

THE WINDMILL TRUST

England & Wales · Charity number 1195160

Details

Status Registered

Legal form CIO

Registered 2021-07-14

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

Contact

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Activities

Objects: TO PROMOTE AND PROTECT THE MENTAL HEALTH AND WELLBEING OF CHILDREN AND YOUNG PEOPLE THROUGH, BUT NOT LIMITED TO, THE PROVISION OF THERAPEUTIC SERVICES. TO ADVANCE THE EDUCATION OF PROFESSIONALS, PARENTS, AND CARERS RESPONSIBLE FOR THE EDUCATION AND CARE OF CHILDREN AND YOUNG PEOPLE, WHO REQUIRE THERAPEUTIC SUPPORT, THROUGH THE PROVISION OF SPECIALIST INFORMATION AND TRAINING.

Activities: We provide therapeutic services to children and young people aged 4-18

Classification

- **How:** Provides Services
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People

Geography

- Cumbria

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£92,501	£101,230	-	-
2023-12-31	£56,307	£56,520	-	-
2022-12-31	£67,226	£17,156	-	-

Trustees

Name	Role	Appointed
Anthony Nicholls	Chair	2025-12-17
Andrew Paul Evan Adamson Reynolds		2025-07-03
Deborah Bishop		2024-07-17
Peter Anthony Ovens		2025-12-16
Robert Andrew Bryson Higgins		2026-01-06
Tiffany Jane Solender		2025-12-16

THE WINDMILL TRUST

England & Wales - Charity number 1195160

Accounts

The Windmill Trust

Generating therapeutic change



The Windmill Trust
Creative Therapy Service



2024

ANNUAL REPORT & ACCOUNTS

TO 31ST DECEMBER 2024

THE WINDMILL TRUST
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2024

The trustees present their annual report and financial statements for the year ended 31 December 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the trust's governing document, the Charities Act 2011 and "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).

Objectives and activities

Public Benefit

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the trust should undertake.

Financial review Structure, governance and management

The trustees who served during the year and up to the date of signature of the financial statements were:

Mrs L Ritchie	
Mr Garry Elliott	(Resigned 3 July 2025)
Mr Paul Ulett	(Resigned 1 May 2024)
Ms Katherine Haigh	(Resigned 1 September 2024)
Mrs Sarah Parkhouse	(Resigned 24 April 2024)
Ms Helen Whittaker	(Resigned 24 April 2024)
Ms T Cheesbrough	(Appointed 3 December 2024)
Ms D B Bishop	(Appointed 17 July 2024)
Mr A Reynolds	(Appointed 3 July 2025)

The trustees' report was approved by the Board of Trustees.

.....
Mrs L Ritchie
Trustee

Date:

.....
10th September 2025

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Introduction



A Note From our Chair

As a small, fledging Charity, I am always in awe of the tremendous effort and commitment shown by all the staff and trustees of The Windmill Trust. The cost-of-living crisis and decrease in available funding streams has not diminished the enthusiasm and tenacity of our small charity who work tirelessly to provide a much-needed service to those in the North and West Coast of Cumbria.

Over the last year our Service has increased capacity to offer more children and families access to our creative therapy service both on an individual and group basis. We have now offered provision to over 50 children and young people, taking on new sessional therapists to undertake this work.

In addition to managing the charity and providing therapy our CEO Pip Chapman has delivered a very well received training programme in several local schools and at our premises in Workington.

None of this could be achieved without the Herculin efforts of our Charity Manager who manages to adapt and develop at great speed, the strings to her bow ever increasing. Our service is made possible by our committed Trustee Board. 2024 saw three original trustee's leave as their time with us came to an end and we thank them for their selfless contribution to the establishment and growth of our service. We have now welcomed two new trustees who bring a wealth of experience in the education and charity sector. We look forward to the next year of continued growth whilst maintaining a high-quality Creative Therapy Service.

I would like to take this opportunity to thank all The Team and Trustees at The Windmill Trust and to all of those who have and continue to support us and without whom we could not continue.

Best wishes

A handwritten signature in black ink, appearing to read 'L. Ritchie'.

Lesley Ritchie
Chair of Trustees

Statement of Public Benefit

In 2024, our services continued to provide essential support to children, young people and families who might otherwise lack access to help. We expanded our impact across Cumbria by establishing a new base in Workington and welcoming two additional sessional Art Therapists to our team.

This growth enabled us to increase our capacity by 150% compared to 2023. By strengthening partnerships with schools, family services and care agencies, we ensured a collaborative and holistic approach to addressing the needs of those living with trauma and adversity, further enhancing the effectiveness of our work across the region.



Benefit to Children and Young People

This year, we provided essential support to 50 children and young people through one-to-one and group therapy sessions. Our trauma-sensitive approach, grounded in art, play and drama empowers children to process and express complex emotions and experiences in a safe, supportive environment.

We also expanded our small group therapy, introducing sessions tailored specifically for secondary school pupils alongside our ongoing work with primary school groups. These targeted interventions have helped children and young people build resilience, confidence and emotional well-being at critical stages of their development.

"I feel safe and able to talk about my problems."

CHILD 1:1 THERAPY

Benefit to Parents and Carers

In 2024, we continued to provide vital support to parents and carers including face-to-face meetings and, where required, separate therapy sessions adapted to their individual needs. These sessions help parents and carers better understand and respond to their children's complex emotions and behaviours, often arising from trauma or Adverse Childhood Experiences (ACEs).

Benefit to the Wider Family and Community

The ripple effects of our work are clear. This year, teachers and parents reported improvements in children's ability to regulate their emotions and build positive relationships. These changes reduce strain on families and classrooms, contributing to healthier and happier communities.

"The Windmill Trust has really helped my son with his anxiety and confidence. He loves attending the sessions."

PARENT/CARER

Benefit to Schools and Referral Partners

In 2024, we provided training for educators and school staff, equipping them to better support children affected by trauma. Our collaboration with local organisations continues to grow and we are exploring new funding opportunities to expand multi-agency initiatives.

As demand for our services continues to grow, our goal for 2025 is to maintain our team of skilled therapists, ensuring we can continue to offer consistent, specialist support to children and families who need us most. Alongside this, we aim to develop ways of becoming more sustainable with a range of income sources.

Case Study: Dani's Story (Anonymised)

Dani, aged 15, was referred for group therapy by her school due to difficulties making friends and signs of low self-esteem, including self-harming behaviours such as pulling out her hair and eyelashes. She had traits consistent with autism and ADHD, though no formal diagnosis, and often struggled with change, eye contact and social norms. Her parents described early life stress, but a loving and stable home.

The aim of group therapy was to help Dani develop her sense of self and confidence through creative collaboration and positive peer interactions.

Over 12 sessions, Dani engaged in structured, sensory-informed activities led by two highly experienced therapists. Although she initially withdrew or attempted to control the group due to anxiety, Dani gradually found comfort in the routine and creative expression.

Through character creation, storytelling and shared games, she began to feel valued and connected, eventually initiating positive interactions and showing stronger social awareness. A turning point came when the group embraced her idea during a collaborative task, allowing her to lead in a meaningful way. While group therapy helped Dani make social gains, outcome measures showed ongoing distress, prompting a further set of one-to-one sessions.

These individual sessions supported deeper emotional processing, provided tailored insight into her neurodivergent needs and informed school and family planning. Dani now reports feeling more confident, understood and regulated.

Vision and Strategic Aims

Our vision is a future where, regardless of economic background, children and young people have access to researched, effective therapeutic interventions to alleviate distress and ward against long term mental health issues. We work directly with infants, children, teenagers, young people, parents and carers. We aim to provide therapeutic support to those at risk of suffering long term effects who are least likely to have access to therapeutic professionals.

Our Charitable Objectives

- To promote and protect the mental health and wellbeing of children and young people, including through the provision of therapeutic services.
- To advance the education of professionals, parents and carers through specialist training and information sharing, helping them to support children more effectively.

Between April 2023 and March 2026, our strategic aims are to:

- Provide creative therapeutic interventions to at least 100 children/young people in Cumbria.
- Benefit at least 20 families through direct family support and parent therapy.
- Reach an estimated 400 family members/carers indirectly through our work.
- Improve wellbeing across whole classrooms by supporting individual children who may otherwise be distressed or disruptive.
- Offer therapy that is responsive to each child's unique needs, ending when the child is ready, not when a set number of sessions has been reached.
- Secure the funding needed to sustain this work through a diverse income portfolio.
- Contribute to research on the impact of creative therapies, helping to improve policy and service access nationally.
- Grow in a sustainable, values-led way, without compromising the quality or depth of our work.
- Develop a strong infrastructure, across IT, finance, HR, admin, and compliance, to support our mission effectively.

Recruitment and Appointment of Trustees

We currently have four trustees who bring extensive experience in the areas of developmental trauma and therapy, fundraising, finance, law, education and health. In 2024, three of our original trustees completed their three-year tenure and stepped down. We are grateful for their dedication and the valuable contributions they made to The Windmill Trust during their time on the Board.

To strengthen our governance and broaden our expertise, we successfully recruited two new trustees this year, who bring significant experience in education and fundraising. Their skills and fresh perspectives have already begun to enhance the strategic direction of the charity.

As a charity, it is our ethos that all trustees undergo DBS checks and participate in basic safeguarding training. Our trustees meet four times a year, both face-to-face and online, with the finance sub-committee convening quarterly to examine our accounts. Each year, we host a Strategy Day, bringing together trustees and staff for in-depth discussions on the charity's progress and key areas for development. This ensures a clear direction for the team and helps shape future trustee meetings and initiatives. In February 2024, we successfully held a Strategy Day, focusing on income generation, fundraising, impact measurement and financial matters.

Trustees are also actively involved in other regular groups and meetings, supporting the staff team and contributing to strategic thinking. New trustees are recruited in line with The Windmill Trust's Trustee Recruitment Policy, receiving an induction and key documents to help them fulfil their roles effectively.

A yearly skills analysis ensures the Board maintains a suitable range of expertise to support the charity's needs. Where gaps are identified, we seek to address them through targeted trustee recruitment. In January 2025, we will launch a new recruitment campaign for two additional trustees, seeking individuals with skills in business, finance, networking and fundraising to further strengthen our Board. The Board remains committed to adhering to the principles of the Charity Governance Code for Smaller Charities. This is an ongoing process, and we continue to work towards fulfilling all aspects of the Code.



Strategy Day 2024

It's heartbreaking - the anxiety, trauma, abuse, poverty, family breakdowns, neglect, illness and addiction - that children often have to carry on their shoulders. The Windmill Trust has been set up to do something about that - to give local young people non-judgemental, long-term expert support - to help them be happier, survive and thrive despite what they've been through. I'm proud to be doing my bit to help such an impactful, needed charity. It's good to know that, alongside a diverse team of other passionate volunteers and staff, we are really starting to make a difference locally.

TRUSTEE

Evidence of Need

Children's Mental Health in Cumbria

Mental health challenges among children and young people have reached critical levels, both nationally and locally. In Cumbria, demand for services has surged, with referrals to Child and Adolescent Mental Health Services (CAMHS) rising by over 50% in the past three years[1]. This trend mirrors national data, where 1 in 5 young people aged 8 to 25 have a probable mental health condition, underscoring the growing crisis [2].

Children and young people in Cumbria's more deprived areas face disproportionately high mental health challenges, exacerbated by long waiting lists for diagnostic assessments and treatment [1]. The impact of untreated conditions, such as anxiety, depression, and dissociation, can be profound, often linked to childhood trauma, adversity and insecure attachment.

Financial strain further compounds these difficulties, with 26.8% of children aged 8 to 16 with a probable mental disorder having a parent unable to afford extracurricular activities [1]. This highlights the urgent need for accessible, community-based mental health support to ensure families receive appropriate care.

Despite growing need, access to services remains limited. In 2022-23:



Behind these figures are children in crisis, families under pressure and schools stretched beyond capacity.

The Need for Trauma-Informed Care

There is an increasing need for trauma-informed approaches, particularly for children affected by multiple Adverse Childhood Experiences (ACEs). Traditional diagnostic-based models often fail to address the deeper roots of mental health struggles; many of which stem from early-life trauma [1].

At The Windmill Trust, we believe that timely, trauma-informed support is essential. Many of the children we work with have experienced adversity, loss, or disrupted attachments. Traditional clinical models often don't reach these children, or arrive too late. Our creative, relationship-based therapies provide a vital alternative, helping children feel safe, understood and empowered to heal.

We meet children where they are, offering early intervention that works. Our services reduce distress, support school engagement, and build long-term emotional resilience, especially for those least likely to access traditional support.

[1] Cumberland Council (2024) Cumberland Public Health Annual Report 2023-2024. Available at:

<https://www.cumberland.gov.uk/publications/cumberland-public-health-annual-report-20234> (Accessed: April 2025)

[2] NHS Digital. (2023). Mental health of children and young people in England, 2023. Retrieved from <https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2023-wave-4-follow-up> (Accessed: April 2025)

Our Services

The Windmill Trust offers specialist, creative therapeutic support for children and young people aged 4–18 (or up to 21 if care-experienced) and living in Cumbria, who are at risk of long-term mental health issues.



Our core services are delivered by master's qualified, HCPC registered Arts Therapists and include:

Creative Arts Therapies

Long-term, tailored therapy using art, drama, music, movement and play. Sessions are child-led, trauma-informed, and focus on building emotional resilience, communication and self-worth.

1:1 Therapy

Our 1:1 therapy sessions are weekly, lasting one hour and continuing year-round. Therapy is child-centred and child-led, ensuring that each child's preferred communication and creative methods are respected. We also offer support for young people experiencing suicidal ideation and self-harm, rooted in trauma and complex emotional needs. Our therapists work to build resilience and develop healthier coping mechanisms through a safe, non-judgmental environment.

We use a psychodynamic approach, focusing on the therapeutic relationship and the child's attachment patterns. Therapy continues until significant changes, such as improved social relationships, reduced violence, or better communication and self-worth, are observed. We also evaluate protective factors, such as stronger caregiver understanding and increased resilience, to ensure long-term positive outcomes.

Small Group Therapy

Our small group therapy sessions run for 10-12 weeks during term time, with weekly 90-minute sessions facilitated by two experienced therapists to ensure strong safeguarding and consistent emotional support. Groups of six children engage in creative activities such as art, drama, movement and storytelling, offering safe, non-verbal ways to explore emotions, relationships and identity.

These sessions are particularly effective for children experiencing anxiety, low self-esteem, emotional dysregulation, or peer difficulties. Through shared experiences and therapeutic play, children build trust, develop social and emotional skills and strengthen their confidence. Group therapy also helps prevent the escalation of mental health difficulties and can act as a bridge to further therapeutic or educational engagement.

Parent/Carer and Family Support

We recognise that helping a child means working closely with their family. Many of the children we see have experienced significant emotional distress or trauma, which can affect their relationships, communication and behaviour at home. That's why we offer flexible, tailored support for parents and carers alongside our therapeutic work with children and young people.

Our aim is to help families deepen their understanding of their child's emotional world, communication needs and behavioural responses. This approach can strengthen attachment, build emotional insight and foster more connected, trusted relationships within the family.

We offer a range of options to suit different needs, including one-to-one parent sessions, guidance with navigating school systems and referrals, and short-term therapeutic input. Depending on what's needed, sessions may take place monthly or bi-monthly, either face-to-face or by phone. For those needing more in-depth input, we can provide weekly short-term therapy or flexible sessions for immediate concerns.

We have seen such a positive impact on our child's wellbeing, this is definitely something that we would recommend.

PARENT/CARER

School Consultation & Training

We provide specialist training and consultation to schools on trauma, attachment, Emotionally Based School Avoidance (EBSA), and staff well-being. Our sessions aim to help school staff develop the knowledge and confidence to create trauma-informed environments where children feel safe, understood, and supported.

Alongside training, we work closely with school teams to support individual pupils. This includes attending multi-agency meetings, contributing to Early Help and providing therapeutic reports to inform support plans and referrals. Our involvement helps schools respond more effectively to complex emotional needs, reduces pressure on teaching staff and ensures that children receive more consistent and compassionate support across home, school, and therapy.

By building stronger relationships with schools, we help bridge the gap between education and mental health; ultimately leading to better outcomes for children who might otherwise be overlooked or unsupported within mainstream systems.

Children are encouraged to open up about themselves and receive therapy in a friendly and supported manner.

SCHOOL REFERRER

Understanding Trauma and Its Role in Our Services

Trauma has a lasting impact on children's mental health, affecting their sense of safety, emotional regulation, and relationships. At The Windmill Trust, we specialise in trauma-informed therapy, offering sensitive, tailored support for children and families who have experienced adversity.

We recognise that trauma comes in many forms, from sudden events to chronic neglect or ongoing stressors like poverty or discrimination. These experiences often overlap, compounding their effects and requiring a nuanced, responsive approach.

Our therapists are trained in developmental and complex trauma, allowing us to offer safe, long-term support for children struggling with emotional distress, anxiety, self-harm, or school-based difficulties. We work with parents and schools to understand each child's needs, strengthen protective relationships, and support recovery.

Our work aligns with public health priorities across Cumbria, including:

- **Early intervention** to reduce long-term mental health issues
- **Addressing social determinants** such as poverty and exclusion
- **Building resilience** through emotional regulation and attachment-focused care
- **Partnership working** to strengthen community support systems

By delivering creative, trauma-informed therapies grounded in current research and local need, The Windmill Trust helps children rebuild trust, resilience, and hope for the future.

Case Study: Clive's Story (Anonymised)

Clive, aged 9, was referred to The Windmill Trust by his school due to frequent outbursts, aggression, and difficulty settling in class, especially when the teacher gave attention to other children. With a background of emotional neglect and loss, Clive was struggling both at school and at home, particularly with his younger siblings and caregivers. Early sessions of Art Therapy revealed a child carrying deep emotional pain beneath a defensive, angry exterior.

Through creative expression using paint and clay, Clive began to communicate his inner turmoil. The therapist recognised a profoundly low sense of self, protected by anger, and helped Clive start to connect with the vulnerable part of himself that had felt abandoned and rejected.

With ongoing therapeutic support, Clive's school and family were guided to understand the emotional roots of his behaviour and how to respond with empathy rather than discipline. Over time, Clive developed the ability to express fear and sadness through symbolic play and storytelling, making sense of his experiences in a safe and contained way.

The change has been significant: Clive now settles in class, has formed friendships and shows improved self-esteem. At home, while challenges remain, his carers are better equipped to support him and Clive recovers from anger more quickly. These improvements have enhanced the wellbeing not only of Clive, but also his siblings, classmates, and caregivers. He continues to attend therapy to work through deeper trauma, with early progress laying the foundation for longer-term change.

Impact and Evaluation

2024 in Numbers!

An increase
of 149% from
2023

356

hours of 1:1
therapy

An increase
of 67% from
2023

534

hours of
additional
1:1 support

50

children and young
people directly
supported

54

hours of group
therapy

75

parents and
carers
supported

81

hours of
additional
group therapy
support

2

successful training
courses developed
and delivered

4








parent/carer
therapy spaces
provided

10

local schools
supported

Key Outcomes Observed in 2024

Progress was captured using a mix of validated outcome measures, therapist observations, child-led feedback, and creative work. The most common changes we observed include:

-  Improved emotional wellbeing, with reduced anxiety, distress, and emotional dysregulation
-  Increased resilience and the ability to manage overwhelming feelings
-  Enhanced self-expression and communication; both verbal and creative
-  Greater self-awareness and insight into emotional needs and behaviour
-  Strengthened relationships with family members, peers and trusted adults
-  New or improved coping strategies for stress, trauma and loss
-  Rebuilding of trust, self-esteem and belief in personal strengths
-  Renewed ability to engage with education and everyday life in some cases

These outcomes reflect not only the impact of our therapists' work, but also the courage of the children and strength of the families we support.

Measuring Impact: How We Know It's Working

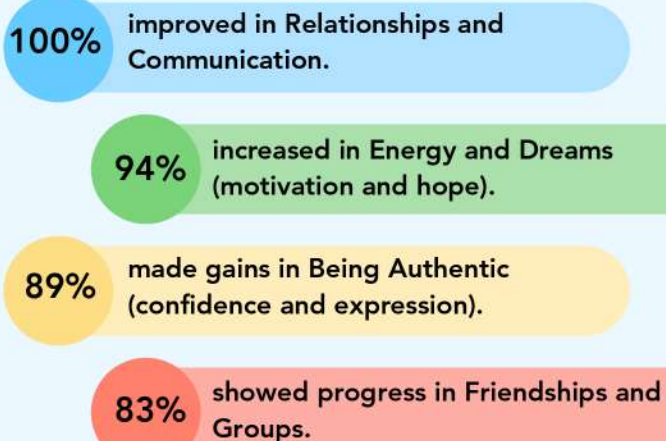


We use a tailored, mixed-methods approach to measuring outcomes, recognising that each child's emotional journey is unique. Here's what our data from 2024 shows across one-to-one and group interventions:

ME Tool (used as part of the West Cumbria Mental Health Partnership)

A child-friendly, visual tool helping children reflect on their emotional world.

In 36 interventions:



One-to-one sessions were particularly impactful, with almost universal improvement across all domains. The ME Tool continues to complement our clinical measures by offering a more relational, individualised and adaptable means of tracking progress.

YP-CORE (Young Person's Clinical Outcomes in Routine Evaluation)

Used to measure psychological distress in older children and teens.

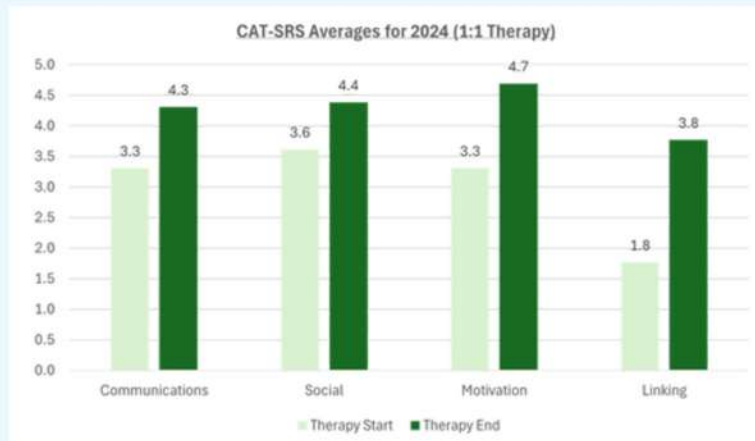
- Average score **dropped by 7 points**, showing a significant reduction in distress
- Some young people moved from moderate/severe ranges into low or mild distress
- Where scores rose slightly, therapists noted this often reflected new emotional honesty after long-standing avoidance

Creative Arts Therapies Session Rating Scale (CAT-SRS)

Developed by Dr Simon Hackett, this tool tracks engagement and developmental change in creative therapy settings.

