

CONNECTED LIVES

England & Wales · Charity number 1184376

Details

Status Registered

Legal form CIO

Registered 2019-07-11

Register [View on the Charity Commission register](#)

Contact

Address St. Marys Church Office
255 Old Marylebone Road
London
NW1 5QT

Phone 02072585045

Email info@connectedlives.org.uk

Website www.connectedlives.org.uk

Activities

Objects: THE OBJECT OF THE CIO IS, FOR THE BENEFIT OF THE PUBLIC IN THE UNITED KINGDOM (AND SUCH OTHER AREAS AS THE CHARITY TRUSTEES MAY FROM TIME TO TIME DECIDE) THE ADVANCEMENT OF EDUCATION IN RELATION TO PARENTING, COUPLE RELATIONSHIPS, RELATIONAL WELL BEING AND CHILDCARE.

Activities: Connected Lives is a charity working to support healthy, life-changing connections between parents and children, and within couple relationships. We run groups for parents and partners to give them a new way of understanding their key relationships, space to reflect on what is working and where they are struggling and support in making changes to help their relationships thrive.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** Education/training
- **Who:** The General Public/mankind

Geography

- Northern Ireland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£205,200	£219,820	-	-
2023-12-31	£203,100	£181,510	-	-
2022-12-31	£161,500	£147,800	-	-
2021-12-31	£106,500	£118,400	-	-
2020-12-31	£88,400	£72,400	-	-

Trustees

Name	Role	Appointed
Anita Jones BA, DipEd		2019-03-07
DANIEL MOGUES		2024-02-20
Lindsey Jane Hayward MCSP, Dip		2019-03-07
Margaret Elizabeth Grizel Sandilands BA MA Oxon		2019-03-07
NICOLA ELISABETH MORRISS BSC DIPLAW		2019-03-07

CONNECTED LIVES

England & Wales - Charity number 1184376

Accounts

CONNECTED LIVES

Report and Accounts

Year ended 31 December 2024

CONNECTED LIVES
LEGAL & ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 DECEMBER 2024

ADDRESS FOR CORRESPONDENCE	255 Old Marylebone Road London NW1 5QT
GOVERNING DOCUMENT	CIO Constitution dated July 2019
CHARITY REGISTRATION NUMBER	1184376
TRUSTEES RESPONSIBLE FOR MANAGING THE CHARITY	Lindsey Hayward Anita Jones Nicola Morriss Margaret Sandilands Daniel Mogue (appointed February 2024) Jonathan Sercombe (resigned January 2024)
BANKERS	National Westminster Bank Plc
INDEPENDENT EXAMINER	Jaimée Young Stewardship 1 Lamb's Passage LONDON EC1Y 8AB

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CONNECTED LIVES
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2024

The Trustees have pleasure in submitting the Report and Accounts for the year ended 31 December 2024.

Objects of the charity

Connected Lives is an early intervention charity, governed by a constitution and is constituted as a charitable incorporated organisation. The charity's principal objects, as set out in its governing document is to advance education for the public benefit in areas including parenting, couple relationships, relational well-being, and childcare.

Connected Lives provides groups and courses that create a supportive space for parents/carers and partners to reflect on their relationships, navigate challenges, and develop new approaches to foster thriving family dynamics. We offer targeted support groups for parents and carers with babies and young children, parents of teenagers, and couples. All the programmes we use are attachment-based, trauma-informed, evidence-based and have a strong preventative track record.

Our proven track record of working with parents, children and couples reveals that early intervention helps families thrive.

Our approach involves utilising evidence-based programmes like Circle of Security Parenting, Hold Me Tight, Created for Connection and Connected Teens.

Our trained facilitators offer a secure environment for individuals to explore these connections via groups, courses, trainings, and one-off evening events.

Early help is the most effective intervention, both in relation to the wellbeing of families and society as a whole.

We are passionate about the hands-on work we do with parents and deeply appreciate the support of our partners and donors.

Summary of the charity's main activities and achievements

To further the above objects and vision, the charity's main activities and achievements were as follows:

Core Principles

At Connected Lives, we are committed to providing effective and accessible support for parents and partners. Grounded in six decades of research, our core principles shape every group, course, and support service we offer:

Reflection: Creating space to step back and assess what is working and what isn't, in our relationships.

A Map: Using attachment theory to understand relationship dynamics and the needs of children and partners.

Expert Facilitation: Our trained facilitators provide compassionate listening, helping individuals make sense of struggles while celebrating strengths.

Community Support: Connecting with other parents and partners to share experiences and reinforce that no one is alone.

Open Dialogue: Encouraging honest conversations, curiosity, and the courage to ask questions.

Proven Effectiveness: Every programme we offer has been independently evaluated and shown to make a positive impact.

At the heart of it all is the **Power of Attachment**, fostering stronger, healthier relationships for a thriving future.

On going Programmes

Circle of Security-Parenting (COS-P) Groups

The Circle of Security programme continues to make a significant impact, demonstrating strong engagement among parents. In 2024, we successfully delivered 21 parenting groups across our Central North West London Hub, Battersea, and online platforms, supporting a total of 252 parents.

In our new Battersea hub, we had an extraordinary experience working with a group of mothers from global majority backgrounds. This group was particularly remarkable, creating a space for growth, understanding, and community bonding. Once again, we witnessed how the power of attachment transcends ethnic and cultural differences, fostering deep connections and meaningful support among parents.

Relationship courses

"Hold Me Tight" remains one of our most popular relationship courses, providing couples with the insight, space, and tools to understand why stress and disconnection occur. By equipping them with effective strategies, the course helps couples reconnect, strengthen their bond, and restore intimacy. In 2024, we delivered online "Hold Me Tight" courses, supporting a total of 36 couples. These sessions are guided by Emotionally Focused Couples' Therapists, who are available via Zoom to assist couples when they feel distressed or stuck. This crucial support ensures that couples are not left to navigate challenges alone, fostering deeper connection and lasting relationship growth.

Marriage Preparation course is another relationship course we offer. "In 2024, we had the privilege of helping 20 couples through our Marriage Foundation Course, designed specifically for marriage preparation and newlyweds. This course equips couples with essential tools to build a strong, lasting foundation for their relationship."

Drop-in Groups

We run bi-weekly Stay and Play toddler groups, with over 300 families attending our sessions. These sessions, designed for babies, toddlers, parents, and carers, serve a dual purpose. They offer a safe space for children to play, fostering the development of gross motor skills, social skills, and imagination. At the same time, they provide a lifeline for families, offering a supportive environment where parents and carers can share challenges and receive guidance. Research shows that regularly connecting with others who understand our experiences is a key protective factor against maternal ill-health.

Connected Teens Programme

We also run Connected Teens groups for parents and carers of 12–18-year-olds. In 2024, we finalised the visuals and training materials for the programme. We successfully delivered 4 groups, supporting 35 parents. Connected Teens is a proven, impactful programme with plans for expansion. Its effectiveness has been demonstrated, and the programme's originators agree that the content delivers positive results.

Welcome Baby Boxes

The Central NW London Hub delivers Welcome Baby Boxes to families within their communities. These boxes are given to local families with babies under 16 weeks and contain gifts for both parents and babies, as well as a 'mum-to-mum' pamphlet with helpful tips for thriving in the first few weeks. These visits provide us with an opportunity to connect with local families, encouraging them to engage with our various activities. Evaluation suggests that this initiative boosts parental confidence to join groups and helps reduce social isolation. In 2024, we distributed boxes to 6 new parents, further strengthening community ties.

Existing Hubs:

- 1. Central and North West London (CNWL):** Our first hub, covering Westminster, Brent, Harrow, Kensington, and Chelsea.
- 2. Cambridgeshire:** Our second hub supports families across the Cambridge region, offering a range of services and activities to help strengthen community ties and provide valuable resources.
- 3. Lewisham (Brockley):** Our first franchise hub supports families across the region, offering a range of services and activities to foster community connections and provide essential resources.

New Hubs & Expansion

Derbyshire (High Peaks): Our first COS-P group was launched in 2024 with a waiting list, reflecting strong demand and the program's positive impact.

Battersea Hub- This hub, launched in 2024, and is run in partnership and collaboration with Battersea Fields Practice, S.T.O.R.M, Katherine Low Settlement, the Community Empowerment Network, St George's NHS Trust Perinatal Team, and the Mother and Child Welfare Association. In Battersea, we are working together to create a strong, supportive network for local families.

Haringey – In 2024, Haringey commissioned our director to provide wrap-around support for COS-P training. We successfully completed the first session and trained their team in January 2025.

Brent – Despite the ending of the funding we had secured for Brent, we continued to run COS-P groups in 2024 at the Three Trees Family Wellbeing Centre. We remained committed to supporting families because we know the transformative impact these groups have. The need for guidance, connection, and community is too important to overlook, and we were determined to ensure that families still had access to the support they deserve. Our dedication to empowering parents and fostering stronger communities pushed us to keep these groups running, no matter the challenges.

CAMBRIDGESHIRE HUB

Ongoing programmes

HonC! (Hands on the Circle) Stay-and-Play Group

The Hub runs bi-weekly Stay and Play toddler groups, offering a dual purpose for babies, toddlers, parents, and carers. These sessions provide a safe, supportive space where children can develop essential skills, gross motor, social, and imaginative skills and give families a vital opportunity to connect, share parenting challenges, and receive valuable support. Studies show that regularly meeting with others who truly understand our experiences is a key protective factor against maternal ill-health, making these sessions not only beneficial for children but also a lifeline for parents.

Trumpington Meadows Community Hub (TM Hub)

The Hub is an intergenerational community space in Trumpington, supporting local residents aged 1 to 99 years. It offers a range of services, including a weekly brunch, free clothing for children aged 0-2 years, mental health and wellbeing advice, arts and crafts for all ages, wellbeing singing sessions, and therapeutic storytelling. This vibrant hub operates through a three-way partnership between Connected Lives, the NHS social prescriber, and the local housing association (BPHA). Additionally, the Hub signposts participants to food banks and housing resources, ensuring that everyone has access to the support they need.

The HONC and TM hubs worked with a total of 292 families, providing vital support and resources to strengthen the community.

Circle of Security-Parenting Groups

The Circle of Security programme continues to make a significant impact, demonstrating strong engagement among parents. In 2024, we successfully delivered 10 parenting groups across at our Cambridgeshire hub. Groups were delivered both in person and via online platforms, supporting a total of 120 parents.

