which decreased from 38% of income in 22/23 to 24% of income in 23/24).

Overall stormbreak recorded a surplus of £52,009 in 23/24, up from £44,090 in 22/23.

This has enabled stormbreak to increase total reserves to £308,870 (22/23: £256,861). Unrestricted reserves at 31 March 2024 were £226,451 (22/23: £176,324) and free reserves were £223,463 after excluding fixed assets (22/23: £169,860).

## 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 £112,500 - £225,000 based on the 23/24 budget). Whilst free reserves of £223,463 are close to the top of this range, this reflected the uncertainty associated with the end of the BBC Children in Need grant and requirement to diversify the funder base.

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

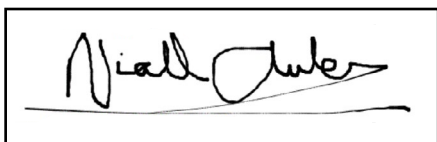
Stormbreak CIO is a Charitable Incorporated Organisation, registered with the UK Charity Commission with charity number 1182771 on 3 April 2019. Stormbreak is a Foundation CIO, meaning that its members are the same as its Trustees. Stormbreak's governing document is based on the Foundation model constitution 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 served during the year and up to the date of signature of the financial statements were:

Mr N Cluley (Chair)	Dr S Price	Mr K Walker
Mr V Alexander	Dr K Healy	Mr D Mellor (resigned 28 February 2024)
Mr P Sinton-Hewitt	Mr A Morton	

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.

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



Mr N Cluley  
Chair of Trustees  
Dated: 21st January 2025



## Core Operations Team

Martin Yelling - Chief Executive Officer

Anji Andrews - Coach and Community Manager

Kate Bone - Director of Coaching and Development

Beth Bradbury - Programme Support Officer

Dr Victoria Randall - Teaching and Learning Director

Victoria Stamp - Director of Emotional and Mental Wellbeing

Darryl Walsh - Director of School Operations

Judy Willits - Co-founder and Strategic Operations



## 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



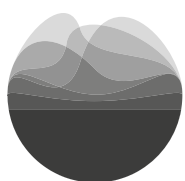
“At the end of 2023 stormbreak celebrated its 5th birthday as a charitable organisation. Throughout those five years much has both changed and challenged children’s mental health and well-being. The need for our work has risen and one in five children aged 5 - 16 are now likely to have mental health problems (NHS England, Nov 2023). This has increased by over 50% in the last three years and alarmingly, 42% of children say they now worry about their mental health (Action for Children report, Feb 2023). Also, half of all mental health issues are known to start before the age of 14 (The Children’s Society). At stormbreak, we firmly believe in the importance of intervening at a young age and focusing on early intervention before issues escalate and require clinical intervention or reach crisis points. In the period of this report we have both continued to deliver our preventative programmes in education, health and social care but have increasingly focussed our efforts on health and intersecting inequalities targeting those most in need of more of our help through developing our early intervention and focussed support for children starting to show early signs of struggles and challenges. Unfortunately, in our experience, these children and the adults that surround them, particularly those children that fall outside immediate thresholds for specialist support but without doubt need and deserve help, are still falling between the gaps in care. Stormbreak continues to be committed to delivering preventative and early intervention help to support children to find ways to flourish and to contribute towards healthier, happier, children now and in the future”.

Dr Martin Yelling, March 2024.

## Our milestones

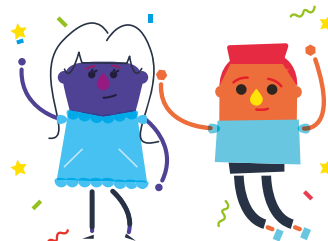
### All time stormbreak reach

As at April 2024



Total number of  
stormbreaks completed:

**952,156**



Total number of  
children supported:

**47,101**



#### 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.

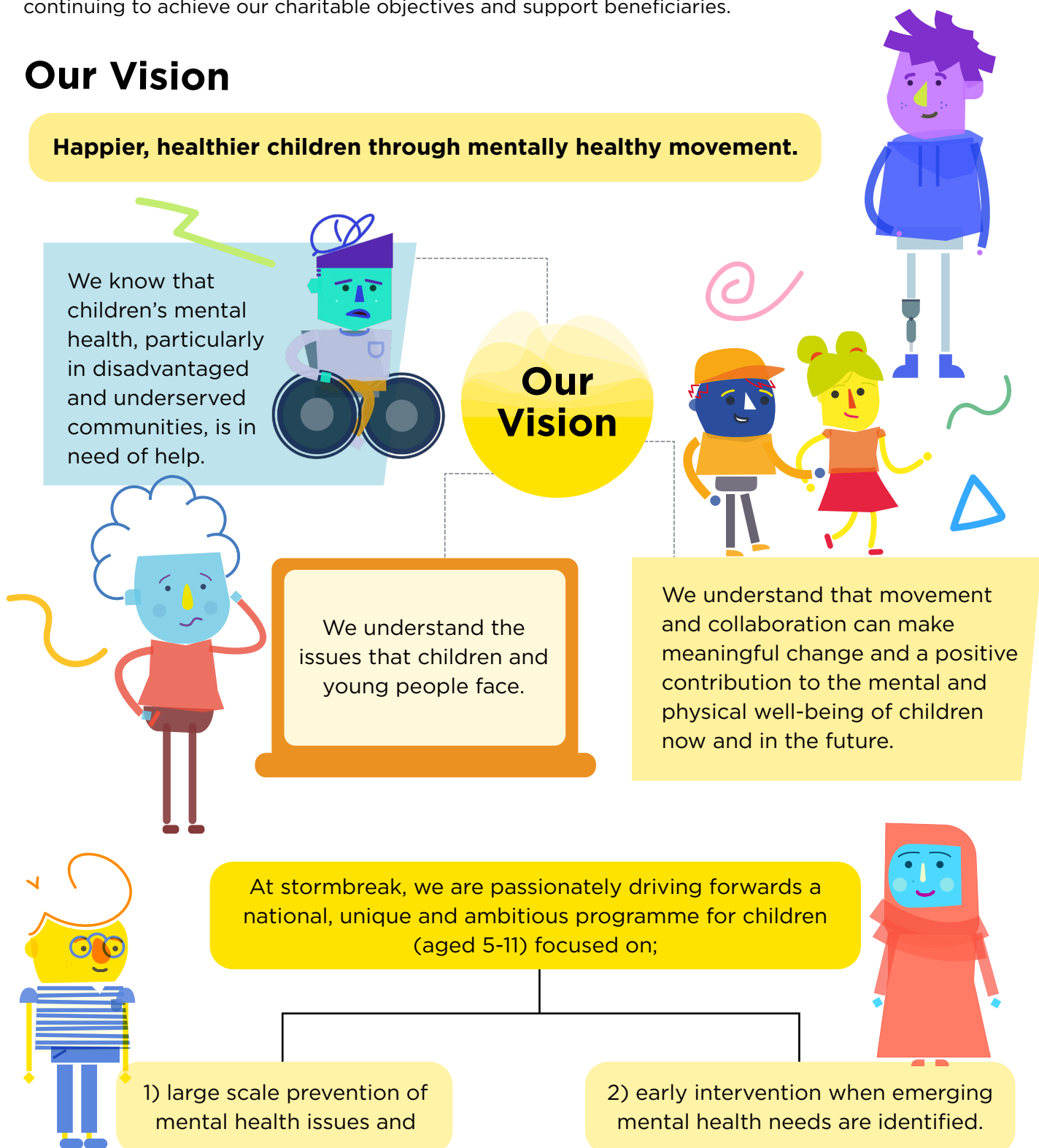
# Mentally healthy movement every day for every child - Building our future

## Our strategy 2024-2029

In the period of this report stormbreak developed a new strategy for continuing to achieve our charitable objectives and support beneficiaries.

## Our Vision

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



# Our Mission

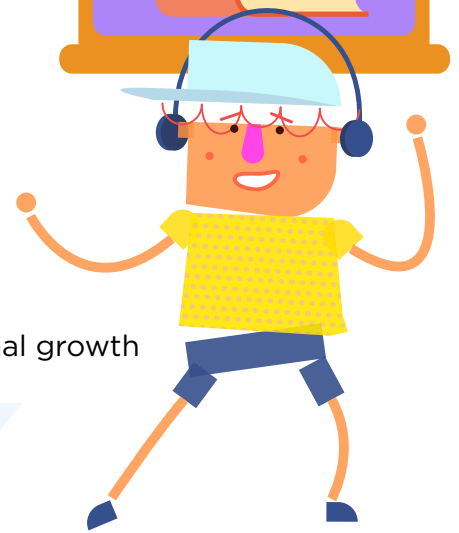
To create positive mental and physical wellbeing for all children, especially those who need us more and those who need us the most.



## 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

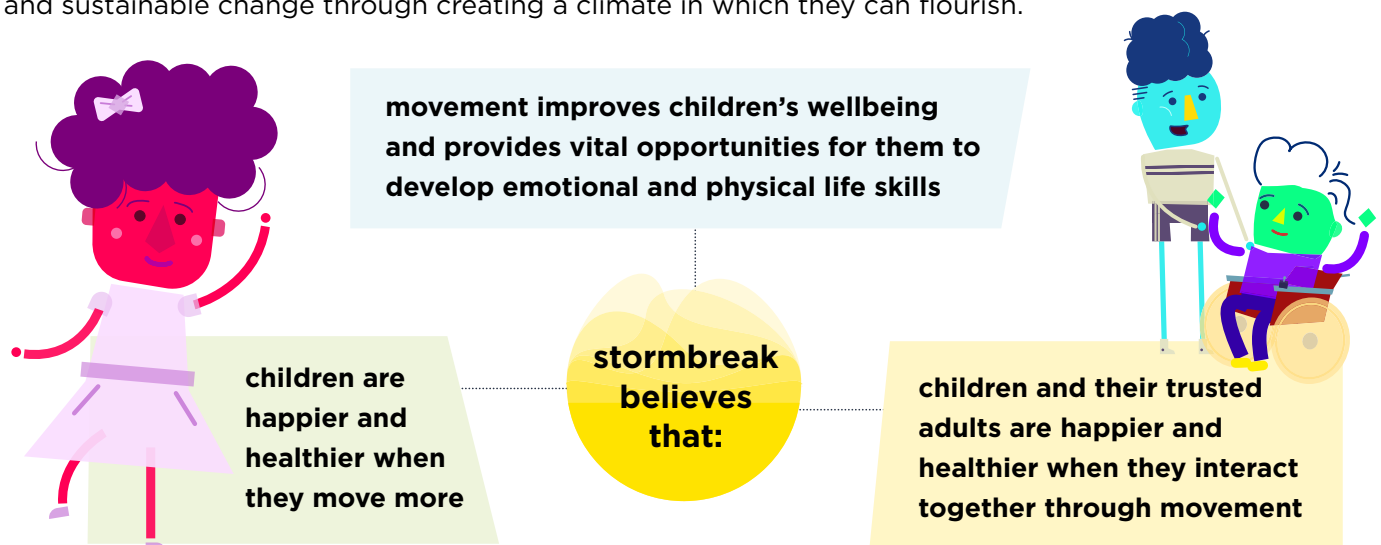
# Our Programmes

At stormbreak, we are passionately driving forward a national, unique and ambitious programme for primary aged children focused on:

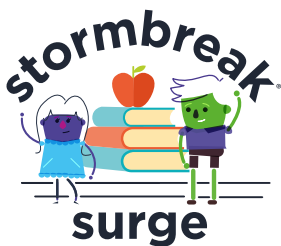
1. large scale prevention of mental health issues and;
2. early intervention when emerging mental health needs are identified.

