

# Connected Lives

Report and Accounts

Year ended 31 December 2021

**Stewardship**   
*Active generosity*

1 Lamb's Passage, London EC1Y 8AB  
[www.stewardship.org.uk](http://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

**INDEX**

Page 1	Legal and Administrative Details
Pages 2-4	Trustees' Report
Page 5	Independent Examiner's Report
Page 6	Receipts and Payments Account
Page 7	Statement of Assets & Liabilities
Page 8	Notes to the Accounts

**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	<u>Unrestricted Funds</u>		Restricted Funds	Total 2021	Total 2020
		General Funds	Designated Funds			
		£	£	£	£	£
<b>Income receipts</b>						
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
<b>Total receipts</b>		<b>69,868</b>	<b>-</b>	<b>36,660</b>	<b>106,529</b>	<b>88,396</b>
<b>Payments</b>						
Payments in relation to charitable activities undertaken directly	2	80,875	-	37,554	118,429	72,412
<b>Total payments</b>		<b>80,875</b>	<b>-</b>	<b>37,554</b>	<b>118,429</b>	<b>72,412</b>
Net of receipts / (payments) before transfers		(11,007)	-	(893)	(11,900)	15,984
Transfers between funds	4	5,328	-	(5,328)	-	-
<b>Net movement in funds</b>		<b>(5,679)</b>	<b>-</b>	<b>(6,221)</b>	<b>(11,900)</b>	<b>15,984</b>
Cash funds as at last year end		15,644	-	3,834	19,479	3,495
<b>Cash funds at this year end</b>	A	<b>9,966</b>	<b>-</b>	<b>(2,387)</b>	<b>7,579</b>	<b>19,479</b>

The notes on page 8 form part of these accounts.

**CONNECTED LIVES**

## STATEMENT OF ASSETS AND LIABILITIES

## Unrestricted Funds

### A Cash funds

### B Other monetary assets

### C Liabilities

#### 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			
	£	£	£	£	£
<b>2 Payments in relation to charitable activities undertaken directly</b>					
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.