

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

INDEX

Page 1	Legal and Administrative Details
Pages 2-5	Trustees' Report
Page 6	Independent Examiner's Report
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	Total	Total
	General	Designated	funds	2022	2021
	funds	funds	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).