## 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.



We offer three key programmes Surge, Shine and Together and all our of programmes incorporate **'stormbreaks.'** A stormbreak is a short, psychologically informed movement-based activity developed and delivered by our experts in education and children's mental health. They are simple, fun and easy to understand and deliver. They are also accessible and inclusive, to ensure every child can participate.



Our preventative mentally healthy movement programme for primary schools.



Our digital referral early intervention programme offering step by step guided support pathways for specific issues/ challenges when emotional wellbeing difficulties emerging.



Our programme to tackle disadvantage by working with children in care, foster and adoption families, children in poverty and other underserved niche groups of children.

## We deliver the following programmes for children aged 4-11 and their families:

Our programmes are underpinned by psycho-social and educational theory and fit within the NHS iThrive model of care. We work with trusted adults to support children to recognise, respond and regulate their emotions and we focus on five concepts of mental health: **resilience, relationships, self-care, self-worth** and **hope & optimism**.

### 1. Build Resilience

Resilience is created through connection and enabling children to understand difficulties, uncertainties and barriers they face and to then be able to 'bounce back' and to strengthen and grow despite adversity.



### 2. Connect in Relationships

Having fun, sharing time together and building a trusted sense of belonging is essential for wellbeing. Connection with children helps them to feel secure, loved and cared for and is important especially in difficult times.



### 3. Take notice of Self-care

Noticing how we're feeling and taking care of ourselves is important. Walk in nature, do mindful movement that helps breathe and relax or try activities that energise them and helps keep them mentally and physically well.



### 4. Celebrate Self-worth

Knowing we matter and valuing ourselves is important for our wellbeing. Encourage children to notice their personality strengths. Help them give themselves a compliment or affirmation each day.

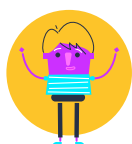


### 5. Share Hope & Optimism

It is tricky to keep a positive mindset all of the time but we can help children feel optimistic and hopeful by listening to and validating their ideas and interests, by encouraging them to have a go at something new.



Here are links to some stormbreak's:



**Self-care**

[Ninja Breathing >](#)



**Resilience**

[Glitter Jar >](#)



**Relationships**

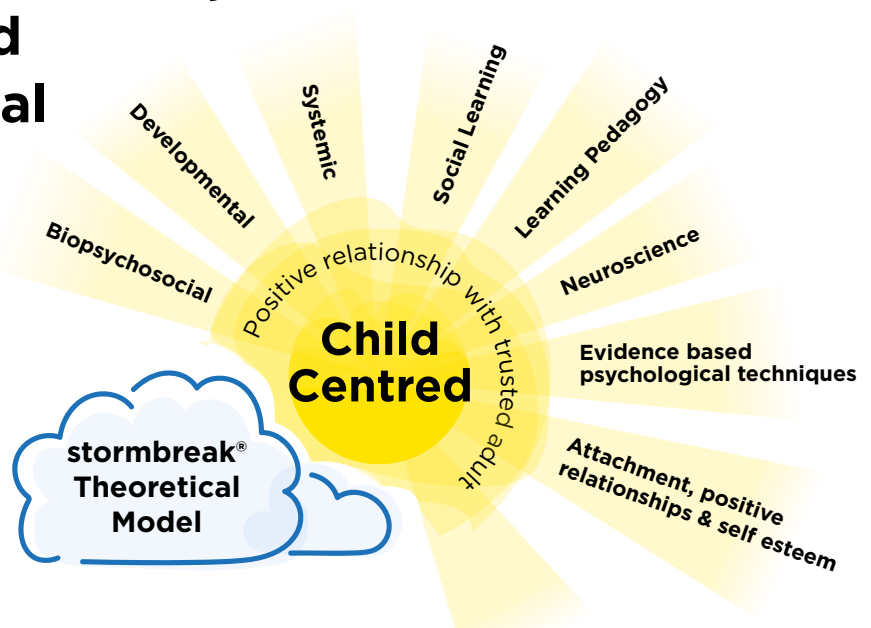
[Cheerleader >](#)



# The stormbreak conceptual model;

The psycho-social and educational theoretical underpinning of the approaches used by stormbreak

[See our Theoretical Model \*here\* >](#)



## Evidence-Based Psychological Techniques

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.

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)

# Our achievements during the year



## Stormbreak Surge

Surge is our primary school emotional wellbeing programme which empowers senior leaders, teachers and wider school staff to support childrens' mental and physical health. Surge aims to equip stormbreak advocates in schools with resources, activities and confidence to support children to recognise their emotions, respond to their feelings and regulate their emotions as they navigate the challenges of growing up.

### Our all time reach

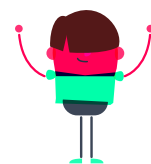
Surge reach in primary schools across England:



**230**  
Schools



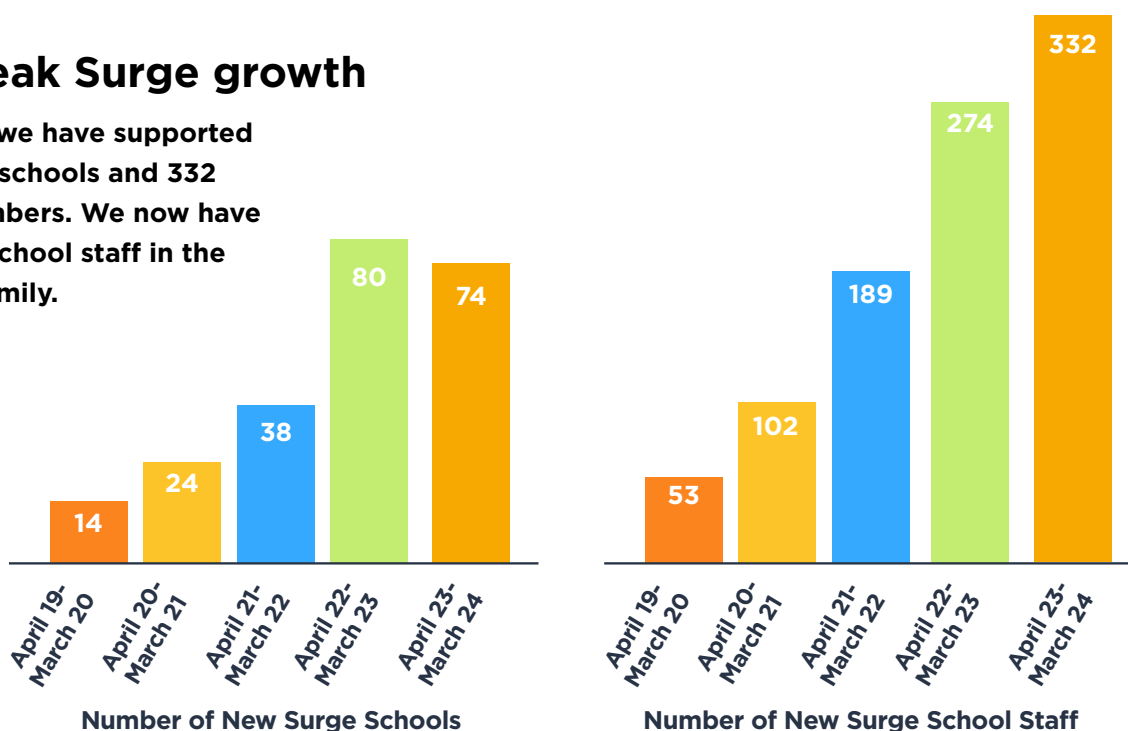
**950**  
School staff



**47,101**  
Children

### Stormbreak Surge growth

In this period we have supported 74 new Surge schools and 332 new staff members. We now have almost 1000 school staff in the stormbreak family.