Welcome Baby Boxes

We continue to deliver boxes to local families and these help to establish early conversations and encourage families to participate in other events. A total of 27 boxes were delivered in 2024 making a total of 127 baby boxes delivered by the hub to date.

Body Mind Connection

The 1.5-hour sessions combine therapeutic storytelling and body movement, offering parents and carers opportunities for deeper reflection, exercise, and relaxation to foster personal growth and well-being. The group serves as a helpful addition to Circle of Security Parenting groups or as a standalone session. These groups continue to be well received, with sessions focusing on self-care and reflection for parents. Looking ahead, we've made plans for future sessions to better meet community needs, including a stronger focus on relaxation during busy times.

New Developments

Wellbeing Café

This café offers an informal space for people to connect, share their struggles, and reduce isolation while fostering a strong sense of belonging. In addition to providing support, it focuses on promoting healthy lifestyles and addressing poor diet, helping to improve overall wellbeing within the community.

Collaboration with Westminster Theological College

A theological student from Westminster College joined the team on placement, gaining valuable hands-on experience while helping to strengthen our connection with the college.

Church Schools of Cambridge

The Hub developed strong relationships with a local church school, with plans to deliver a COS-P group to strengthen the school-church connection. This partnership will not only enhance the support for families but also enrich the programmes we run at Connected Lives, creating additional opportunities for engagement, building stronger community ties, and offering parents and carers access to vital resources and support.

Circle of Security Impact Analysis

We measure our impact through pre-and post-programme assessments, as well as a parental evaluation form completed at the end of each program. Using these measures, we have seen a substantial positive impact. Parents who participated in a Circle of Security Group between 2022-2024 reported an 85% reduction in parental stress, a 95% improvement in parent-child relationships, and a 93% increase in understanding their children's emotional needs. By helping parents understand these needs in a non-blaming way, we promote secure attachment, which plays a vital role in healthy child development. Babies who experience 'good enough' parenting are more likely to form a secure attachment with their parents, which acts as a psychological immune system. This secure foundation fosters greater resilience, confidence, and improves their social, emotional, physical, and educational outcomes.

Meta-analysis shows that 60% of parents in a community sample develop secure attachments with their children, while 30% develop insecure attachments. Unfortunately, 10% of babies are exposed to multiple adversities early in life, which puts them at risk of developing a disorganised attachment. Insecurely attached children are more likely to struggle with anxiety, confidence, empathy, and maintaining friendships. Children with disorganised attachments face elevated risks of aggressive behaviour, mental health issues, and school-related challenges.

To further measure and support our impact, we offer Circle Clinics and parenting talks. These clinics provide a space for parents to discuss parenting dilemmas with someone who understands their challenges. We offer 45-minute Circle Clinics for parents who have completed the Circle of Security Parenting group, alongside one-off, termly parenting talks and workshops. These sessions provide additional guidance and support during tricky parenting moments when parents may feel stuck.

Volunteers

Since 2022, the Central NW London Hub has maintained a successful partnership with the University of Westminster to recruit volunteers who assist with various activities, including administrative tasks, running the crèche for COS-P groups, evaluating course data, conducting area scoping, and outreach to families. Meanwhile, the Cambridgeshire Hub draws volunteers from the local community, fostering strong connections and support within the area. The Central NW London and Cambridgeshire hubs have built a dedicated team of approximately 38 volunteers who support us with Stay and Play sessions, community hub outreach, Welcome Baby Box deliveries, and the crèche for Circle of Security Groups. Over the past year, our volunteers contributed a total of 880 hours of invaluable help, making a significant impact on the families and communities we serve.

Safeguarding

The charity has a robust safeguarding policy in place, and it is mandatory that all individuals we partner with or bring under our umbrella adhere to a similarly rigorous safeguarding policy. We are committed to nurturing, protecting, and safeguarding everyone we work with, particularly children and young people. Connected Lives ensures proper care in our recruitment and selection processes, training, work practices, and procedures. All employees and volunteers undergo DBS checks before they are allowed to engage in any paid or unpaid work with us, ensuring the safety and wellbeing of those we serve.

In planning the activities the Trustees have applied the guidance on public benefit issued by the Charity Commission.

Financial review

During the year income increased from £203,100, to £205,200, and expenditure increased from £181,510, to £219,820. As a result the cash held by the charity decreased from £42,820, to £28,210, of which £20,600 is unrestricted and can be used for any charitable purpose.

Reserves policy

The trustees have determined that the charity should aim to hold unrestricted cash of no less than three months salary expenditure (approximately £37,000) so that the charity could continue to operate should income and / or expenditure vary drastically. In light of delays in receiving pledged funding, the trustees approved the use of a portion of these reserves to cover essential overhead and operational expenses. This decision was made in line with the reserves policy and to ensure the continued delivery of the charity's services. At the year end, the charity held unrestricted cash of £20,600.

Governance

Responsibility for setting policy and for making operating decisions rest with the trustees who meet regularly to monitor the activities of the charity. Responsibility for the day to day operation of the charity has been delegated to a senior management team led by Jenny Peters. New trustees are recruited and appointed by the existing trustees, by a majority vote.

Relationships with other charities and related parties

We have an existing relationship with St Mary's Church Bryanston Square, where we originally started as a family project and we are grateful for their continued support and relationship.

Risk statement

The charity is exposed to various risks - be they operational, financial or reputational. The trustees review the charity's activities regularly to identify significant risks and, where possible, they take appropriate measures to mitigate those risks.

Responsibilities of trustees

Charity law requires us as Trustees to prepare financial statements for each accounting year which record the receipts and payments of the charity for the year.

We are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable us to ensure that the financial statements comply with the Charities Act 2011.

We also have a responsibility to safeguard the assets of the charity and to take reasonable steps to prevent fraud or any other irregularities.

Approval

This report was approved by the trustees and signed on their behalf by:

M. Sandilands

M.Sandilands (Jun 9, 2025 22:59 GMT+1)

Margaret Sandilands

Date: Jun 9, 2025

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF

CONNECTED LIVES

I report to the trustees on my examination of the accounts of Connected Lives ('the charity') for the year ended 31 December 2024 on pages 9 to 11 following.

Responsibilities and basis of report

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

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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

1. accounting records were not kept in accordance with section 130 of the 2011 Act; or
2. the accounts do not accord with the accounting records.

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

J. Young

J. Young (Jun 10, 2025 09:03 GMT+1)

Jaimée Young
Stewardship
1 Lamb's Passage
LONDON
EC1Y 8AB

Date: Jun 10, 2025

CONNECTED LIVES
RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 31 DECEMBER 2024

	Notes	Unrestricted Funds		Restricted Funds	2024	2023
		General Funds	Designated Funds			
		£	£	£	£	£
Income receipts						
Donations		92,240	-	12,673	104,913	102,573
Gift Aid		8,488	-	466	8,954	6,805
Grants		14,780	-	51,872	66,652	80,708
Income from Charitable Activities		20,183	-	4,505	24,688	13,013
Total receipts		135,691	-	69,516	205,207	203,099
Payments						
Payments in relation to charitable activities undertaken directly	2	161,551	-	58,270	219,821	181,512
Total payments		161,551	-	58,270	219,821	181,512
Net of receipts / (payments) before transfers	-	25,860	-	11,245	14,615	21,587
Transfers between funds	5	1,340	-	1,340	-	-
Net movement in funds	-	27,200	-	12,585	14,615	21,587
Cash funds as at last year end		47,822	-	5,000	42,822	21,235
Cash funds at this year end	A	20,623	-	7,585	28,208	42,822

The notes on page 11 form part of these accounts.

CONNECTED LIVES
STATEMENT OF ASSETS AND LIABILITIES
FOR THE YEAR ENDED 31 DECEMBER 2024

	Notes	Unrestricted Funds			2024 £	2023 £
		General funds £	Designated funds £	Restricted funds £		
A Cash funds						
Cash at bank with immediate access		20,623	-	7,585	28,208	42,823
		<u>20,623</u>	<u>-</u>	<u>7,585</u>	<u>28,208</u>	<u>42,823</u>
B Other monetary assets						
Gift aid due to charity		-	-	-	-	885
Other debtors		-	-	-	-	200
Promised grant funding	Note 5	-	-	-	-	5,000
Cambridge Fund raiser	Note 5	-	-	3,400	3,400	-
		<u>-</u>	<u>-</u>	<u>3,400</u>	<u>3,400</u>	<u>6,085</u>
C Liabilities						
Falling due within one year						
Trade creditors		-	-	2,368	2,368	960
PAYE/NIC due		2,350	-	1,027	3,377	4,624
Pension due		840	-	639	1,479	499
Unspent grant funding	Note 5	-	-	10,985	10,985	-
Fee for Independent Examination		1,200	-	-	1,200	1,200
		<u>4,390</u>	<u>-</u>	<u>15,019</u>	<u>19,409</u>	<u>7,283</u>

D Assets retained for charity's own use

The charity owns minimal assets.

E Guarantees and secured debts

The charity has not given any guarantees and has not provided its assets as security for any liabilities.

The accounts were approved by the trustees and signed on their behalf by:

M. Sandilands

M. Sandilands (Jun 9, 2025 22:59 GMT+1)

Margaret Sandilands

Date: Jun 9, 2025

The notes on page 11 form part of these accounts.

CONNECTED LIVES
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2024

1 Accounting policies

The accounts have been prepared on a receipts and payments basis and comprise a statement that shows the charity's receipts and payments, a statement that summarises the charity's assets and liabilities and related notes. The accountancy profession have determined that only accounts prepared in accordance with applicable accounting standards present a 'true and fair' view and, as these receipts and payments accounts have not (and cannot) be prepared in accordance with accounting standards, these accounts do not present (and are not intended to present) a 'true and fair' view of the charity's financial activities and state of affairs.

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity. Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. Restricted funds are donations which are to be used in accordance with specific restrictions imposed by donors; they include donations received from appeals for specific activities or projects.