Key findings include:

- Strong improvements in motivation and participation
- Enhanced emotional expression/communication
- Greater ability to link personal experiences with therapy
- Steady growth in social skills



PSYCHLOPS (Psychological Outcome Profiles)

A child-centred tool capturing change from the young person's own perspective.

- Average **decrease of 3.33 points** - reduced distress and better daily functioning
- Children reported improved daily functioning and emotional resilience
- Some showed smaller but meaningful changes, reflecting reduced impact of ongoing challenges

Child Dissociative Checklist (CDC)

Used in more complex clinical cases where dissociation is present.

- Average **6-point drop** in symptoms, indicating increased emotional regulation and the ability to stay more present in daily life

Our data clearly shows that children receiving our support are making lasting emotional progress. They are developing stronger relationships, greater resilience, and the confidence to express themselves.

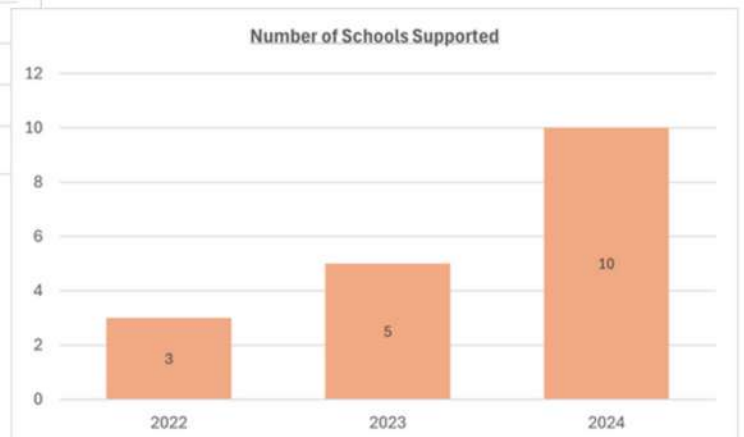
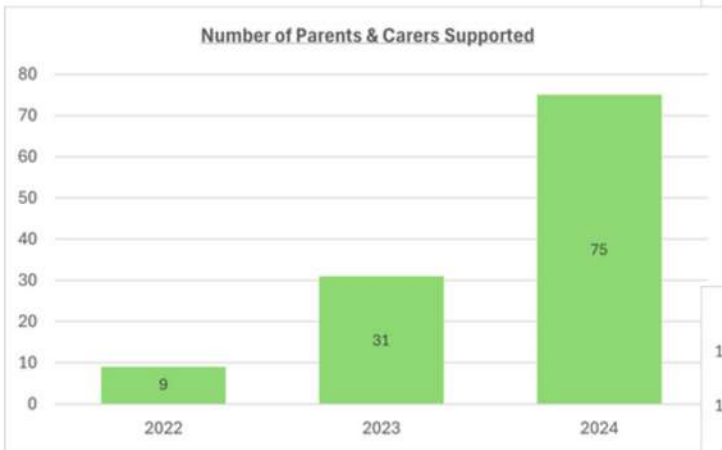
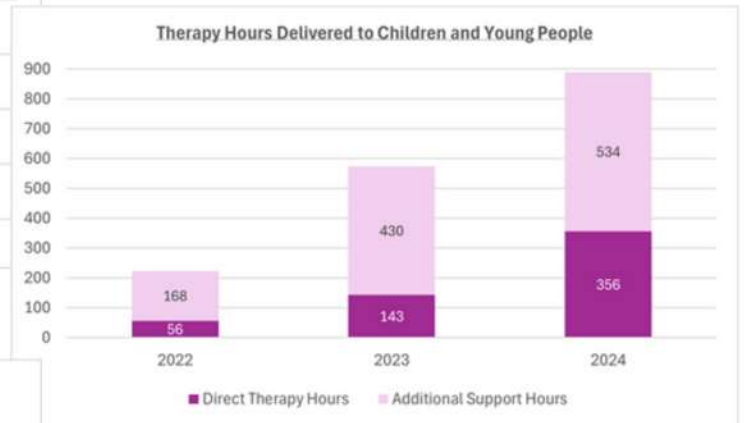
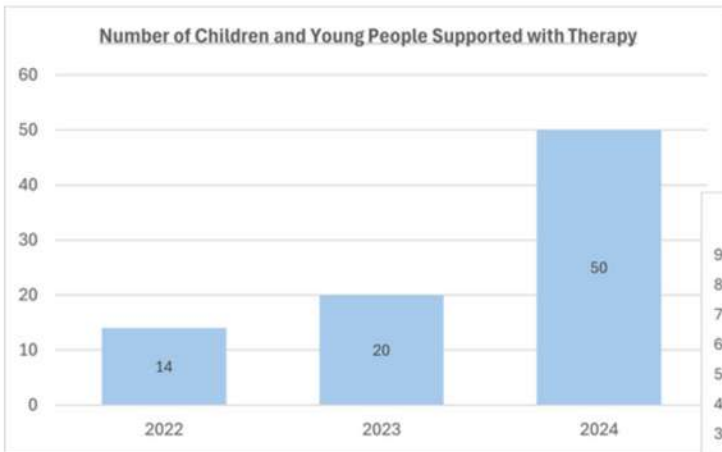
Many of these children would not have accessed any other form of suitable support. The changes we've seen are a powerful reminder of what becomes possible when children are met with time, trust, creativity and care.

Our Growth (2022-2024)

Between 2022 and 2024, The Windmill Trust has more than tripled the number of children supported, expanded our reach into more than three times as many schools and increased therapy provision by nearly 300%.

In 2022, our small team supported 14 children and delivered over 150 hours of direct therapy. By 2024, we were providing over 1,000 combined hours of therapeutic intervention and support, reaching 50 children, 75 parents/carers and 10 schools.

This remarkable growth reflects both the increasing need in the community and the trust placed in us to deliver compassionate, long-term, trauma-informed care. It also demonstrates our commitment to growing sustainably, while never compromising on the depth, creativity and integrity that define our therapeutic approach.



What This Means

The data is clear - our therapeutic interventions are making a lasting difference. Whether through one-to-one sessions or group work, children and young people supported by The Windmill Trust are developing stronger relationships, greater resilience and the capacity to express and understand their emotions.

These outcomes also remind us of what could have been. Without our intervention, many of the children we support would have had no access to appropriate help. The progress we've seen this year proves the power of providing time, safety, and the right kind of support; unlocking opportunities for growth and healing.

We understand that healing doesn't happen quickly and it's not always immediately visible on a graph. For children affected by adversity, trauma, or neglect, progress can be gradual, and sometimes the most meaningful changes are the quietest ones. Yet in 2024, our outcome data tells a powerful story of hope, growth and resilience.

Behind every hour of therapy we deliver is a story of courageous transformation. Many children arrive feeling anxious, shut down, or unable to trust. Through consistent, compassionate relationships and creative expression, they begin to unlock and share feelings they've long held inside; often not through words at first, but through art, movement and symbolic play. As they gain insight into their experiences, their resilience grows. We see children who were once withdrawn beginning to form friendships, manage big emotions with new coping skills and rediscover hope for their future. We are privileged to walk alongside them in these moments of transformation.



Feedback

Children Young People's Voices

Children and young people are at the heart of everything we do. Their voices are powerful, and we're proud to share how they feel about their time with us. Those who accessed our services this year reported feeling more confident, finding it easier to express themselves emotionally, and feeling safe and supported.

“I have felt less anxious and I'm able to cope with bereavement easier.”

“I feel safe and able to talk about my problems.”

“It has helped me progress as a person.”

“I like the clay work and time to myself with the therapist.”

“I find it easier to play with other children now.”

“This experience was AMAZING.”

“Letting us express ourselves and how we feel, being kind and doing fun things.”

Feedback from Parents and Carers

Parents reported clear improvements in their children's emotional wellbeing, confidence and behaviour.

Common outcomes included: reduced anxiety, improved emotional regulation, and stronger parent-child relationships.

**100% of
parents/carers were
satisfied with our
service.**

“He feels it is a very safe space and has shared very personal feelings. He really feels like he can trust her [therapist].”

“She enjoys her sessions and seems to control her emotions much better.”

“My daughter has settled and is managing her emotions.”

“More willing to talk, better self-esteem, less depression.”

“Even though he's very guarded, having the space to attend sessions has been invaluable.”

What children enjoy most, according to parents:

“Time to be himself and not feel judged.”

“Trusting the safe space to express feelings and thoughts.”

Why parents would recommend us:

“The chance for my child to trust an adult again after trauma is amazing.”

“The positive change speaks for itself.”

“A vital service that should be more widely known.”

Referrer Feedback (Schools and Professionals)

- Improved school attendance, emotional regulation and resilience
- Pupils are more able to express emotions and engage in school life
- Schools value our accessible, non-clinical, long-term support

“Children are encouraged to open up in a safe and friendly environment.”

“Art-based therapy delivered with care. Sessions help pupils feel grounded.”

*“There's a real lack of mental health services locally -
The Windmill Trust is very much needed.”*

Adult Client Feedback

Some parents and carers accessed one-to-one support themselves.

“My confidence in decision-making and parenting has improved.”

“Being able to talk without judgement helped me understand myself better.”

Training and CPD Feedback

We continue to support school staff, carers and professionals through training in trauma-informed practice. Participants particularly valued the interactive format, practical strategies and accessible explanations of trauma theory.

100% of children, young people, parents and carers would recommend The Windmill Trust

“The trauma-informed approach and practical strategies were fantastic.”

“Nothing that wasn't useful. So informative!”

“The delivery was amazing - breaking down difficult info into parts we could understand.”

Case Study: Raya's Story (Anonymised)

Raya was referred to The Windmill Trust following multiple childhood traumas. Her mother, Louise, gave birth at 14 after experiencing sexual abuse from her own father. Raya was mostly raised by her grandmother, who died a year before therapy began. Her father left when she was six and rarely contacted her. Raya disclosed regular physical abuse by her maternal uncle, and despite evidence of this, there was no prosecution.

Raya's behaviour became increasingly distressed, marked by aggression and anxiety. School attendance dropped to two days a week. She became a Child in Need, but did not engage with other short-term talking therapies. Statutory services could not offer support and no other therapeutic service was available. At home, Louise struggled to keep Raya and others safe.

Following further disclosures of sexual abuse from a teenage friend of the family and other safeguarding concerns, a Social Worker referred Raya to The Windmill Trust.

Raya arrived highly anxious and mistrustful, threatening to destroy the therapy room. The therapist calmly welcomed her into a safe, child-led space. In the weeks that followed, she engaged in physical games before naturally moving to clay and paint; sensory materials often sought out by children with early trauma to support emotional processing and development.

As trust grew, Raya used metaphorical play, such as a dying wolf in a healing shelter, to explore her pain and build resilience. We worked closely with her school and supported her mum, Louise, with strategies for managing behaviour and improving emotional wellbeing. We also advocated for Louise to access support and wrote a Therapeutic Needs Assessment that informed Raya's Education, Health and Care Plan.

Raya is now attending school full time. Home life is more settled, though she still experiences anxiety and anger. She has stepped down from Child in Need to Early Help.

Her progress reflects the value of long-term, trauma-informed therapy.

Our Team

At The Windmill Trust, our dedicated team combines clinical expertise with deep compassion to support children and young people facing complex emotional challenges. In 2024, we continued to build a strong, trauma-informed workforce committed to creativity, safety, and connection.

Staff Team



Phillippa Chapman - CEO / Lead Dramatherapist

Pip co-founded The Windmill Trust and brings over 20 years' experience working with children affected by trauma. Originally trained in acting and issue-based theatre, she completed her Dramatherapy Masters in 2011 and has specialised in trauma, dissociation, and attachment-based work. She is a full member of The British Association of Dramatherapists, HCPC-registered and passionate about using the arts to support healing.

Jill Richardson - Charity Manager

Jill joined the team in 2023, bringing a background in both primary teaching and business development. She plays a key role in HR, operations, finance, fundraising and strategy and is instrumental in shaping our policies, digital systems and communications. Jill is committed to improving outcomes for children and young people through compassionate and trauma-informed mental health support across Cumbria.



Julie Taylor – Art Therapist

Julie is a qualified, HCPC registered Art Psychotherapist with an MSc from Queen Margaret University, Edinburgh. Her background in photography led her to explore the therapeutic power of visual storytelling, eventually guiding her into the field of Art Therapy. She has worked with children and young people in third sector services and CAMHS and brings a deep belief in art's ability to offer expression and healing where words fall short.

Sessional Therapists

Alicia Walton

Alicia is a BAAT and HCPC registered Art Therapist. She completed her MA at the University of Hertfordshire in 2017 and has worked within the NHS prior to joining the Windmill Trust. Alicia is originally from New York but following her undergraduate degree at Cambridge she decided to live and work in the UK. Alicia is also a qualified teacher and has 5 grown up children.



Angela Madeley

Angela is a qualified, accredited, and trauma-informed counsellor with over 11 years' experience in both private practice and the charity sector. She also brings two decades of experience supporting individuals and families across schools, residential care, and children's services. Angela works primarily with parents using person-centred therapy, drawing on approaches such as Somatic Experiencing and Internal Family Systems. She is passionate about creating compassionate, validating spaces that support meaningful change.



Betty Skeet – Play and Filial Therapist

Betty is a BAPT-registered Play and Filial Therapist with over 16 years' experience supporting children and families. Originally from Costa Rica, she studied Anthropology in Mexico before training in Non-directive Play Therapy at the Notre Dame Centre and the University of Strathclyde. Betty has completed specialist training in dissociation (with Dr Renée Marks) and Advanced Filial Therapy (with Dr Rise VanFleet). She is passionate about making creative, therapeutic interventions accessible to individuals and groups.



Trustees

Our board offers strong governance and a broad range of expertise across therapy, health, education, youth work and law. Throughout 2024, our trustees were:



Lesley Ritchie (Chair)

Lesley is a registered Art Psychotherapist with extensive training in trauma, attachment, and dissociation. She completed a Master's in Play Therapy in 2021 and co-founded The Windmill Trust to address the growing need for therapeutic services for children affected by ACEs in West Cumbria. Lesley is also Director of About Children, a private therapy service in Kendal supporting looked-after children.



Garry Elliott

Garry is a partner at an international law firm with over 20 years' experience in corporate law, fundraising, and business growth. He brings valuable legal and governance expertise to the board and is passionate about promoting social and economic inclusion.



Katy Haigh (resigned September 2024)

Katy has over 20 years' experience across the charity, education, and arts sectors. Formerly Executive Director of Good Vibrations, she now works as a freelance consultant and secondary school supply teacher. Katy was drawn to The Windmill Trust's trauma-informed work supporting children with kindness and practical tools for coping.



Deborah Bishop (appointed in July 2024)

Deborah has been a secondary school music teacher for over 20 years. During that time she has been both a head of department and is currently a head of year in one of the county's biggest secondary schools. Deborah is also a musician who performs regularly all over the county. Over this time, she has seen the transformative power of music in action especially in regard to the mental health and wellbeing of our young people and the work that the Windmill Trust is doing is a vital part of this.



Tracy Cheesbrough (appointed in December 2024)

Tracy recently relocated to Cumbria from Hull, where she worked as a secondary school teacher and held leadership roles including Chair of Post-16 Provision and Head of Post-16 School. She holds a degree in Psychology. Now based in Cumbria, Tracy works as a Grants Officer for Cumbria Community Foundation. She first visited The Windmill Trust last year and was deeply inspired by the work of the organisation.

Case Study: George's Story (Anonymised)

George, aged 12, was referred to our service by his parents due to his increasing difficulties attending school and managing his emotions at home. George's father had died suddenly over four years earlier, and prior to this he had lived primarily with him. Following his death, George moved in with his mother and stepfather, with whom he had previously spent little time. George struggled with this change and showed signs of unresolved grief and trauma. After an initial assessment, George engaged in weekly one-to-one creative therapy sessions. In early sessions, he found verbal communication overwhelming and was unable to make eye contact or respond verbally. His body language reflected a state of shutdown, commonly linked to trauma.

Through artmaking, George was able to externalise his emotions and communicate non-verbally, producing many images that reflected his internal experiences.

As trust in the therapeutic relationship developed, George's work became more expressive and embodied. Over time, he was able to reflect on his emotions and began to verbalise feelings he had previously kept inside. Alongside therapy, his parents engaged in regular parenting support sessions, and school professionals were offered guidance on supporting George from a trauma-informed perspective.

Thanks to this joined-up, long-term support, George has developed greater emotional resilience and is now beginning to re-engage with school life.

Fundraising

Throughout the year, we aimed to diversify our income in response to a clear message from funders that over-reliance on grants is unsustainable. With energy and commitment, we have actively pursued new avenues, exploring corporate sponsorships, community fundraising and individual giving.

This process has proven demanding for a small organisation like ours. Diversification requires significant time, effort, and resources, often pulling us away from our core mission: delivering vital mental health support to children and young people. While we have made progress, efforts haven't always translated into the funding levels needed, making it difficult to balance fundraising efforts with service delivery.

Nevertheless, our commitment remains strong. Sustainable funding is essential to continue providing trauma-informed care without being held back by financial uncertainty. We are deeply grateful to all who donated or awarded grants in 2024, enabling us to expand services and support more children, young people, and families across Cumbria.

Grants

In 2024, we received funding from various trusts and foundations, including renewed support from Albert Hunt Trust, Arnold Clark, Cumbria Community Foundation, Francis Scott Trust, Kelly Family Charitable Trust, National Lottery Awards for All, and The Hadfield Trust.

We also welcomed new funders: David Riddell Memorial CIO, D'Oyly Carte Charitable Trust, Fells and Solway Community Fund, Percy Bilton, Screwfix Foundation, Skipton Charitable Foundation, The Woodward Charitable Trust and West Cumbria Mental Health Partnership.

Their support allowed us to offer more therapy sessions, expand training programmes, and increase access to our services.

Community Fundraising

In April, we launched our first online raffle, raising over £750 with support from generous local businesses.

While the event raised awareness, online-only ticketing proved a barrier for some supporters, and the process was time-intensive. However, it provided valuable insight into digital fundraising and community engagement.

The Windmill Trust
Creating therapeutic change
Charity No: 1195160

£2 per ticket

LAST CHANCE!

Buy your tickets now at:
www.peoplesfundraising.com/wmt-affle

Lowther Family Day Ticket	Beamish Day Tickets	£50 Washington Central Voucher
Greenhill Hotel Afternoon Tea	Windermere Lake Cruises Family Voucher	Muncaster Family Ticket
World of Beatrix Potter Family Ticket	Spring RAFFLE 6th May 2024	Ravenglass & Eskdale Voucher
Ullswater Steamers Tour Tickets		Maryport Aquarium Voucher
Derwent Pencil Museum Family Entrance	£50 Flying Duck Wood Store Voucher	£30 Bigland Hall Voucher
Hill's Books Children's books	Lakeside & Haverthwaite Railway Tickets	Comets Speedway Family Tickets
£10 Fusion Voucher	Parkway Cinema Tickets	£20 Wetherspoons Voucher
Wordsworth House Family Entrance		The Beacon Museum Family Tickets

Training for Schools and Youth Settings

Our training offer for schools and youth services expanded in 2024. Feedback has been overwhelmingly positive, with staff valuing the practical, trauma-informed tools shared. This work has become a key part of our outreach and we plan to build on it in 2025.



Understanding ACEs in Children and Young People Training Course, November 2024.

It is really beneficial to have the understanding of why a child reacts the way they do so we can respond appropriately. This training really helps with that.

TRAINING COURSE ATTENDEE

Business Development

In October 2024, we engaged an independent business development agency on a six-month contract to support funding bids and build corporate relationships. While this was an important step toward diversifying our income streams, the reality is that this approach did not yield the results we had hoped for, so we decided to bring our business development work back in-house.

Corporate Partnerships

We continue to welcome opportunities to collaborate with local organisations and are actively seeking corporate partnerships. In 2024, we began networking with businesses in the region to explore potential fundraising events, sponsored challenges, and corporate donations.

By building these relationships, we aim to create a sustainable source of support that will enable us to grow and diversify our services. We were grateful to receive financial donations from Holmen Group (Iggesund) and Cherrydidi, along with creative materials from Derwent Pencils and Keswick Art Supplies.

Our experience this year highlights the continued challenges of securing sustainable funding, particularly as we seek to diversify beyond traditional grants. While we remain committed to building long-term financial resilience, it's clear that transitioning to new income models demands time, strategic planning, and additional capacity. With the right support, we believe a more balanced and secure funding base is achievable.

Looking Ahead

Demand for our services continues to rise, with enquiries increasing year on year. This reflects the urgent need for accessible, therapeutic support across Cumbria. However, securing sufficient funding to meet this demand remains a key challenge.

To ensure the long-term sustainability of The Windmill Trust, we are committed to diversifying our income streams and reducing our reliance on grants.

Our current 3-year strategy focuses on diversifying key sources of funding to ensure long-term sustainability. This includes:

- Charitable grants and donations, including building long-term relationships with funders.
- School partnerships, where we can deliver tailored therapeutic services directly on-site.
- Commissioned services.

We had initially planned to expand our training offer for professionals and educators on topics such as ACEs, trauma, dissociation and burnout. While we successfully delivered several courses in 2024, similar training has since become available locally at a subsidised rate. As our aim was to meet an unmet need, help fund our therapy sessions and support other services, rather than compete, we have paused further expansion in this area for now.

We are also developing an outreach programme to partner with local schools, enabling us to deliver therapy to a wider range of children and young people. Alongside this, we are exploring the option of offering a small number of paid 1:1 therapy places; something we've received growing interest in from parents and schools. Both initiatives have the potential to extend access, but will require careful planning to ensure we maintain the integrity, depth and relational focus of our work, whilst still providing a service for those most in need.

While we have many creative ideas for income diversification, capacity and time remain ongoing constraints. Despite this, we remain committed to finding innovative, values-led solutions that allow our work to grow sustainably and reach the children who need us most.

We are growing, but with care. Everything we do is grounded in relationship, creativity and a belief in every child's potential.