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



**Hope & optimism**

**16%**  
**158,366**



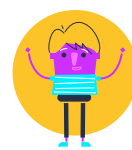
**Relationships**

**21%**  
**209,720**



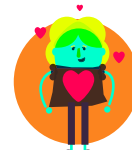
**Resilience**

**24%**  
**235,464**



**Self-care**

**19%**  
**194,270**



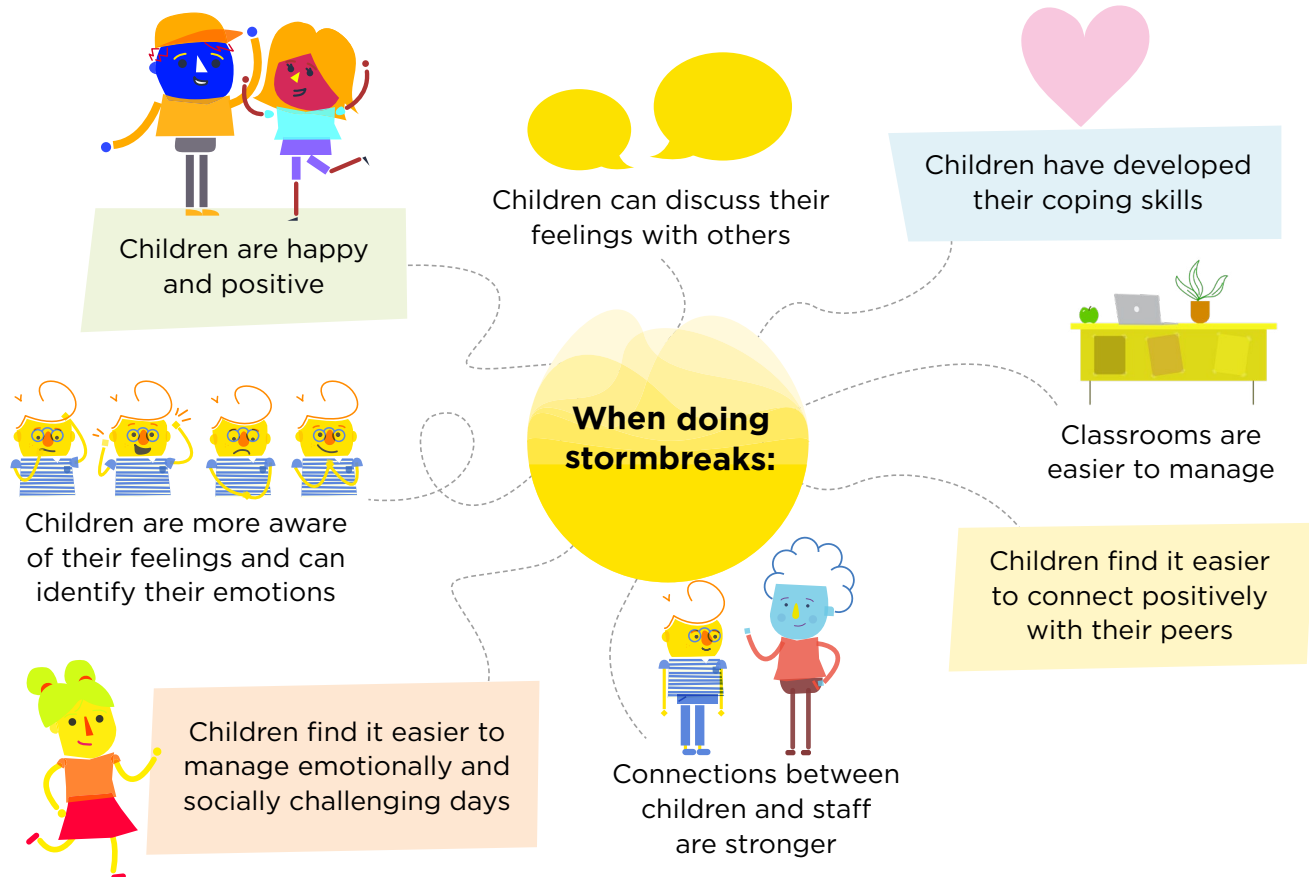
**Self-worth**

**20%**  
**201,813**

# The impact of stormbreak Surge in Primary Schools

## Summary Key Findings

An important part of our work in schools is to gather evidence about the impact from children's participation in the stormbreak activities. To understand this, we ask each school who takes part in stormbreak to provide their perspectives during their regular participation through frequent surveys.



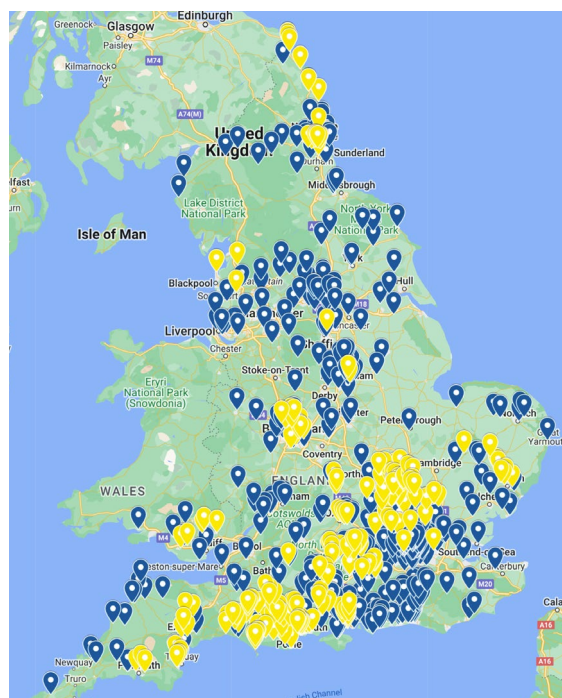
## Our stormbreak primary schools map



**School that has participated in our Surge programme**



**School registered with stormbreak to use our resources**



# stormbreak supports children's mental health and wellbeing



Between 2023 and 2024,

**92% of 20,030**  
children's responses

told us that taking part in stormbreaks made them **feel really happy**.

Alongside the voices from children themselves, teachers in primary schools across the UK have provided important evidence to demonstrate their perspectives that stormbreak can support children's wellbeing, that it fosters positive relationships amongst peers and can be a useful resource in facilitating effective pupil-teacher relationships, especially when a child has a challenging day:



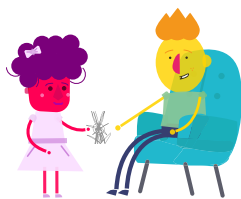
**94%**

of children said they were enthusiastic to do more stormbreaks.



**93%**

of children were more positive and happy about their day after taking part in stormbreak.



**90%**

of teachers said that stormbreak had supported the relational connection between children and teaching staff.



**92%**

of teachers said that stormbreak could be useful if children were having a challenging day.



**91%**

of children seemed more sociable and got along well with each other, after they had taken part in stormbreaks together.

## Teachers said:

*I teach 4-5 year olds and stormbreak allows them a space to discuss, further, how they are feeling whilst relating it to a skill or a feeling they are developing in themselves. This emotional development has been amazing to see and hear.*

*Children are accepting of how their peers feel and understand that it is OK for others to have different experiences and opinions to their own.*

*There has been a willingness for the more reluctant children to get involved in these whole class activities since engaging with stormbreak.*

*Children seem more able to talk about their emotions throughout the day to adults and friends.*

*Children can talk about their feelings more easily.*

*Children are now much more socially aware and accepting of each other.*

*The most significant impact we have seen is in the classroom where children are now more engaged in learning.*

## Teachers said:

*The key impacts that we have observed amongst the children have been the opportunity that stormbreak provides the pupils with to relax and express their feelings.*

*The greatest impact we have observed so far is seeing the children becoming more confident.*

*We have seen the children grow in their confidence and for them to develop a skill set of being willing to give new things a try.*

*A child said to me that stormbreak "helps me to be calm and focused on my work".*

*We have been positively impacted by increasing our movement across the whole school day.*

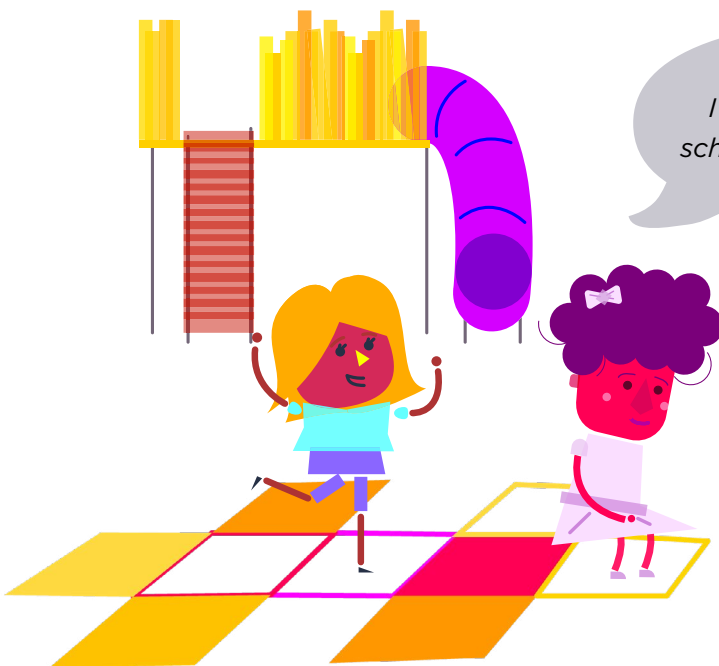
*Children most describe their enjoyment when they talk about doing stormbreaks.*

*We have observed an impact where children have become more resilient. They enjoy doing stormbreaks and they share the same language when they identify and discuss their emotions.*

*One child, who had previously been resistant to take part in any group activities found that he enjoyed doing stormbreaks. His words were "that was actually alright!". For this particular child, this was really high praise indeed!*

*One child said "That was fun! I was too tired to be bothered with school work, but now I'm ready to go!".*

*Children say "We love stormbreak!". And "When can we do another one?". One child said "I feel fizzy when I do them, when can we do a stormbreak again?!".*



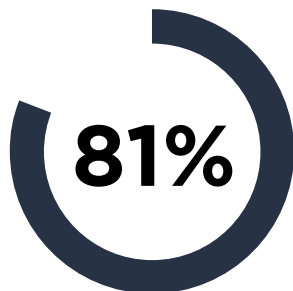
# stormbreak supports children's readiness for learning



One term after completing stormbreak Surge training education professionals told us that supporting children in their wellbeing to identify and talk about their emotions and to develop positive coping skills, whilst engaging more in their learning was easier since embedding stormbreak into schools:



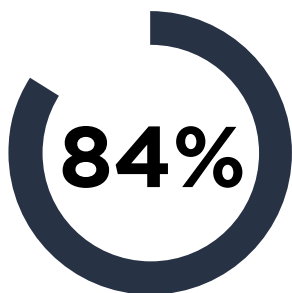
Conversations with students about feelings and their wellbeing was easier since starting stormbreak.



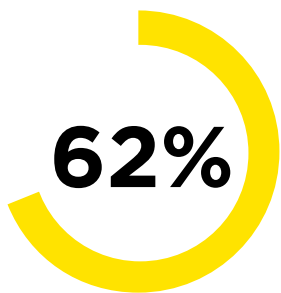
Children were more aware and could identify their own emotions after they had started stormbreak.



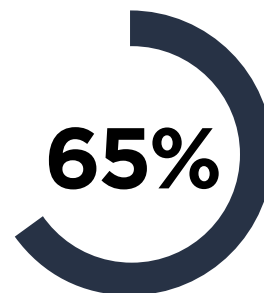
Teachers said that stormbreak could be useful if children were having a challenging day, socially or emotionally.



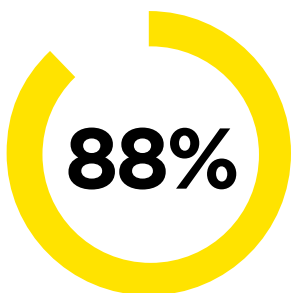
Children were more positive and happy about their day after taking part in stormbreak.



Classrooms were easier to manage when children took part in stormbreak regularly.



Children had developed emotional coping strategies since starting stormbreak.



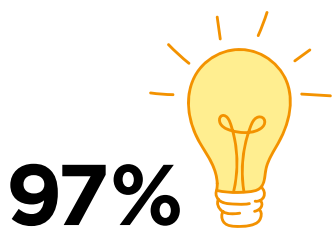
Embedding stormbreaks into schools had supported the connection between children and the professionals who were leading the stormbreak sessions.



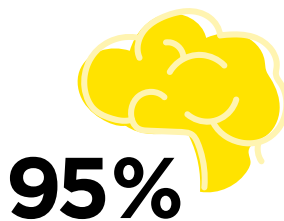
# stormbreak facilitates learning and development for education professionals



In Surge delivery sessions an independent researcher gathered further evidence and insight. Specifically, between 2023 and 2024, 125 schools provided evidence around their experiences of stormbreak's Surge training that promotes the principles of Public Health England's (2020) 'Whole School Approaches to Mental Health and Wellbeing' in schools. This includes promoting an ethos of respect and diversity, providing targeted support to children, monitoring the impact of interventions and programmes, supporting staff in their professional development, enabling student's voices and championing approaches through leadership. Schools said that:



Surge training sessions were accessible and understandable.



Stormbreak resources were useful to supporting children's mental health and wellbeing.



**95%**

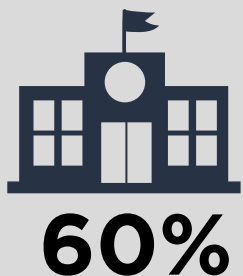
Surge training sessions were useful to help education professionals to embed stormbreak into day-to-day practice in schools.