	<u>Unrestricted Funds</u>		Restricted Funds	Total 2024	Total 2023
	General funds	Designated funds			
	£	£	£	£	£
2 Payments in relation to charitable activities undertaken directly					
Employment costs	111,019	-	43,718	154,737	131,893
Direct project costs	45,230	-	10,847	56,077	42,261
Rent	-	-	3,705	3,705	2,734
Insurance	554	-	-	554	580
Professional fees and subscriptions	2,467	-	-	2,467	845
IT software and consumables	843	-	-	843	1,999
Governance	1,439	-	-	1,439	1,200
	<u>161,551</u>	<u>-</u>	<u>58,270</u>	<u>219,821</u>	<u>181,512</u>

3 Transactions with related parties

The wife of Daniel Mogues, a trustee, served as a COSP facilitator and was paid £1920 (2023: £0) for serving in that capacity, not for serving as a trustee; these payments are permitted by the charity's governing document.

4 Acting as agent

During the year, the charity received money on behalf of St Mary's Church. This income was received as agent for the café run during Toddlers group the receipts totalling £1,283.61 and the subsequent payment was made to St Marys On the 23rd of December 2024. No money was Owed to St Marys as at year end.

5 Movement of funds

	Opening balance	Receipts	Payments	Transfers	Closing balance
	£	£	£	£	£
General funds	47,822	135,691	- 161,551	- 1,340	20,623
Restricted funds					
Cambridge Hub [Hands on the Circle]	-	5,000	47,516	- 47,203	1,287
Connected Teens	-	-	10,000	52	-
Wellbeing café	-	12,000	- 1,015	-	10,985
	<u>- 5,000</u>	<u>69,516</u>	<u>- 58,270</u>	<u>1,340</u>	<u>7,585</u>
Total funds	<u>42,822</u>	<u>205,207</u>	<u>- 219,821</u>	<u>-</u>	<u>28,208</u>

The restricted funds deficit balance was due to a delayed fundraiser one off gift pledged of £3,400 that was later paid in January 2025.

CONNECTED LIVES

England & Wales - Charity number 1184376

Accounts

Connected Lives

Report and Accounts

Year ended 31 December 2023

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LEGAL AND ADMINISTRATIVE DETAILS
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CONNECTED LIVES
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2023

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Objects of the charity

Connected Lives is an early intervention charity, governed by a constitution and is constituted as a charitable incorporated organisation. The charity's principal objects, as set out in its governing document is for the benefit of the public in the advancement of education in relation to parenting, couples relationships, relational wellbeing and childcare.

At Connected Lives our groups and courses give parents and partners space to think about their relationships, permission to struggle and help to respond in new ways so everyone can thrive. We run targeted support groups for parents/carers with their babies and children, groups for parents of teenagers and groups for couples. All the programmes we use are attachment-based, trauma-informed, evidence-based and have a strong preventative track record.

Our proven track record of working with parents, partners, children and teens is that early intervention helps families thrive.

Our approach involves utilising evidence-based programmes like Circle of Security Parenting, Hold Me Tight, Created for Connection and Connected Teens.

Our trained facilitators offer a secure environment for individuals to explore these connections via groups, courses, trainings, and one-off evening events.

Early help is the most effective kind, both in relation to the wellbeing of families and society as a whole.

We love the on the ground work we do with parents and are grateful for all our partners.

Summary of the charity's main activities and achievements

To further the above objects and vision, the charity's main activities and achievements were as follows:

Core Principles

At Connected Lives we work hard to ensure that the help and support we give is both effective and accessible. Based on 60 decades of research here are the core principles which are fundamental to all the groups, courses and support we offer:

- Time to step back and think about what's working and not yet working in our relationships.
- A map (attachment theory) for understanding how these relationships work and what our children and partners need from us.
- Facilitators who are trained in listening and helping us make sense of our struggles and celebrating our strengths.
- Other parents and partners who have their own stories and help us see we are not alone.
- Permission to ask questions and be real about our struggles.
- All of our programmes have been evaluated by independent researchers and found to be effective.

It is always good to remember that this is all about the 'Power of Attachment'.

Hub Network

Excitedly, our South East London (Brockley Hub) got launched in 2023 and is running independently out of St Peter's Church Brockley. The Hub is partnering with St Peter's Church, the local Schools, early help teams and a local social supermarket. In 2023, the Hub delivered 5 Circle of security groups, participated in the Connected Teens groups and ran a one day Marriage course.

Our three hubs were able to help significantly more couples and families, pioneer new initiatives and officially start our new Connected Teens programme. Thanks to the great team of trustees, staff and volunteers who have all made a profound contribution to our work and enabled us to provide a helping hand to many more families.

We are on course to set up more new hubs in the year 2024. We are also diversifying with these hubs; one with a GP practice, a charity, potentially a premier league football club and are aiming to continue to work with wide number of partners.

Central NW London Hub

In 2023, Central NW London worked with over 950 partners, parents and children. We launched the Connected Teens programme and thanks to the generosity of our donors and grants, we were able to expand the delivery of Circle of Security Parenting Groups into more London Boroughs, namely; Westminster, Kensington and Chelsea, Brent, Harrow and Wandsworth.

Cambridgeshire Hub

HonC! and Trumpington Meadows Community Hub stay and plays continue to meet weekly on a Wednesday morning and a Friday lunch time.

347 individual families took part in Connected Lives Cambridgeshire stay and play groups in 2023 which included 492 children.

The hub championed new programmes including: Body mind connections, Out of Box initiative and a weekly community hub where pantry and free clothing for 0-2-year-olds are provided.

During the hub pantry, the locals get specialist housing advice and are signposted for financial and food provision.

"I think Connected Lives is amazing, but such an outfit needs to be standard in every community, not just one city, more macro than that." (Parent after attending Circle of Security Group in our Cambridgeshire Hub).

Our services

We supported couples, parents, carers and children through; Relationship and Parenting courses, drop-in toddler groups, baby groups, webinars and new baby visiting programmes.

(1) Parenting

Circle of Security Parenting

In 2023, Central NW London Team delivered 15 Circle of Security Parenting Groups, supporting 110 parents across Westminster, Brent, Harrow and Kensington and Chelsea, Battersea and Brighton. Referrals came from Perinatal Mental Health Teams, Early Help Teams, Schools, Therapists, other local charities and social services. We delivered increasingly in-person groups but continue to retain online delivery as this helps parents who could not physically travel to attend our in-person groups.

Thanks to a successful 2023 Fundraiser, we were able to extend our services to more London Boroughs with the support from a great team of 14 facilitators delivering COSP groups online and in person.

For our Cambridge Hub, in 2023, the hub ran 15 COS-P groups, 8 in-person and 7 online, helping over 87 families.

The groups were a mix of referrals accounting for about 60% of the groups from a range of sources.

Connected Teens

Drawing from the neuroscience and attachment theory, this course empowers parents to comprehend the rapid changes and developments during adolescence, providing them with the vital "emotional first aid training" to enable them to respond to their Teens with straight forward kindness that helps them thrive.

For the year 2023, after a successful launch of the Connected Teens programme, we delivered 3 Connected Teens courses, helping a total of 39 parents of 117 Teenagers.

What Parents said after attending the Connected Teens Groups:

"I have a background in working with young people professionally and in psychology so I was expecting to find this course too basic but I found the space in which to reflect on parenting with other parents in a structured and evidence based way amazing! The amount of info covered in each topic, visual slides/videos, handouts and discussion was perfectly balanced for multi sensory learning."

"This course and the expertise of the professionals facilitating delivery far exceeded my expectations and was excellent! Please keep delivering this course and sharing good practice in parenting skills and I would love to hear about any other courses you offer on parenting teens and young adults."

(2) Children

Drop Ins and Baby Boxes

We run bi-weekly stay and play toddler groups and about 115 families attend each week across our Hubs. These sessions for babies, toddlers, parents and carers provide a dual purpose. They provide a safe space for children to play (developing gross motor skills, social skills and imagination), and can be a lifeline for families to share struggles with their parenting and to receive support. Studies show that meeting regularly with people who understand what we are going through is a key protective feature against maternal ill-health.

The central NW London and Cambridgeshire Hub Deliver Welcome baby boxes to families in their communities. The Cambridge Hub who championed this initiative delivered their 129th Welcome Baby Boxes in 2023. The baby boxes are delivered to local families with babies under 16 weeks. The boxes provide gifts for both the parents and baby and a 'mum to mum' pamphlet with tips for thriving in the first few weeks. These visits give us an opportunity to touch base with the local families and encourage them to join in our different activities. Evaluation suggests that it increases parental confidence to join groups and reduce social isolation.

(3) Relationships

Marriage preparations

This course aims to help couples set good foundations for their relationships. 2,142 people have participated in this programme. Run over five sessions, couples look at Promises, Expectations, Communication, Conflict, Sex and Intimacy and (optional session for those marrying in church) a session on the wedding service. Led by a range of couples, the sessions give couples the chance to prepare emotionally and relationally for a wonderful life together.

Hold Me Tight

This course was developed by leading couples therapist and author, Dr Sue Johnson. 272 people have undertaken this 7 session programme with us. Participation is proven to increase couples' sense of connection, gives insight as to why they might be feeling stuck and increases a sense of intimacy and connection.

This course is delivered by our team of experienced facilitators and supported by Emotionally Focused Couples Therapists. The course is suitable for any couple in a committed relationship for two or more years.

Created for Connection

Connected Lives delivers this programme over a weekend. The material retains the key therapeutic concepts of the Hold Me Tight programme but with a specifically Christian focus. In total we have run 3 weekend for couples using this programme and have also delivered a shortened version to 742 couples.

New programmes

Body Mind Connections

The 1.5 hour sessions combine therapeutic story telling and body movement. Providing opportunities for deeper thinking for parents / carers through reflection, exercise and relaxation.

The group provides a helpful addition to Circle of Security Parenting groups or as stand-alone session.

Out of the box

Out of the Box deep-talk story telling offers parents and their children a safe space to meet regularly and talk about different aspects of parenting. This approach resonates with Circle of Security Parenting and Dan Hughes' PACE model of nurturing secure attachments which encourages play, acceptance, curiosity and empathy.

Weekly Community Hub

This project is a joint collaboration between Connected Lives Cambridgeshire, bpha - a local Housing Association, and Social Prescribers from GP practices.

Every Friday the Cambridgeshire hub offers local people of all ages in Trumpington Meadows, the space to play, chat, lunch and support carers in their parenting journey.

"Before we came to your group in Cambridge, we did not know about different aspects of parenting, didn't know anyone and did not feel a part of this community. Coming a long has made all the difference to us finding a place where we are welcome and that we belong. Thank you!" (Quote from one of the parents after attending the Friday community drop in group).