This is the only session my child continues to attend. He usually refuses to leave the house but every week we go to his session. He really trusts his therapist. This a fantastic service and I wouldn't change anything. I would recommend The Windmill Trust.

PARENT/CARER

Partners and Supporters

The Windmill Trust relies on the generosity of our funders, partners, and supporters. In 2024, their contributions allowed us to provide vital therapeutic services to children, young people, and families across Cumbria.

Our Funders

We're incredibly grateful to the trusts, foundations, and individuals who funded our work this year, including:

Repeat Funders:



New Funders in 2024:



Fells and Solway Community Fund



Special thanks also go to those who supported our Spring Raffle, donated prizes, or gave generously throughout the year, including Cherrydidi, Holmen Group PLC (Iggesund) and Keswick Art Supplies. Your contributions made a real difference.

Our Referral and Delivery Partners

We continue to work closely with local schools, social prescribers, mental health organisations, parents and carers (via self-referral).

Thanks to these trusted relationships, we've supported more children than ever before.

Pupils can express their emotions more. Pupils attend school more, knowing they are attending The Windmill Trust. Pupils seem happier in themselves and look forward to their sessions. It gives them confidence.

SCHOOL REFERRER

Strategic Partnerships

In 2024, we deepened our collaboration through shared space, resources, and fundraising efforts with Wigton Youth Station. Our permanent base there has transformed how we connect with the local community. Our partnership with St Joseph's High School gives us access to a parish-owned building, allowing us to deliver therapy in an area of Cumbria where many families face significant social and economic challenges.

We're also proud to be part of a region-wide effort to improve children's mental health services as a funded partner in the West Cumbria Mental Health Partnership.

Training and Development

We have delivered several successful training courses for schools and professionals, focusing on trauma, dissociation and Adverse Childhood Experiences. While local competition has increased, we continue exploring new models to share our expertise.



Financial Performance

The trust's **net income** for the period was **£92,500.71** with **expenditure** of **£101,229.69**. Although this indicates a deficit of £8,728.98, because of funds brought across from 2023 the charity had £39,922.80 in the account as at 31st December 2024. The main income stream for the charity was grants received with the main expense being staff costs.

As at **31 December 2024** the **unrestricted, free reserves** available for use by the trust were **£30,937**.

The reserves policy of the trust is to work towards maintaining sufficient unallocated reserves representing 3 months total operating costs. The level of reserves is monitored and reviewed by the Trustees as necessary and at least once each year.

We had a successful year of grant funding compared to the previous year, but while this is something for us to celebrate, it has not been without challenge. We are finding grant funding to be increasingly competitive, with one major national funder telling us that Cumbria submits more applications than any other county. We are aware of the pressing need to diversify our funding streams in order to build a sustainable model and as we have already demonstrated in this report, this has not been a simple and straight forward exercise to implement.

We have managed to attract some multi-year funding through the West Cumbria Strategic Mental Health Partnership and we have had some consistent support through generous local funders such as Cumbria Community Foundation and Francis C Scott. While we have been able to increase our delivery and grow our service, we are acutely aware of our vulnerability and the pressure to then maintain the level of delivery achieved, which even now in no way meets the need we see in the area and allows us to open up fully for referrals.

We are aware that many charities fail within their first ten years and that we are attempting to build a service in a very competitive and challenging financial environment. We feel that our newness might have attracted some initial funding that might not be relied upon for the long term and that our mission and ethos means that we need to prioritise long term work (which often means working with a child and their family for several years until there has been meaningful change). This can be difficult to fund because we don't necessarily see large numbers of beneficiaries compared with shorter term services. However, we believe passionately that long term support is needed for some children and young people if we are going to make a lasting difference and our priority is the integrity of this work, rather than make compromises on the quality and depth of our work in order to attract funding.

Our aim is also to be there for those who most need us, rather than to be here regardless of the client group, which means we do need to work with those where there is no statutory funding available. However, we will need to explore possible funding routes for earned income where viable and within our charitable aims and mission, if we are to prevail and provide a service to children and young people who would otherwise not have the support they need.

We have made progress in 2025 towards meeting the aims set around funding diversification in 2024 and we have entered into 2025 with a hopeful mindset that we can adapt and grow without compromising our values.

Legal and Administrative Information

Charity Name:	The Windmill Trust
Registration Number:	1195160
Registered Address:	16 High Street Wigton Cumbria CA7 9NJ
Trustees:	Mrs. L Ritchie (appointed 14/07/2021) Mrs. D Bishop (appointed 17/07/2024) Mrs. T Cheesbrough (appointed 03/12/2024) Mr. A Reynolds (appointed 03/07/2025)
Independent Examiner:	Sophie Graham BAcc (Hons), FCA, DChA Saint & Co. Chartered Accountants Sterling House Wavell Drive Rosehill Carlisle Cumbria CA1 2SA
Banker:	Virgin Money 45 Penny Street Lancaster LA1 1UE

THE WINDMILL TRUST
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024

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THE WINDMILL TRUST
INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF THE WINDMILL TRUST

I report to the trustees on my examination of the financial statements of The Windmill Trust (the trust) for the year ended 31 December 2024.

Responsibilities and basis of report

As the trustees of the trust you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011.

I report in respect of my examination of the trust's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the Charities Act 2011.

Independent examiner's statement Your attention is drawn to the fact that the charity has prepared the financial statements in accordance with the relevant version of the Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn. I understand that this has been done in order for the financial statements to provide a true and fair view in accordance with UK Generally Accepted Accounting Practice.

I have completed my examination. I confirm that no 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 respect of the trust as required by section 130 of the Charities Act 2011.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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

Sophie Graham BAcc(Hons), FCA, DChA

Sterling House
Wavell Drive
Rosehill Carlisle
Cumbria
CA1 2SA

Date: **11th September 2025**

THE WINDMILL TRUST

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2024

	Notes	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Income from:							
Donations and legacies	3	59,999	29,545	89,544	30,514	21,312	51,826
Charitable activities	4	2,890	-	2,890	4,452	-	4,452
Investments	5	67	-	67	29	-	29
Total income		<u>62,956</u>	<u>29,545</u>	<u>92,501</u>	<u>34,995</u>	<u>21,312</u>	<u>56,307</u>
Expenditure on:							
Raising funds	6	66	-	66	1,881	-	1,881
Charitable activities	7	72,067	29,097	101,164	34,120	20,519	54,639
Total expenditure		<u>72,133</u>	<u>29,097</u>	<u>101,230</u>	<u>36,001</u>	<u>20,519</u>	<u>56,520</u>
Net income/(expenditure)		(9,177)	448	(8,729)	(1,006)	793	(213)
Transfers between funds		-	-	-	(485)	485	-
Net movement in funds	9	(9,177)	448	(8,729)	(1,491)	1,278	(213)
Reconciliation of funds:							
Fund balances at 1 January 2024		40,114	8,538	48,652	41,605	7,260	48,865
Fund balances at 31 December 2024		<u>30,937</u>	<u>8,986</u>	<u>39,923</u>	<u>40,114</u>	<u>8,538</u>	<u>48,652</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

THE WINDMILL TRUST

STATEMENT OF FINANCIAL POSITION

AS AT 31 DECEMBER 2024

	Notes	2024		2023	
		£	£	£	£
Fixed assets					
Tangible assets	13		2,282		1,455
Current assets					
Debtors	14	885		254	
Cash at bank and in hand		42,443		50,498	
		43,328		50,752	
Creditors: amounts falling due within one year	15	(5,687)		(3,555)	
Net current assets			37,641		47,197
Total assets less current liabilities			39,923		48,652
The funds of the trust					
Restricted income funds	17		8,986		8,538
Unrestricted funds	18		30,937		40,114
			39,923		48,652

The financial statements were approved by the trustees on **10th September 2025**.

.....
Mrs L Ritchie
Trustee

.....
Ms D B Bishop
Trustee

THE WINDMILL TRUST

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

1 Accounting policies

Charity information

The charity is a public benefit entity and a registered charity in England and Wales. The charity is a Charitable Incorporated Organisation, and the address of the principal office is 78 Appleby Road, Kendal, LA9 6HF.

- 1.1 Accounting convention** The financial statements have been prepared in accordance with the trust's governing document, the Charities Act 2011, The Financial Reporting Standard applicable in the UK and Republic of Ireland ("FRS 102") and the Charities SORP "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). The trust is a Public Benefit Entity as defined by FRS 102.

The trust has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the trust. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

- 1.2 Going concern** At the time of approving the financial statements, the trustees have a reasonable expectation that the trust has adequate resources to continue in operational existence for the next twelve months. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

As is the nature of the trust, the majority of the income is received from grants that we actively apply for and from donations, not all of which are not guaranteed to be received year on year. In the event that current anticipated funding is not received during the next twelve months then the charitable activities of the trust will need to be scaled back accordingly to ensure that it can continue its operational existence and provide services, but on a reduced level until additional funding can be secured

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

The trustees have the discretion to allocate sums to particular funds as they so wish. Such funds are known as designated funds, and remain unrestricted.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the trust is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

THE WINDMILL TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

1 Accounting policies

(Continued)

Cash donations are recognised on receipt. Other donations are recognised once the trust has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the trust has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

- 1.5 Expenditure** Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Computers	25% straight line
-----------	-------------------

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

- 1.7 Impairment of fixed assets** At each reporting end date, the trust reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).
- 1.8 Cash and cash equivalents** Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

THE WINDMILL TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

1 Accounting policies

(Continued)

1.9 Financial instruments

The trust has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the trust's balance sheet when the trust becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the trust's contractual obligations expire or are discharged or cancelled.

1.10 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the trust's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

THE WINDMILL TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

3 Income from donations and legacies

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Donations and gifts	1,337	-	1,337	8,912	-	8,912
Grants	58,662	29,545	88,207	21,000	21,312	42,312
Other	-	-	-	602	-	602
	<u>59,999</u>	<u>29,545</u>	<u>89,544</u>	<u>30,514</u>	<u>21,312</u>	<u>51,826</u>

4 Income from charitable activities

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Other services		
Services provided under contract	2,890	4,242
Earned income	-	210
	<u>2,890</u>	<u>4,452</u>

5 Income from investments

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Interest receivable	67	29
	<u>67</u>	<u>29</u>

6 Expenditure on raising funds

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Fundraising and publicity		
Other fundraising costs	66	1,881
	<u>66</u>	<u>1,881</u>

THE WINDMILL TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

7 Expenditure on charitable activities

	Therapeutic services 2024 £	Therapeutic ser vices 2023 £
Direct costs		
Staff costs	81,358	41,805
Materials (Direct)	1,885	1,206
Team training and Supervisiom	1,310	1,258
Consultancy and Evaluation	3,568	505
Self-employed	-	1,810
Other expenditure	182	-
	<u>88,303</u>	<u>46,584</u>
Share of support and governance costs (see note 8)		
Support	10,830	6,627
Governance	2,031	1,428
	<u>101,164</u>	<u>54,639</u>
Analysis by fund		
Unrestricted funds	72,067	34,120
Restricted funds	29,097	20,519
	<u>101,164</u>	<u>54,639</u>

THE WINDMILL TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

8 Support costs

	Support costs	Governance costs	2024 Support costs	Governance costs	2023
	£	£	£	£	£
Depreciation	867	-	867	299	299
Room hire	3,810	-	3,810	1,725	1,725
Telephone and IT	616	-	616	571	571
Repairs and renewals	2,261	-	2,261	-	-
Subscriptions	1,831	-	1,831	2,059	2,059
Travel and subsistence	400	-	400	991	991
Printing, postage and stationery	171	-	171	-	-
Disclosure and barring service checks	65	-	65	196	196
Insurance	544	-	544	392	392
Sundry expenses	265	-	265	394	394
Independent examination fees	-	660	660	-	630
Accountancy	-	1,371	1,371	-	798
	<u>10,830</u>	<u>2,031</u>	<u>12,861</u>	<u>6,627</u>	<u>8,055</u>
Analysed between Charitable activities	<u>10,830</u>	<u>2,031</u>	<u>12,861</u>	<u>6,627</u>	<u>8,055</u>

Governance costs includes payments to the independent examiner of £660 (2023: £630) for independent examination fees and £1,371 (2023: £798) for other fees.

9 Net movement in funds

	2024	2023
	£	£
The net movement in funds is stated after charging/(crediting):		
Fees payable for the independent examination of the charity's financial statements	660	630
Depreciation of owned tangible fixed assets	867	299
	<u>1,527</u>	<u>929</u>

10 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the trust during the year.

THE WINDMILL TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

11 Employees

The average monthly number of employees during the year was:

	2024 Number	2023 Number
Staff	4	2
	<u> </u>	<u> </u>
Employment costs	2024	2023
	£	£
Wages and salaries	77,615	40,918
Other pension costs	3,743	887
	<u> </u>	<u> </u>
	<u>81,358</u>	<u>41,805</u>

There were no employees whose annual remuneration was more than £60,000.

Remuneration of key management personnel

The remuneration of key management personnel was as follows:

	2024 £	2023 £
Aggregate compensation	30,988	30,175
	<u> </u>	<u> </u>

12 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

THE WINDMILL TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

13	Tangible fixed assets		Computers
			£
	Cost		
	At 1 January 2024		1,806
	Additions		1,694
			—
	At 31 December 2024		3,500
			—
	Depreciation and impairment		
	At 1 January 2024		351
	Depreciation charged in the year		867
			—
	At 31 December 2024		1,218
			—
	Carrying amount		
	At 31 December 2024		2,282
			—
	At 31 December 2023		1,455
			—
			—
			—
14	Debtors	2024	2023
		£	£
	Amounts falling due within one year:		
	Prepayments and accrued income	885	254
		—	—
		—	—
15	Creditors: amounts falling due within one year	2024	2023
		£	£
	Other taxation and social security	4,368	2,064
	Other creditors	-	231
	Accruals and deferred income	1,319	1,260
		—	—
		5,687	3,555
		—	—
		—	—
16	Retirement benefit schemes	2024	2023
		£	£
	Defined contribution schemes		
	Charge to profit or loss in respect of defined contribution schemes	3,743	887
		—	—
		—	—

The trust operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the trust in an independently administered fund.

THE WINDMILL TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

16 Retirement benefit schemes

(Continued)

Contributions amounting to £nil were payable to the scheme at 31 December 2024 (2023 - £231) and are included within other creditors.

17 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 January 2024	Incoming resources	Resources expended	Transfers	At 31 December 2024
	£	£	£	£	£
Restricted Fixed Asset Fund	-	-	(867)	3,149	2,282
Therapeutic services in Workington Fund	4,058	-	(3,089)	(939)	30
IT Fund	4,480	-	(2,270)	(2,210)	-
Therapeutic Service Delivery and Development Fund	-	10,000	(10,000)	-	-
Staff Training Fund	-	2,100	-	-	2,100
Materials and Resources Fund	-	749	(656)	-	93
Therapy Space Regeneration Fund	-	3,737	(2,261)	-	1,476
Materials and Resources Fund	-	500	(25)	-	475
Therapeutic Service Delivery and Development Fund	-	12,459	(9,929)	-	2,530
	<u>8,538</u>	<u>29,545</u>	<u>(29,097)</u>	<u>-</u>	<u>8,986</u>

Previous year:

	At 1 January 2023	Incoming resources	Resources expended	Transfers	At 31 December 2023
	£	£	£	£	£
Therapeutic services in Workington	2,260	16,810	(15,354)	342	4,058
Family support funding	-	4,502	(22)	-	4,480
	<u>5,000</u>	<u>-</u>	<u>(5,143)</u>	<u>143</u>	<u>-</u>
	<u>7,260</u>	<u>21,312</u>	<u>(20,519)</u>	<u>485</u>	<u>8,538</u>

The Therapeutic services in Wigton fund is restricted to provide therapeutic services to children and young people in Wigton.

The Family support fund is restricted to enable the trust to give more focused and sustained therapeutic parenting support to parents and carers of children receiving therapy with us, or to give us the option of providing family therapy where necessary.

The other Restricted Funds are held for the purposes as stated by the name of the funds.

THE WINDMILL TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

18 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 January 2024 £	Incoming resources £	Resources expended £	Transfers £	At 31 December 2024 £
Therapeutic services in Workington	7,878	-	(7,878)	-	-
General funds	32,236	62,956	(64,255)	-	30,937
	<u>40,114</u>	<u>62,956</u>	<u>(72,133)</u>	<u>-</u>	<u>30,937</u>

Previous year:	At 1 January 2023 £	Incoming resources £	Resources expended £	Transfers £	At 31 December 2023 £
Therapeutic services in Workington	25,000	-	(17,122)	-	7,878
Therapeutic services in Wigton	10,000	-	-	(10,000)	-
General funds	6,605	34,995	(18,879)	9,515	32,236
	<u>41,605</u>	<u>34,995</u>	<u>(36,001)</u>	<u>(485)</u>	<u>40,114</u>

Therapeutic Services in Workington designated fund of £25,000 has been earmarked to provide therapeutic services to children and young people in Workington.

19 Analysis of net assets between funds

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
At 31 December 2024:			
Tangible assets	-	2,282	2,282
Current assets/(liabilities)	30,937	6,704	37,641
	<u>30,937</u>	<u>8,986</u>	<u>39,923</u>

THE WINDMILL TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

19 Analysis of net assets between funds

(Continued)

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
At 31 December 2023:			
Tangible assets	-	1,455	1,455
Current assets/(liabilities)	40,114	7,083	47,197
	<u>40,114</u>	<u>8,538</u>	<u>48,652</u>

20 Operating lease commitments

Lessee

At the reporting end date the trust had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2024 £	2023 £
Within one year	1,500	1,500
Between two and five years	4,500	6,000
	<u>6,000</u>	<u>7,500</u>

21 Related party transactions

There were no disclosable related party transactions during the period.

Get Involved

The Windmill Trust exists to provide creative, trauma-informed therapeutic support to children and young people who might otherwise go without. With your help, we can reach more children, support more families, and ease the growing pressure on schools.

Whether you're a school leader looking for flexible mental health support, a funder seeking to invest in lasting change, or someone who shares our commitment to children's wellbeing we'd love to hear from you.

Together, we can create safer spaces, stronger relationships, and brighter futures. If you would like to help, please contact us:

admin@thewindmilltrust.org

www.thewindmilltrust.org

07355 674042

Donate Today

Help us reach more children by making a one-off or regular donation. Please scan the QR code to donate via JustGiving.





The Windmill Trust
Creative Therapy Service

The Windmill Trust
Generating therapeutic change



SiX
Social impact
multiplied

FS
Francis Scott
Trust

 **CUMBRIA**
COMMUNITY FOUNDATION

 **TRANSFORMING
WEST CUMBRIA**
Funded by the Windmill Trust

 **COMMUNITY
FUND**

The Windmill Trust, 16 High Street, Wigton, Cumbria, CA7 9NJ
Registered Charity Number: 1195160



PHONE
07355 674042



EMAIL
admin@thewindmilltrust.org



WEBSITE
www.thewindmilltrust.org

THE WINDMILL TRUST

England & Wales - Charity number 1195160

Accounts

The Windmill Trust

Generating therapeutic change



ANNUAL REPORT

Laying Strong Foundations

2023



admin@thewindmilltrust.org



www.thewindmilltrust.org



07708 650696



LEGAL AND ADMINISTRATIVE INFORMATION

Charity Name: The Windmill Trust

Registration Number: 1195160

Registered Address: 78 Appleby Road
Kendal
Cumbria
LA9 6HF

Trustees: Mrs. Lesley Ritchie (appointed 14/07/2021)
Ms. Helen Whittaker (appointed 14/07/2021)
Mrs. Sarah Parkhouse (appointed 14/07/2021)
Ms. Katherine Haigh (appointed 07/02/2022)
Mr. Paul Ulett (appointed 07/06/2022)
Mr. Garry Elliott (appointed 21/09/2022)

Trustees serving during dates covered by this document
(01/01/2023 - 31/12/2023)

Independent Examiner: Sophie Graham BAcc(Hons), FCA, DChA
Saint & Co. Chartered Accountants
Sterling House
Wavell Drive
Rosehill
Carlisle
Cumbria
CA1 2SA

Bankers: Virgin Money
45 Penny Street
Lancaster
LA1 1UE



TRUSTEES REPORT APPROVAL

For the period 1st January 2023 to 31st December 2023

The trustees present their annual report and financial statements for the period ended 31 December 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the trust's governing document, the Charities Act 2011 and "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).

The accounts (financial statements) have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair view'. This departure has involved following 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) issued in October 2019 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Structure, Governance and Management

The trustees who served during the period and up to the date of signature of the financial statements were:

Mrs. Lesley Ritchie (appointed 14/07/2021)

Mrs. Helen Whittaker (appointed 14/07/2021)

Mrs. Sarah Parkhouse (appointed 14/07/2021)

Ms. Katherine Haigh (appointed 07/02/2022)

Mr. Paul Ulett (appointed 07/06/2022)

Mr. Garry Elliott (appointed 21/09/2022)

The Trustees' Report was approved by the Board of Trustees and signed on their behalf by:

Signature:

Name: Mrs Lesley Ritchie

Position: Chair of Trustees

Date: 23rd May 2024

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INTRODUCTION

He saw ahead of him the heavy labour of rebuilding the windmill from the foundations, and already in imagination he braced himself for the task.

(George Orwell, Animal Farm)

When the winds of change blow, some people build walls, while others build windmills.

(Chinese Proverb)

A Windmill is a symbol of resilience, standing strong in the face of the storm and harnessing the breeze, reminding us of the power within us to overcome adversity.

For our Charity, 2023 has been about building strong foundations, so that we can create a beacon of strength to help serve the children and families in our community.

This annual report details the story of these foundations, it is our second annual report to date and covers January to December 2023.

The Windmill Trust was founded in July 2021 by Lesley Ritchie (Chair of Trustees) and Phillippa Chapman (The Windmill Trust Manager), two passionate therapists with over 35 years' experience between them of providing creative therapy to children with complex emotional needs. Lesley, both an Art and a Play Therapist, is Director of About Children Ltd, a private therapy service for children who receive funding for therapy through statutory means (looked after and adopted children and young people). However, both Lesley and Phillippa recognised the growing need for more services in Cumbria that can provide long-term Arts and Play Therapy to children who are not eligible for any support through statutory routes.

Consequently, The Windmill Trust was established out of their commitment to improving the lives of children and young people in Cumbria.