**96%**

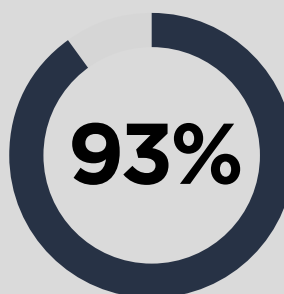
Teachers felt confident to effectively deliver stormbreak in schools.



Education professionals could also see the benefits of engaging with stormbreak, as a mental health movement approach, beyond the activities themselves. They told us that:



Across the whole school, stormbreak has helped with the reduction of stigma around mental health, through the shared use and mainstreaming of conversations about emotions and wellbeing.

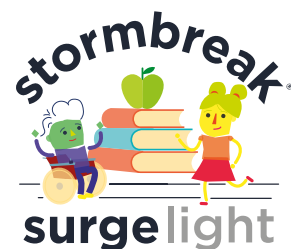


Stormbreak has been recommended to families by schools as a positive family activity, that is accessible and free of charge.

Training is important and useful for teacher's professional development and to support effective delivery of stormbreak. Training also adheres to Public Health England and the Department for Education recommendations for Whole Schools Approaches to mental health and wellbeing.

# Stormbreak Surge Light

During 2023 and early 2024 we completed the development and build of stormbreak Surge Light and are beginning to trial this resource.



Stormbreak Surge Light is a comprehensive self-led professional development programme aimed at supporting the emotional wellbeing of children of a primary school age. Surge Light aims to equip stormbreak advocates in schools with resources, activities and confidence to support children to recognise their emotions, respond to their feelings and regulate their emotions as they navigate the challenges of growing up.

Some schools have told us that they are eager to engage with stormbreak but are struggling with costs or the capacity to release staff. Surge Light has been developed to address barriers that exist in engagement with stormbreak allowing schools to take part in the training at their own pace, at times of their choosing, and at a lower cost.

# Stormbreak Plus

Stormbreak membership offers organisations enhanced materials, content and resources to support the children in their care. Additional materials include our Shine early intervention programme, new stormbreaks and access to stormbreak Champion, our peer to peer led coaching resource.



# Stormbreak 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 >**

*"They've started having these really open discussions with each other, which is amazing, to go from absolutely kicking and screaming, to the point where mum was physically getting hurt because of it, to, "Actually, I'm okay when my dad goes, I just need to talk about it." And the other night, mum said to me that she'd put her little girl to bed, and her little girl said, "Mummy, I'm really, really sad," and she said, you know, "Why are you sad?" and she said, "I just really miss Daddy." And, you know, she said, "Oh well, he's going to be back in this many days and this many nights," and she said, "Okay, that's fine," and then the next day they did some stuff on their Shine pathway, like the videos, and things. And they've got on so well with it, we've actually now released them from our care."*

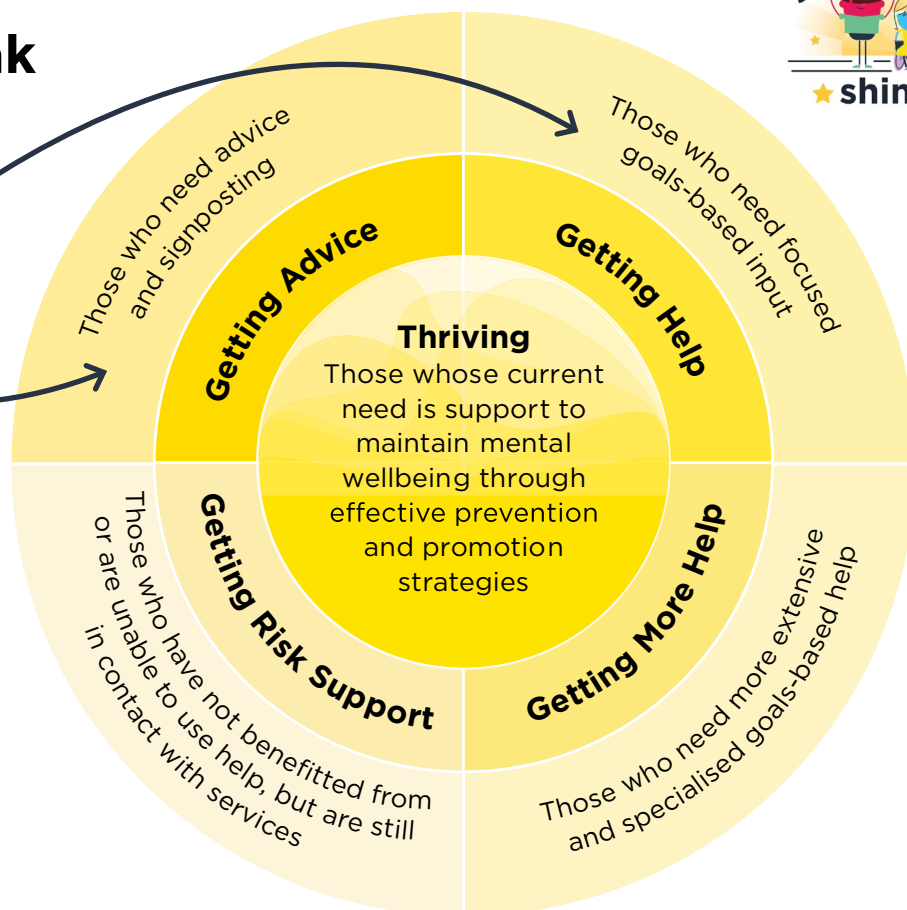
Family Liaison Coordinator's perspective, following the referrals of families to use Shine pathways.

## Who can benefit from stormbreak Shine?



# How stormbreak Shine works

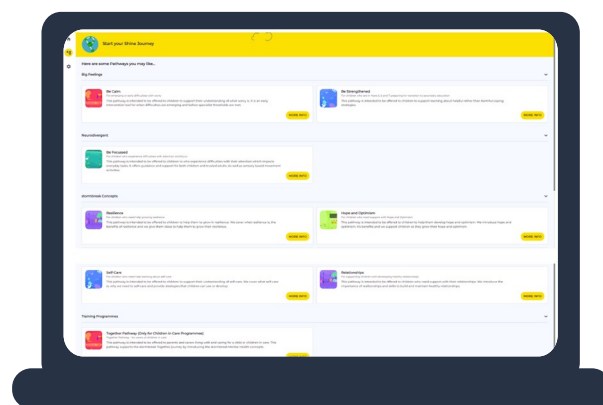
Stormbreak Shine sits within the NHS iThrive Framework for **getting help** and **getting advice**.



## Shine Pathway Development

The digital library for stormbreak Shine early intervention pathways now includes support pathways for children (and the trusted adults that surround them) for:

- **Be Calm;** Supporting early emerging anxiety
- **Be Connected;** Building positive relationships
- **Be Focussed;** Supporting attention needs
- **Be Strengthened;** Developing helpful coping skills
- **Be Enough;** Improving self-worth
- **Be Present;** Promoting self-care
- **Be Resilient;** Building better resilience
- **Be Hopeful;** Developing optimism



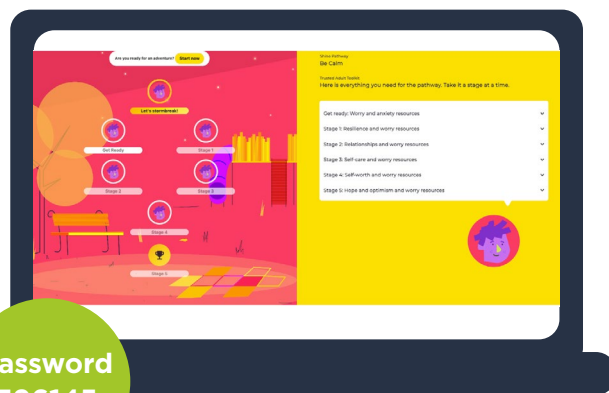
Example Pathway Assignment Menu

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](#) >**

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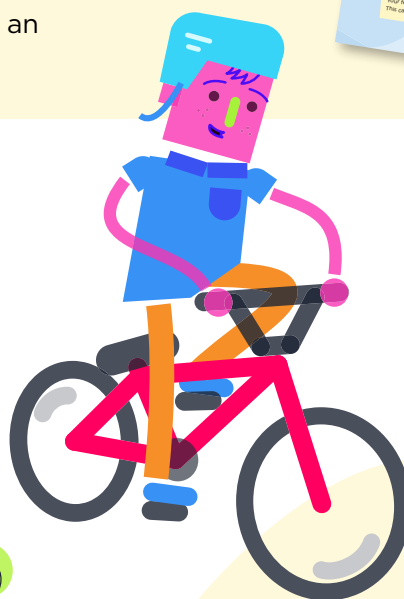
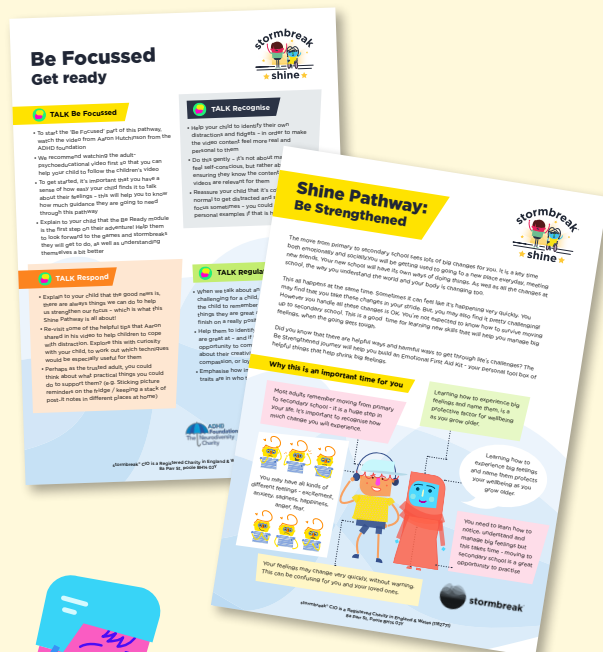
*Example Pathway*

We have further developed the stormbreak Shine resources. Specifically we added additional pathways for:

- Five mental health concepts of resilience, relationships, self care, hope and optimism and self worth pathways.
- Be Focused - in collaboration with the ADHD Foundation, to support children with difficulties similar to ADHD.

