

The Windmill Trust

Generating therapeutic change



ANNUAL REPORT

Laying Strong Foundations

2023



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www.thewindmilltrust.org



07708 650696



LEGAL AND ADMINISTRATIVE INFORMATION

Charity Name: The Windmill Trust

Registration Number: 1195160

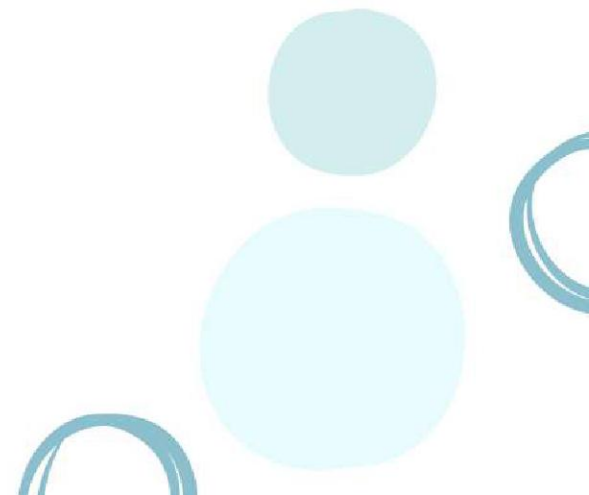
Registered Address: 78 Appleby Road
Kendal
Cumbria
LA9 6HF

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
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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and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.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.

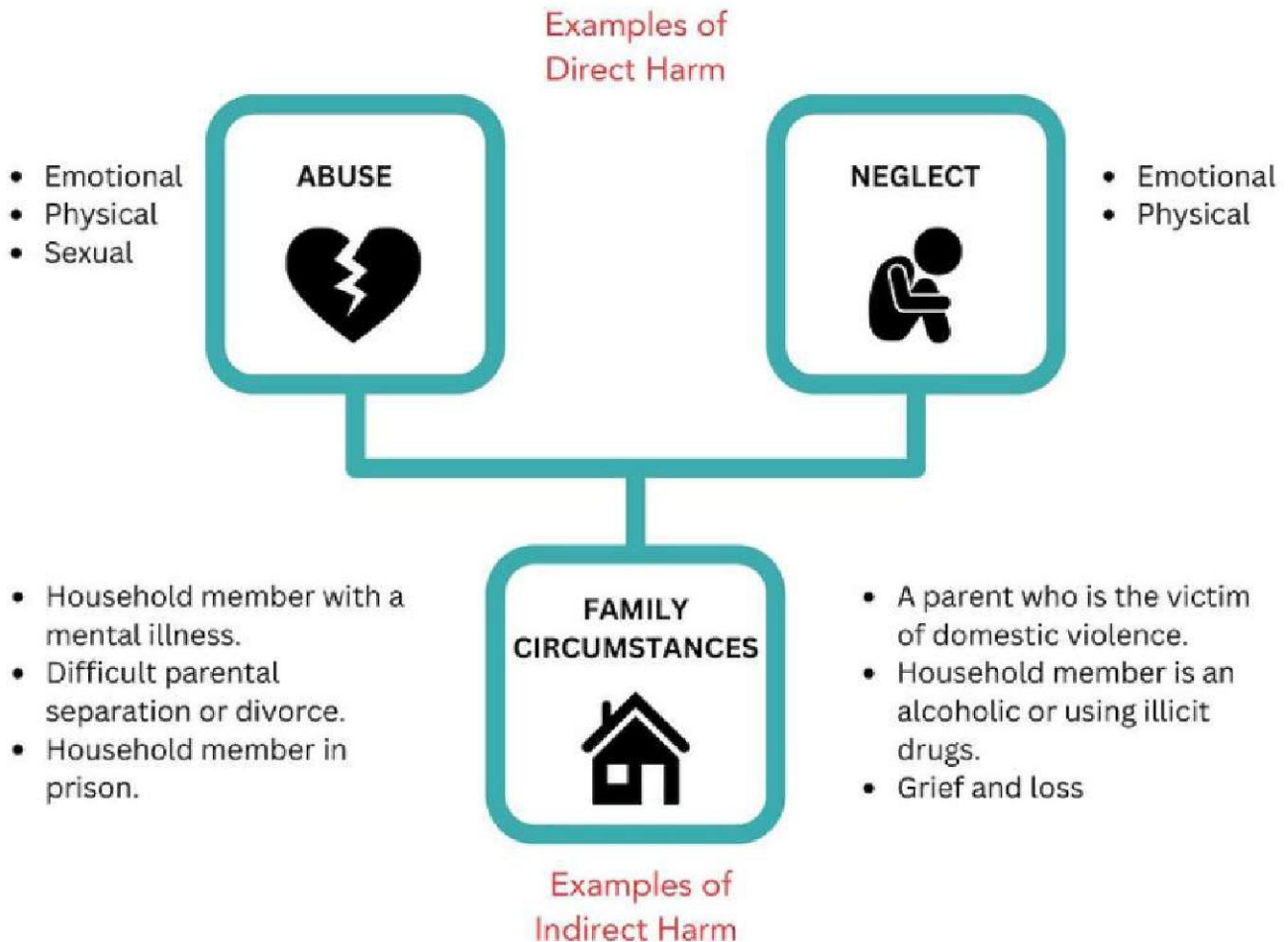
We see it as our duty to be building our service to meet the need for both preventative and transformative creative interventions to support disadvantaged and distressed children and their families.



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/carers. 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.



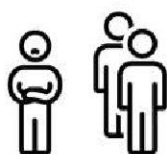
Traumatic memory does not reach the hippocampus (the part of the brain that deals with our perception of time and ability to recall things).

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 Rïse 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 ladder 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	<u>3,555</u>		<u>2,106</u>	
Net current assets			47,197		48,288
Total assets less current liabilities			<u>48,652</u>		<u>48,865</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>

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
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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 Number	2022 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	<u>1,177</u>
At 31 December 2023	<u>1,806</u>
Depreciation and impairment	
At 1 January 2023	52
Depreciation charged in the year	<u>299</u>
At 31 December 2023	<u>351</u>
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> </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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