Our charitable objectives are:

- ▶ To promote and protect the mental health and wellbeing of children and young people through, but not limited to, the provision of therapeutic services.
- ▶ To advance the education of professionals, parents and carers responsible for the education and care of children and young people who require therapeutic support, through the provision of specialist information and training.

We have faced many challenges in 2023. Funding through trusts and grants is increasingly competitive; as a relatively new charity this makes us vulnerable as some funders prefer to fund either very new or established services.

Last Spring, we also found out that the building we were using as a base to deliver sessions from was without a manager and there was a possibility we would have to move out. Trying to find new premises which could offer the confidentiality, accessibility, flexibility, space and convenience was time consuming and unfortunately, fruitless.

We were also aware of the need to be putting many hours into getting our policies, procedures, governance and HR systems right so that we could grow and build our team. All the while, we were receiving frequent requests from across West Cumbria to take referrals, from families desperate for help and schools looking for extra support for children and young people suffering with mental health difficulties.

Despite these challenges we have increased our provision and expanded our service. We knew that if we were going to begin to meet this demand, we would need to start laying down strong foundations from which to grow.

STATEMENT OF PUBLIC BENEFIT

Our service benefits children, young people and families who would otherwise not have access to any support. Additionally, we also work with schools and referral partners. In defining our charitable programme, we have given regard to the Charity Commission's general guidance on public benefit.

Benefit to Children/Young People

We provide one-to-one psychotherapy to children and young people (CYP) with complex emotional issues, who have suffered abuse, neglect or trauma, often as a result of multiple Adverse Childhood Experiences (ACEs). ACEs are traumatic events in childhood, such as abuse, neglect, or household dysfunction, that can profoundly affect a person's lifelong physical, mental, and emotional health. We work in a child-centred and creative way to help CYP explore, express and process difficult material when words are too much or not enough. The one-to-one work lasts as long as it needs to in order for the child to recover and feel happier. We provide targeted group therapy to CYP who are experiencing issues with anxiety and low self-esteem, using play, drama and art to build resilience and confidence. The group therapy works alongside school timetables and is offered on a termly basis.

Benefit to Parents/Carers

We provide support to parents and carers through face-to-face meetings and telephone calls, to help make sense of children's behaviour and understand complex emotions and needs. We write Therapeutic Needs Assessment reports to help parents understand their child's needs and we see the work with parents as an essential component to achieving better outcomes for the child. We also provide focused therapeutic support to parents who are struggling with complex issues themselves, as this can often be part of the bigger picture. Sometimes, children who have experienced ACEs have parents who have also experienced multiple ACEs.

Benefit to the Family and Community

A child who gets support is going to become a calmer and more productive classroom and playground buddy; is less likely to disrupt the class and is less likely to be part of dramas at home or be a source of worry or stress. Children who have experienced trauma are often at risk of becoming involved in crime, substance misuse or abusive relationships as they grow. Our intervention looks to prevent that and to increase the likelihood of CYP having happy, healthy, productive adult lives and be positively engaged in their communities.

Benefit to Schools and Referral Partners

We work closely with schools, providing consultation and training as well as support around individual pupil needs. We write Therapeutic Needs Assessments to help inform Education Health Care Plans (EHCPs) for children and young people with high levels of need. We attend Team around the Family and Early Help meetings and give advice about strategies that might help in the classroom with children who are struggling.



STRATEGIC AIMS AND OBJECTIVES

Charitable Strategic Aims for the period April 2023 to March 2026.

Our strategic aims and objectives are:

- Provide therapeutic interventions to 100 children and young people in West Cumbria.
- Benefit 20 families through direct family support work and parental therapy.
- Benefit 400 people (family members/carers) indirectly through our therapeutic interventions.
- Provide indirect benefits to whole classrooms through children in therapy being happier and less disruptive.
- Respond to children with complex needs on an individual basis, not being bound by generic time frames. This means concluding the process when the time is right for the child and when trauma processing has had the time it needs.
- Raise enough funds to support the above aims through a diverse portfolio of income sources.
- Contribute to research that evidences the impact of creative arts therapies to improve policy and service provision so that more children can access the long-term trauma sensitive therapies they need.
- Grow in a sustainable way, maintaining high-quality services in line with our values.
- Develop an infrastructure (IT, finance, HR, administration and policies) that enables us to work effectively, efficiently and compliantly.



STRUCTURE, GOVERNANCE AND MANAGEMENT

The Windmill Trust is a Charitable Incorporated Organisation (CIO) which was registered with the Charity Commission in July 2021 and is governed by a constitution as a Foundation CIO.

We have six trustees who bring experience in the areas of developmental trauma and therapy, finance, charity management and administration, law, education and health. As a charity, it is our ethos that all trustees have enhanced DBS checks and participate in safeguarding training.

Our skilled trustees meet four times per year. The finance sub-committee meets quarterly to scrutinise our accounts. We hold a Strategy Day once a year where our trustees meet face-to-face for a whole day for an in-depth exploration of our progress and our key areas for development, so that there is clear direction that shapes the focus of the staff team and the content of future meetings and input from the trustees.

Trustees are then involved in other groups and meetings as required to support the staff team and inform strategic thinking.



Recruitment and Appointment of New Trustees

New trustees are recruited in line with The Windmill Trust's Trustee Recruitment Policy. Trustees receive a full induction to the charity and a set of key documents, enabling them to gain the required information to fulfil their role. A quarterly skills analysis ensures the trustees offer a suitable range of knowledge and skills to support the charity. Where a gap is identified, we aim to seek trustees to bridge this gap. In 2024, we will be recruiting two new trustees to our team and are looking for people who can bring new perspectives in the areas of business, health, research and education.

The Board aims to adhere to the principles of the Charity Governance Code for Smaller Charities. This is an ongoing process, and we are working towards fulfilling all aspects of the code.

EVIDENCE OF NEED

Research by Young Minds evidenced that **1 in 6** children aged 5 to 16 had a probable mental health problem in July 2021, a noticeable increase from 1 in 9 in 2017, and that **83%** of young people felt the COVID-19 pandemic had made their mental health worse.¹ As documented in an article in the Guardian; *“In 2023, 140,000 children were classed as “severely absent” from school – an increase of 134% since before the pandemic.”* The article explains that the membership of the online support group *Not Fine in School* has grown from 30,000 to 50,000 in the past year and argues that this is due to issues with mental health, not with behaviour.²

The Public Health England’s Child Health Profile for March 2019 showed that admissions to hospital due to mental health issues were significantly higher in Cumbria than the average for England. It is estimated that **46,000 children** currently living in Cumbria will experience at least one ACE before their 18th birthday, and nearly **8,000** will experience four or more, making them extremely vulnerable.³ This figure is based on national averages for England, so the number could be much higher for West Cumbria as this area is higher than the national average for other risk factors, such as childhood poverty, domestic violence, alcoholism and substance abuse, being classed as a Child in Need and percentage of children with mental health issues. These are also pre-pandemic figures, so we could anticipate that the actual number today is far higher. Complex trauma occurs as a result of multiple adverse childhood experiences, which are common in West Cumbria as we have already demonstrated above, and which evidence suggests have become a bigger problem since the pandemic.

The House of Commons Research Briefing on School Attendance in England (September 2023) highlights the growing concern over chronic absenteeism in schools and the links with the difficulty of returning to school after lockdown, with children in years 9-11 being the most affected.⁴ Persistent absence rates in Secondary School before the pandemic were 9.3% but in 2022-2023 had risen to **28.3%**.⁵

Data from the NHS Mental Health of Children and Young People Survey update for 2022 showed that 61.2 % of 11–16-year-olds with a probable mental disorder were less likely to feel safe in school.⁶



EVIDENCE OF NEED (CONT.)

A Public First report in September 2023 highlighted the current young people's mental health crisis as a *"huge, compounding issue"* affecting children and young people's ability to access education and the real need at this time for investment in Children's Mental Health Services (CAMHS).⁷ However, Young Minds argue that less than half of the children and young people with a diagnosable mental health condition can get access to support through the NHS.⁸

While there are some much needed services available in West Cumbria that can provide short-term support for children and young people with mental health issues, such as Barnardo's who are nationwide, and Together We (who provide CBT and talking therapy to over 11s), there are very few services that fit into the *Getting More Help and Risk Support* categories of the NHS's i-thrive model.⁹ Our service is often where people turn when they do not fit the criteria for CAMHS but need more support than other lower-level services can provide.

There has never been more of a need for services who can work with the whole family and the school whilst supporting children and young people in a creative and child-centred way, using qualified and skilled specialist therapists. We receive calls every week asking for support, from parents, CAMHS, schools and other agencies.

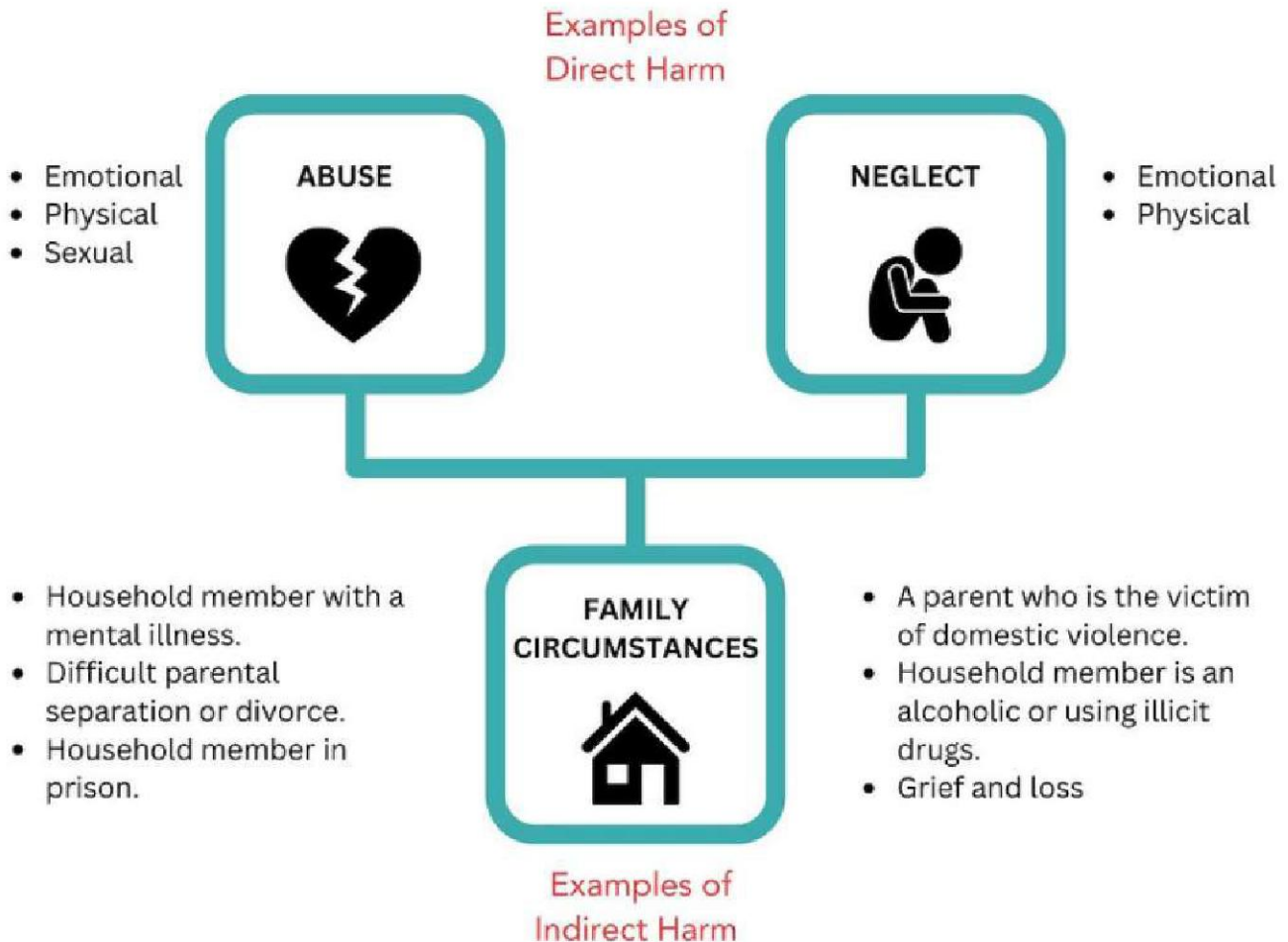
We see it as our duty to be building our service to meet the need for both preventative and transformative creative interventions to support disadvantaged and distressed children and their families.



ADVERSE CHILDHOOD EXPERIENCES

Adverse Childhood Experiences (ACEs) are “highly stressful, and potentially traumatic, events or situations that occur during childhood and/or adolescence. They can be a single event, or prolonged threats to, and breaches of, the young person’s safety, security, trust or bodily integrity.”¹⁰

The main categories of ACEs:



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OUR SERVICES

Our entire ethos and approach is built around the needs and preferences of the child or young person. When we take a referral, the first question we ask is, can we make a difference to this child? This includes assessing how supported the child will be in accessing therapy, if there could be a need to also support the wider family and the school and if this will be something we will have capacity for. We are continuously increasing our capacity to be able to work holistically with the child, the family and the school.

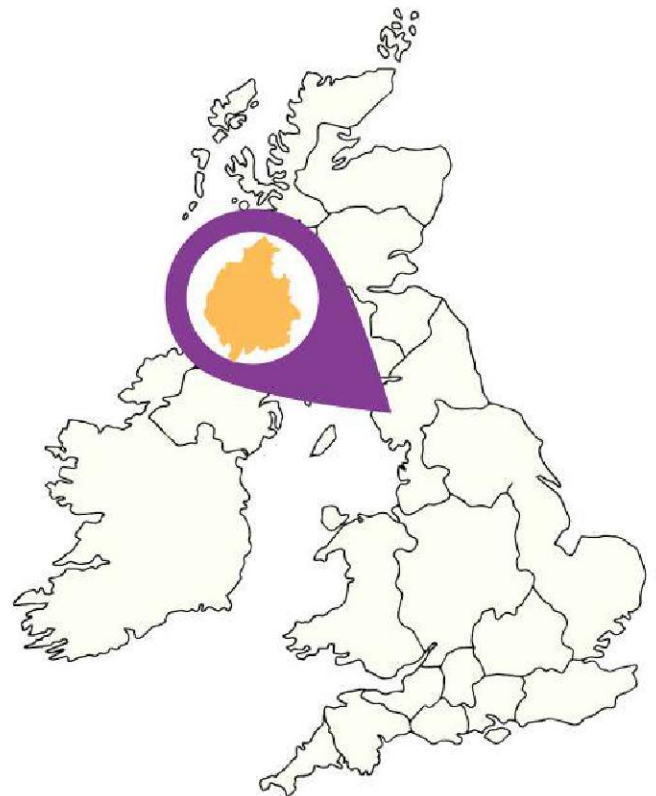
The Therapeutic Approach that we take is creative and child-centred. We employ qualified Arts and Play Therapists registered with the Health Care Professions Council (or equivalent) who specialise in children's mental health and know how to prioritise the voice of the child within the work. We work non-directively, which means control of the process lies with the child or young person while the therapist takes responsibility for maintaining safety and building the relationship. Working creatively means that the difficult material the child may need to express can be explored metaphorically and symbolically, which has been demonstrated to be both very safe and effective when working with traumatic material. It also means we can work with the whole brain-body. Increasingly, experts in the field of trauma are uncovering the importance of this in trauma work.

A study by the Department of Behavioural Science on the role of the arts in improving health and wellbeing (2020) demonstrated that there is very strong and reliable evidence, robust enough to inform policy making, that the arts can be used to improve the wellbeing of children and young people.¹¹ Research in neuroscience and psychology has demonstrated that creativity and play have an essential role to play in our psychological and physical development.

Locations

In 2023, our therapy work all took place in Wigton, although we travelled to schools across the West Cumbria region in order to speak to teachers, attend meetings and deliver training.

Please see our section on future plans to understand how we are expanding the areas we can offer therapy in.



OUR SERVICES (CONT.)

One-to-One Therapy

We provide one to one therapy to children and young people at risk of long-term mental health issues. This is usually due to the child or young person experiencing multiple Adverse Childhood Experiences, which might include abuse but could also include parental illness, being a young carer, having a parent who is incarcerated or other difficult family situations. Being neurodiverse often has a further negative impact on a child or young person's emotional resilience when faced with adversity.

Creative Arts Therapies

We offered Dramatherapy, Art Therapy and Play Therapy in 2023 and as we grow, we will explore expanding the types of creative therapy on offer. Creative Arts Therapies (CAT) utilise various forms of artistic media, including play, and are integrative (making use of many theories and approaches) and psychodynamic (working with the therapeutic relationship). They are a type of psychotherapy to help children and young people explore and process difficult feelings and memories.

CAT make use of story, art, movement and drama which means children can explore issues safely through metaphor and access support when their problems are hard to verbalise. We work with children to set goals for the therapy, to help them think about what changes they want to feel. Children do not need to be interested in the arts to access our service. Because we are completely child-led and non-directive in our approach, what happens in the session is non-prescriptive. We are trained to find ways to engage the child and build a relationship in a way that makes sense to them and is accessible to them, whatever that might look like. This means the therapy can be non-verbal, where necessary, working at a deep level with subconscious processes and the child's own preferred methods of relating and communicating.



OUR SERVICES (CONT.)

Small Group Therapy

The Windmill Trust offers short term group work to address the lower-level mental health needs of children who may not typically receive the necessary support they need to thrive and may not meet the criteria for accessing it elsewhere. Sessions are designed for children and young people who are experiencing issues such as low confidence and/or self-esteem and who are at risk of developing a mental health issue if left untreated. It is short term because these children are deemed as being lower risk, but could benefit from a group intervention that looks to prevent escalation of their symptoms.



Group therapy interventions take place over either one term or one school year, depending on the needs and vulnerabilities of the young people. We take referrals through schools for these groups and work with small numbers of similar aged children and young people to bring about a sense of universality whilst exploring common themes expressed through creative play and art.

We find the group sessions to be extremely popular with the attendees and often see a very different picture to what is being seen at school. We focus on the group dynamic and creative expression, facilitating ways to help the CYP recognise their own needs, the needs of others, how to share power equally and understand their own individual strengths. Our approach is bespoke and unique to every group because we always need to adapt creatively to the individuals within it.

OUR SERVICES (CONT.)

Parent Support & Therapy

For every parent or carer of a child who receives support from us, we offer some time to talk to one of the therapists about their child. We take this on an individual needs basis as we find for some children in group therapy, one conversation every couple of months is enough, however, for some parents it is necessary for us to build an ongoing relationship of regular support so that we can help think about their child's emotional needs and what is being communicated through their behaviour. We might help the parent think about things from their child's point of view, whilst recognising the challenges they face as a parent.

Sometimes the parents and carers we work with have themselves experienced multiple ACE's and have unprocessed and untreated trauma. In these instances, we recognise that often the best way we can help the child is if we also offer therapy to the parent/carer. We employ the services of trauma-informed and trauma-sensitive adult Counsellors and Psychotherapists to undertake therapy work with parents/carers. This is always with a separate therapist to the one working with the child. Where there is attachment trauma, this is usually necessary for our intervention to have the best chance of achieving a positive outcome as often these negative patterns of relating are passed down through generations.



School Support, Consultation & Training

We offer support to schools to help think about pupil's behaviour and understand their emotional needs and what is being communicated. This can be so important because children can find it very difficult to articulate what is wrong and why they might be behaving a certain way. We often communicate this in meetings and reports and were told recently by a Lead Consultant in Child and Adolescent Psychiatry in CAMHS, *"This report is a reminder why therapy is so important."* We will also, when asked, help schools think about strategies to put in place to help children cope with their emotions in school.

We also offer training in Complex Trauma and Dissociation to schools and can design this around the schools individual circumstances and needs. We usually encourage schools to follow this up with consultation sessions so that we can talk to the teachers about how to put the theories and ideas from the training into practice within a school setting.

THE WINDMILL TRUST MODEL OF SUPPORT

We believe that the key to recovery from Adverse Childhood Experiences (ACEs) is in a holistic approach.



WHY WORK CREATIVELY?

Our approach is based on theory and research from the fields of Child Development Theory, Attachment Theory, Current Trauma Theory, Neuroscience and The Arts and Play Therapies.



Play and art are a child's innate way of communicating and processing difficult life events.



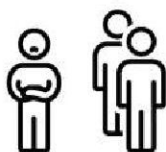
Traumatic memory does not reach the hippocampus (the part of the brain that deals with our perception of time and ability to recall things).

Trauma research shows that recovery requires a full brain/body approach that can work with traumatic memory using sensory, creative materials, in the here and now.

It is possible through creative therapy to offer a truly trauma sensitive approach.



The client leads the session and has ultimate control over what happens, giving them back autonomy. Trauma always involves lack of choice/loss of power, so our approach directly restores this.



Children who have experienced abuse, neglect and multiple ACEs are unable to recognise healthy attachment patterns.

It is the relationship part of the brain/emotional development that has suffered, so the approach must be a long-term approach that looks to heal this through relationship.

The part of the brain that deals with language, switches off when a person is asked to recall a traumatic event.



There is growing evidence for trauma treatment not to focus on recollection of events but to take a different approach, as the growing census is that recollection is not necessary for recovery. Memory affected by trauma can be unreliable.



Children who have suffered early trauma are often avoidant and dissociative.

Dissociation is a highly complex psychological condition that can be misunderstood and missed by professionals. We are trained to work with this, and our approach means that children do not have to talk, if they don't want to.

The Arts Therapies offer a way of exploring and processing difficult material through metaphor.



There is a proven relationship between the arts and mental wellbeing.