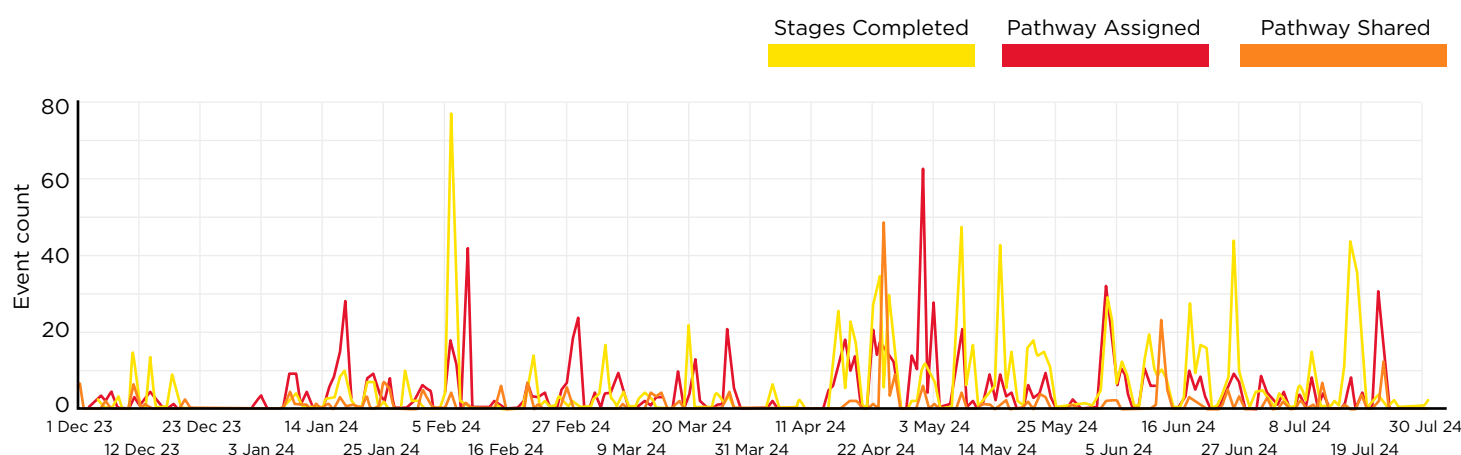
Be Strengthened pathway development:

- Commissioned by Public Health Merton specifically looking at transition from Primary to Secondary Education
- Pathway development informed by child voice.
- Implementation has been supported with a number of pilot programmes to explore how to embed Shine within an integrated system.



# Shine Pathway Analytics

As a part of the development of stormbreak Shine we have designed and built a digital analytics dashboard to track and monitor stormbreak Shine engagement. These analytics tell us the number of pathways assigned, shared, started and completed.



In this period we know there were **over 1000 pathways assigned, 479 different pathways were started**, the most common pathway assigned was 'Be Calm', for early emerging anxiety **over 1,100 stages were completed**.

## Embedding Shine in integrated systems

We continue to work with a number of projects that have sought to understand and find ways to embed Shine into integrated care systems. This included services within:

- **NHS** - including Primary Care Networks, Social Prescribers, Mental Health Support Teams (MHST), Child and Adolescent Mental Health Services (CAMHS), and Public Health Services.
- **Social Care services** - primarily through the stormbreak Together Programme Networks.
- **Education** - from schools to virtual schools, understanding which roles in schools should be targeted for Shine Support and Training

Comprehensive engagement with local CAMHS Transformation work has been undertaken. This enabled us to position Shine as a significant early intervention tool, leading us to being identified in an NHS Transformation Model Business Case. Shine was placed in the "Thriving" and "Getting Advice" quadrant of the i-Thrive model. We are continuing to work to build relationships, stakeholders and delivery partnerships to enable Shine implementation to take place.

# Stormbreak Shine Evaluation and Impact



## Bournemouth University

The stormbreak Shine team have worked closely with the Bournemouth University evaluation team to undertake a process and an outcomes evaluation. This has enabled stormbreak to understand for whom, how and why Shine has worked during its early implementation phase. Through interviews and the use of outcome measures with professionals and with families.



### The study found:

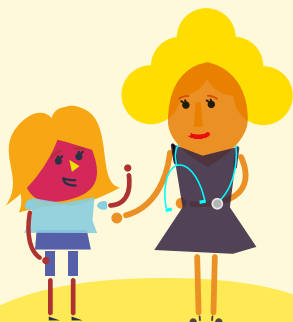
**1. A reduction in children's general anxiety and emotional problems.**

**2. An increase in children's wellbeing.**

**3. A positive impact on both trusted adults and children.**

## Improvements in children's wellbeing

The interview data provided rich stories about the tools and techniques children learned through engaging with the Shine platform which, in turn, helped them to speak about and manage their emotions and general anxiety more effectively. We also learned through the interviews that were conducted with trusted adults the different ways that children and families were adapting their language in terms of mainstreaming conversations about emotions and wellbeing and increasing their emotional literacy. Linked to this finding were the examples provided by trusted adults about the ways that different emotional coping strategies were being developed and practised by children. The use of the Shine pathways has slowly and steadily increased, with positive impact.



*"The only thing I can say is that I really wish this platform had been around when I was in my very early career of helping children and families, and certainly throughout my school nursing career. And I'm just so glad it's there now, it's absolutely brilliant, and just yes, keep up the good work."*

Social Prescriber

*"I've got one family. They've done it as a family. Parents have both come on board with it. It's really lovely and they've got three children and they're all doing it. And they're on their second pathway now and they've actually asked if there was anything else they could do in that format. So yeah, that's really good. This is a family that really doesn't know how to be with their children. They're having a stormbreak. It gives them a focus. It's something in the home giving them positive experiences that they've been built on and it's sort of helping all those relationships"*

Primary School Safeguarding and Pastoral Lead

*"I would say it's a brilliant tool for using with children and their trusted adult in helping to prevent mental health issues becoming huge for them in the future. You're kind of dealing with it at the very early stages, when it's just starting to emerge, before they need real, serious intervention."*

Social Prescriber

# Ongoing Shine Evaluation

To maintain momentum in building evidence and learning, stormbreak has continued to work with a university researcher. Following from the initial evaluation, 85 trusted adults provided consent to participate in the evaluation and to share survey and outcome measure data.

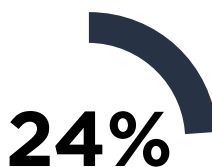
## Impact on children's wellbeing from taking part in stormbreak Shine.

Over the last year, where Shine pathways were completed and consent was provided to analyse and share findings anonymously, Stormbreak found that:



### of children experienced an improvement in their wellbeing.

The greatest improvements in children's wellbeing occurred when children's wellbeing was either low or where children's wellbeing was moderate. In other words, the greatest impact of stormbreak shine for this group of children occurred when children could benefit the most.



### of children experienced no changes at all in their wellbeing.

Interestingly, more than half of these children already experienced high or moderate wellbeing and were consistently stable in their wellbeing, so we would not expect to see a change when wellbeing was already positive.

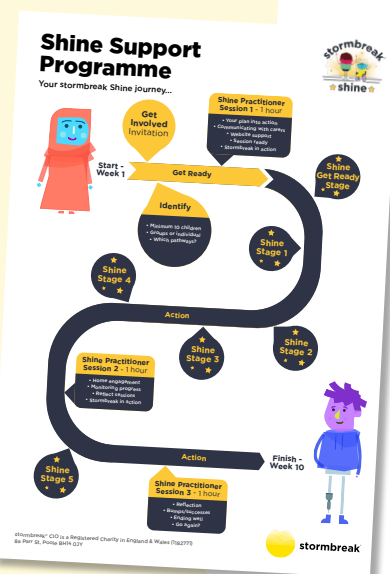


### of children experienced a deterioration in their wellbeing.

Over half of these children moved from high to low wellbeing and a third of these children already experienced low wellbeing and still deteriorated further. Trusted adults can utilise these findings to support children through identifying where further services or interventions may be necessary to meet these children's needs.

## Shine Support Programme Development

Insight and understanding as to how Shine is implemented in a variety of settings, has led to the further development of the Shine Support Programme. This has begun to be implemented in various networks and with partners supporting children's mental health including with schools and in primary care. In the support programme we include training events and online support sessions. The initial workshop introduces the concept of Shine and offers initial orientation to the web based application. The online support sessions focus on implementing a Shine pathway in practice. Providing an opportunity for practitioners to reflect on their learning and improve their delivery throughout the pathway. This development has demonstrated both increased uptake of stormbreak Shine but also increased traction, fidelity, engagement and completion.



# Stormbreak Together

At stormbreak we are committed to working with and for children and families who experience challenge, disadvantage and inequality. Much 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.

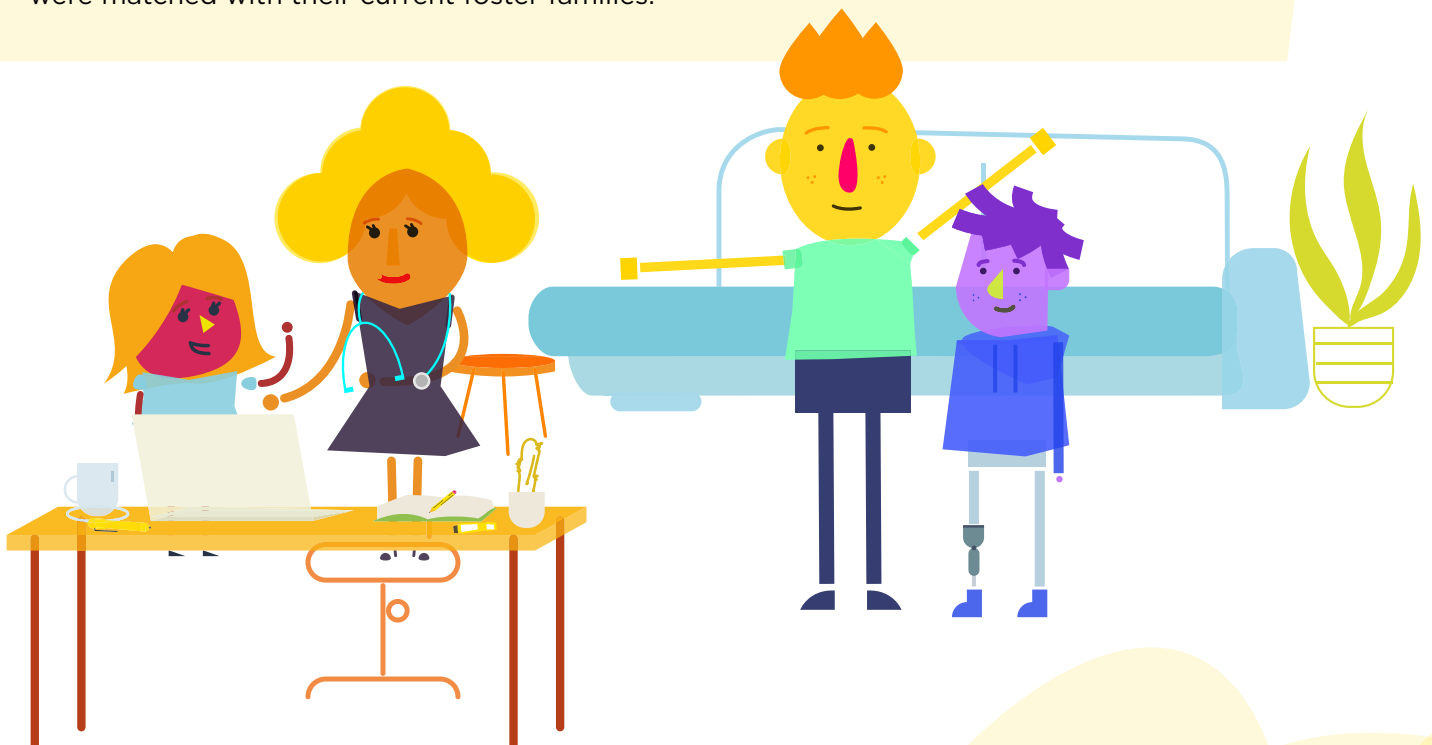


**Stormbreak Together** is our programme for families, parents/carers, trusted adults and organisations that provide support for children in the community. It aims to provide parents and carers with support and strategies to help them and their children, develop their confidence to use movement to support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

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.

