

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2024
FOR
FAMILIES OUT LOUD**

FAMILIES OUT LOUD

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FOR THE YEAR ENDED 30 SEPTEMBER 2024**

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FAMILIES OUT LOUD

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 SEPTEMBER 2024

The trustees present their report with the financial statements of the charity for the year ended 30 September 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

REFERENCE AND ADMINISTRATIVE DETAILS Registered Charity number 1189345

Principal address

Flat 17
Johanna House
Mulberry Way
Combe Down
BATH
BA2 5DY

Trustees

John Pendrey	Chair
Susan Lenihan	Treasurer
Debra Hawley	Secretary
Dinah Wellenkamp	Trustee - retired
Bonnie Simpson	Trustee – appointed 16 May 2024
Kayleigh Malone	Trustee – appointed 4 March 2024
Susanna Mary Brigden	Trustee – appointed 25 January 2024

Independent examiner

Berkeley Hall Marshall Limited
6 Charlotte Street
Bath BA1 2NE

Structure, governance and management

The charity is controlled by its governing document, a deed of trust, and constitutes an unincorporated charity. For governance and training purposes, the charity has adopted the following policies: Child Protection, Equal Opportunities, Privacy, Safeguarding, Board Basics, Data Protection & GDPR, Finance and Reserves. FOL collaborates with a number of organisations which work to support people in need such as: Turning Point, Addiction Family Support, and local community hubs as well as local schools, Social Services and other Statutory bodies.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

Our mission

Purpose

Families Out Loud is a Wiltshire charity working with families challenged by someone else's drug and alcohol dependency, supporting them to bravely build a better life.

Vision

We want to reach every family impacted by drug and alcohol use, so they can speak out, free from stigma, and receive the support, care and help they need.

FAMILIES OUT LOUD

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 SEPTEMBER 2024

Our objectives

- To promote mental wellbeing by dealing with feelings of stress, loss, guilt, shame and hopelessness.
- To secure income through donations, grants, sponsorship and independent fundraising.
- To actively promote awareness of the charity through newsletters and social media
- Increase outreach by approaching those who influence the support of those we consider to be our client base to advise them of the services we offer.
- To increase the number of FOL beneficiaries year-on-year.

Activities and performance

We provide various online and face-to-face counselling and support group services as follows:

- **One-to-one sessions** provide a safe space for clients to talk freely about what is happening in their lives. After an initial assessment that explores background, expectations, and any safeguarding issues, our experienced professionals offer counselling and therapeutic support focusing entirely on each individual's needs.
- **Family group sessions** can promote openness, discussion, and prevent family misunderstandings. Emotional manipulation is common behaviour for drug and alcohol users, and while family members are responsible for their actions, our professionals encourage open and constructive dialogue to reach a consensus on how the family collectively responds to a loved one.
- **Peer support groups** can be powerful and healing, providing the opportunity to talk to others who are also living with family addiction. Sharing stories and building relationships with peers who understand your situation helps people to feel less isolated and lonely. FOL's 2022 survey shows that 86% of respondents felt their mental health had improved after having 1-1 and/or group support.
- **Bereavement support** helps families during the worst of times. The potential loss of a loved one who is using drugs and alcohol is a constant fear for many FOL clients, but for some, it becomes a reality. The situation requires an exceptional understanding, and we want to be by their side as they come to terms with the loss of someone whose life was difficult, complicated, and often sad.
- **Teen support** for 13 to 17-year-olds is our newest specialised service offered by our expert young person's counsellors. Teenagers can struggle with their emotions when someone in the family is using drugs and alcohol. It is common for them to withdraw, to struggle at school, and to exhibit changes in behaviour and extremes of mood that are difficult to manage. Support from a specialist counsellor, who encourages the expression of emotions that are then heard and accepted, can help the young person realise they /aren't responsible for the actions and outcomes of their loved one's behaviour.

Impact

When one person receives our help, the whole family unit is often positively affected. Based on client information, we believe that for every individual who engages with our services, at least four others in their immediate circle benefit.

- Increased the number of beneficiaries from 125 at 30/09/23 to 205 adults and 10 Teens at 30/09/24. The Teen service began in January 2024
- In the year to 30/09/24 we delivered 626 in 1-1 client sessions.
- Our social media presence with Facebook, and Instagram followers increased from 510 at 30/09/23 to 684 at 30/09/24.

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REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 SEPTEMBER 2024

Impact (continued)

- We delivered group sessions online and face to face to active clients. Throughout the year to 30/09/24 there were 151 attendees.
- 90% of participants felt that using FOL services positively impacted their relationships with friends and family.

Financial review

The Charity has achieved another year of growth and although progress is slow, we are building on a firm foundation.

We have raised funds from market stalls, also from our client contributions towards our counselling services together with a number of generous grants which have enabled the charity to expand our support for our clients and we now have a fundraiser who has worked to raise the funds to enable us to achieve the growth which will fulfil our Purpose and Vision.