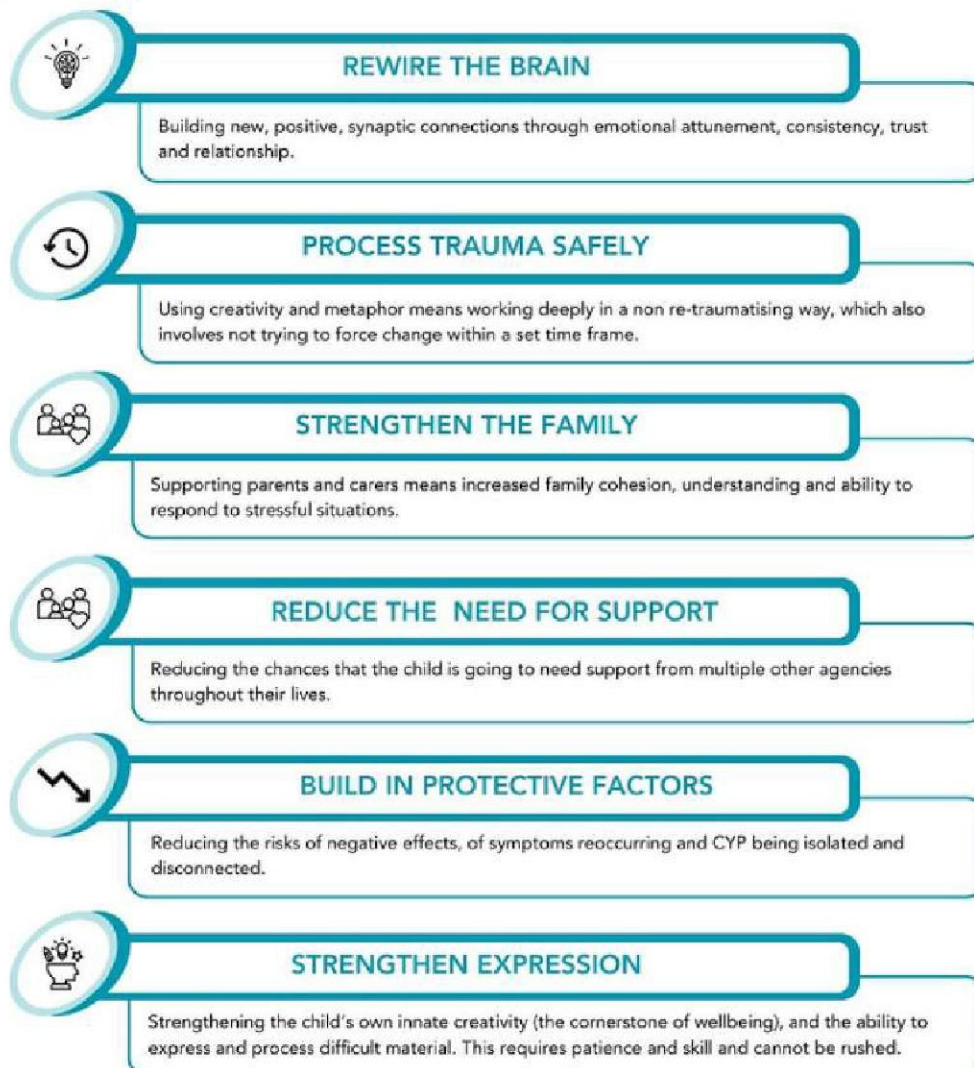
WHY WORK LONG-TERM?

We believe that long-term therapy is needed for children and young people who have experienced trauma because of the profound and enduring effect this usually has on their neurobiology, their central nervous system and their ability to cope with future stress. When issues stem from infancy, often it can take years to build positive attachment patterns in the brain and calm the body's natural trauma responses (flight/fight/freeze/fawn/flop). Sometimes children have learned to be avoidant and dissociative in order to survive painful events. This can be a systemic issue and if trust in adults has been shattered then it will take time, patience and consistency from the therapist for these defences to lower so that trauma processing work can begin.

When children are at risk of long-term effects for other reasons, such as difficult family dynamics, because they are neurodivergent and struggling to cope with expectations or because of emotional complications around them being a young carer, it can often take a long-term approach to support the child and the family to find solutions and build in protective factors to mitigate long-term effects.

We believe it is usually not possible to do any meaningful work with these children with a short-term approach. We often get referrals from agencies where a short-term approach has already been tried and it has not been enough.

We provide long term support in order to:



OUR TEAM

At The Windmill Trust, we are committed to investing in our team. During 2023, we employed two new Art Therapists, a sessional Play Therapist and a sessional Adult Therapist, allowing us to reach more individuals and communities who require our services.

Our Child Therapists are all trained to master's level in one of the Arts or Play Psychotherapies and registered with the HCPC, which requires high levels of CPD and professional practice. We are all continuously developing our skills and knowledge and sharing new research from our fields of practice. We keep up to date with the growing body of evidence around using creative therapies with children, particularly children who have experienced trauma. We all have independent Clinical Supervision with registered Arts or Play Therapy Supervisors. We have also dedicated significant efforts to enhancing our Human Resources (HR) and recruitment procedures to better support our organisation's growth and mission.

Staff

Charity Manager/Dramatherapist

Phillippa Chapman

Phillippa (Pip) Chapman co-founded the Charity alongside Lesley Ritchie, The Chair. She has worked with children with complex emotional needs since 2004 in one form or another, after training as an actor at The Arts Educational School of London she took issue-based plays into Schools, Secure Units, Remand Centres and Young Offenders Institutes which is where she learned the transformative power of play. This led to her training as a Dramatherapist at Derby University in 2008, qualifying with a distinction, then specialising in working with CYP who have experienced trauma. She has trained extensively in Complex Trauma and Dissociation, is a member of the British Association of Dramatherapists and registered with the Health Care Professions Council. She is particularly interested in how the creative therapies can encourage a whole brain body approach to processing trauma.



Charity Coordinator

Jill Richardson

In March 2023, Jill Richardson became a part of our charity, taking on the role of aiding in the day-to-day coordination of our services and offering administrative assistance to the manager, therapists, and trustees. Before her current role, Jill dedicated over 15 years to primary school teaching. Prior to that, she provided business support as an advisor to small enterprises in West Cumbria. Jill is now shaping her role so that she can assist with the financial aspects of the charity, she has been central to the crafting of new policies, HR protocols, and marketing materials. She frequently contributes to our funding proposals and fundraising efforts. Jill is passionate about supporting the mental health and well-being of children and young people, finding that The Windmill Trust's vision perfectly mirrors her aspiration for enhanced understanding and support for young people in the current mental health crisis.



OUR TEAM (CONT.)

Arts/Play Therapists

Marie Hortin

Marie Hortin is a newly qualified Art Therapist who did her final year placement with The Windmill Trust in 2022/23 and who we employed officially that September. Marie has worked with children and young people for over thirty years. From 2000, she worked in primary education as a classroom teacher, Consultant for the Local Authority, Designated Safeguarding Lead and then Headteacher. She has experience of supporting children encountering adversities in their childhood and of working alongside those who are important to the child including their families, carers, professionals and agencies. Since qualifying as an Art Psychotherapist in 2023, Marie is fortunate to support children and young people in both individual and group sessions at The Windmill Trust. Her approach is psychodynamic and non-directive. She is registered with the British Association of Art Psychotherapists and The Health Care Professions Council.



Julie Taylor

Julie Taylor is an Art Psychotherapist whose professional journey began with studying a BA Hons Degree in Photography at the University of Cumbria in 2008; during this time Julie's work concentrated on the therapeutic use of photography and how this visual medium can be used to depict a person's unique internal narrative with benefits to their wellbeing in the process. From this research Julie discovered Art Psychotherapy and went on to attend the British Association of Art Therapist's introductory courses over a number of years. These experiences enabled Julie to study at Queen Margaret University Edinburgh, achieving an MSc in Art Therapy in 2019. She has worked with children and young people in third sector charities in Scotland and previously worked with a provision of CAMHS as a Therapist and Senior Practitioner before joining The Windmill Trust. Julie continues to value the use of Art Therapy and experiences how art can give a person a voice where words cannot, providing a lasting impact to children and young people's wellbeing and lives.



Sessional Therapists

Betty Skeet

Betty Skeet is a BAPT registered Play and Filial Therapist, with 16 years experience working with children and families. Betty's background is in Anthropology, which she studied in Mexico, she found her life long commitment to Non-directive Play therapy at the Notre Dame Centre and the University of Strathclyde, further completing training in Dissociation in Children and adolescents under Renee Marks PhD, and Advanced Filial therapy under Rise VanFleet PhD and Tracie Faa-Thompson.

Originally from Costa Rica and long time living in the UK, she is passionate about play therapy and creative therapeutic interventions made available for individuals and groups.

Angela Madeley

Angela is employed by The Windmill Trust as a sessional worker providing therapy to parents. She is a qualified, accredited and trauma informed counsellor with 11 years of experience both in private practice and charity settings. She has a further 20 years of experience supporting people of all ages in a variety of settings including schools, residential units and as a family worker for Cumbria County Council Children's Services. Her primary modality is person centred talking therapy, but her therapy style is heavily influenced by her training in Somatic Experiencing developed by Dr Peter Levine and Internal Family Systems developed by Dr Richard Schwartz. Angela is passionate about her work and strongly believes that a compassionate and emotionally validating therapy space can be the catalyst for positive change.

OUR TEAM (CONT.)

Trustees

Chair of Trustees

Lesley Ritchie



Lesley has been a qualified and state registered Art Psychotherapist since 1999. Lesley has had extensive training in the areas of trauma, attachment and dissociation. She completed her master's study in Play Therapy in June 2021. Lesley co-founded The Windmill Trust with Philippa Chapman in response to the increased need for therapy services for children who have suffered ACE's in the Mid and West Coast of Cumbria and she is the Director of About Children in Kendal, a private therapy practice working with children primarily in the looked after system.

Garry Elliott



Garry is a Business Consultant and was formerly a partner at an international law firm, where he advised on all aspects of corporate law and mergers and acquisitions. Garry therefore adds a wide-ranging legal understanding to the team of trustees together with over 20 years' experience advising businesses in their fundraising and growth. Garry has been heavily involved in team recruitment and development and has a drive to try to help break down economic and social diversity barriers, which has led to him taking on a trustee role with the Windmill Trust.

Katy Haigh



Katy Haigh was drawn to The Windmill Trust for the crucial work it is doing to support children who are going through traumatic experiences, for the way it is giving them hope, tools to cope, and kindness. She has 20 years' experience from the charity, education and arts sectors. Katy is a Project Manager at the National Childbirth Trust and a magistrate. Prior to that, she was Executive Director for Good Vibrations for eight years – a national charity that equips people with complex needs, with life skills – through communal music-making and individual support.

Sarah Parkhouse



Sarah has over 30 years' experience as a nurse working within various specialities ranging from Intensive Care to School Nursing where she worked alongside children and young people who have experienced early trauma. She has a keen interest in trauma informed approaches and the lifelong effects of Adverse Childhood Experiences on health and wellbeing.

Paul Ullet



Paul is the CEO of PFI Partners, an estate planning, funding and investment firm with progressive and innovative practices in helping people protect their assets and plan for the future in simple, cost effective ways. He is also the Managing Director of The Open Network, a ground breaking business networking agency. He became a trustee out of a passionate belief for supporting children in overcoming the effects of adverse experiences and he brings a wealth of financial, business, marketing and networking experience to the table.

Helen Whittaker



Helen has been a qualified Community and Youth Worker for 25 years and spent much of her career working for local homeless charities and Barnardo's, supporting teenagers who are homeless or at risk of homelessness. Over the years it became clear to Helen that homelessness in young people is very rarely about accommodation. Young people who have experienced early trauma are more likely to struggle as they progress through life and homelessness is a symptom of this. Helen is excited to be involved with a charity that, through early intervention, can hopefully reduce or even remove the need for some of the services she has provided.

OUR PARTNERS

Referral Partners

We work primarily with St Cuthbert's Primary School, Thomlinson Junior School, Nelson Thomlinson School and Richmond Hill School to take referrals and offer support through Therapeutic Assessment Reports and at meetings. However, we do also work with other organisations, such as the Social Prescribers, and our referral procedures will be something we continuously develop as we grow. In order to ensure that we are not inundated with referrals, we currently tend to approach individual schools with whom we already have a relationship to offer places when they are available.

Our list of referral partners has already grown to include 4 more schools and agencies in 2024, and we have taken some self-referrals when parents have been recommended our service by CAMHS.

Wigton Youth Station

In 2023, we temporarily took over the management of Wigton Youth Station under a Service Level Agreement (SLA) in order to find a new manager, new youth worker and some new trustees. This was necessary because we were delivering sessions from its building; its current manager was leaving and all trustees had decided to resign. We passionately believe in the importance of Wigton Youth Station and that the combination of its services and ours helps to deliver a laddered approach to young people's mental health in the area. Youth work plays a vital role in our local area by providing essential support, guidance, and opportunities for young people to thrive and contribute positively to their communities. We were also very much aware of the potential disruption to the provision of our own services if the building we were delivering from was to be taken over by another organisation, let alone the implications of working in an unmanaged site.

After an emergency meeting of trustees, it was decided that supporting the continuation of Wigton Youth Station fitted with our charitable objectives and, as it would not impact negatively on our own delivery, we should offer to temporarily manage it under a SLA. Wigton Youth Station's trustees felt it was in its best interests to take us up on this offer and so between June and September 2023, we recruited new staff and trustees and delivered a variety of services in order to ensure their continued existence.

There were significant risks to our Charity and its ability to deliver our sessions safely and confidentially if we had not supported Wigton Youth Station and we felt it was the right thing to do for the young people of Wigton. Wigton Youth Station is now once again up and running, under its own management, and has a client base of over 70 children who would otherwise not have this invaluable youth provision.

We view the temporary management of WYS as part of our laying strong foundations, as we now have a long-term right of occupancy at the WYS building and a strong working partnership with WYS. We collaborate on resource-sharing, building maintenance, and provide the manager with continual informal support. Additionally, we explore joint bid writing to enhance the premises and remain receptive to future shared projects.

IMPACT AND EVALUATION OF OUR SERVICES

Key Outputs



Key Outcomes

At The Windmill Trust, we know that our services help children and young people to feel happier and more able to cope with difficult experiences. Participants receive support to express themselves, gaining insight into how the past has affected them, their own patterns of behaviour, acquiring coping strategies and building resilience.

Evidence of progress can be seen from children's artwork, art therapists' observations, case studies and quotes from children and parents.

Improved Emotional Wellbeing

Young people experience enhanced emotional wellbeing, including reduced symptoms of anxiety, depression and stress, leading to greater overall happiness and contentment.

Improved Social Skills and Relationships

Participants develop better interpersonal and communication skills, and empathy, leading to improved relationships with peers and family members.

Strengthened Resilience

Engaging in creative psychotherapy helps individuals build resilience, enabling them to bounce back from setbacks, cope with adversity, and adapt to changes more effectively.

Enhanced Self-Expression

Through creative therapy, participants gain opportunities to express their own uniqueness, gaining insight into their emotions, developing self-awareness, self-esteem, and a sense of identity.

Increased Coping Skills

Children and young people acquire more effective coping mechanisms to manage challenges and difficult emotions, empowering them to navigate day-to-day life more confidently.

Short Term Outcomes

We used a mixed methods approach to evaluate our impact, combining data from standardised outcome measures, feedback from children, young people and parents via surveys, observations by therapists, comprehensive case studies and evaluation of creative materials produced during therapy sessions.

Many of the children we see in therapy have experienced painful and difficult events in the past and have therefore, as a survival mechanism, become very avoidant and sometimes dissociative. This is a well-documented and researched element to working with trauma. We have found that avoidant, dissociative or neurodivergent children and young people typically report positively about their mental health initially. However, we would know from the referral and the parent/carer that actually they present at school and home with very high levels of anger, anxiety, self-harm, violence or perhaps sexualised behaviours. We know that these children are unlikely to come to therapy and instantly open up verbally about what happened to them and how they feel or be able to work deeply around their painful issues.

Neurodivergent children sometimes also misinterpret questions on standardised outcome measures or take something very literally, which can affect how they answer. This is particularly challenging in group situations where it is harder to give 1:1 support to every young person without compromising confidentiality and the outcome measures becoming the focus of the whole session.

Clearly, we need other ways to monitor and track progress. Sometimes we can see amazing shifts in what children have explored through play and art and in their presentation in the room.



Medium to Long-Term Effects of Our Work

Our aim is that young people who have accessed our service will have improved life chances, more able to lead productive, happy lives and contribute to their communities. This is because we believe our work is preventative – helping to establish protective factors that mitigate the risks of long-term effects such as poor mental health, involvement in crime, abusive relationships, or developing addictions. We establish protective factors through working with the whole network around the child including family, school and other professionals involved.

Our work with the child or young person is focussed on working at a deep psychological level, safely and creatively, with what the child or young person brings to the session, so that we can be assured the work is helping to develop healthy attachment patterns and supporting the formation of a healthy sense of self and other. We consider our work with families pivotal to helping to break the cycle of trauma and strengthening the family's ability to operate healthy dynamics, effective and positive communication and deeper understanding of themselves and each other. In schools, our aim is to help to encourage a cultural change in the way we might respond to children who are displaying traumatised behaviours, away from punishment and reward which can be triggering for children who have experienced trauma, and more towards supporting emotional regulation, whilst recognising the challenges schools face in addressing these issues.

We believe the reason we can be confident in the long term effects is that we provide support until significant positive shifts occur and sufficient protective factors are established around the child or young person.

EVIDENCE

Evidence From Outcome Measures

As we've mentioned, we often see that as children begin to demask and become more authentic, they tend to be more honest and reflective about how they feel, so they generally report higher scores on outcome measures part way through the process than they did at the beginning. This can often mean that for a 10–12-week group process, children report higher (more distress) at the end than at the beginning, contrasting to them saying in open feedback questions that they feel more confident, have made friends and have loved being part of the group. We often then also need to look at the feedback from parents/carers to get a truer reflection of the changes.

We use different outcome measures for different children in individual therapy, depending on which is going to be the most appropriate. In 2023, we used Psychlops, YP-CORE and the Child Dissociative Checklist.

Psychlops Scores showed a reduction in distress by an average of 4 points. The highest possible Score on Psychlops being 12, so this would indicate a significant decrease. YP-CORE scores showed that in individual therapy there was a reduction in symptoms by an average of 17.5 points (from severe to mild). In group therapy, scores varied widely, ranging from a decrease in symptoms by 22 points to an increase of 4.

With the children we are working with who have complex trauma, we have seen a reduction in dissociative symptoms, using the Child Dissociation Checklist (CDC), by an average of 6 points. The CDC uses a rating scale for different aspects of dissociation and gives a score out of a maximum of 40, where anything over 12 is considered clinically significant. This work is very specialised, and it takes time to see big changes because of the profound and enduring nature of complex trauma. With children accessing our service who were displaying violent (including sexually violent) episodes at home, parents have reported incidents occurring at home 2-3 times a week, often severe in intensity and lasting for more than an hour and a half, reducing to being mild to moderate in intensity, every 2-3 months, lasting up to half an hour with the sexual element almost disappearing, over a 12-month period.

Evidence From Therapist Observations

- Characters (in play) who have been 'stuck' in fear and perpetual existential threat becoming unstuck and finding solutions.
- CYP who are full of rage and defence being able to play at being a much younger child and receive nurture and care.
- CYP who do not speak beginning to talk in sessions.
- CYP who are introverted becoming joyously expressive using art materials.
- CYP who are unable to focus on anything for more than a few minutes start to develop the ability to focus on the same activity for the whole session.
- CYP who stutter begin to stutter less.
- CYP expressing their wishes and fears through play and art. We know from research how important these experiences in therapy can be on the nervous system, the brain and the body.

Evidence from Children and Young People

Comments about what feels different for the children after therapy included:

“ I feel a lot **calmer**, less scared, less worried.”

“ I find it easier to play with other children now.
I find it a bit easier to talk about how I feel.”

“ I now feel **not scared**, not that shy, **not worried**.”

“ I like making up games with my therapist and
playing with the toys.”

“ I feel **comforted** and more **confident**.”

“ I like the clay and then not feeling overwhelmed.”



Evidence from Parents/Carers

Parents/carers said:

- “ This is the only session my child has continued to attend. He usually refuses to leave the house but every week we go to his session. He really trusts his therapist. This is a **fantastic service** and I wouldn't change anything. I would recommend the Windmill Trust. ”
- “ We have really noticed an improvement in my daughter. She feels **safe** in her sessions and really enjoys attending. ”
- “ My son feels a lot more **supported** which is helping his confidence. He understands more about his emotions and how to try and relax when he gets anxious or angry. ”
- “ **Great service**. I enjoyed meeting the therapist and learnt lots. I would highly recommend. ”
- “ We wouldn't change anything about this service, they have been **brilliant**. ”

When asked what The Windmill Trust does well, parents commented:

- “ The Windmill Trust has really **helped** my son with his anxiety and confidence. He loves attending the sessions. ”
- “ The **support** they give to both children and adults who look after their children. They are very **caring** and keep in touch. ”
- “ **Communicate** with parents. Gave my child the attention he may not have got in class because there are 30 other pupils in class. They **listened** to his needs. ”

Evidence from Adult Therapy Sessions

Adults who have accessed the parental/carer therapy said:

“Being able to talk to someone without them criticising me or tell me what I should be doing. Talking has made me realise I am probably my own worst enemy.”

Evidence from Referrers

“Pupils can express their emotions more. Pupils attend school more, knowing they are attending The Windmill Trust. Pupils seem happier in themselves and look forward to their sessions. Gives them confidence.”

“They cooperate with school and are happy to attend meetings and phone school to see how things are going.”

“I know that one pupil loves their time at Windmill - they find lots of things very challenging and this provides them with the opportunity to express, talk and understand.”

Evidence from School Training

- 94% agreed or strongly agreed that the course content was concise and informative.
- 100% agreed that training was relevant to their role.

General comments about the course included:

“It helps your understanding of empathy in helping traumatised children.”

“It is really beneficial to have the understanding of why a child reacts the way they do so we can respond appropriately. This training really helps with that.”

CASE STUDY

David, a ten-year-old boy diagnosed with ADHD and recently prescribed medication, lives with his mum on weekdays and with his dad on weekends due to his parents' separation. He would often shout at his mum and throw things when she would try to put boundaries in place and she had found him crying alone in his room on many occasions but felt at a loss to know how to help him. While medication for his ADHD appeared to have had a positive impact on his behaviour at school, there hadn't been much improvement noted at home, especially during challenging times such as bedtime and mornings before school. After the school indicated that David didn't meet the threshold for a referral to CAMHS (Child and Adolescent Mental Health Services), his mum attempted a self-referral. However, the GP advised against pursuing this route at the current stage of medication and also highlighted the extensive waiting list.

The school SENDCo referred David to The Windmill Trust, recognising that he could benefit from additional support beyond what they could provide, particularly with his self-esteem and ability to make friends. At school he appeared very isolated and uncomfortable in group situations, often exhibiting high levels of frustration and difficulty coping with long periods of sitting still. David's mum expressed strong interest in the referral, given David's tendency to display intimidating behaviour at home and his overall lack of happiness.