Circle of Security Impact Analysis

We continually monitor our COS-P groups, using both pre and post standard psychological measures including:

Parental Reflective Functioning Questionnaire (PRFQ), The Maternal Object Relationships Scale (MORS) and Circle of Security International Evaluation questionnaires.

(i) **PRFQ** is an evaluation measure which helps track how well parents/carer givers see things from their child's perspective (build empathy).

(ii) **MORS** looks at the changes to the parent's sense of warmth and invasion. Looking at the combination of warmth and invasion helps to see what needs to change in the parent/child relationship.

(iii) We also use **Parents' Own Goals** -where we ask the parents to set goals at the start of the group and evaluate the extent at which the set goals are met after the 8 week course.

(iv) **Circle of Security International evaluation measures**, this evaluates the pre and post parental understanding of their children's emotional needs.

Some recent analysis of the parents who participated in Circle of Security Parenting groups in 2023 concluded:

PRFQ:

- An increase in parental reflective functioning from 18% at the start of the group to 90% by the end of the group.
- An increase in parental confidence in their ability to meet their children's needs rose from 22% pre- to 96% post-course.

MORS:

- The MORS scale showed that parents' scores indicating a warm and appropriate relationship rose from 32% pre- group to 75% post- group participation.

While parents' invasion score went from 38% down to 5%.

Whilst no form can adequately capture the nature of a relationship, the reduction in invasion scores is encouraging.

Parents who can move from a position of seeing their child as being invasive, demanding and hard to manage, to seeing their child is in need of help and support are making profound shifts. Such empathic shifts will likely have a positive impact on the quality of the attachment relationship.

Parents' own goals :

Across our Hubs, 93% of the parents said that the goals they set at the start of the course had been fully or largely met.

Security International parent's evaluation statistics:

- Reduction in parental stress (85%)
- Increased insight into children's behaviour (80%)
- Improvement in relationship with child (95%)
- Increased understanding of their children's emotional needs (93%)
- Increased capacity for self-reflection (84%)
- Gave new parenting abilities (85%)
- Would recommend to other parents (100%)

Circle Clinic and parenting talks

All parents have moments or stages where they would like to chat through a parenting dilemma with someone who understands.

We offer 45 minutes circle clinic to parents who have completed the Circle of Security Parenting group and also hold one-off termly parenting talks and workshops to give parents help and advice to those tricky times when they feel a little stuck.

Comments from Parents who attended our COSP Groups in 2023:

"When I remove the distractions and I can fully engage in his 'moments' and what he's feeling then I can deal with it properly and we both feel good. It's really, really hard to be a single mum, it's full on and there's no breaks or days off but having and growing these new skills means we are both happier and healthier. It's a direct result of the way COS (Circle of Security) is making me think about my parenting! So thank you!"

"The course was really nice, it helped me to connect with other parents and share our parenting struggles."

"The course can revolutionise the way you relate to your children".

Volunteers

Since 2022 the Central NW London Hub has continued to partner with the University of Westminster to recruit volunteers to help with; admin work, crèche for COS-P groups, evaluation of course data; scoping of area and outreach to families. The Cambridgeshire hub gets volunteers from the local community.

The Central NW London and the Cambridgeshire hubs have built up a team of about 35 volunteers who help us with our Stay and Play sessions, our Community hub outreach and welcome baby box delivery and the creche for the Circle of Security Groups. Volunteers work over the last year amounted to 880 hours of help.

Safeguarding

The charity has a robust safeguarding policy in place and it is mandatory that everyone we take on board under our umbrella, follows or has a robust a safeguarding policy as us. We commit ourselves to nurture, protect and safeguard all those we work with, particularly children and young people. Connected Lives undertakes to exercise proper care in the recruitment, selection processes, training, work practices and procedures. All our Employees and Volunteers are first DBS checked before they can do any paid or unpaid work with us.

In planning the activities the Trustees have applied the guidance on public benefit issued by the Charity Commission.

Financial review

During the year income increased by £41,600, to £203,100, and expenditure increased by £33,670, to £181,510. As a result the cash held by the charity increased by £21,590, to £42,820, all of which is unrestricted and can be used for any charitable purpose.

Reserves policy

The trustees have determined that the charity should aim to hold unrestricted cash of not less than 3 months' salary (which equates to about £27,000) so that the charity could continue to operate should income and / or expenditure vary adversely. At the year end, the charity held unrestricted cash balance of £42,820.

Governance

Responsibility for setting policy and for making operating decisions rest with the trustees who meet regularly to monitor the activities of the charity. Responsibility for the day to day operation of the charity has been delegated to Connected Lives Director Jenny Peters. New trustees are recruited and appointed by the existing trustees, by a majority vote.

Relationships with other charities and related parties

We have an existing relationship with St Mary's Church Bryanston Square, where we originally started as a family project and we are grateful for their continued support and relationship.

Risk statement

The charity is exposed to various risks - be they operational, financial or reputational. The trustees review the charity's activities regularly to identify significant risks and, where possible, they take appropriate measures to mitigate those risks.

Responsibilities of trustees

Charity law requires us as Trustees to prepare financial statements for each accounting year which record the receipts and payments of the charity for the year.

We are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable us to ensure that the financial statements comply with the Charities Act 2011.

We also have a responsibility to safeguard the assets of the charity and to take reasonable steps to prevent fraud or any other irregularities.

Approval

This report was approved by the trustees and signed on their behalf by:

M Sandilands

Margaret Sandilands

Date: 30 July 2024

INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF
FOR THE YEAR ENDED 31 DECEMBER 2023

I report to the trustees on my examination of the accounts of Connected Lives ('the charity') for the year ended 31 December 2023 on pages 7 to 9 following.

Responsibilities and basis of report

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

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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

1. accounting records were not kept in accordance with section 130 of the 2011 Act; or
2. the accounts do not accord with the accounting records.

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

J Young

Jaimée Young

Stewardship
1 Lamb's Passage
LONDON
EC1Y 8AB

Date: 31 July 2024

CONNECTED LIVES
RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 31 DECEMBER 2023

	Notes	<u>Unrestricted Funds</u>		Restricted Funds	Total 2023	Total 2022
		General Funds	Designated Funds			
		£	£	£	£	£
Income receipts						
Donations		98,222	-	4,352	102,573	55,390
Gift aid receipts		6,736	-	69	6,805	641
Other grants		44,290	-	36,418	80,708	87,863
Income from charitable activities		9,216	-	3,797	13,013	17,603
Total receipts		<u>158,464</u>	<u>-</u>	<u>44,635</u>	<u>203,099</u>	<u>161,497</u>
Payments						
Payments in relation to charitable activities undertaken directly	2	119,262	10,000	52,249	181,512	147,840
Total payments		<u>119,262</u>	<u>10,000</u>	<u>52,249</u>	<u>181,512</u>	<u>147,840</u>
Net of receipts / (payments) before transfers		39,202	(10,000)	(7,614)	21,587	13,657
Transfers between funds	5	(17,379)	10,000	7,379	-	-
Net movement in funds		21,822	-	(235)	21,587	13,657
Cash funds as at last year end		26,000	-	(4,765)	21,235	7,579
Cash funds at this year end	A	<u>47,822</u>	<u>-</u>	<u>(5,000)</u>	<u>42,822</u>	<u>21,236</u>

The notes on page 9 form part of these accounts.

CONNECTED LIVES
STATEMENT OF ASSETS AND LIABILITIES
FOR THE YEAR ENDED 31 DECEMBER 2023

	<u>Unrestricted Funds</u>			Total 2023 £	Total 2022 £
	General funds £	Designated funds £	Restricted funds £		
A Cash funds					
Cash at bank with immediate access	47,823	-	(5,000)	42,823	21,235
	<u>47,823</u>	<u>-</u>	<u>(5,000)</u>	<u>42,823</u>	<u>21,235</u>
B Other monetary assets					
Gift aid due to charity	885	-	-	885	-
Other debtors	200	-	-	200	-
Promised grant funding	-	-	5,000	5,000	7,962
	<u>1,085</u>	<u>-</u>	<u>5,000</u>	<u>6,085</u>	<u>7,962</u>
C Liabilities					
Falling due within one year:					
Trade creditors	960	-	-	960	3,642
PAYE/NIC due	3,694	-	930	4,624	2,117
Pension due	327	-	172	499	238
Fee for Independent Examination	1,200	-	-	1,200	990
	<u>6,181</u>	<u>-</u>	<u>1,102</u>	<u>7,283</u>	<u>6,987</u>

D Assets retained for charity's own use

The charity owns minimal assets

E Guarantees and secured debts

The charity has not given any guarantees and has not provided its assets as security for any liabilities.

The accounts were approved by the trustees and signed on their behalf

by M Sandilands date 30 July 2024
 Margaret Sandilands

The notes on page 9 form part of these accounts.

CONNECTED LIVES
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2023

1 Accounting policies

The accounts have been prepared on a receipts and payments basis and comprise a statement that shows the charity's receipts and payments, a statement that summarises the charity's assets and liabilities and related notes. The accountancy profession have determined that only accounts prepared in accordance with applicable accounting standards present a 'true and fair' view and, as these receipts and payments accounts have not (and cannot) be prepared in accordance with accounting standards, these accounts do not present (and are not intended to present) a 'true and fair' view of the charity's financial activities and state of affairs.

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity. Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. Restricted funds are donations which are to be used in accordance with specific restrictions imposed by donors; they include donations received from appeals for specific activities or projects.

	<u>Unrestricted Funds</u>		Restricted Funds	Total 2023	Total 2022
	General funds	Designated funds			
	£	£	£	£	£
2 Payments in relation to charitable activities undertaken directly					
Employment costs	90,406	-	41,488	131,893	116,974
Direct project costs	24,233	10,000	8,028	42,261	21,040
Rent	-	-	2,734	2,734	4,250
Insurance	580	-	-	580	580
Professional fees and subscriptions	845	-	-	845	1,003
IT software and consumables	1,999	-	-	1,999	1,800
Administration and support	-	-	-	-	1,203
Governance	1,200	-	-	1,200	990
	<u>119,262</u>	<u>10,000</u>	<u>52,249</u>	<u>181,512</u>	<u>147,840</u>

3 Transactions with related parties

No payments were made to trustees or persons related to them, except for reimbursement of expenses paid out on behalf of the charity.