## Working with foster carers in Bournemouth, Christchurch and Poole Council

We delivered two successful 12 week cohorts of the Together programme with foster families in Bournemouth, Christchurch and Poole (BCP), funded by the Council, running from March to May 2023 (7 families) and September to December 2023 (8 families). This included sessions that covered resilience, self-care, relationships, self-worth and hope and optimism. These concepts were covered in the context of adverse childhood experiences, attachment difficulties, neglect and other forms of abuse that were experienced by children before they were matched with their current foster families.



# stormbreak Together delivery model

- Working with supervising social workers to identify families needing support
- Taking a case-work specific approach, tailoring support to meet individual needs

## Identifying Foster Carers (3 groups of 10)

- 6 sessions with families
- 2 in-person mentor sessions
- 2 sessions with supervising social workers
- 2 in-person sessions including children and young people to introduce stormbreaks
- Development and provision of online resources, videos etc

## Face to face delivery over 12 weeks

- Online stormbreak Together journal engagement for families
- Stormbreak facilitated open dialogue around key mental health experiences, issues and problem solving
- Helping foster carers think and plan when to do stormbreaks to have the greatest impact

## Guided Journaling

- Placement stability
- Reports from carers about their developing relationship with their children
- Young people's views around the effectiveness of stormbreaks

## Evaluation

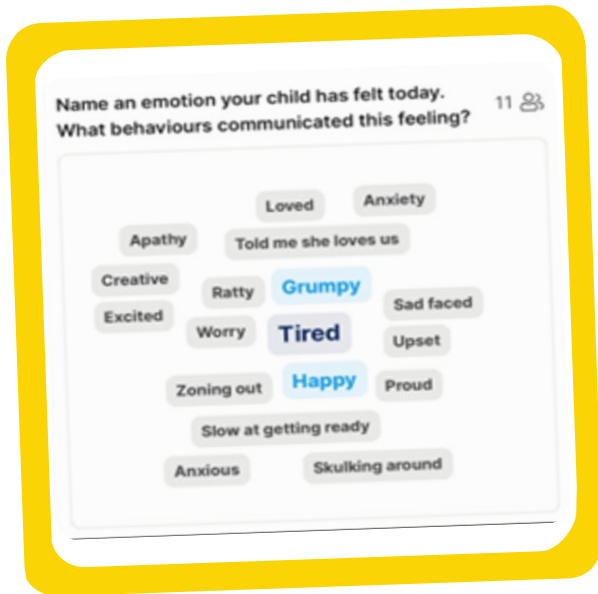
## Sustainable Digital Engagement

- Embedding the Shine Pathway for Foster Families

The programme offers a series of pathways that focus on each of the mental health concepts and parent carers are guided through them and guided reflection tasks through the stormbreak Together journal and then encouraged to try them with their children.

## The Evaluation of Together

The evaluation of Together initially took place by embedding opportunities to collect data into the delivery of the programme. Between 2023 and 2024, families authentically expressed the positive and sometimes emotional challenges their fostered offspring encountered.



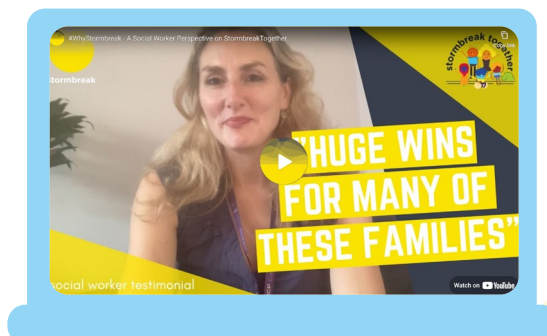
The Together team collected video testimonials of the experiences of families, which powerfully portray perspectives of the group. Positive feedback from both projects can be seen in two testimonial videos from foster carers, along with a testimonial video from the social worker assigned to the project from BCP.



## Testimonial from Cohort One >



## Testimonial from Cohort Two >



### Testimonial from social worker >

# Working with foster carers in Reading County Council (Brighter Futures for Children)

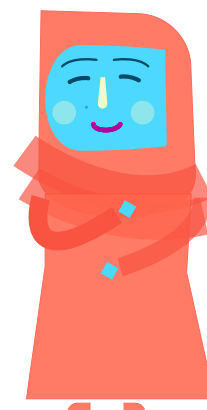
We delivered our first pilot programme in Berkshire funded by Get Active Berkshire (Active Partnership) running from September to December 2023 for 7 families.



**Testimonial from foster carers >**



**Testimonial from social worker >**



Feedback from all these projects in 2023-24 can also be seen here:

## Carers' feedback



*He used the glitter jar to tell me he was feeling sad.*

*He now hugs us and kisses us goodnight.*

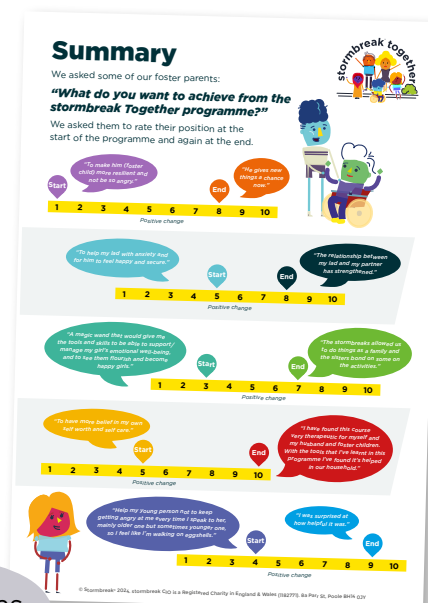
*'Rockstars' gave him the confidence to make friends.*

*He will now remove his hood in public.*

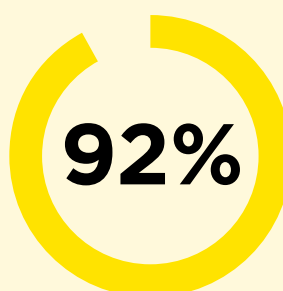
*She uses 'calming circles' when she feels stressed.*

*She tells her brother to 'just breathe' when he gets angry.*

*He used the breathing activities to stay calm in an exam.*



Positive experiences were reported from the perspectives of parents, carers and their children. We asked whether stormbreak Together has supported / contributed to families achieving their 'dream' to become an emotionally happy and healthy family.



**of families suggested positive progress had been made.**

# Our co-creation work - partnering with young people to create stormbreak content

The stormbreak Together programme was written and developed alongside social work professionals and foster carers, but was largely missing the important voice of those children in the care system. We completed a co-creation project with six young children all of whom had lived experience of the care system. This project, named by the children as 'Voices Through the Storm' enabled us to create over 25 new stormbreak videos designed to be watched by younger children with care experience. A summary of this project and its outcomes can be seen here:



## voices through the storm



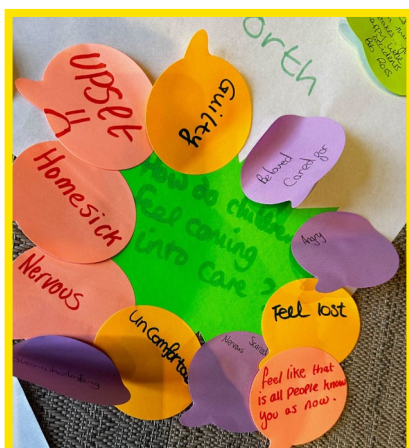
Alice Ellen  
Cooper Dean  
Charitable  
Foundation



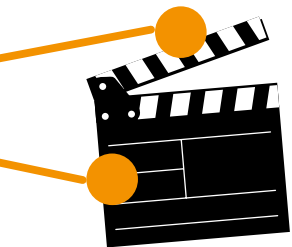
Stormbreak worked with six amazing young people with experience of the care system, to teach us about growing up in foster care, and to help us develop and build our stormbreak Together programme. Over a series of days and workshops together we learnt about the mental health concepts of resilience, self-care, relationships, self-worth and hope and optimism from their perspective, gathering their thoughts, experiences and language in fun and creative ways.

*"I like to think of the whole process of care.... and the emotions that we go through as a storm and the voices through the storm are the people who are there to help you, not only to the end of the storm but through it as well and it's, they're there to support you no matter what."*

Project participant, aged 17 yrs



[Click to watch a video about the project >](#)

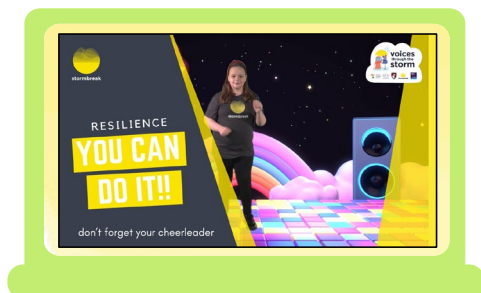


## Then it was time for lights, camera, action!

In collaboration with the young people we redesigned existing stormbreak activities and re-wrote them, crafting new scripts that contained their words, their barriers, their triumphs and their perspectives. They redesigned the activities with their own creative twists, choosing backdrops, special effects, sounds and music. Finally, they each starred in their chosen stormbreak videos, supporting each other by directing, co-starring and encouraging, culminating in the co-creation of 25 new stormbreak videos scripted, filmed and featuring children in care. Along with the stormbreak activities, we also captured a piece to camera from one unaccompanied asylum seeking young person describing how her foster home had become her 'safe haven', and one stormbreak video filmed in mandarin.



Click the screens below to watch example stormbreak videos focusing on each of our mental health concepts:

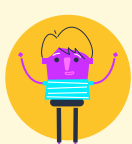


## Videos created:



### Resilience

- Life in Balance
- Tranquil Taps
- Cross Country Challenge
- Army Anagram
- Don't Forget Your Cheerleader



### Self-care

- Life in Balance
- Pebble Meditation
- Snails Pace
- Mindful Scavenger Hunt
- Self-care Safari



### Relationships

- Conversation in Rhythm
- Conversation in Movement
- Feeling Photo
- Mood Shift



### Hope & optimism

- Mood Shift
- Roll With It
- Animotions
- Cheetah's Cranium



### Self-worth

- Calming Circles
- Cloud Faces
- Cloud Faces (Mandarin)
- Big Bad Wolf
- Thinking In Shapes
- Moon & Stars

We celebrated the achievements of these young people at the home of AFC Bournemouth, the Vitality Stadium. Over 50 guests attended from education, health and social care sectors, as well as friends and family of the filmstars, who walked along the red carpet and faced the paparazzi and received their AQA Unit Based Award qualification certificates.