During the first session at the Windmill Trust, the group were hesitant and unsure of what to expect. David displayed a mix of excitement and reservation, initially observing activities before deciding if he should participate or not. He appeared both puzzled and relieved when he realised he had the option to refrain from participation if he wished. Everything felt different to a typical school environment or an after-school club setting.

Therapists and children collaborated to establish a format that would guide future meetings. David, however, appeared to struggle with the beginning of the sessions, a difficulty that became apparent during the second session when he covered himself with a blanket, closing himself off from the rest of the group. It can be really normal for children who have experienced extreme life events to find it difficult to talk about their trauma. Sometimes, distress remains unnoticed until they are provided with a safe environment where they can express themselves. Sensing this challenge, therapists adjusted the session to enable all children to use non-verbal expressions, recognising that traditional verbal check-ins were challenging for some. The response was very positive, with everyone feeling included and valued for their contributions. This adjustment not only facilitated communication between children and adults but also encouraged group interaction, enabling them to make collective decisions and vote on matters of importance both as a group and individually.

The following session was structured to allow time for children to complete the YP-CORE questionnaire. David's score was indicative of areas of concern and therapists decided, after clarifying with him and talking to his mum, that at the end of the twelve-week group sessions, he would benefit from long-term individual creative therapy. It's noteworthy that David tended to be quite literal, and his responses needed to be interpreted considering his unique understanding and perceptions, ensuring accurate interpretation of the questionnaire results. This was quite challenging to do in a group situation whilst preserving his confidentiality and dignity and can highlight the difficulty of using these questionnaires in group settings.

CASE STUDY

Nevertheless, it was evident that he had very low self-worth, a notably low/depressed outlook and lacked motivation to engage with others. Despite it being early days, as the group sessions progressed over the weeks, there were observable changes in David's level of engagement both in activities and as a member of the growing group dynamic. David became more animated and expressive during the non-verbal check-ins and gradually started listening more consistently to his peers. He also began making connections to the "Agreement" (or pact) that all the children helped create at the beginning of the group meetings.

As part of their reflective process, the therapists considered both the collective and individual needs of the group. This group of young children was diverse, with shared difficulties of behavioural and self-esteem issues identified at school. However, they came from various backgrounds and family situations, presented different sensory processing needs, and comprised both neurotypical and neurodivergent individuals. While the composition of the group posed challenges in planning creative activities that would effectively link the themes explored (such as friendship, power, and justice), it also provided an opportunity for the children to collaborate within their respective abilities in a new environment. Here, they felt heard and seen by both peers and adults in a non-judgmental, creative, and safe setting.

As a group, it was challenging for the children to articulate positive things about their peers or themselves. They found it interesting to hear adults' express positive things about each child, which seemed to encourage more reflection. His successful engagement in the group sessions helped David to become more positive about himself and peer interactions, but also highlighted his need for deeper, individual therapy to address emotional and traumatic issues, which other agencies were unable to provide.

After completing the group therapy and commencing individual therapy sessions, David's YP-Core score has dropped significantly, from 36 (severe psychological distress) to 8 (low level distress).¹² However, individual scores always need individual interpretation and deeper knowledge of the child. Some children in this group scored higher in the final group session but the therapists had observed a de-masking effect of being in the group, where it became easier for them to be vulnerable and open about their feelings. For David, it was felt he really needed someone to see his distress in the beginning and he then expressed relief that he was now getting seen and heard. Sometimes we can see scores go up and down throughout therapy and we need more context around them in order to make sense of what they might mean, rather than taking them at face value.

Note: To protect the privacy and anonymity of individuals, names and certain factual details have been changed.



INCOME

We are incredibly grateful for every donation and grant received.

Grants

In 2023, we received 7 grants, in total, from Francis Scott Trust, Cumbria Community Foundation, National Lottery Awards for All, People's Neighbourhood Trust, KFC Foundation, Lennox Hannay Charitable Foundation and The Bedrock Digital Fund.

Individual Giving – Kilimanjaro

Our Chair of Trustees, accompanied by her friend, successfully completed a life-changing challenge of climbing Africa's highest mountain, Mount Kilimanjaro. They raised an incredible £8,886.74 for The Windmill Trust!

School Training

In the past year, we expanded our services to include trauma and dissociation training for a local primary school. This initiative served as a pilot program and garnered outstanding feedback from all participants. Tailored training to local schools is a service we plan to continue offering in 2024.

Corporates

We would welcome the opportunity to collaborate with local organisations and look forward to forming new partnerships in the upcoming year. We have started networking and aim to establish further relationships. There are numerous possibilities for partnership work, including fundraising events in the workplace, sponsored challenges/sports events and sponsorship/donations.



October 2023

Our Chair of Trustees and her friend climbed Mount Kilimanjaro to raise funds for The Windmill Trust.

FUTURE PLANS FOR 2024-2025

As The Windmill Trust looks towards the future, we are committed to expanding our reach and impact within our local communities. We will continue building strong relationships with schools in Wigton, fostering collaborative partnerships that support the well-being and development of children and families. Additionally, we are eager to extend our reach to new areas and have begun work in Workington, enabling us to respond to the need as we encounter it through the requests we are receiving from the community.

Furthermore, we are dedicated to widening access to our services in local areas of disadvantage, ensuring that those who need our support the most have access to it. We would like to increase our provision of tailored packages of support for schools, offering comprehensive training and consultations. In order to be successful in this, we will need to explore opportunities for corporate partnerships with local organisations, seeking to diversify our funding streams and enhance our sustainability.

We are always exploring collaboration opportunities with relevant organisations in West Cumbria, particularly where we can see that our ethos and ways of working align and where a partnership will greatly benefit all our beneficiaries, as well as prove to be cost effective. Presently, discussions are in progress with Cumbria Family Support regarding a potential partnership agreement because we can see that there could well be opportunities to grow a multi-agency, comprehensive and stepped response to the mental health challenges facing families in the most deprived areas of West Cumbria.

A key element that brings all this together, we feel, will be building new strategic partnerships, both within the third sector, the public sector and the private sector, in order to be part of a stepped solution to children and young people's mental health in Cumbria.



ACKNOWLEDGEMENTS

The Windmill Trust relies on the generosity of our supporters. Everything donated or granted helps us provide therapy and support to children, young people and families in Cumbria.

Our supporters during 2023 have included:

- Bedrock Digital Fund
- Cumbria Community Foundation
- Francis C Scott
- KFC Foundation
- Lennox Hannay Charitable Foundation
- National Lottery Awards for All
- People's Postcode Lottery
- Kelly Family Foundation

We also extend our thanks and appreciation to the numerous individual donors and organisations whose generous support has certainly increased our charitable accomplishments and awareness, particularly those who donated towards our Climbing Kilimanjaro campaign. We wish to express our sincere appreciation to Cherrydidi, Cumbria Health on Call (CHoC), and James Walker & Co. Ltd. for their significant contributions.

*Thank
you!*

FINANCIAL REVIEW AND RESERVES POLICY

Review of The Windmill Trust's Financial Position at 31/12/2023

The trust's net income for the period was £56,307 with expenditure of £56,520. The trust therefore realised a deficit of £213 of funds during this accounting period. The main income stream for the trust was grants received with the main expense being staff costs.

As at 31 December 2023, the unrestricted, unallocated funds available for use by the trust are £32,236 - the surplus having been raised in prior years to accommodate increased delivery of services in 2024.

The reserves policy of the trust is to work towards maintaining sufficient unallocated reserves representing three months' total operating costs. We have not achieved this yet, but it will continue to be a target to reach. The level of reserves is monitored and reviewed by the Trustees as necessary and at least once a year.

While we have managed to raise the funds to grow our service and expand our delivery, we are aware that many charities fail within their first ten years and that we are attempting to build a service in a very competitive and challenging financial environment.

Expanding delivery into a new geography has increased our outgoings but we have had so many inbound enquires for our help and have had to grow to meet demand and help young people who need our support. This has impacted on our outgoings and we will need to keep our level of operations under review, depending on grant income received. We may not be able to maintain the same level of delivery and meet as much demand as we are currently, if we don't get sufficient funds in. It will continue to be essential that we get people to donate to us and trusts and foundations to support us through grants - this will mean all the difference between helping children who need our support or not.

We are extremely grateful to all our funders and to those who supported us at the very start to get established. We know we can't be complacent and rely on getting repeat funding from the same funders year on year. In our Strategy Day, in early 2024, we talked extensively about how to diversify our funding streams and we are dedicating our efforts in 2024 to exploring all the possibilities we have discussed, to include direct fundraising and corporate partnerships. We have already had initial successes with a Mount Kilimanjaro fundraiser, selling consultancy to a local school and a charity raffle and look forward to developing further unrestricted income streams in the year ahead to help us become more self-sufficient.

INDEPENDENT EXAMINER'S REPORT

THE WINDMILL TRUST

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE WINDMILL TRUST

I report to the trustees on my examination of the financial statements of The Windmill Trust (the trust) for the year ended 31 December 2023.

Responsibilities and basis of report

As the trustees of the trust you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the trust's financial statements carried out under section 145 of the 2011 Act. 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

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no 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 respect of the trust as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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

Sophie Graham BAcc(Hons), FCA, DChA

Sterling House
Wavell Drive
Rosehill
Carlisle
Cumbria
CA1 2SA

Dated: 24th May 2024

STATEMENT OF FINANCIAL ACTIVITIES

THE WINDMILL TRUST

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2023

		Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
	Notes						
Income from:							
Donations and legacies	3	30,514	21,312	51,826	50,226	17,000	67,226
Charitable activities	4	4,452	-	4,452	-	-	-
Investments	5	29	-	29	3	-	3
Total income		34,995	21,312	56,307	50,229	17,000	67,229
Expenditure on:							
Raising funds	6	1,881	-	1,881	-	-	-
Charitable activities	7	34,120	20,519	54,639	8,624	9,740	18,364
Total expenditure		36,001	20,519	56,520	8,624	9,740	18,364
Net income/(expenditure)		(1,006)	793	(213)	41,605	7,260	48,865
Transfers between funds		(485)	485	-	-	-	-
Net movement in funds		(1,491)	1,278	(213)	41,605	7,260	48,865
Reconciliation of funds:							
Fund balances at 1 January 2023		41,605	7,260	48,865	-	-	-
Fund balances at 31 December 2023		40,114	8,538	48,652	41,605	7,260	48,865

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The notes on pages 5 to 15 form part of these financial statements.

STATEMENT OF FINANCIAL POSITION

AS AT 31 DECEMBER 2023

		2023		2022	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	12		1,455		577
Current assets					
Debtors	13	254		320	
Cash at bank and in hand		50,498		50,074	
		<u>50,752</u>		<u>50,394</u>	
Creditors: amounts falling due within one year	14	3,555		2,106	
		<u>3,555</u>		<u>2,106</u>	
Net current assets			<u>47,197</u>		<u>48,288</u>
Total assets less current liabilities			<u><u>48,652</u></u>		<u><u>48,865</u></u>
The funds of the trust					
Restricted income funds	16		8,538		7,260
Unrestricted funds			40,114		41,605
			<u>48,652</u>		<u>48,865</u>
			<u><u>48,652</u></u>		<u><u>48,865</u></u>

The notes on pages 5 to 15 form part of these financial statements.

The financial statements were approved by the trustees on 23rd May 2024

.....
Mrs. Lesley Ritchie
Trustee

.....
Ms. Katherine Haigh
Trustee

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2023

1 Accounting policies

Charity information

The charity is a public benefit entity and a registered charity in England and Wales. The charity is a Charitable Incorporated Organisation, and the address of the principal office is 78 Appleby Road, Kendal, LA9 6HF.

1.1 Reporting period

The financial statements have been prepared for a 12 month period. The comparative figures were prepared for an 18 month period, this was extended to provide sufficient time for the charity to establish.

1.2 Accounting convention

The financial statements have been prepared in accordance with the trust's governing document, the Charities Act 2011, The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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). The trust is a Public Benefit Entity as defined by FRS 102.

The trust has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the trust. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.3 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the trust has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.4 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

The trustees have the discretion to allocate sums to particular funds as they so wish. Such funds are known as designated funds, and remain unrestricted.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.5 Income

Income is recognised when the trust is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the trust has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2023

1 Accounting policies

(Continued)

Legacies are recognised on receipt or otherwise if the trust has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1.6 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.7 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Computers	25% straight line
-----------	-------------------

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.8 Impairment of fixed assets

At each reporting end date, the trust reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.9 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.10 Financial instruments

The trust has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the trust's balance sheet when the trust becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2023

1 Accounting policies

(Continued)

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the trust's contractual obligations expire or are discharged or cancelled.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the trust's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2023	2023	2023	2022	2022	2022
	£	£	£	£	£	£
Donations and gifts	8,912	-	8,912	14	-	14
Grants	21,000	21,312	42,312	50,000	17,000	67,000
Other	602	-	602	212	-	212
	<u>30,514</u>	<u>21,312</u>	<u>51,826</u>	<u>50,226</u>	<u>17,000</u>	<u>67,226</u>

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2023

4 Income from charitable activities

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Other services		
Services provided under contract	4,242	-
Earned income	210	-
	<u>4,452</u>	<u>-</u>

5 Income from investments

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Interest receivable	29	3
	<u>29</u>	<u>3</u>

6 Expenditure on raising funds

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Fundraising and publicity		
Other fundraising costs	1,881	-
	<u>1,881</u>	<u>-</u>

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2023

7 Expenditure on charitable activities

	Therapeutic services 2023 £	Therapeutic services 2022 £
Direct costs		
Staff costs	41,805	13,043
Therapy expenses	1,206	426
Supervision and training	1,258	1,802
Consultancy and evaluation	505	60
Other direct costs	1,810	-
	<u>46,584</u>	<u>15,331</u>
Share of support and governance costs (see note 8)		
Support	6,627	1,833
Governance	1,428	1,200
	<u>54,639</u>	<u>18,364</u>
Analysis by fund		
Unrestricted funds	34,120	8,624
Restricted funds	20,519	9,740
	<u>54,639</u>	<u>18,364</u>

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2023

8 Support costs

	Support costs	Governance costs	2023	Support costs	Governance costs	2022
	£	£	£	£	£	£
Depreciation	299	-	299	52	-	52
Room hire	1,725	-	1,725	385	-	385
Telephone and IT	571	-	571	623	-	623
Repairs and renewals	-	-	-	163	-	163
Subscriptions	2,059	-	2,059	204	-	204
Travel and subsistence	991	-	991	3	-	3
Printing, postage and stationery	-	-	-	79	-	79
Disclosure and barring service checks	196	-	196	65	-	65
Trustee expenses	392	-	392	220	-	220
Sundry expenses	394	-	394	39	-	39
Independent examination fees	-	630	630	-	600	600
Accountancy	-	798	798	-	600	600
	<u>6,627</u>	<u>1,428</u>	<u>8,055</u>	<u>1,833</u>	<u>1,200</u>	<u>3,033</u>
Analysed between						
Charitable activities	<u>6,627</u>	<u>1,428</u>	<u>8,055</u>	<u>1,833</u>	<u>1,200</u>	<u>3,033</u>

Governance costs includes payments to the independent examiner of £630 (2022: £600) for independent examination fees and £798 (2022: £600) for other fees.

9 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the trust during the year.

10 Employees

The average monthly number of employees during the year was:

	2023	2022
	Number	Number
Staff	<u>2</u>	<u>1</u>

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2023

10 Employees	(Continued)	
Employment costs	2023	2022
	£	£
Wages and salaries	40,918	12,663
Other pension costs	887	380
	<u>41,805</u>	<u>13,043</u>

There were no employees whose annual remuneration was more than £60,000.

Remuneration of key management personnel

The remuneration of key management personnel is as follows.

	2023	2022
	£	£
Aggregate compensation	<u>30,175</u>	<u>14,017</u>

11 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

12 Tangible fixed assets

	Computers
	£
Cost	
At 1 January 2023	629
Additions	1,177
	<u>1,806</u>
At 31 December 2023	
Depreciation and impairment	
At 1 January 2023	52
Depreciation charged in the year	299
	<u>351</u>
At 31 December 2023	
Carrying amount	
At 31 December 2023	<u>1,455</u>
At 31 December 2022	<u>577</u>

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2023

13 Debtors

	2023	2022
	£	£
Amounts falling due within one year:		
Prepayments and accrued income	254	320
	<u>254</u>	<u>320</u>

14 Creditors: amounts falling due within one year

	2023	2022
	£	£
Other taxation and social security	2,064	477
Other creditors	231	428
Accruals and deferred income	1,260	1,201
	<u>3,555</u>	<u>2,106</u>

15 Retirement benefit schemes

Defined contribution schemes

The trust operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the trust in an independently administered fund.

The charge to profit or loss in respect of defined contribution schemes was £887 (2022 - £380).

Contributions amounting to £231 were payable to the scheme at 31 December 2023 (2022 - £108) and are included within other creditors.

16 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 January 2023	Incoming resources	Resources expended	Transfers	At 31 December 2023
	£	£	£	£	£
Therapeutic services in Workington	2,260	13,810	(12,751)	342	3,661
Family support funding	5,000	-	(5,143)	143	-
CCF Bedrock	-	4,502	(22)	-	4,480
KFC Foundation	-	3,000	(2,603)	-	397
	<u>7,260</u>	<u>21,312</u>	<u>(20,519)</u>	<u>485</u>	<u>8,538</u>

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2023

THE WINDMILL TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

16 Restricted funds (Continued)

Previous period:	At 1 January 2022	Incoming resources	Resources expended	Transfers	At 31 December 2022
	£	£	£	£	£
Therapeutic services in Workington	-	12,000	(9,740)	-	2,260
Family support funding	-	5,000	-	-	5,000
	<u>-</u>	<u>17,000</u>	<u>(9,740)</u>	<u>-</u>	<u>7,260</u>

The Therapeutic services in Wigton fund is restricted to provide therapeutic services to children and young people in Wigton.

The Family support fund is restricted to enable the trust to give more focused and sustained therapeutic parenting support to parents and carers of children receiving therapy with us, or to give us the option of providing family therapy where necessary.

CCF Bedrock fund is restricted to pay for regeneration of our IT systems.

KFC foundation fund is restricted funding for the delivery of our services.

17 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 January 2023	Incoming resources	Resources expended	Transfers	At 31 December 2023
	£	£	£	£	£
Therapeutic services in Workington	25,000	-	(17,122)	-	7,878
Therapeutic services in Wigton	10,000	-	-	(10,000)	-
General funds	6,605	34,995	(18,879)	9,515	32,236
	<u>41,605</u>	<u>34,995</u>	<u>(36,001)</u>	<u>(485)</u>	<u>40,114</u>

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2023

17 Unrestricted funds

(Continued)

Previous period:	At 1 January 2022	Incoming resources	Resources expended	Transfers	At 31 December 2022
	£	£	£	£	£
Therapeutic services in Workington	-	25,000	-	-	25,000
Therapeutic services in Wigton	-	10,000	-	-	10,000
General funds	-	15,229	(8,624)	-	6,605
	<u>-</u>	<u>50,229</u>	<u>(8,624)</u>	<u>-</u>	<u>41,605</u>

Therapeutic Services in Workington designated fund of £25,000 has been earmarked to provide therapeutic services to children and young people in Workington.

Therapeutic Services in Wigton designated fund has arisen from applications for general funding towards our core costs and were needed for our delivery in 2023.

18 Analysis of net assets between funds

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Fund balances at 31 December 2023 are represented by:			
Tangible assets	-	1,455	1,455
Current assets/(liabilities)	40,114	7,083	47,197
	<u>40,114</u>	<u>8,538</u>	<u>48,652</u>
	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Fund balances at 31 December 2022 are represented by:			
Tangible assets	-	577	577
Current assets/(liabilities)	41,605	6,683	48,288
	<u>41,605</u>	<u>7,260</u>	<u>48,865</u>

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2023

19 Operating lease commitments

Lessee

At the reporting end date the trust had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2023	2022
	£	£
Within one year	1,500	-
	<u>1,500</u>	<u>-</u>

20 Related party transactions

There were no disclosable related party transactions during the period.

The Windmill

Amongst the bracken and the broom
Alone upon the blustery fell
Above the shadows and the gloom
With little hope the storm to quell

She watches carefully the lake
That boils black beneath the sky
And dare not gaze upon the peaks
Whose threatening heights intensify

The fear, of facing on her own
The tempest gaining height and weight
Her broken sails spin uncontrolled
Her bricks are pointed out of place

Yet through the gale she hears a voice
A mistle thrush calls softly by
Singing kindness with her tune
Reflecting back the Windmill's plight

So slowly like a leaf unfurls
The scenery does shift and shape
The lake now seemingly invites
The mountains now defend her state

The mistle thrush hops from a branch
To wait for space in which to hear
The song the Windmill needs to sing
For things once lost to reappear

Mirrored back now in the lake
She sees her sails were never smashed
And though her bricks may not be straight
The strength within will ever last

Therapist, The Windmill Trust

We are all of us a Windmill, adapting to change the best way we can, and from time to time we all need a Mistle Thrush to take us back to our foundations.

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The Windmill Trust
Creative Therapy Service



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THE WINDMILL TRUST

England & Wales - Charity number 1195160

Accounts



The Windmill Trust

Generating therapeutic change

Trustees' Annual Report & Accounts **Period End 31 December 2022**

The Windmill Trust

Registered Charity Number 1195160

www.thewindmilltrust.org



The Windmill Trust
Creative Therapy Service

LEGAL AND ADMINISTRATIVE INFORMATION

Charity Name: The Windmill Trust

Registration Number: 1195160

Registered Address: 78 Appleby Road
Kendal
Cumbria
LA9 6HF

Trustees: Mrs. Lesley Ritchie (appointed 14/07/2021)
Ms. Helen Whittaker (appointed 14/07/2021)
Mrs. Sarah Parkhouse (appointed 14/07/2021)
Ms. Katherine Haigh (appointed 07/02/2022)
Mr. Paul Ulett (appointed 07/06/2022)
Mr. Garry Elliott (appointed 21/09/2022)

Trustees serving during dates covered by this document (14/07/21 - 31/12/22)

Independent Examiner: Sophie Graham FCA
Saint & Co Chartered Accountants
Sterling House
Wavell Drive
Rosehill
Carlisle
Cumbria
CA1 2SA

Bankers: Virgin Money
45 Penny Street
Lancaster
LA1 1UE

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TRUSTEES' ANNUAL REPORT

This is our first Trustees' Report since our accounts began, having set up as a Charity in July 2021. The charity was founded by the chair, Lesley Ritchie, and the manager, Phillippa Chapman, in response to the growing mental health needs of children in Cumbria. Lesley Ritchie is the Director of About Children in Kendal, which is a private company that delivers creative therapy to children in the looked after system or who are adopted, who have funding for therapy through statutory routes. Lesley has been the Director and an Arts Therapist at About Children for over 25 years and so has first hand knowledge of the growing need in the area, alongside Phillippa's 15 years as a Dramatherapist. The Windmill Trust was set up to provide creative therapy to children who are similarly at risk of long term mental health issues as those who qualify for statutory support, but who are unable to access support from therapeutic professionals through statutory routes. This report is an account of our first year's work.