4 Acting as agent

During the year, the charity received money on behalf of St Mary's Church. This income was received as agent; the receipt totalling £859, and the subsequent payment, are excluded from the Receipts and Payments account.

5 Movement of funds

	Opening balance	Receipts	Payments	Transfers	Closing balance
	£	£	£	£	£
General funds	26,000	158,464	(119,262)	(17,379)	47,822
Designated funds					-
Cambridge Hub [Hands on the Circle]	-	-	(10,000)	10,000	-
	<u>26,000</u>	<u>158,464</u>	<u>(129,262)</u>	<u>(7,379)</u>	<u>47,822</u>
Restricted funds					
Cambridge Hub [Hands on the Circle]	(4,765)	44,635	(52,249)	7,379	(5,000)
	<u>(4,765)</u>	<u>44,635</u>	<u>(52,249)</u>	<u>7,379</u>	<u>(5,000)</u>
Total funds	<u>21,235</u>	<u>203,099</u>	<u>(181,512)</u>	<u>-</u>	<u>42,822</u>

The £10,000 transfer from general funds to the Cambridge hub designated fund was given after the successful March 2023 fundraiser. The restricted funds deficit balance relates to Cambridge hub budgeted expenditure against secured grant funding that was not received until after the year end (see statement of assets and liabilities).

CONNECTED LIVES

England & Wales - Charity number 1184376

Accounts

Connected Lives

Report and Accounts

Year ended 31 December 2022

CONNECTED LIVES
LEGAL AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 DECEMBER 2022

ADDRESS FOR CORRESPONDENCE	255 Old Marylebone Road London NW1 5QT
GOVERNING DOCUMENT	CIO Constitution dated July 2019
CHARITY REGISTRATION NUMBER	1184376
TRUSTEES RESPONSIBLE FOR MANAGING THE CHARITY	Lindsey Hayward Anita Jones Nicola Morriss Margaret Sandilands Jonathan Sercombe
BANKERS	National Westminster Bank Plc
INDEPENDENT EXAMINER	Jaimée Young Stewardship 1 Lamb's Passage LONDON EC1Y 8AB

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Page 7	Receipts and Payments Account
Page 8	Statement of Assets & Liabilities
Page 9	Notes to the Accounts

CONNECTED LIVES
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2022

The Trustees have pleasure in submitting the Report and Accounts for the year ended 31 December 2022.

Objects of the charity

Connected Lives is an early intervention charity, governed by a constitution and is constituted as a charitable incorporated organisation. The charity's principal objects, as set out in its governing document is for the benefit of the public in the advancement of education in relation to parenting, couples relationships, relational well being and childcare.

At Connected Lives our groups and courses give parents and partners space to think about their relationships, permission to struggle and help to respond in new ways so everyone can thrive. We run targeted support groups for parents/carers with their babies and children, groups for parents of teenagers and groups for couples. All the programmes we use are attachment-based, trauma-informed, evidence-based and have a strong preventative track record.

Summary of the charity's main activities and achievements

To further the above objects and vision, the charity's main activities and achievements were as follows:

Core Principles

At Connected Lives we work hard to ensure that the help and support we give is both effective and accessible. Based on 60 decades of research here are the core principles which are fundamental to all the groups, courses and support we offer.

- Time to step back and think about what's working and not yet working in our relationships.
- A map (attachment theory) for understanding how these relationships work and what our children and partners need from us.
- Facilitators who are trained in listening and helping us make sense of our struggles and celebrating our strengths.
- Other parents and partners who have their own stories and help us see we are not alone.
- Permission to ask questions and be real about our struggles.
- All of our programmes have been evaluated by independent researchers and found to be effective.

It is always good to remember that this is all about the 'Power of Attachment.

Hub Network

In 2022 our two hubs were able to help significantly more couples and families, pioneer new groups and pilot our new Connected Teens programme. Thanks to the great team of trustees, staff and volunteers who have all made a profound contribution to our work and enabled us to provide a helping hand to many more families.

"I think Connected Lives is amazing, but such an outfit needs to be standard in every community, not just one city, more macro than that."

(Parent after attending Circle of Security Group in our Cambridgeshire Hub)

Our vision is to create a network of hubs across England to deliver this much needed early help. Since launching in 2019 we have set up one hub a year. In 2022 we established the Brockley Hub in South East London.

Once established each hub supports approximately 900 individuals (couples, children and parents) per year. In order to help communities across our nation, we are looking to establish a network of hubs. Whilst we recognise there will be some regional differences, all Connected Lives Hubs need to be committed to delivering attachment-informed, evidence-based and trauma informed programmes. All hubs need to be committed to providing kind, no blame and help to all families irrespective of their backgrounds.

Central NW London Hub

2022 was a busy year for our original hub. We worked with 919 partners, parents and children. We piloted *Connected Teens* and expanded the delivery of Circle of Security Parenting Groups into three new London Boroughs.

Circle of Security Parenting

Thanks to a 3 year grant we were able to expand our provision significantly across Central and Northwest London. We have a team of 14 facilitators delivering groups supported by us.

In 2022, we delivered 15 Circle of Security Parenting Groups, supporting 108 parents across Westminster, Brent, Harrow and Kensington and Chelsea (and Brighton). Referrals came from Perinatal Mental Health Teams, Early Help Teams, schools, therapists and social services. We delivered increasingly in-person groups but continue to retain online delivery as this helps parents attend who could not physically travel to one of our in- person groups.

General Support of Families

We supported over 602 parents, carers and children through drop-in toddler groups, baby groups, webinars and new baby visiting programmes.

New Facilitators

In 2022 we recruited a further 6 COS-P facilitators in London and 3 in Cambridgeshire, this should enable us to run more groups without stretching the home team too much (and means we have capacity to support the business contract project once it materialises.

Support for Couples

In 2022 we ran two Relationship Foundations courses and two online Hold Me Tight groups. Attended by 52 couples in 2022, our Relationship courses give couples a framework for understanding why and how they get stuck in negative patterns of communication and more importantly how to find their way back to connection and intimacy again. The online format which started as a necessity has been continued as it gives far greater access for couples and is more popular.

Connected Teens

Dr Bettina Hohnen, Dr Clare Gates, Dr Ruth Hind and Jenny Peters wrote the material for our new programme, *Connected Teens*.

The first pilot which ran from February-March 2022 was filled within 3 hours of being offered via the website.

The second pilot was delivered in conjunction with The Four Feathers Youth Club in Westminster. In total we supported 30 parents who were caring for 75 teenagers.

The results of the pilot were hugely encouraging, and we are looking forward to developing this further in 2023.

Cambridgeshire Hub

The Cambridgeshire Hub flourished in 2022 and has pioneered several new and exciting initiatives.

Drop Ins and Baby Boxes

A bi-weekly stay and play toddler groups have about 65 families attend each week. The Friday group has become a 'designated warm space' and together with partners we provide lunch, free play, crafts, storytelling, and music aimed at all ages. These groups provide a safe space for families to share struggles with their parenting and to receive support. Using craft and songs specifically tailored to emotions and relating to each other we help conversations to start and people to open up.

In 2022, the Hub gave out its 100th Welcome Baby Boxes. These are delivered to local families with babies under 16 weeks. This provides a useful first contact, a chance to engage in a deeper discussion and identify any areas of support they might need.

Circle of security Parenting

The hub has 10 Circle of Security Facilitators who enable us to run groups in different areas of Cambridgeshire.

During 2022, Cambridge Hub ran 12 COS-P groups and helped 77 participants through the course.

This has helped to transform the lives of many parents/carers and the quality of their relationships with their children.

Parents/carers have repeatedly reported reduced levels of parental stress, increased empathy for the emotional needs of their children and improved couple and wider family relationships.

Volunteer Team

In 2022 London Hub partnered with University of East London and University of Westminster to recruit volunteers to help with; creche for COS-P groups, evaluation of course data; scoping of area and outreach to families.

Our director met with one of the lecturers at the University of Westminster & we are offering a 2 day a week placement for 2023/24 to one of their students paid for by the University. Our Hub Coordinator also recruited 5 new volunteers from the University of East London.

The two hubs have built up a team of about 32 volunteers who help us with our Stay and Play sessions, our designated warm space, our Baby clothes hub and the creche for the Circle of Security Groups. Volunteers work over the last year has amounted to 885 hours of help.

With Volunteer's help, we have established a weekly Baby Clothes Hub providing free clothes for 0-2-year-olds which enables many families to receive free, good quality clothes for the important first years of a child's life.

Safeguarding:

The charity has a robust safeguarding policy in place and it is mandatory that everyone we take on board under our umbrella, follows or has a robust a safeguarding policy as us. We commit ourselves to nurture, protect and safeguard all those we work with, particularly children and young people. Connected Lives undertakes to exercise proper care in the recruitment, selection processes, training, work practices and procedures. All the Volunteers we take on are first DBS checked before they can do any volunteer work with us.

The Difference We Make

What parents say about the COS-P groups:

- Reduction in parental Stress (87%)
- Increased insight into children's behaviour (80%)
- Improvement in relationship with child (95%)
- Increased understanding of their children's emotional needs (93%)
- Increased capacity for self-reflection (84%)
- Gave new parenting abilities (85%)
- Would recommend to other parents (100%)

In planning the activities the Trustees have applied the guidance on public benefit issued by the Charity Commission.

Financial review

During the year income increased by £55,000, to £161,500, and expenditure increased by £29,400, to £147,800. As a result the cash held by the charity increased by £13,600, to £21,200, all of which is unrestricted and can be used for any charitable purpose.

Reserves policy

The trustees have determined that the charity should aim to hold unrestricted cash of no less than 3 months' salary (which equates to about £22,000) so that the charity could continue to operate should income and / or expenditure vary adversely. At the year end, the charity held unrestricted cash of £21,200 and the trustees are working hard to secure funding so that sufficient levels of reserves are maintained.

Governance

Responsibility for setting policy and for making operating decisions rest with the trustees who meet regularly to monitor the activities of the charity. Responsibility for the day to day operation of the charity has been delegated to Connected Lives Director Jenny Peters. New trustees are recruited and appointed by the existing trustees, by a majority vote.

Relationships with other charities and related parties

We have an existing relationship with St Mary's Church Bryanston Square, where we originally started as a family project and we are grateful for their continued support and relationship.