Foster family arriving on the red carpet



Participant receives award from Director of Children's Services, BCP Council



A few words from the BCP Participation & Engagement Team



The stormbreak team on the red carpet

In February 2024 stormbreak attended the "Bournemouth, Christchurch and Poole Stars" celebration event to promote the videos, showcasing the project in front of other care experienced children, their carers and social work team. The project has since been nominated and won third prize for the National Voice Awards 2024 in The Digital Award category through Coram Voice.



# Positive outcomes for children in care

From working with this fantastic small group of young people with experience of the care system, it was clear to us from their feedback and their participation that they derived many benefits from their involvement in this project. These included:-

- Increased confidence
- Development of new skills, including:-
  - media skills
  - film production techniques
  - articulating their ideas clearly
  - reflection skills
  - speaking on camera and in front of others
  - working in partnership with peers and many adults previously unknown to them



*I learnt how to 'be' in front of a camera and not go blank. I learnt that I could do it and follow a script.*

*We started filming and I haven't been on camera before so this was really interesting learning about how the cameras work and which person did which job.*

*Didn't think I'd be able to do it. I was nervous as I didn't know anything about it, I had heard about green screens, but it was cool to actually see it. I learnt skills of writing scripts, learning them and then doing voiceovers and understanding that it didn't matter about making mistakes as the editors could cut and put the bits together.*

**It was clear that the young people felt justifiably very proud of all they had achieved and that all the positive feedback from others about their achievements boosted their self-esteem and confidence.**

*I learnt how to speak out about my feelings, as we learnt how to explain how we are feeling. Before doing stormbreak I couldn't do this but now I can.*

*I think the video will help other children in my position to feel that they are not the only ones who are in foster care. They would think "she understands me".*



*We got to choose exactly what WE wanted to film. When we go to other things like this the adults organising it always choose what we do, and we get no say. I like that you allowed us to choose literally everything, giving us that responsibility.*

*I think I learnt more social skills and how to understand people's mental health better. I can now identify if someone is feeling a certain way.*

*I learnt how to use a microphone, how to look into the camera and how to use the video prompt to read my lines. I also felt it made me feel more confident in talking to other people.*

*I think the video will help other children in my position to feel that they are not the only ones who are in foster care. They would think "she understands me".*

*I would say that stormbreak will teach them to be able to tell other people their feelings and to know that there are other children who have been through what they are going through.*

# Other activities undertaken this year

## New stormbreak Cloud content - expanding our digital video library

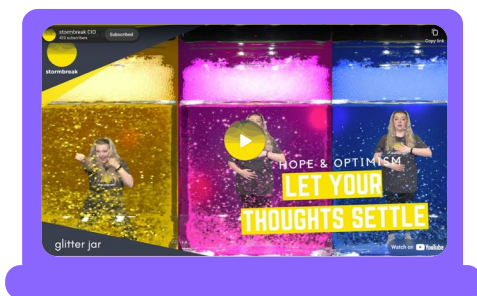
### Working with ARTS UNIVERSITY BOURNEMOUTH

Our existing video library features over 100 videos of our stormbreak activities, however we are always maintaining and updating this free resource.

For the second year in a row we worked alongside Arts University Bournemouth acting department to re-film six existing stormbreaks, but focusing on different mental health concepts. After a short workshop with interested students, we asked them to send in a self-tape and then chose four students to attend a filming day. Scripts were sent in advance and students were expected to prepare and engage in a professional manner, supported by AUB as part of their career development and work experience.



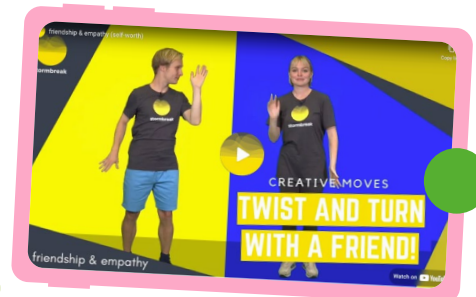
These new stormbreak videos can be viewed here:



[Glitter Jar >](#)



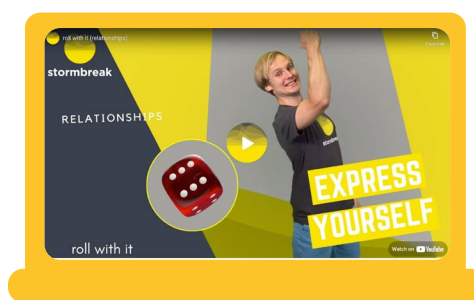
[Make Friends with a Creature >](#)



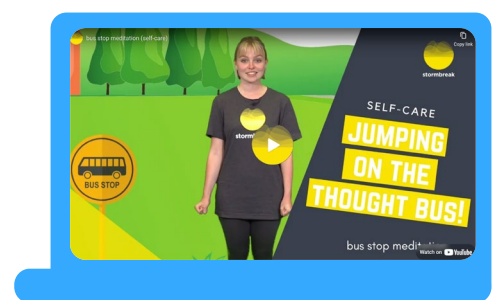
[Friendship and Empathy >](#)



[Nature Trees >](#)



[Roll With It >](#)



[Bus Stop Meditation >](#)

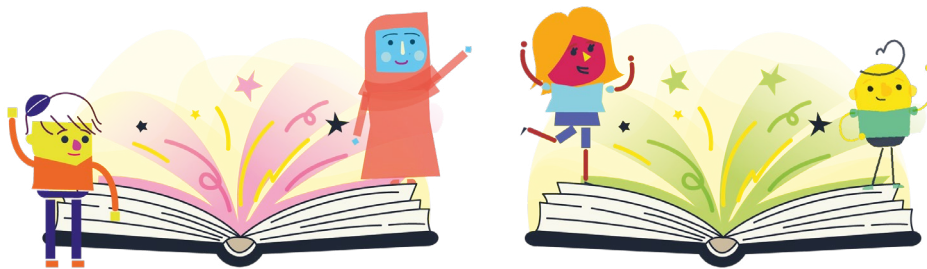
# Exciting new partnerships

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 and stakeholders to work with us to co-design and deliver specific local, or issue focussed needs based programmes, resources and content.



## Examples of created social free resources content in the previous 12 months

Campaigns linked to awareness days over this period included World Mental Health Day in October 2023, carrying the theme 'Mental health is a universal human right', and Children's Mental Health Week in February 2024 themed 'My Voice Matters'. Both of these campaigns linked well to what we do at stormbreak and allowed us to align our communications to these themes, especially relating to the stormbreak sunrise concepts.



There were also campaigns that sat around timing in the academic year such as World Book Day and Christmas stormbreaks in December 2023.



# Our Supporters

During the year 23/24 we received the following support for stormbreak:

## Gift in kind

- Volunteer workforce - estimated time 168 days

## Financial

We would like to thank all those who have supported stormbreak throughout 23/24 including:-

- Active Berkshire
- Be Active Beds
- BBC Children in Need
- Bournemouth Christchurch and Poole Council
- Durham University Revival Charity Fashion Show
- Gateshead County Council
- Maureen and Derek Morton Trust
- Merton Public Health
- MJB Charitable Trust
- The Newby Trust
- Peter Harrison Foundation
- Talbot Village Trust
- The Abingdon Marathon
- The Alice Ellen Cooper-Dean Charitable Foundation
- The Annandale Charitable Trust
- The Barnes Charity Ball
- The Funding Network
- The Oli Leigh Trust
- The Valentine Charity



# 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 2024.

## 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



Dated: 21st January 2025

# Statement of Financial Activities

Including income and expenditure account

For the year ended 31 March 2024

Income from	Notes	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total 2024 £	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total 2023 £
Donations and grants	3	169,922	200,555	370,477	179,115	231,658	410,773
Charitable activities	4	69,937	-	69,937	116,450	3,750	120,200
<b>Total Income</b>		<b>239,859</b>	<b>200,555</b>	<b>440,414</b>	<b>295,565</b>	<b>235,408</b>	<b>530,973</b>

Expenditure on	Notes	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total 2024 £	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total 2023 £
Raising funds	5	36,810	17,763	54,573	7,829	4,540	12,369
Charitable activities	6	152,922	180,910	333,832	188,813	285,701	474,514
<b>Total resources expended</b>		<b>189,732</b>	<b>198,673</b>	<b>388,405</b>	<b>196,642</b>	<b>290,241</b>	<b>486,883</b>

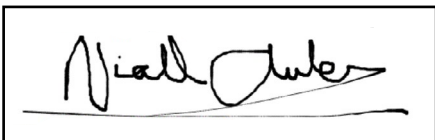
<b>Net income for the year/ Net movement in funds</b>		<b>50,127</b>	<b>1,882</b>	<b>52,009</b>	<b>98,923</b>	<b>(54,833)</b>	<b>44,090</b>
Fund balances at 1 April 2023		176,324	80,537	256,861	77,401	135,370	212,771
<b>Fund balances at 31 March 2024</b>		<b>226,451</b>	<b>82,419</b>	<b>308,870</b>	<b>176,324</b>	<b>80,537</b>	<b>256,861</b>

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 2024

		2024	2023
	Notes	£	£
<b>Fixed assets</b>			
Tangible assets	12	5,288	6,464
<b>Current assets</b>			
Debtors	13	29,734	5,754
Cash at bank and in hand		286,009	337,256
<b>Total</b>		<b>315,743</b>	<b>343,010</b>
<b>Creditors: amounts falling due within one year</b>	<b>14</b>	<b>(12,161)</b>	<b>(92,613)</b>
Net current assets		303,582	250,397
<b>Total assets less current liabilities</b>		<b>308,870</b>	<b>256,861</b>
<b>Income funds</b>			
Restricted funds	16	82,419	80,537
Unrestricted funds		226,451	176,324
<b>Total</b>		<b>308,870</b>	<b>256,861</b>



Mr N Cluley  
Chair of Trustees  
Dated: 21st January 2025

# Statement of Cash Flows

As at 31 March 2024

		2024	2023
	Notes	£	£
<b>Cash flows from operating activities</b>			
Cash (absorbed by)/generated from operations	20	(49,068)	127,666
<b>Investing activities</b>			
Purchase of tangible fixed assets		(2,179)	(5,146)
<b>Net cash used in investing activities</b>		<b>(2,179)</b>	<b>(5,146)</b>
Net cash used in financing activities		-	-
<b>Net (decrease)/increase in cash and cash equivalents</b>		<b>(51,247)</b>	<b>122,520</b>
Cash and cash equivalents at beginning of year		337,256	214,736
<b>Cash and cash equivalents at end of year</b>		<b>286,009</b>	<b>337,256</b>

# Notes to the financial statements

For the year ended 31 March 2024

## 1. Accounting policies

### Charity information

Stormbreak CIO is a Charitable Incorporated Organisation, registered with the UK Charity Commission with charity number 1182771. The registered office is Evolve, 8a Parr Street, Ashley Cross, Poole, Dorset, BH14 OJY.