For accounting reasons, the financial period reported in The Windmill Trust Annual Trustees' Report is July 2021 to December 2022, but, as we did not begin delivery of services until April 2022, we have reported on a full year's worth of delivery information, up to March 2023. This is to give a more comprehensive overview of the impact our charity has had within one year.

Our vision is a future where, regardless of economic background, children and young people have access to researched, effective therapeutic interventions to alleviate distress and ward against long-term mental health issues.

Our mission is to provide researched, effective therapeutic interventions to children, young people and families in West Cumbria, helping to reshape the impact of trauma, one child at a time.

We provide therapeutic support to those at risk of suffering long-term mental health issues, who are least likely to have support from therapeutic professionals. We alleviate distress through creative interventions and take a holistic and tiered approach to preventing long-term mental health issues in children and young people in Cumbria.

STATEMENT OF PUBLIC BENEFIT

Our service benefits children, young people and families who would otherwise not have had any support. We also work with schools and referral partners. In defining our charitable programme, we have given regard to the Charity Commission's general guidance on public benefit.

Benefit to Children/Young People

We provide one-to-one psychotherapy to children and young people with complex emotional issues, who have suffered abuse, neglect or trauma, often as a result of multiple Adverse Childhood Experiences (ACEs). We work in a child-centred and creative way to help children and young people explore, express and process difficult material when words are too much or not enough. The one-to-one work lasts as long as it needs to in order for the child to recover and feel happier. We provide targeted group therapy to children and young people who are experiencing issues with anxiety and low self-esteem, using play, drama and art to build resilience and confidence. The group therapy works alongside school timetables and is offered on a termly basis.



Benefit to Parents/Carers

We provide support to parents and carers through face-to-face meetings and telephone calls, to help make sense out of children's behaviour and understand complex emotions and needs. We write Therapeutic Needs Assessment reports to help parents understand their child's needs and we see the work with parents as an essential component to achieving better outcomes for the child. We have fundraised in order to provide more focused therapeutic support to parents who are struggling with complex issues themselves, as this can often be part of the picture. Sometimes, children who have experienced ACEs have parents who have also experienced multiple ACEs.

Benefit to the Wider Family and Community

A child who gets support is going to become a calmer and more productive classroom and playground buddy; is less likely to disrupt the class and is less likely to be part of dramas at home or be a source of worry or stress. Children who have experienced trauma are often at risk of becoming involved in crime, substance misuse or abusive relationships as they grow. Our intervention looks to prevent that.



Benefit to Schools and Referral Partners

We work closely with schools, providing consultation and writing Therapeutic Needs Assessments to help inform Education Health Care Plans (EHCPs) for children and young people with high levels of need. We attend Team around the Family and Early Help meetings and give advice about strategies that might help in the classroom with individual children who are struggling. One local school has made us part of their tiered approach to mental health, which has helped them think more about what different children need.

STRUCTURE, GOVERNANCE & MANAGEMENT

The charity is a Charitable Incorporation Organisation (CIO) which was registered with the Charity Commission in July 2021 and is governed by a constitution as a Foundation CIO.

We have six trustees who bring experience in the areas of Developmental Trauma and Therapy, Finance, Charity Management, Law, Education and Health. As a charity, it is our ethos that all trustees have full DBS checks and participate in safeguarding training. We have joined West Cumbria Strategic Mental Health Partnership and the West Cumbria Children and Young People's Partnership as we are committed to working with other organisations and complementing rather than duplicating the work already being done in the county.

Our Charity Manager, Phillippa Chapman, has Level 3 Safeguarding and is the Designated Safeguarding Lead for the charity. Phillippa is a fully qualified Dramatherapist, registered with the Health Care Professions Council, with over 15 years' of experience working with children with complex needs. She has also begun a Level 5 Diploma in Management of Children's Services.



Recruitment and Appointment of New Trustees

New trustees are recruited in line with The Windmill Trust's Trustee Recruitment Policy. Trustees receive a full induction to the charity and a set of key documents, enabling them to gain the required information to fulfil their role.

A quarterly skills analysis ensures the trustees offer a suitable range of knowledge and skills to support the charity. Where a skills gap is identified we aim to seek trustees to bridge this gap. The Board aims to adhere to the principles of the Charity Governance Code for Smaller Charities. This is an ongoing process, and we are working towards fulfilling all aspects of the code.

OBJECTIVES

Trustees decided this was a 3-year plan, to span April 2023 to March 2026.

Our aims and objectives, as agreed at our latest Strategic Planning Day, held by the Board of Trustees, are:

- Provide researched, effective and inclusive therapeutic interventions to 100 children and young people in West Cumbria.
- Benefit 20 families through direct Family Support work and parental therapy, where needed.
- Benefit 400 people (family members/carers) indirectly through our therapeutic interventions.
- Provide indirect benefits to schools through having an impact on the learning of the whole classroom through participating children being happier and less disruptive.
- Respond to the children that come to us with complex needs, on an individual basis, by not being bound by generic time frames and never leaving part way through the process, ending when the time is right for the child and trauma processing has had the time it needs.
- Raise enough money to support 100 children and young people, 20 families and 400 indirect beneficiaries, through a diverse portfolio of funding sources, to make The Windmill Trust sustainable and able to help more children and young people in the future.
- Contribute to research that evidences the impact of creative arts therapies to improve policy and service provision so that more children can access the long-term trauma sensitive therapies they need.
- Grow our reach in a steady, sustainable way, maintaining a high-quality service in line with our values.
- Ensure we have an infrastructure that allows us to work effectively, efficiently and compliantly through our IT, finance and administration systems and our policies and procedures.

THE NEED

We are building a service that will greatly increase what Cumbria can offer in terms of children's mental health because there are very few mental health services for children of junior school age that are able to provide face-to-face, specialised, trauma sensitive interventions based on the child's own timetable for healing. Less than 1% of the NHS budget is spent on children's mental health and very few children meet the threshold criteria for therapy with CAMHs.¹

Effect of Experiencing Multiple ACEs

ACEs are stressful or traumatic events that happen in childhood. They can include things that affect a child/young person directly (such as abuse or neglect) or indirectly through the environment they live in. ACEs can be single events or long-term or repeated experiences.¹

ACEs affect a person's neurological, physical, emotional, psychological and social development. Toxic stress emulating from ACEs affects a person's brain chemistry and how that person will respond to stress, as well as potentially having an influence on physiological factors such as cardiology and the nervous system. It has a huge impact on a person's ability to make and maintain healthy relationships, which is fundamental to human happiness and wellbeing.

Around half of all adults living in England have experienced at least one ACE.²

**For children living with the effect of ACEs, early mental health support is crucial. The support needs to involve the whole family, and services need to avoid retraumatisation.³
This is our specialism at The Windmill Trust.**

¹ YoungMinds report: *Addressing Adversity*, 2018, p22.

² YoungMinds report: *Addressing Adversity*, 2018, p23.

³ *Cumbria County Council Public Health Annual Report on Adverse Childhood Experiences*, 2018.

Young people who have experienced four or more ACEs are:

- **Twice** as likely to binge drink and have a poor diet.
- **Three** times more likely to be a smoker.
- **Four** times more likely to have poor mental health.
- **Five** times more likely to have had underage sex.
- **Six** times more likely to have a teenage pregnancy.
- **Seven** times more likely to have been involved in violence.
- **Eleven** times more likely to have used drugs.
- **Eleven** times more likely to be incarcerated.

Adults with multiple ACE's are:

- **Twice** as likely to die prematurely.
- **Twice** as likely to develop cancer.
- **Three** times more likely to develop type 2 diabetes.
- **Four** times more likely to develop lung disease.
- **Six** times more likely to have a stroke.
- **Six** times more likely to suffer from a mental illness.
- **Nine** times more likely to experience feeling suicidal or to self harm.
- At risk of passing down ACEs through generations.

ACEs in Cumbria

It is estimated that 46,000 children currently living in Cumbria will experience at least one ACE before their 18th birthday, and nearly 8,000 will experience four or more, making them extremely vulnerable.⁴ This figure is based on national averages for England, so the number could be much higher for West Cumbria as this area is higher than the national average for other risk factors, such as childhood poverty, domestic violence, alcoholism and substance abuse, being classed as a Child in Need and percentage of children with mental health issues.⁵ These are also pre-pandemic figures, so we could anticipate that the actual number today is higher.

Young Mind's publication, *Addressing Adversity*,⁶ demonstrates that good practice in working to reduce the impact of ACEs on children and young people must be with services that have a truly trauma informed approach. It shows that approaches need to be flexible, working with the young person's preferred methods of communication and that services should be relationship based and child/young person led. This is harmonious with how we work.

⁴ *Cumbria County Council Public Health Annual Report on Adverse Childhood Experiences, 2018, p6.*

⁵ Joint Strategic Needs Assessment, Children and Young People Report for Cumbria (<https://www.cumbriaobservatory.org.uk>), [14.06.23], 2015 and 2017.

⁶ YoungMinds report: *Addressing Adversity, 2018.*

Why we Work Creatively

Play and art are a child's innate way of communicating and processing difficult events.

It makes sense to use this when doing therapy with children and young people. We learn to speak their language. We don't expect them to speak ours.

Traumatic memory does not reach the hippocampus (the part of the brain that deals with our perception of time and ability to recall things).

It gets stored in the amygdala, our central alarm system, and sends signals throughout the entire body. Therefore, it is very difficult for children (and adults) to access these memories as explicit, whole episodes of reliable information. Current trauma research has clearly shown that recovery from trauma requires a full brain/body approach that can work with traumatic memory using sensory, creative materials, in the here and now.⁷

Children who have experienced abuse, neglect and multiple ACEs are unable to recognise healthy attachment patterns.

They need a relationship-based approach that is non-directive and completely child-led, to address the unmet relationship needs from their infancy and help them build a neurological blueprint of what this looks and feels like. It is the relationship part of the brain/emotional development that has suffered, so the approach must be a long-term approach that looks to heal this through relationship.

Children who have suffered early trauma are often avoidant and dissociative.

We are trained to work with this, and our approach means that children do not have to talk, if they don't want to. Dissociation is a highly complex psychological condition that can be misunderstood and missed by professionals. Therapists working with these children should be experienced and qualified to do this work.

⁷ Van der Kolk, (2015), *The Body Keeps The Score: Mind, Brain and Body in the Transformation of Trauma*. London. Penguin.

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Why we Work Creatively (continued)

The part of the brain that deals with language, switches off when a person is asked to recall a traumatic event.

There is growing evidence for trauma treatment not to focus on recollection of events but to take a different approach, as the growing consensus is that recollection is not necessary for recovery. This is especially consistent with current research that demonstrates the unreliable nature of memory and how this is affected by trauma.⁸

It is possible through creative therapy to offer a truly trauma sensitive approach.

This is where the client leads the session and has ultimate control over what happens, giving them back autonomy. This means that the intervention is completely open to being based around their needs and their preferences for ways of working/how to use the time (trauma always involves lack of choice/loss of power, so our approach directly restores this).

Arts Therapies offer a way of exploring and processing difficult material through metaphor.

The trauma is processed at a safe aesthetic distance from the client, whilst also working at a deep emotional level with subconscious processes that are engaged during creative practice.

There is a proven relationship between the arts and mental wellbeing.

There is a proven relationship between the arts and mental wellbeing, which gives added weight to using a creative arts-based approach to address trauma.⁹

⁸ Ganslmeier, M., Kunze, A.E., Ehring, T. et al. *The dilemma of trauma-focused therapy: effects of imagery rescripting on voluntary memory*. Psychological Research, 2022.

⁹ Arts Council (<https://www.artscouncil.org.uk/arts-culture-and-wellbeing>) [14.06.23.]

ACTIVITIES

Services

We offered Dramatherapy and Art Therapy during our first year. We plan to offer other creative therapies (Play/Movement/Music) as we grow. Dramatherapy and Art Therapy are creative, integrative (making use of many theories and approaches) and psychodynamic (working with the therapeutic relationship) psychotherapy approaches to help children and young people explore and process difficult feelings and memories.

We make use of story, art, movement and drama which means children can explore issues safely through metaphor and access support when their problems are hard to verbalise. We work with children to set goals for the therapy, to help them think about what changes they want to feel. Children do not need to be interested in the arts to access our service. Because we are completely child-led and non-directive in our approach, what happens in the session is non-prescriptive and we are trained to find ways to engage the child and build a relationship in a way that makes sense to them and is accessible to them, whatever that might look like. This means the therapy can be non-verbal, where necessary, working at a deep level with subconscious processes and the child's own preferred methods of relating and communicating.

Individual Therapy

Children who have experienced multiple ACEs need long-term therapy because of the profound effect that trauma has on their neurological, social and emotional development. It is reasonable to anticipate that a child or young person's natural survival mechanism means building trust with their therapist to safely express vulnerable or difficult emotions. It can take 2-3 years.

We offer individual Dramatherapy or Art Therapy sessions to children or young people who have been identified as being at risk of long-term mental health issues through schools, other services, parents or GPs. We offer this service as a one-year intervention that can be extended when there is a need to continue.

Group Therapy

Our group work is more preventative and focuses on destigmatising and universalising difficult issues, decreasing isolation and building relationship skills.

We offer group Dramatherapy/Art Therapy services to children who have been identified through schools as having specific needs around anxiety and low self-esteem. Group sessions are aimed at helping children understand they are not alone, build empathy with others and gain confidence. We work with the group dynamic in order to help children understand their own emotions and that of others.

Issues are explored through drama and shared art works, safely contained in metaphor. Groups run for a school term (approx. 12 weeks).

Parents/Carers

We work with parents/carers and other professionals involved with the child/young person to help them understand the child's emotional needs and psychological status, through using a mixture of psychoeducation and therapy. Involving the parents/carers is often paramount to achieving outcomes for children in therapy because these are the people providing the routine day-to-day, practical and emotional care and attachment relationship.

Sometimes, parents need their own support and it can be necessary to take a holistic, whole family approach to achieving positive outcomes for the child/young person.

Partnerships

We have worked in partnership with Wigton Youth Station in developing a therapy space in their building and the money we pay them for room hire goes back into providing a service for young people in Wigton. We have also joined West Cumbria Strategic Mental Health Partnership and West Cumbria Children and Young People's Partnership to network, develop understanding of our work and build relationships with other agencies. This has helped us to understand other local organisations and has led to frequent requests to refer. Unfortunately, we do not yet have the capacity to open up for referrals.

Partnerships

We work closely with the schools of children and young people in our service, attending Team around the Family and Early Help meetings and writing Therapeutic Needs Assessment Reports. We offer consultation and support based around understanding children and young people's behaviour and how to take a trauma informed approach to helping them heal and engage with education.

A local junior school has been able to make us a part of their new strategy for dealing with mental health issues. They have a tiered system of support in place, with decider skills and talk and draw, for children showing signs of distress. They come to us if they feel a child needs specialist input.

Fundraising

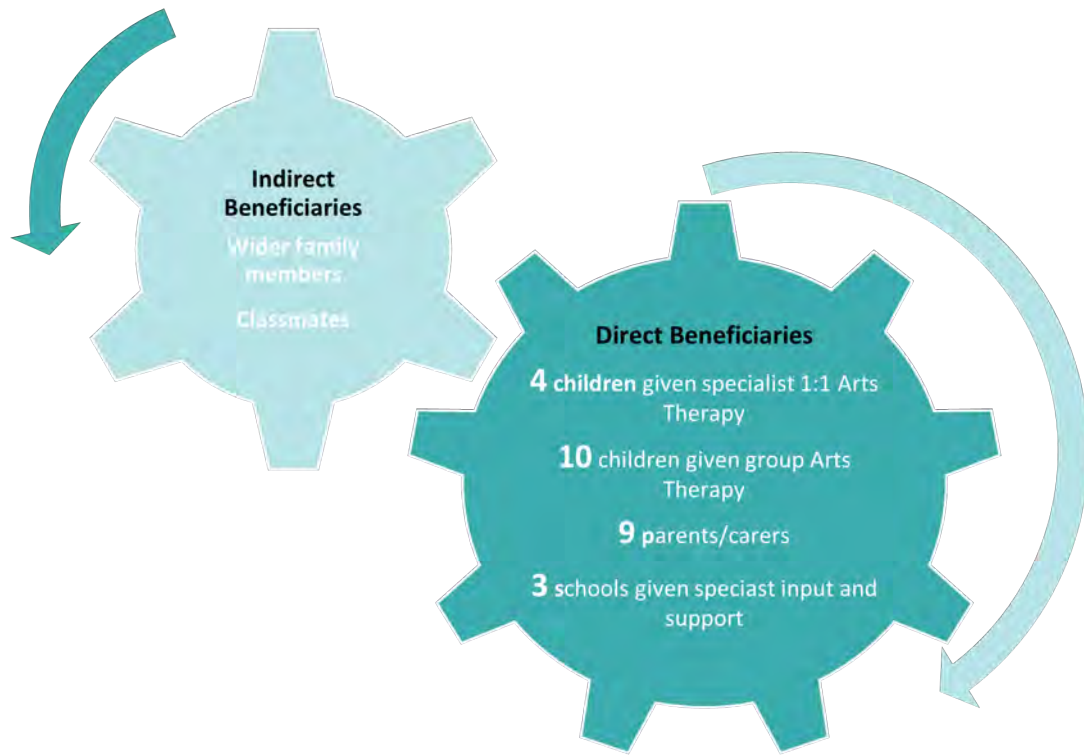
We are almost completely reliant on trusts and grants. Charging a fee for our services would mean the families of the children and young people we see would not be able to access us, which goes against our vision that mental health services should be accessible to all, regardless of economic or financial background.

Our Chair, Lesley, and her friend, Helen, are climbing Mount Kilimanjaro in September to raise funds for and awareness of our work. We plan to do more direct fundraising in 2023-2024.



ACHIEVEMENTS AND PERFORMANCE

In our first year of delivery, we supported:



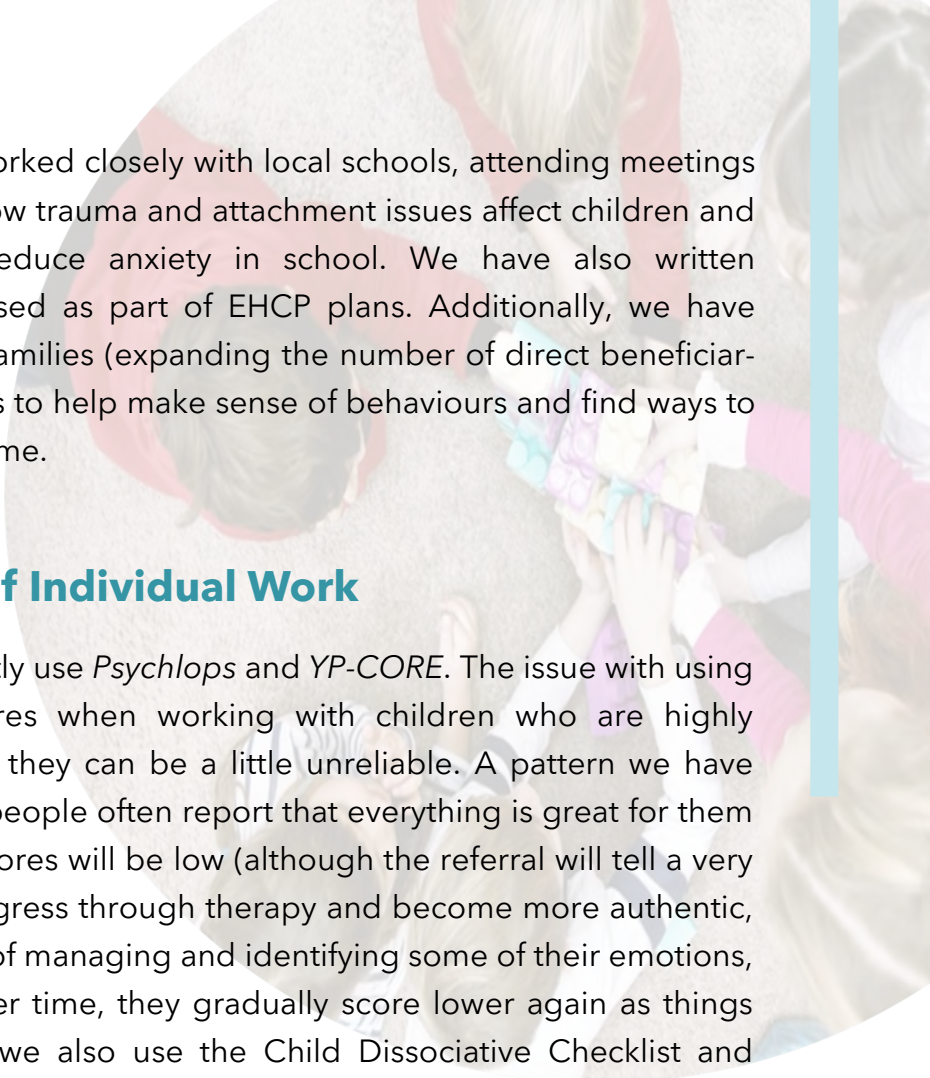
Our Impact

We have provided specialist creative psychotherapy sessions to 14 children in distress who would otherwise not have been able to access any support, because they were not eligible through statutory routes and because there were no other services who could offer this in Wigton.

Our goal in our business plan was to work with 3 individual children in 1:1 therapy and in fact we were able to provide weekly therapy for 4 individual children suffering from the effects of multiple ACEs.