Reserves Policy

At 30th September 2024 we have 2-3 months reserves. We intend to build this to 4 months reserves in the coming year.

Approved by order of the board of trustees on 12th May 2025 and signed on its behalf by:

J. Hamilton
Trustee

**INDEPENDENT EXAMINERS REPORT TO THE TRUSTEES OF
FAMILIES OUT LOUD**

I report on the accounts for the year ended 30 September 2024, which are set out on pages five to eight.

Responsibilities and basis of report

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

I have examined your charity's accounts as required under section 145 of the Charities Act 2011 ('the Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. that accounting records were not kept as required by section 130 of the Act; or
2. that the accounts do not accord with those records; or
3. that the accounts do not comply with the accounting requirements of the Act; or
4. that there is further information needed for a proper understanding of the accounts.

Independent examiner's statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission I have found no matters that require drawing to your attention.



Berkeley Hall Marshall Limited
6 Charlotte Street
Bath
BA1 2NE

Date: 12 MAY 2025

FAMILIES OUT LOUD

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 30 SEPTEMBER 2024

	Notes	Total Funds 2024 £	Total Funds 2023 £
Income and resources			
Income and endowments from:			
Donations and legacies	3	39,149	18,702
Charitable activities	4	<u>7,607</u>	<u>4,961</u>
Total		<u>46,756</u>	<u>23,663</u>
 Resources expended			
Expenditure on:			
Charitable activities	5	33,386	15,275
Other	6	<u>3,626</u>	<u>4,056</u>
Total		<u>37,012</u>	<u>19,331</u>
 Net income		<u>9,744</u>	<u>4,332</u>
Net movement in funds		<u>9,744</u>	<u>4,332</u>
 Reconciliation of funds:			
Total funds brought forward		<u>21,244</u>	<u>16,912</u>
Total funds carried forward		<u>30,988</u>	<u>21,244</u>

FAMILIES OUT LOUD

BALANCE SHEET AS AT 30 SEPTEMBER 2024

	Notes	2024 £	2023 £
Current assets			
Stock		998	500
Current bank account		30,130	20,884
Cash in hand		<u>40</u>	<u>40</u>
Total current assets		31,168	21,424
Current liabilities			
Creditors falling due within in one year	7	<u>180</u>	<u>180</u>
Total assets less current liabilities		<u>30,988</u>	<u>21,244</u>
Total net assets		<u>30,988</u>	<u>21,244</u>
Funds of the Charity			
Unrestricted funds		4,089	7,171
Restricted funds	8	<u>26,899</u>	<u>14,073</u>
Total funds		<u>30,988</u>	<u>21,244</u>

The financial statements were approved by the Board of Trustees on 12/05/2025... and signed on its behalf by

S. L. Hamman

Trustee

FAMILIES OUT LOUD

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 SEPTEMBER 2024

1. ACCOUNTING POLICIES

Accounting convention

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. TRUSTEE'S REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30 September 2024 (2023 – nil).

Trustees' expenses

There were no trustees' expenses paid for the year ended 30 September 2024 (2023 – nil).

3. DONATIONS AND LEGACIES

	2024 £	2023 £
Weekly member contributions	-	505
Just Giving	978	2,234
Donations	158	1,002
Grants	<u>38,013</u>	<u>14,961</u>
	<u>39,149</u>	<u>18,702</u>

4. CHARITABLE ACTIVITIES

	2024 £	2023 £
Fundraising events	2,587	2,706
Counselling fees	<u>5,020</u>	<u>2,255</u>
	<u>7,607</u>	<u>4,961</u>

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NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 SEPTEMBER 2024

5. CHARITABLE ACTIVITIES

	2024 £	2023 £
Room hire	1,770	429
Art Exhibition	-	1,669
Materials	713	866
Market stall costs	124	15
Training	313	40
Counsellor costs	<u>30,466</u>	<u>12,256</u>
	<u>33,386</u>	<u>15,275</u>

6. OTHER

	2024 £	2023 £
Admin costs	1,262	615
Insurance	309	239
Website	1,587	2,734
Sundry	288	288
Independent examiners fee	<u>180</u>	<u>180</u>
	<u>3,626</u>	<u>4,056</u>

7. CREDITORS – FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Independent examiners fee	<u>180</u>	<u>180</u>
	<u>180</u>	<u>180</u>

8. RESTRICTED FUNDS

	2024 £	2023 £
Trowbridge Town Council	750	180
Trowbridge Area Board	4,509	4,411
WCF	5,000	3,750
National Lottery	9,133	-
Andrew donation	853	1,853
John Pendry	120	160
R Hargreaves	368	367
Sally Livingstone	145	510
Wendy Quick	175	175
Salisbury City Council	-	1,000
Jack Lane	750	-
Martin Geddes	3,208	-
Holmans	1,221	-
St James	<u>667</u>	<u>1,667</u>
	<u>26,899</u>	<u>14,073</u>