### 1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2011 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 charity 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 2024

## 1.4 Income

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 Expenditure

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 charity.

## 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 the statement of financial activities.

## 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 2024

## 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 2024

## 3. Income from donations and grants

	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total 2024 £	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total 2023 £
Donations and gifts	60,022	-	60,022	58,615	15,000	73,615
Grants received	109,900	200,555	310,455	117,000	216,658	333,658
Donated goods and services	-	-	-	3,500	-	3,500
<b>Total</b>	<b>169,922</b>	<b>200,555</b>	<b>370,477</b>	<b>179,115</b>	<b>231,658</b>	<b>410,773</b>

## 4. Income from charitable activities

	Services provided under contract 2024 £	Services provided under contract 2023 £
Services provided under contract	69,937	120,200
<b>Analysis by fund</b>		
Unrestricted funds	69,937	116,450
Restricted funds	-	3,750
<b>Total</b>	<b>69,937</b>	<b>120,200</b>

# Notes to the financial statements (continued)

For the year ended 31 March 2024

## 5. Raising funds

	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total 2024 £	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total 2023 £
Fundraising consultancy	17,877	16,798	34,675	-	-	-
Staff costs	14,952	-	14,952	-	-	-
Support costs	2,943	-	2,943	-	-	-
Other fundraising costs	1,038	965	2,003	2,158	-	2,158
Advertising and promotion	-	-	-	1,221	3,915	5,136
Staging fundraising events	-	-	-	4,450	625	5,075
<b>Total</b>	<b>36,810</b>	<b>17,763</b>	<b>54,573</b>	<b>7,829</b>	<b>4,540</b>	<b>12,369</b>

# Notes to the financial statements (continued)

For the year ended 31 March 2024

## 6. Charitable activities

	Charitable expenditure 2024 £	Charitable expenditure 2023 £
Staff costs	203,496	203,172
Surge materials	5,814	16,841
Education & social care programmes	13,883	1,135
Other costs	13,433	23,157
Consultant facilitator	12,026	22,876
Digital development	18,473	161,861
Research & evaluation lead	28,830	12,114
Rent	5,572	2,500
<b>Total</b>	<b>301,527</b>	<b>443,656</b>
Share of support costs (see note 7)	16,677	14,082
Share of governance costs (see note 7)	15,628	16,776
<b>Total</b>	<b>333,832</b>	<b>474,514</b>
<b>Analysis by fund</b>		
Unrestricted funds	152,922	188,813
Restricted funds	180,910	285,701
<b>Total</b>	<b>333,832</b>	<b>474,514</b>

# Notes to the financial statements (continued)

For the year ended 31 March 2024

## 7. Support costs

	Support costs £	Governance costs £	2024 £	Support costs £	Governance costs £	2023 £
Depreciation	3,355	-	3,355	2,170	-	2,170
Computer costs	7,903	-	7,903	1,437	-	1,437
Insurance	1,499	-	1,499	1,407	-	1,407
Subscriptions	666	-	666	422	-	422
Donated office space	-	-	-	3,500	-	3,500
Travel and subsistence	5,883	-	5,883	-	-	-
Sundry	214	-	214	5,117	-	5,117
Bank fees	100	-	100	29	-	29
Independent examiners fees	-	3,500	3,500	3,500	-	3,500
Legal and professional	-	12,128	12,128	13,276	-	13,276
<b>Total</b>	<b>19,620</b>	<b>15,628</b>	<b>35,248</b>	<b>30,858</b>	<b>-</b>	<b>30,858</b>

## 8. Net movement in funds

Net movement in funds is stated after charging/(crediting)	2024 £	2023 £
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	1,000
Depreciation of owned tangible fixed assets	3,355	2,170

## 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 2024

## 10. Employees

<b>Number of employees</b>	<b>2024 Number</b>	<b>2023 Number</b>
The average monthly number of employees during the year was:	6	6

<b>Employment costs</b>	<b>2024 £</b>	<b>2023 £</b>
Wages and salaries	199,387	185,583
Social security costs	13,656	13,837
Other pension costs	5,405	3,752
<b>Total</b>	<b>218,448</b>	<b>203,172</b>

All wages relate to remuneration of key management personnel. The Senior Leadership Team received total employee benefits (including employers' NI and employers' pension) of £160,199 (2023: £110,134).

There were no employees whose annual remuneration was £60,000 or more (2023: none).

## 11. Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

# Notes to the financial statements (continued)

For the year ended 31 March 2024

## 12. Tangible fixed assets

Cost	Computers £
At 1 April 2023	11,243
Additions	2,179
At 31 March 2024	13,422

Depreciation and impairment	
At 1 April 2023	4,779
Depreciation charged in the year	3,355
At 31 March 2024	8,134

Carrying amount	
At 31 March 2024	5,288
At 31 March 2023	6,464

## 13. Debtors

Debtors Amounts falling due within one year	2024 £	2023 £
Trade debtors	29,284	5,469
Other debtors	102	-
Payments and accrued income	348	285
<b>Total</b>	<b>29,734</b>	<b>5,754</b>

# Notes to the financial statements (continued)

For the year ended 31 March 2024

## 14. Creditors: amounts falling due within one year

<b>Creditors</b> <b>Amounts falling due within one year</b>	<b>2024</b> <b>£</b>	<b>2023</b> <b>£</b>
Other taxation and social security	4,541	-
Deferred income	-	83,000
Trade creditors	3,350	3,444
Other creditors	-	884
Accruals	4,270	5,285
<b>Total</b>	<b>12,161</b>	<b>92,613</b>

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

## 15. Retirement benefit schemes

<b>Defined contribution schemes</b>	<b>2024</b> <b>£</b>	<b>2023</b> <b>£</b>
Charge to profit or loss in respect of defined contribution schemes	5,405	3,752
<b>Total</b>	<b>5,405</b>	<b>3,752</b>

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.

# Notes to the financial statements (continued)

For the year ended 31 March 2024

## 16. Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	As at 1 April 2023 £	Incoming resources £	Resources expended £	As at 31 March 2024 £
BBC Children in Need	48,703	100,000	121,604	27,099
Gateshead Council	-	20,000	(16,722)	3,278
Peter Harrison Foundation	-	20,000	-	20,000
Talbot Village Trust	-	15,000	(8,958)	6,042
The Valentine Trust	15,000	-	(15,000)	-
The Funding Network	13,473	-	(13,473)	-
The Maureen and Derek Morton Fund	-	10,000	-	10,000
MJB Charitable Trust	-	10,000	-	10,000
Bournemouth, Christchurch and Poole Council (BCP)	-	9,555	(9,555)	-
The Oli Leigh Trust	-	6,000	-	6,000
The Alice Ellen Cooper-Dean Charitable Foundation	-	5,000	(5,000)	-
Merton Public Health	-	5,000	(5,000)	-
Active Berkshire	3,361	-	(3,361)	-
	<b>80,537</b>	<b>200,555</b>	<b>(198,673)</b>	<b>82,419</b>

# Notes to the financial statements (continued)

For the year ended 31 March 2024

## 16. Restricted funds continued

Previous year	As at 1 April 2022 £	Incoming resources £	Resources expended £	As at 31 March 2023 £
BBC Children in Need	111,941	200,000	(263,238)	48,703
The Valentine Trust	625	15,000	(625)	15,000
The Funding Network	-	13,473	-	13,473
Active Berkshire	-	3,750	(389)	3,361
Bournemouth, Christchurch and Poole Council (BCP)	-	3,185	(3,185)	-
My Time Project	22,804	-	(22,804)	-
	<b>135,370</b>	<b>235,408</b>	<b>290,241</b>	<b>80,537</b>

# Notes to the financial statements (continued)

For the year ended 31 March 2024

## 16. Restricted funds continued

Restricted fund	Purpose	2023/24 £	2022/23 £
BBC Children in Need	Staffing costs, resource development and design, build and maintenance of the digital platform	100,000	200,000
Gateshead Council	Surge Programme	20,000	-
Peter Harrison Foundation	Together Programme - looked after children	20,000	-
Talbot Village Trust	Together Programme - looked after children	15,000	-
The Valentine Charitable Trust	Operational costs	-	15,000
The Funding Network	Fundraising consultancy	-	13,473
MJB Charitable Trust	Surge Programme (Hampshire)	10,000	-
The Maureen and Derek Morton Trust	Fundraising consultant	10,000	-
Bournemouth, Christchurch and Poole Council (BCP)	Together Programme - looked after children	£9,555	3,185
The Oli Leigh Trust	Surge Programme	6,000	-
Merton Public Health	Shine programme	5,000	-
The Alice Ellen Cooper-Dean Charitable Foundation	Together Programme - looked after children	5,000	-
Active Berkshire	Together Programme - looked after children	-	3,750
<b>Total</b>	<b>200,555</b>	<b>200,555</b>	<b>235,408</b>

# Notes to the financial statements (continued)

For the year ended 31 March 2024

## 17. Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	As at 1 April 2023 £	Incoming resources £	Resources expended £	As at 31 March 2024 £
General funds	176,324	239,859	(189,732)	226,451
Previous year	As at 1 April 2022 £	Incoming resources £	Resources expended £	As at 31 March 2023 £
General funds	77,401	295,565	(196,642)	176,324

## 18. Analysis of net assets between funds

Fund balances at 31 March 2024 are represented by:	Unrestricted 2024 £	Restricted 2024 £	Total 2024 £	Unrestricted 2023 £	Restricted 2023 £	Total 2023 £
Tangible assets	5,288	-	5,288	3,629	2,835	6,464
Current assets / (liabilities)	221,163	82,419	303,582	172,695	77,702	250,397
<b>Total</b>	<b>226,451</b>	<b>82,419</b>	<b>308,870</b>	<b>176,324</b>	<b>80,537</b>	<b>256,861</b>

## 19. Related party transactions

There were no disclosable related party transactions during the year (2023 - none).

# Notes to the financial statements (continued)

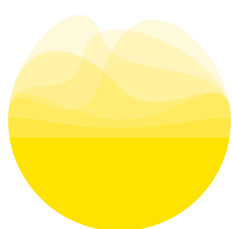
For the year ended 31 March 2024

## 20. Cash generated from operations

	2024 £	2023 £
Surplus for the year	52,009	44,090
<b>Adjustments for</b>		
Depreciation and impairment of tangible fixed assets	3,355	2,170
<b>Movements in working capital</b>		
(Increase)/decrease in debtors	(23,980)	205,042
Increase/(decrease) in creditors	2,548	(11,636)
(Decrease) in deferred income	(83,000)	(112,000)
<b>Cash (absorbed by)/generated from operations</b>	<b>(49,068)</b>	<b>127,666</b>

## 21. Analysis of changes in net funds

The charity had no material debt during the year.



# stormbreak

hello@stormbreak.org.uk

stormbreak.org.uk

#hellostormbreak