We have also provided regular group therapy to 10 children who were not thriving in school because of low self-esteem, lack of confidence and varying communication issues.

In our Business Plan, we had set out to work with 12 children (two groups of 6). However, the group work itself was logistically tricky which impacted the ability to recruit 6 children for each group. We need to further explore the barrier to getting all the spaces filled as it is not due to lack of need but practicalities.



During this time, we have also worked closely with local schools, attending meetings and providing consultation on how trauma and attachment issues affect children and providing strategies to help reduce anxiety in school. We have also written comprehensive reports to be used as part of EHCP plans. Additionally, we have worked very closely with seven families (expanding the number of direct beneficiaries), providing support to parents to help make sense of behaviours and find ways to minimise anxiety and stress at home.

Measuring the Impact of Individual Work

In our individual work, we currently use *Psychlops* and *YP-CORE*. The issue with using these type of outcome measures when working with children who are highly dissociative and avoidant is that they can be a little unreliable. A pattern we have seen is that children and young people often report that everything is great for them at the start of therapy, so their scores will be low (although the referral will tell a very different story). As they then progress through therapy and become more authentic, less avoidant and more capable of managing and identifying some of their emotions, they may score higher. Then over time, they gradually score lower again as things change. So, for these children we also use the Child Dissociative Checklist and parental and school feedback to assess how things are going.

There are 10 items on the YP-CORE measured from 0 to 4, with higher scores indicating higher levels of distress, with the lowest possible score being 0 and the highest possible score being 40. Although a clinically validated cutoff score has yet to be determined for YP-CORE, a score of 11 or above indicates significant distress (Healthy 0-5, low (6-10) mild (11-14), moderate (15-19), moderate to severe (20-24) and severe (25 and above).

All children from the first therapy group showed progress, moving from either mild to low; moderate to mild, or moderate/severe to moderate. The children with the highest level of complexity made the biggest improvements and one child improved significantly by 6 points within the 12 week period. Another child indicated they thought about self harm 'often', which became 'never' after 5 months of therapy.

Children attending 1:1 therapy often require ongoing support because of the profound and enduring nature of their difficulties, and in order to minimise the risk of long-term mental health issues. Meaningful data can be reported when they come to the end of therapy.

Measuring the Impact of Group Work

For our group work, we used *YP-CORE*, *Me&My Feelings* Questionnaire and child/parental/referrer feedback forms. We found that the *YP-CORE* was more consistent with what was reflected in feedback forms and that on average children improved by 3.85 points, with the children with the highest complexity and emotional need recording the largest changes. In feedback forms, children said they felt the group had helped them, that they were more confident as a result, describing less anxiety, feeling less scared about attending school and feeling more open to working with others.

We feel that outcome measures vary greatly in their relevance to different interventions and time frames, we are working with local Health Research Partnership Coordinators to explore research opportunities to help evidence our work.

We are also looking into using the *Outcomes Star*¹⁰ (an evidence-based tool for both supporting and measuring change) as it may be more applicable for use within a group setting.

From the *YP-CORE* Questionnaire:

100%

of children felt they'd improved at being able to cope when things go wrong.

100%

of children felt they were sleeping the same or better following therapy.

From the *Me&My Feelings* Questionnaire:

100%

of children felt that they no longer worried a lot or only sometimes, instead of all the time.

100%

of respondents said they never or only sometimes worried at school now.

¹⁰ Outcomes Star (<https://www.outcomesstar.org.uk>) [14.06.23.]

Challenges

For group work, it is important that the children who attend have similar issues and are of a similar age. It is also important that they are suitable for group work and can manage group therapy, so children who really needed individual therapy could not be considered as their needs would likely overwhelm the group. In order for all the children to arrive and leave at the same time and to prevent all their parents having to bring them and wait in our waiting area, we organised with schools (who made the referrals) to bring the children. This created issues with different schools having different break/class times and staff availability for escorting children.

Another challenge with the group work has been evidencing the change. This is because we are still exploring which outcome measures work best with 7-10 year olds in a group setting.

With the first group, we used *YP-CORE* and although it showed improvement, we felt in actuality the form was not appropriate, some of the questions confused some group members and completing it in session without it taking over the whole session was problematic.

Because the next group were younger, we used the *Me&MyFeelings* questionnaire as we felt the questions were gentler. What was interesting was that they all made huge progression in confidence within the sessions but also there was a lot of conflict in the group dynamics and we worked a lot with managing difficult emotions. The children had done a lot of work on identifying their emotions and being authentic in expressing how they feel. This may have been the reason we noticed inconsistencies between what they recorded on the *Me&MyFeelings* Questionnaire and the feedback forms.

We have asked schools/parents to feedback if they felt the process should be longer or if it would be better to run more groups and see more children rather than see the same children for more time. The group work is developing and we are finding the best, smoothest and most effective way for it to run. All ten children told us they didn't want the group to ever end.



Child Feedback

Comments about what feels different for the children after therapy included:

“The experience has helped me **overcome my fears** and bullies and have made new friends.”

“I’ve got better at working as a team.”

“I have been wanting to put my hand up more.”

“I feel a lot **calmer, less scared, less worried.**”

When asked what The Windmill Trust does well, the children responded:

“Help with problems and fears.”

“More **confident.**”

“They don’t force you to do anything you don’t want to and help you.”

“Helps me feel **less stressed.**”

“I love this place! I have **made new friends** and overcame fears.”

Parent Feedback

From the replies received, **100%** strongly agreed or agreed that their child had benefitted from sessions, and that they would recommend The Windmill Trust to others.

Comments included:

“My daughter noted she thoroughly enjoyed the sessions and felt **comfortable** with the therapists.”

“The Windmill Trust allows quiet, introvert children to be heard. To build **confidence**.”

“We noticed that (child’s) confidence quickly improved shortly after beginning to attend the sessions. Even now the sessions have come to an end, (child) is much **less anxious** and worries a lot less.”

When asked what The Windmill Trust does well, parents commented:

“Getting to know each **individual child**, and understanding their individual personalities. The activities provided seemed to be for my child but at the same time proved to achieve an effective outcome.”

“**Communicate** with parents.”

“The **support** they give to both children and adults who look after those children. They are **caring** and keep in touch.”

Referrer Feedback

In their feedback, schools have indicated that they would like us to have more capacity for 1:1 work.

A Special Educational Needs Coordinator (SENCO), at a school we work with, provided feedback on The Windmill Trust:

“We have seen an increase in confidence and self-esteem in all children that have completed the group therapy or individual therapy. One parent has said that any OCD/anxieties have disappeared as that child has brought strategies home to cope with their anxieties. We have seen another child start to talk to other children and show his sense of humour in class (he has never done this before).

All the children look forward to their sessions and find it as a highlight to their week. The sessions have helped school refusers to come into school.

Parents have also commented on the improvement in the children’s general wellbeing. We use Early Help for our families and through Team Around The Family meetings, families and children are positive and we have been able to close some of the Early Help sessions as they are no longer needed.

Such an amazing charity in our local community. We are extremely lucky to have this in our town.”

CASE STUDY

This study has been anonymised.

Sally is 9 years old. Her mother, Louise, gave birth to her when she was 14. Louise had been sexually abused by her father and he had died when Louise was 10. Sally had been raised mostly by Louise's mum because Louise had struggled as a teenager with early trauma to connect to her baby. However, Louise's mum died one year before Sally came to our service. Sally's dad had been in her life for the first 6 years then left the area and rarely contacted her, Christmas and birthday presents being inconsistent and visits unreliable.

Sally had disclosed, just after her grandmothers death, that she was being physically abused regularly by her maternal uncle. Although there was evidence of this there was no prosecution. At this time, Sally's behaviour became increasingly distressed and angry. School noticed a sharp decline in her attendance and ability to manage her emotions. Sally became a Child in Need and was offered support from a charity offering talking therapy, although didn't engage and after a few weeks it was agreed by her school and the Strengthening Families Team that she needed something longer and more in depth.

Sally was exhibiting a lot of aggressive behaviour when in school, towards both staff and pupils. Mum was struggling to manage Sally at home and reported that at times she was sitting on her to stop her from hitting and kicking her. Sally then went on to disclose that she had been sexually assaulted by a teenage son of one of mum's friends. Again, there was no prosecution. Sally's Social Worker was worried about Louise keeping Sally safe from others and if she would be able to manage her behaviours.

Six months later, the Social Worker felt that there was enough evidence of mum knowing how to protect Sally and that they needed to find the family more support to help this happen. A referral was made to ourselves, The Windmill Trust, as the Strengthening Families Team had heard about our service starting. At the time when Sally first came to us, she was only attending school on average two days a week due to high levels of anxiety, often expressed as anger. She had been offered some short-term, online support through another charity but had declined.

CASE STUDY (continued)

CAMHS had given Sally an assessment, however, she did not meet the criteria for therapeutic support. There were no other services that could have taken her for therapy.

Sally came into our therapy space full of anxiety and mistrust. She declared her intentions to destroy the room, pull down the curtains and pull over the shelves. The therapist let her know that it was really normal to feel that way when coming to a new space and meeting a new person, especially when people haven't been nice in the past. She explained that this was a space where she didn't have to do anything she didn't want to, in fact, Sally would be the one to decide what they did and the therapist would keep them both and the room safe. Sally decided to stay for the full session and explored the new space and new relationship through physical games that helped shift and process the anxiety in her body.

Sally and her therapist continued in this way for several weeks, slowly building up trust in the space and it being a place she could safely express herself. Sally moved on to working with clay and paint. Often children with early trauma have missed opportunities for sensory play during infancy which is essential for brain/body development. However, they also often have sensory issues as a result of the neurological aspects of trauma and naturally navigate towards sensory play in therapy. Children often subconsciously work through unprocessed material in the developmental stage where difficulties occurred.

The play with children is non-directive so that everything explored comes from them.

We worked alongside Sally within the play to understand her emotions and help make sense out of how she felt. The work with Sally was psycho-dynamic; we are always working with the attachment relationship to help build a healthy attachment blueprint within the brain.

CASE STUDY (continued)

Sally later created play around a dying wolf coming for healing in an animal shelter, a metaphor for developing/exploring trust in the therapist and through which she was able to appreciate and hold all her pain.

Alongside this, we worked closely with the school and with Louise. We gave Louise regular support with how to deal with Sally's behaviours and make sense out of them and also with her own emotional health and advocated for her to get some much needed support for herself. We also wrote a Therapeutic Needs Assessment which informed Sally's Education, Health and Care Plan.

Sally is now in school full time again and mum has said that things have settled at home but she can still be very anxious and angry. She has stepped down from being classified as a Child in Need to being on an Early Help plan.



ACKNOWLEDGEMENTS

We would like to thank all of the local schools we work with; our partners and our supporters:

- **Albert Hunt Trust**
- **Cumbria Community Foundation**
- **Francis C Scott Charitable Trust**
- **Kelly Family Foundation**
- **Magdalen Hospital Trust**
- **National Lottery Awards for All**
- **Postcode Neighbourhood Trust**
- **Saint & Co Chartered Accountants**
- **Wigton Youth Station**



The Magdalen Hospital Trust



FUTURE PLANS

We plan to grow our therapy service, in line with the need as we experience it, in order to reach as many children and young people as require the support we offer.

Our focus over the next year will be on capacity building, so that we are able to meet the aims outlined in this report. In order to grow our service, we will need to attract some multi-year funding to give us the security we need to employ more therapists.

We are aiming to create a funding portfolio made up of 80% funding from trusts and grants, 15% through building and growing corporate partnerships and 5% through public donations. Part of this will involve us raising awareness of our charity and our work and building our infrastructure so that we develop as a robust, ethical and well managed charity.

We are aware that there is a real need, particularly in West Cumbria, and we are developing ideas for how we can expand our service and offer a tiered approach to treating mental health, in a cost effective way using the arts and trauma sensitive creativity.

FINANCIAL REVIEW AND RESERVES POLICY

Review of The Windmill Trust's Financial Position at 31/12/22

The trust's net income for the period was £67,229 with expenditure of £18,404. The trust therefore realised a surplus of £48,825 of funds (which had been raised in order to expand services going into the next financial year). The main income stream for the charity was grants received with the main expense being staff costs.

As at 31 December 2022 the unrestricted, unallocated funds available for use by the trust are £6,605.

The reserves policy of the trust is to work towards maintaining sufficient unallocated reserves representing 3 months total operating costs.

The level of reserves is monitored and reviewed by the Trustees as necessary and at least once each year.

TRUSTEES' REPORT APPROVAL

For the period 14 July 2021 to 31 December 2022

The trustees present their annual report and financial statements for the period ended 31 December 2022.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the trust's governing document, the Charities Act 2011 and "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).

Objectives and Activities

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the trust should undertake.

Structure, Governance and Management

The trustees who served during the period and up to the date of signature of the financial statements were:

Mrs. Lesley Ritchie	(appointed 14/07/2021)
Mrs. Helen Whittaker	(appointed 14/07/2021)
Mrs. Sarah Parkhouse	(appointed 14/07/2021)
Ms. Katherine Haigh	(appointed 07/02/2022)
Mr. Paul Ulett	(appointed 07/06/2022)
Mr. Garry Elliott	(appointed 21/09/2022)
Ms. Erika Ghienelli	(appointed 14/07/2022 and resigned 19/09/2022)

The Trustees' Report was approved by the Board of Trustees and signed on their behalf by:

Name: Lesley Ritchie
Position: Chair of Trustees
Signature:
Date: 18th July 2023

INDEPENDENT EXAMINER'S REPORT

THE WINDMILL TRUST

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE WINDMILL TRUST

I report to the trustees on my examination of the financial statements of The Windmill Trust (the trust) for the period ended 31 December 2022.

Responsibilities and basis of report

As the trustees of the trust you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the trust's financial statements carried out under section 145 of the 2011 Act. 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

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no 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 respect of the trust as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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

Sophie Graham FCA

Saint & Co Chartered Accountants
Sterling House
Wavell Drive
Rosehill
Carlisle
CA1 2SA
Cumbria

Dated: 18th July 2023

STATEMENT OF FINANCIAL ACTIVITIES

THE WINDMILL TRUST

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE PERIOD ENDED 31 DECEMBER 2022

	Notes	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Income from:				
Donations and legacies	3	50,226	17,000	67,226
Investments	4	3	-	3
Total income		50,229	17,000	67,229
Expenditure on:				
Charitable activities	5	8,624	9,740	18,364
Net income for the period/ Net movement in funds		41,605	7,260	48,865
Fund balances at 14 July 2021		-	-	-
Fund balances at 31 December 2022		41,605	7,260	48,865

The statement of financial activities includes all gains and losses recognised in the period.

All income and expenditure derive from continuing activities.

The notes on pages 5 to 13 form part of these financial statements.

STATEMENT OF FINANCIAL POSITION

THE WINDMILL TRUST

STATEMENT OF FINANCIAL POSITION

AS AT 31 DECEMBER 2022

	Notes	2022 £	£
Fixed assets			
Tangible assets	10		577
Current assets			
Debtors	11	320	
Cash at bank and in hand		50,074	
		<u>50,394</u>	
Creditors: amounts falling due within one year	12	(2,106)	
		<u></u>	
Net current assets			48,288
			<u></u>
Total assets less current liabilities			48,865
			<u><u></u></u>
Income funds			
Restricted funds	14		7,260
<u>Unrestricted funds - general</u>			
Designated funds	15	35,000	
General unrestricted funds		6,605	
		<u></u>	
			41,605
			<u></u>
			48,865
			<u><u></u></u>

The notes on pages 5 to 13 form part of these financial statements.

The financial statements were approved by the Trustees on 18th July 2023

.....
Mrs. Lesley Ritchie
Trustee

.....
Ms. Katherine Haigh
Trustee

NOTES TO THE FINANCIAL STATEMENTS

THE WINDMILL TRUST

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31 DECEMBER 2022

1 Accounting policies

Charity information

The charity is a public benefit entity and a registered charity in England and Wales. The charity is a Charitable Incorporated Organisation, and the address of the principal office is 78 Appleby Road, Kendal, LA9 6HF.

1.1 Reporting period

The financial statements have been prepared for an 18 month period. There are no comparative figures as this is the entities first reporting period. The accounting period was extended to provide sufficient time for the charity to establish.

1.2 Accounting convention

The financial statements have been prepared in accordance with the trust's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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). The trust is a Public Benefit Entity as defined by FRS 102.

The trust has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the trust. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.3 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the trust has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.4 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

The trustees have the discretion to allocate sums to particular funds as they so wish. Such funds are known as designated funds, and remain unrestricted.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.5 Income

Income is recognised when the trust is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

NOTES TO THE FINANCIAL STATEMENTS

THE WINDMILL TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 31 DECEMBER 2022

1 Accounting policies

(Continued)

Cash donations are recognised on receipt. Other donations are recognised once the trust has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the trust has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1.6 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.7 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Computers	25% straight line
-----------	-------------------

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.8 Impairment of fixed assets

At each reporting end date, the trust reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.9 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

NOTES TO THE FINANCIAL STATEMENTS

THE WINDMILL TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 31 DECEMBER 2022

1 Accounting policies

(Continued)

1.10 Financial instruments

The trust has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the trust's balance sheet when the trust becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the trust's contractual obligations expire or are discharged or cancelled.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the trust's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

NOTES TO THE FINANCIAL STATEMENTS

THE WINDMILL TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 31 DECEMBER 2022

3 Donations and legacies

	Unrestricted funds general 2022 £	Restricted funds 2022 £	Total 2022 £
Donations and gifts	14	-	14
Grants	50,000	17,000	67,000
Other	212	-	212
	<u>50,226</u>	<u>17,000</u>	<u>67,226</u>

4 Investments

	Unrestricted funds general 2022 £
Interest receivable	<u>3</u>

NOTES TO THE FINANCIAL STATEMENTS

THE WINDMILL TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 31 DECEMBER 2022

5 Charitable activities

	Therapeutic services 2022 £
Staff costs	13,043
Therapy expenses	426
Supervision and training	1,802
Consultancy and evaluation	60
	<hr/>
	15,331
Share of support costs (see note 6)	1,833
Share of governance costs (see note 6)	1,200
	<hr/>
	18,364
	<hr/> <hr/>
Analysis by fund	
Unrestricted funds - general	8,624
Restricted funds	9,740
	<hr/>
	18,364
	<hr/> <hr/>

NOTES TO THE FINANCIAL STATEMENTS

THE WINDMILL TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 31 DECEMBER 2022

6 Support costs

	Support costs	Governance costs	2022
	£	£	£
Depreciation	52	-	52
Room hire	385	-	385
Telephone and IT	623	-	623
Repairs and renewals	163	-	163
Subscriptions	204	-	204
Travel and subsistence	3	-	3
Printing, postage and stationery	79	-	79
Disclosure and barring service checks	65	-	65
Trustee expenses	220	-	220
Sundry expenses	39	-	39
Independent examination fees	-	600	600
Accountancy	-	600	600
	<u>1,833</u>	<u>1,200</u>	<u>3,033</u>
Analysed between			
Charitable activities	<u>1,833</u>	<u>1,200</u>	<u>3,033</u>

Governance costs includes payments to the independent examiner of £600 for independent examination fees and £600 for other fees.

7 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the trust during the period.

8 Employees

The average monthly number of employees during the period was:

2022
Number

1

NOTES TO THE FINANCIAL STATEMENTS

THE WINDMILL TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 31 DECEMBER 2022

8 Employees	(Continued)
Employment costs	2022
	£
Wages and salaries	12,663
Other pension costs	380
	<hr/>
	13,043
	<hr/> <hr/>
<p>There were no employees whose annual remuneration was more than £60,000.</p>	
9 Taxation	
<p>The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.</p>	
10 Tangible fixed assets	
	Computers
	£
Cost	
Additions	629
	<hr/>
At 31 December 2022	629
	<hr/>
Depreciation and impairment	
Depreciation charged in the period	52
	<hr/>
At 31 December 2022	52
	<hr/>
Carrying amount	
At 31 December 2022	577
	<hr/> <hr/>
11 Debtors	
	2022
Amounts falling due within one year:	£
Prepayments and accrued income	320
	<hr/> <hr/>

NOTES TO THE FINANCIAL STATEMENTS

THE WINDMILL TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 31 DECEMBER 2022

12 Creditors: amounts falling due within one year

	2022 £
Other taxation and social security	477
Other creditors	428
Accruals and deferred income	1,201
	<u>2,106</u>

13 Retirement benefit schemes

Defined contribution schemes

The trust operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the trust in an independently administered fund.

The charge to profit or loss in respect of defined contribution schemes was £380.

Contributions amounting to £108 were payable to the scheme at 31 December 2022 and are included within other creditors.

14 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds		Movement in funds		
	Incoming resources	Balance at 14 July 2021	Incoming resources	Resources expended	Balance at 31 December 2022
	£	£	£	£	£
Therapeutic services in Workington	-	-	12,000	(9,740)	2,260
Family support funding	-	-	5,000	-	5,000
	<u>-</u>	<u>-</u>	<u>17,000</u>	<u>(9,740)</u>	<u>7,260</u>

The Therapeutic services in Wigton fund is restricted to provide therapeutic services to children and young people in Wigton.

The Family support fund is restricted to enable the trust to give more focused and sustained therapeutic parenting support to parents and carers of children receiving therapy with us, or to give us the option of providing family therapy where necessary.

NOTES TO THE FINANCIAL STATEMENTS

THE WINDMILL TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 31 DECEMBER 2022

15 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	Movement in funds		Movement in funds	
	Incoming resources	Balance at 14 July 2021	Incoming resources	Balance at 31 December 2022
	£	£	£	£
Therapeutic services in Workington	-	-	25,000	25,000
Therapeutic services in Wigton	-	-	10,000	10,000
	<u>-</u>	<u>-</u>	<u>35,000</u>	<u>35,000</u>

Therapeutic Services in Workington designated fund of £25,000 has been earmarked to provide therapeutic services to children and young people in Workington.

Therapeutic Services in Wigton designated fund has arisen from applications for general funding towards our core costs and are needed for our delivery in 2023.

16 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total
	2022	2022	2022
	£	£	£
Fund balances at 31 December 2022 are represented by:			
Tangible assets	-	577	577
Current assets/(liabilities)	41,605	6,683	48,288
	<u>41,605</u>	<u>7,260</u>	<u>48,865</u>

17 Related party transactions

There were no disclosable related party transactions during the period.



The Windmill Trust
Creative Therapy Service



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