Risk statement

The charity is exposed to various risks - be they operational, financial or reputational. The trustees review the charity's activities regularly to identify significant risks and, where possible, they take appropriate measures to mitigate those risks.

Responsibilities of trustees

Charity law requires us as Trustees to prepare financial statements for each accounting year which record the receipts and payments of the charity for the year.

We are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable us to ensure that the financial statements comply with the Charities Act 2011.

We also have a responsibility to safeguard the assets of the charity and to take reasonable steps to prevent fraud or any other irregularities.

Approval

This report was approved by the trustees and signed on their behalf by:

Margaret Sandilands

31 July 2023

INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF
CONNECTED LIVES

I report to the trustees on my examination of the accounts of Connected Lives ('the charity') for the year ended 31 December 2022 on pages 7 to 9 following.

Responsibilities and basis of report

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

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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

1. accounting records were not kept in accordance with section 130 of the 2011 Act; or
2. the accounts do not accord with the accounting records.

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

Jaimée Young

Stewardship
1 Lamb's Passage
LONDON
EC1Y 8AB

Date: 31 July 2023

CONNECTED LIVES
RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 31 DECEMBER 2022

	Notes	Unrestricted Funds		Restricted Funds	Total 2022	Total 2021
		General Funds	Designated Funds			
		£	£	£	£	£
Income receipts						
Donations		50,499	-	4,890	55,390	22,837
Gift aid receipts		572	-	69	641	2,233
Other grants		43,687	-	44,176	87,863	73,350
Income from charitable activities		14,318	-	3,285	17,603	8,109
Total receipts		109,077	-	52,420	161,497	106,529
Payments						
Payments in relation to charitable activities undertaken directly	2	98,370	-	49,470	147,840	118,429
Total payments		98,370	-	49,470	147,840	118,429
Net of receipts / (payments) before transfers		10,706	-	2,950	13,657	(11,900)
Transfers between funds	4	5,328	-	(5,328)	-	-
Net movement in funds		16,034	-	(2,378)	13,657	(11,900)
Cash funds as at last year end		9,966	-	(2,387)	7,579	19,479
Cash funds at this year end	A	26,000	-	(4,765)	21,236	7,579

The notes on page 9 form part of these accounts.

CONNECTED LIVES
STATEMENT OF ASSETS AND LIABILITIES
FOR THE YEAR ENDED 31 DECEMBER 2022

	<u>Unrestricted Funds</u>		Restricted funds	Total 2022	Total 2021
	General funds	Designated funds			
	£	£	£	£	£
A Cash funds					
Cash at bank with immediate access	26,000	-	(4,765)	21,235	7,579
	<u>26,000</u>	<u>-</u>	<u>(4,765)</u>	<u>21,235</u>	<u>7,579</u>
B Other monetary assets					
Gift aid due to charity	-	-	-	-	625
Promised grant funding	-	-	7,962	7,962	17,686
	<u>-</u>	<u>-</u>	<u>7,962</u>	<u>7,962</u>	<u>18,311</u>
C Liabilities					
Falling due within one year:					
Trade creditors	3,642	-	-	3,642	-
PAYE/NIC due	1,413	-	704	2,117	1,955
Pension due	142	-	96	239	165
Fee for Independent Examination	990	-	-	990	960
	<u>6,187</u>	<u>-</u>	<u>800</u>	<u>6,987</u>	<u>3,080</u>
D Assets retained for charity's own use					
The charity does not own any assets.					

The accounts were approved by the trustees and signed on their behalf

Margaret Sandilands

31 July 2023

The notes on page 9 form part of these accounts.

CONNECTED LIVES
NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 DECEMBER 2022

1 Accounting policies

The accounts have been prepared on a receipts and payments basis and comprise a statement that shows the charity's receipts and payments, a statement that summarises the charity's assets and liabilities and related notes. The accountancy profession have determined that only accounts prepared in accordance with applicable accounting standards present a 'true and fair' view and, as these receipts and payments accounts have not (and cannot) be prepared in accordance with accounting standards, these accounts do not present (and are not intended to present) a 'true and fair' view of the charity's financial activities and state of affairs.

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity. Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. Restricted funds are donations which are to be used in accordance with specific restrictions imposed by donors; they include donations received from appeals for specific activities or projects.

	<u>Unrestricted Funds</u>		Restricted Funds	Total 2022	Total 2021
	General funds	Designated funds			
	£	£	£	£	£
2 Payments in relation to charitable activities undertaken directly					
Employment costs	78,232	-	38,742	116,974	100,431
Staff training	-	-	-	-	2,984
Direct project costs	14,562	-	6,478	21,040	7,729
Rent	-	-	4,250	4,250	1,145
Insurance	580	-	-	580	580
Professional fees and subscriptions	1,003	-	-	1,003	1,011
IT software and consumables	1,800	-	-	1,800	1,147
Administration and support	1,203	-	-	1,203	2,468
Governance	990	-	-	990	870
Other costs	-	-	-	-	64
	<u>98,370</u>	<u>-</u>	<u>49,470</u>	<u>147,840</u>	<u>118,429</u>

3 Transactions with related parties

No payments were made to trustees or persons related to them, except for reimbursement of expenses paid out on behalf of the charity.

4 Movement of funds

	Opening balance	Receipts	Payments	Transfers	Closing balance
	£	£	£	£	£
General funds	9,966	109,077	(98,370)	5,328	26,000
	<u>9,966</u>	<u>109,077</u>	<u>(98,370)</u>	<u>5,328</u>	<u>26,000</u>
Restricted funds					
Cambridge Hub [Hands on the Circle]	(2,387)	52,420	(49,470)	(5,328)	(4,765)
	<u>(2,387)</u>	<u>52,420</u>	<u>(49,470)</u>	<u>(5,328)</u>	<u>(4,765)</u>
Total funds	<u>7,579</u>	<u>161,497</u>	<u>(147,840)</u>	<u>-</u>	<u>21,236</u>

The transfer from restricted funds to general funds relates to an annual management fee that Cambridge Hub pays to Connected Lives Head office. The deficit restricted funds balance relates to expenditure against expected grant funding that was not received until after the year end (see statement of assets and liabilities).

CONNECTED LIVES

England & Wales - Charity number 1184376

Accounts

Connected Lives

Report and Accounts

Year ended 31 December 2021

Stewardship 
Active generosity

1 Lamb's Passage, London EC1Y 8AB
www.stewardship.org.uk

CONNECTED LIVES
LEGAL AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 DECEMBER 2021

ADDRESS FOR CORRESPONDENCE	255 Old Marylebone Road London NW1 5QT
GOVERNING DOCUMENT	CIO Constitution dated July 2019
CHARITY REGISTRATION NUMBER	1184376
TRUSTEES RESPONSIBLE FOR MANAGING THE CHARITY	Lindsey Hayward Anita Jones Nicola Morriss Margaret Sandilands Jonathan Sercombe
BANKERS	National Westminster Bank Plc
INDEPENDENT EXAMINER	Jaimée Young Stewardship 1 Lamb's Passage LONDON EC1Y 8AB

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CONNECTED LIVES
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2021

The Trustees have pleasure in submitting the Report and Accounts for the year ended 31 December 2021.

Objects of the charity

Connected Lives is an early intervention charity, governed by a constitution and is constituted as a charitable incorporated organisation. The charity's principal objects, as set out in its governing document is for the benefit of the public in the advancement of education in relation to parenting, couples relationships, relational well being and childcare.

At Connected Lives our groups and courses give parents and partners space to think about their relationships, permission to struggle and help to respond in new ways so everyone can thrive. We run targeted support groups for parents/carers with their babies and children, groups for parents of teenagers and groups for couples. All the programmes we use are attachment-based, trauma-informed, evidence-based and have a strong preventative track record.

Summary of the charity's main activities and achievements

To further the above objects and vision, the charity's main activities and achievements were as follows:

In 2021 supported over 1200 individuals with a mixture of general support services and targeted groups and we acted as a catalyst for our attachment-based programmes across our Communities.

Connected Lives' hubs have supported many families along their way, providing advice and a safe place where families can learn and grow together. We were helped in this endeavour by a wonderful staff team and a remarkable team of volunteers (22 volunteers helped deliver and support groups on a regular basis).

Hub Networks

Central London Hub

Our first hub started as a family support project run directly out of a church, St Mary's Bryanston Square. In July 2019 we became a charity in our own right and the Central London Hub was created.

We are pioneering our attachment-based approach in partnership with local agencies and have built strong relationships with our community, statutory authorities, and other charities. Our Director is on the Integrated Leadership Team for the NE Westminster Locality Family Hub. We work closely with Westminster Early Help Teams, and Central and North West London Perinatal Mental Health Team (CNWL). We are expanding delivery of targeted groups into the 5 boroughs served by CNWL perinatal teams. In Quarter three (Q3), we received a grant of £30,000 from John Lyon's Charity to help us deliver more COS-P groups in NW London specifically into Brent, Harrow and Kensington and Chelsea. With this funding we made plans to recruit a Hub Coordinator, train COSP Facilitators and Partner with other Churches, Family well being Centres, Toddlers groups and the local councils so we can able to Train COSP Facilitators as well as deliver the COSP groups in these additional Boroughs.

Cambridgeshire Hub

In January 2021, a Connected Lives Hub operating across Cambridgeshire was set up. This hub is being run as a direct project of Connected Lives Central, with restricted funding. The Cambridge Hub is run by two Employees and a team of incredible volunteers. Its creation was made possible by a grant of £25,000 over 2 years from Cambridgeshire County Council (Innovate Fund) and £10,000 from Evelyn Trust.

Since January 2021 the two Hubs have jointly delivered:

1. 18 Circle of Security Parenting Groups (supporting over 103 vulnerable parents)
2. 4 Stay and Play drop-in groups over 330 families attending over the year
3. 1 Baby group (online initially and now in person) of 24 mums and babies
4. 5 Circle of Security Fidelity Coaching Groups
5. 2 Learning Communities (60 participants)
6. 5 Webinars for parents and partners (246 participants)
7. 2 Hold Me Tight Courses (80 participants)
8. 2 Relationship Foundations Courses (68 participants)
9. Developed Connected Teens - Dr Bettina Hohnen and Dr Clare Gates have written the programme and the Connected Lives Team are commissioning graphics and running and evaluating the pilot project.
10. Set up an online Circle Clinic providing 1:1 sessions (45 minutes) for parents and carers that have already undertaken a Circle of Security Parenting group to discuss any parenting issues they may have with an experienced COS-P Facilitator.
11. In Cambridge Hub, a Circle of Security Parenting Group for Turkish families was run by the hub team and a translator, who had previously attended a course
12. We trained an additional 5 Circle of Security Facilitators
13. We run 2 Circle of Security Parenting revisited sessions for parents
14. We set up a free clothes hub for 0–2-year-olds which extends free provision of clothes for children aged 0-12 years old.

