

Trustees' Annual Report

Creative Support For Vulnerable Families And Children

Registered Charity Number 1193582

Charitable Incorporated Organisation whose only voting members are its charity trustees

For the period commencing: 18th February 2021 up to and including 31st March 2022

Objectives and Activities

Summary:

The object of the CIO is to promote and protect good Mental Health to Families, Individuals and Children residing in North Norfolk in particular but not exclusively through the provision of psychotherapy sessions.

Our charity was set up to support a therapist who was working to improve mental well-being by reaching out to help vulnerable young people who were/are experiencing neurodiversity, cyberbullying, gender dysphoria, self-harming, family discord, low self-esteem, and much more.

What has been achieved:

Our work goes to the individual to help with engagement and literally 'work on the floor', one to one, utilising various art materials (paints, clay, journals etc.) to allow the individual to externalise anxieties through casual conversation, enabling re-framing of grief, anxiety, stress and aid in the creation of a new sense of meaning and purpose removing reliance on others, building self-confidence, and determination. To date there have been over 1,500 sessions working with vulnerable individuals impacting over 125 families. We also work with families experiencing life-limiting illnesses and the distress this can bring supporting them in many other ways.

The charity supports creatively promoting and protecting good mental health by working directly with the vulnerable families, individuals and children creating a cascade effect to the immediate family and supporters. This in turn has a greater impact on the areas in which they live and work.

The trustees have regard to the guidance issued by the Charity Commissioners on public benefit. This has also been passed to the trustee as no trustee has direct knowledge or contact with any of the individuals working with the therapist.

It is important to record the fact that the professionally qualified therapist has contributed their time and expertise to work with those in need of help at no charge retrospectively or currently to the individuals being helped or the charity. It is also noted that this will remain the status quo for the future.

**CREATIVE SUPPORT FOR VULNERABLE FAMILIES
AND CHILDREN Registration Number 1193587**

FINANCIAL STATEMENT FOR THE PERIODS UP TO MARCH 31st 2022

The charity was registered in February 2021. All client costs for work undertaken by the Therapist in the preceding 10 months i.e. April 2020 to February 2021 totalling £17,386 were met by the Therapist who has made no charge for their time or work ongoing and there is no outstanding debt owed to the therapist for the costs covered.

The following are an honest and accurate record of the income and expense for the period starting 18th February 2021 up to and including 31st March 2022.

FINANCIAL STATEMENT ~ Receipts & Payments

FY21-FY22

Receipts/Income/Donations

Individual Payments	£1,621
Donations Organisations	£2,850
Local Authority	£3,439
Grants	£14,592
Government Agencies	£1,870
Total Receipts/Income/Donations	£24,372

Payments For Charitable Activities

Room/Hall Hire/Refreshments/Consum	£6,368
Office/Admin/Postage	£1,037
Travel/Parking/Fuel	£2,603
Art Materials	£9,659
Professional Fees/Insurance/Supervision/etc..	£4,320
Total Payments For Charitable Activities	£23,987

Net Receipts v Net Payments

£385

There is no anticipated overrun for FY22-FY23. There are no outstanding liabilities or contractual obligations for the fiscal year. A reserve account will be set up in July 2022 covering one months expense and this will be increased over the next four years to a six month rolling reserve.

Signed:

Greg Dunningham

16 June 2022

Trustee Administrator