The Difference we make

What parents say about the COS-P groups:

- Reduction in parental Stress (87%)
- Increased insight into children's behaviour (80%)
- Improvement in relationship with child (95%)
- Increased understanding of their children's emotional needs (93%)
- Increased capacity for self-reflection (84%)
- Gave new parenting abilities (85%)

(100%) of the participants said they would recommend our courses to other parents

Due to the pandemic, the demand for our parenting and relationship programmes increased exponentially, more than we anticipated. We saw a fivefold increase in the number of referrals to our online Circle of Security Parenting Groups from the perinatal mental health team at St Mary's hospital, a 150% increase in couples attending our online couples course and our webinars increased normal attendance at parenting evenings by 200%. We quadrupled the number of online Circle of Security Groups, and organised an online Hold Me Tight Group (supported by therapists). Thanks to the generosity of our donors and the grants we received, we were able to offer this much needed support.

In planning the activities the Trustees have applied the guidance on public benefit issued by the Charity Commission.

Financial review

During the year income increased by £18,100, to £106,500, and expenditure increased by £46,000, to £118,400. As a result the cash held by the charity decreased by £11,900, to £7,600, all of which is unrestricted and can be used for any charitable purpose.

A significant sum of the charity's receipts that had been secured in grant funding for the financial year 2021, was not received until early 2022. This resulted in year end total receipts of £106,500 instead of the expected total receipts of £123,900 and meant a deficit in the restricted funds at the year end (see accounts note 4).

Reserves policy

The trustees have determined that the charity should aim to hold unrestricted cash of no less than 3 months' salary (which equates to about £20,000) so that the charity could continue to operate should income and / or expenditure vary adversely. At the year end, the charity held unrestricted cash of £7,500 and the trustees are working hard to secure funding to enable a good level of reserves to be maintained.

Governance

Responsibility for setting policy and for making operating decisions rest with the trustees who meet regularly to monitor the activities of the charity. Responsibility for the day to day operation of the charity has been delegated to Connected Lives Director Jenny Peters. New trustees are recruited and appointed by the existing trustees, by a majority vote.

Relationships with other charities and related parties

We have an existing relationship with St Mary's Church Bryanston Square, where we originally started as a family project and we are grateful for their continued support and relationship.

Risk statement

The charity is exposed to various risks - be they operational, financial or reputational. The trustees review the charity's activities regularly to identify significant risks and, where possible, they take appropriate measures to mitigate those risks.

Responsibilities of trustees

Charity law requires us as Trustees to prepare financial statements for each accounting year which record the receipts and payments of the charity for the year.

We are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable us to ensure that the financial statements comply with the Charities Act 2011.

We also have a responsibility to safeguard the assets of the charity and to take reasonable steps to prevent fraud or any other irregularities.

Approval

This report was approved by the trustees and signed on their behalf by:

Margaret Sandilands

Date: 19 July 2022

INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF
CONNECTED LIVES

I report to the trustees on my examination of the accounts of Connected Lives ('the charity') for the year ended 31 December 2021 on pages 6 to 8 following.

Responsibilities and basis of report

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

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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

1. accounting records were not kept in accordance with section 130 of the 2011 Act; or
2. the accounts do not accord with the accounting records.

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

Jaimée Young

Stewardship
1 Lamb's Passage
LONDON
EC1Y 8AB

Date: 05 August 2022

CONNECTED LIVES
RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 31 DECEMBER 2021

	Notes	Unrestricted Funds		Restricted Funds	Total 2021	Total 2020
		General Funds	Designated Funds			
		£	£	£	£	£
Income receipts						
Donations		20,837	-	1,999	22,837	39,984
Gift aid receipts		2,151	-	83	2,233	-
Government grants		-	-	-	-	4,302
Other grants		40,000	-	33,350	73,350	37,476
Income from charitable activities		6,880	-	1,228	8,109	6,634
Total receipts		69,868	-	36,660	106,529	88,396
Payments						
Payments in relation to charitable activities undertaken directly	2	80,875	-	37,554	118,429	72,412
Total payments		80,875	-	37,554	118,429	72,412
Net of receipts / (payments) before transfers		(11,007)	-	(893)	(11,900)	15,984
Transfers between funds	4	5,328	-	(5,328)	-	-
Net movement in funds		(5,679)	-	(6,221)	(11,900)	15,984
Cash funds as at last year end		15,644	-	3,834	19,479	3,495
Cash funds at this year end	A	9,966	-	(2,387)	7,579	19,479

The notes on page 8 form part of these accounts.

CONNECTED LIVES
STATEMENT OF ASSETS AND LIABILITIES
FOR THE YEAR ENDED 31 DECEMBER 2021

	<u>Unrestricted Funds</u>			Total 2021 £	Total 2020 £
	General funds £	Designated funds £	Restricted funds £		
A Cash funds					
Cash at bank with immediate access	9,966	-	(2,387)	7,579	19,479
	<u>9,966</u>	<u>-</u>	<u>(2,387)</u>	<u>7,579</u>	<u>19,479</u>
B Other monetary assets					
Gift aid due to charity	625	-	-	625	-
Promised grant funding for 2021	5,186	-	12,500	17,686	-
	<u>5,811</u>	<u>-</u>	<u>12,500</u>	<u>18,311</u>	<u>-</u>
C Liabilities					
PAYE/NIC due	1,224	-	731	1,955	665
Pension due	73	-	92	165	120
Fee for Independent Examination	960	-	-	960	870
	<u>2,257</u>	<u>-</u>	<u>823</u>	<u>3,080</u>	<u>1,654</u>

D Assets retained for charity's own use

The charity does not own any assets.

E Guarantees and secured debts

The charity has not given any guarantees and has not provided its assets as security for any liabilities.

The accounts were approved by the trustees and signed on their behalf

by Anita Jones date 22 July 2022

The notes on page 8 form part of these accounts.

CONNECTED LIVES
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2021

1 Accounting policies

The accounts have been prepared on a receipts and payments basis and comprise a statement that shows the charity's receipts and payments, a statement that summarises the charity's assets and liabilities and related notes. The accountancy profession have determined that only accounts prepared in accordance with applicable accounting standards present a 'true and fair' view and, as these receipts and payments accounts have not (and cannot) be prepared in accordance with accounting standards, these accounts do not present (and are not intended to present) a 'true and fair' view of the charity's financial activities and state of affairs.

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity. Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. Restricted funds are donations which are to be used in accordance with specific restrictions imposed by donors; they include donations received from appeals for specific activities or projects.

	<u>Unrestricted Funds</u>		Restricted Funds	Total 2021	Total 2020
	General funds	Designated funds			
	£	£	£	£	£
2 Payments in relation to charitable activities undertaken directly					
Employment costs	64,022	-	36,409	100,431	61,713
Staff training	2,984	-	-	2,984	1,800
Direct project costs	7,729	-	-	7,729	3,475
Rent	-	-	1,145	1,145	-
Bursaries	-	-	-	-	1,841
Insurance	580	-	-	580	301
Professional fees and subscriptions	1,011	-	-	1,011	1,197
IT software and consumables	1,147	-	-	1,147	1,223
Administration and support	2,468	-	-	2,468	863
Governance	870	-	-	870	-
Other costs	64	-	-	64	-
	<u>80,875</u>	<u>-</u>	<u>37,554</u>	<u>118,429</u>	<u>72,412</u>

3 Transactions with related parties

No payments were made to trustees or persons related to them, except for reimbursement of expenses paid out on behalf of the charity.

4 Movement of funds

	Opening balance	Receipts	Payments	Transfers	Closing balance
	£	£	£	£	£
General funds	15,644	69,868	(80,875)	5,328	9,966
	<u>15,644</u>	<u>69,868</u>	<u>(80,875)</u>	<u>5,328</u>	<u>9,966</u>
Restricted funds					
Cambridge Hub [Hands on the Circle]	3,834	36,660	(37,554)	(5,328)	(2,387)
	<u>3,834</u>	<u>36,660</u>	<u>(37,554)</u>	<u>(5,328)</u>	<u>(2,387)</u>
Total funds	<u>19,479</u>	<u>106,529</u>	<u>(118,429)</u>	<u>-</u>	<u>7,579</u>

The Cambridge Hub incorporates the HonC (Hands on the Circle) project and the funds will continue to be spent in line with the donors' wishes. The deficit on this account relates to £12,500 of funding promised for 2021 but which was not received until 2022. The transfer from this fund relates to a management fee.

CONNECTED LIVES

England & Wales - Charity number 1184376

Accounts

Connected Lives

Report and Accounts

Year ended 31 December 2020

Stewardship 
Active generosity

1 Lamb's Passage, London EC1Y 8AB
www.stewardship.org.uk

CONNECTED LIVES
LEGAL AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 DECEMBER 2020

ADDRESS FOR CORRESPONDENCE	255 Old Marylebone Road London NW1 5QT
GOVERNING DOCUMENT	CIO Constitution dated July 2019
CHARITY REGISTRATION NUMBER	1184376
TRUSTEES RESPONSIBLE FOR MANAGING THE CHARITY	Lindsey Hayward Anita Jones Nicola Morriss Margaret Sandilands Jonathan Sercombe
BANKERS	National Westminster Bank Plc
INDEPENDENT EXAMINER	Jaimée Young Stewardship 1 Lamb's Passage LONDON EC1Y 8AB

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CONNECTED LIVES
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2020

The Trustees have pleasure in submitting the Report and Accounts for the year ended 31 December 2020.

Objects of the charity

Connected Lives is an early intervention charity, governed by a constitution and is constituted as a charitable incorporated organisation. The charity's principal objects, as set out in its governing document is to benefit of the public in the advancement of education in relation to parenting, couple relationships, relational well being and childcare.

We run targeted support groups for parents/carers with their babies and children, groups for parents of teenagers and groups for couples. All the programmes we use are attachment-based, trauma-informed, evidence-based and have a strong preventative track record.

Summary of the charity's main activities and achievements

To further the above objects the charity's main activities and achievements were as follows:

In 2020, we supported over 1,200 people engagements. We were helped in this endeavour by a wonderful staff team and a remarkable team of volunteers (11 volunteers helped deliver and support groups on a regular basis).

Circle of Security Parenting Groups (Under 11's)

Circle of Security Parenting Groups run for 8 weeks at 1.5 hours per session. Over this period we experienced a five-fold increase in the numbers of parents who were referred to us from the perinatal mental health teams and early help teams. Through engaging additional facilitators, we were able to more than double the normal number of Circle of Security Groups that we delivered in 2020 by running 10 groups instead of our normal 4.

Circle of Security Parenting Groups Evaluation

96.4% of parents completed the course (this is very high compared to average)

81% of parents said that their stress levels had reduced as a result of being part of the group

79% said their relationship with their child had improved

100% said participation had improved their understanding of their 'parenting triggers'

60% - developed significantly (up 2 or more categories) increased parental reflective functioning

One thing we noticed from running the groups online was that it was more accessible to more vulnerable parents and we had a far greater 'success' in getting referred parents to come along to a group. So although the facilitators found it harder to work online there were huge benefits that we had not predicted or expected.

Circle of Security Parenting Groups (Teenagers)

We ran one group specifically for parents of teenagers (Sept-Nov 2020) many of these parents were struggling to cope with teenagers who were stuck at home, not able to attend school for large chunks of the time and who were understandably stressed and harder to handle. Through using the basic Circle of Security approach together with insights from neuroscience about adolescent development, the group were able to understand the strengths and struggles of their teenagers, and to, where needed, change their responses to their adolescents and take charge with a greater degree of 'firm, no nonsense kindness'. Parents reported back that their relationship with their teens had significantly improved. As a result of this work we are working with a child and adolescent psychiatrist, Dr Clare Gates, to devise a programme specifically for parents of teens to be developed and rolled out in 2021 (funding permitting).

Hold Me Tight Groups for Couples

We ran a Hold Me Tight Course online June-July 2020 (with final session at the beginning of Sept). 42 people joined the programme, which was supported by 4 trained couples therapists and two facilitators. The programme, developed by Dr Sue Johnson, founder of Emotionally Focused Therapy, helps couples understand how and why they get into negative patterns of relating and (more importantly) how they can understand one another and change their responses to each other. Having the therapists available to drop into the break out rooms and help couples where they were stuck enabled us to really support couples that were struggling.

All the couples completed the course. 93% rated the course and exercises they did as a couple as either good or excellent. 71% said they would recommend to other couples and 85% said they got the outcomes they were looking for.

Webinars

Webinars replaced our regular evening events for parents. We ran a series of webinars throughout 2020 looking at issues such as: Helping your teen cope with big emotions; Leaving Lockdown, how to help children re-integrate back into school; Love in a time of Covid, Raising confident teens in an anxious world and Parenting in a pandemic. Contributors included Dr Sue Johnson (author of Hold Me Tight and founder of Emotionally Focused Couples Therapy); Glen Cooper (Originator of Circle of Security Parenting); Louise Bomber (trauma specialist and author of Know me to teach me); Dr Bettina Hohnen (clinical psychologist and author of The Incredible Teenage Brain). Over 690 either joined in 'live' or watched these webinars later.

Online Toddler Time and Mammaccino groups

Through the webinars and groups we ran we became aware of the stress on new parents. Parents who gave birth on or around the first lockdown had to contend with financial insecurity, health anxiety, a very different experience of labour (partners often not allowed to be present until the very end, if at all) and the first vulnerable precious weeks being alone, unable to get the support of friends and family. This caused an understandable rise in levels of maternal anxiety and depression.

One of the preventative factors was being able to meet with groups of parents in a similar situation and so we launched a visiting programme, Mum-to-Mum, Mammaccino and pappaccino sessions for parents with babies under 12 months and online Toddler Time for children aged 0-3 years in the Autumn.

In planning the activities the Trustees have applied the guidance on public benefit issued by the Charity Commission.

Financial review

2020 was Connected Lives' first year of operation as an independent Charity. During the year, our total income was £88,400 and total expenditure was £72,400. As a result the cash held by the charity increased by £16,000, to £19,500, of which £15,600 is unrestricted and can be used for any charitable purpose. The £3,800 restricted funds is for HonC (hands on the circle), a project that has been under Connected Lives umbrella since September 2020.

Reserves policy

The trustees have determined that the charity should aim to hold unrestricted cash of no less than three months' salary expenditure (£12,200) so that the charity could continue to operate should income and / or expenditure vary adversely. At the year end, the charity held unrestricted cash of £15,600 and the charity is complying with its reserves policy.

COVID-19

Covid-19 affected all our in person activities. We shut down our weekly Toddlers and bumps and babies groups. Two of our main pre-booked in person Circle of Security Facilitators trainings got cancelled and this had a significant cashflow impact on the budget. One member of staff had to be furloughed, and we had to restructure all our training and move them online as the rest of the team worked from home.

Family life and wellbeing has been significantly impacted by Covid-19 and as a frontline charity we saw a significant rise in demand for our programmes. Our groups were full of parents finding it hard to respond well to their children and couples struggling to connect and care for one another.

We needed funding to help us support more families by delivering these programmes online and to increase the number of groups offered. We initially hoped to impact 400 people, but we are delighted to be able to report that we supported over 1,000 people. Even though it was a challenging year, we are grateful to God for the generosity of our donors as well as the Westminster Foundation grant that enabled us to deliver the much needed help.

Governance

Responsibility for setting policy and for making operating decisions rest with the trustees who meet regularly to monitor the activities of the charity. Responsibility for the day to day operation of the charity has been delegated to Connected Lives Director Jenny Peters. New trustees are recruited and appointed by the existing trustees, by a majority vote.

Relationships with other charities and related parties

We have an existing relationship with St Mary's Church Bryanston Square, where we originally started as a family project and we are grateful for their continued support and relationship.

Risk statement

The charity is exposed to various risks - be they operational, financial or reputational. The trustees review the charity's activities regularly to identify significant risks and, where possible, they take appropriate measures to mitigate those risks.

Responsibilities of trustees

Charity law requires us as Trustees to prepare financial statements for each accounting year which record the receipts and payments of the charity for the year.

We are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable us to ensure that the financial statements comply with the Charities Act 2011.

We also have a responsibility to safeguard the assets of the charity and to take reasonable steps to prevent fraud or any other irregularities.

Approval

This report was approved by the trustees and signed on their behalf by:

Anita Jones

Date: 07 July 2021

INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF
CONNECTED LIVES

I report to the trustees on my examination of the accounts of Connected Lives ('the charity') for the year ended 31 December 2020 on pages 7 to 9 following.

Responsibilities and basis of report

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

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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

1. accounting records were not kept in accordance with section 130 of the 2011 Act; or
2. the accounts do not accord with the accounting records.

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

Jaimée Young

Stewardship
1 Lamb's Passage
LONDON
EC1Y 8AB

Date: 14 July 2021

CONNECTED LIVES
RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 31 DECEMBER 2020

	Notes	Unrestricted Funds		Restricted Funds	Total 2020	Total 2019
		General Funds	Designated Funds			
		£	£	£	£	£
Income receipts						
Donations		37,232	-	2,752	39,984	3,495
Government grants		4,302	-	-	4,302	-
Other grants		33,486	-	3,990	37,476	-
Income from charitable activities		6,634	-	-	6,634	-
Total receipts		81,654	-	6,742	88,396	3,495
Payments						
Payments in relation to charitable activities undertaken directly	2	69,505	-	2,908	72,412	-
Total payments		69,505	-	2,908	72,412	-
Net of receipts / (payments) before transfers		12,149	-	3,834	15,984	3,495
Transfers between funds	4	-	-	-	-	-
Net movement in funds		12,149	-	3,834	15,984	3,495
Cash funds as at last year end		3,495	-	-	3,495	-
Cash funds at this year end	A	15,644	-	3,834	19,479	3,495

The notes on page 9 form part of these accounts.

CONNECTED LIVES
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2020

1 Accounting policies

The accounts have been prepared on a receipts and payments basis and comprise a statement that shows the charity's receipts and payments, a statement that summarises the charity's assets and liabilities and related notes. The accountancy profession have determined that only accounts prepared in accordance with applicable accounting standards present a 'true and fair' view and, as these receipts and payments accounts have not (and cannot) be prepared in accordance with accounting standards, these accounts do not present (and are not intended to present) a 'true and fair' view of the charity's financial activities and state of affairs.

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity. Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. Restricted funds are donations which are to be used in accordance with specific restrictions imposed by donors; they include donations received from appeals for specific activities or projects.

	Unrestricted Funds		Restricted Funds	Total 2020	Total 2019
	General funds	Designated funds			
	£	£	£	£	£
2 Payments in relation to charitable activities undertaken directly					
Employment costs	61,713	-	-	61,713	-
Staff training	1,800	-	-	1,800	-
Direct project costs	2,477	-	997	3,475	-
Bursaries	161	-	1,680	1,841	-
Insurance	301	-	-	301	-
Professional fees and subscriptions	967	-	230	1,197	-
IT software and consumables	1,223	-	-	1,223	-
Administration and support	863	-	-	863	-
	<u>69,505</u>	<u>-</u>	<u>2,908</u>	<u>72,412</u>	<u>-</u>

3 Transactions with related parties

No remuneration was made to any trustee or persons connected to them.

4 Movement of funds

	Balance at 31Dec2019	Receipts	Payments	Transfers	Balance at 31Dec2020
	£	£	£	£	£
General funds	3,495	81,654	(69,505)	-	15,644
	<u>3,495</u>	<u>81,654</u>	<u>(69,505)</u>	<u>-</u>	<u>15,644</u>
Restricted funds					
Hands on the Circle [HonC]	-	6,742	(2,908)	-	3,834
	<u>-</u>	<u>6,742</u>	<u>(2,908)</u>	<u>-</u>	<u>3,834</u>
Total funds	<u>3,495</u>	<u>88,396</u>	<u>(72,412)</u>	<u>-</u>	<u>19,479</u>