

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, fledgling 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, reading '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."

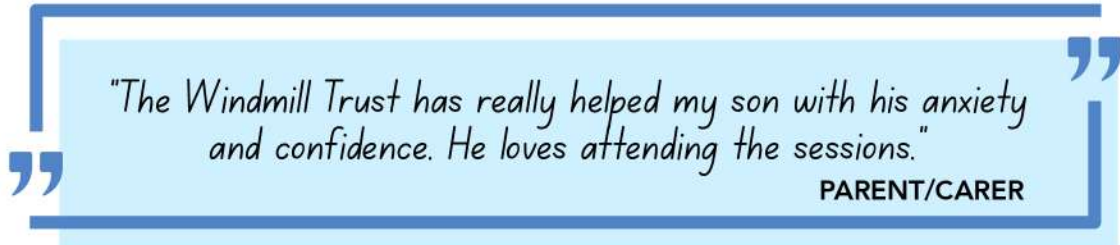
CHILD 1:1 THERAPY

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.



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

50

children and young
people directly
supported

534

hours of
additional
1:1 support

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.

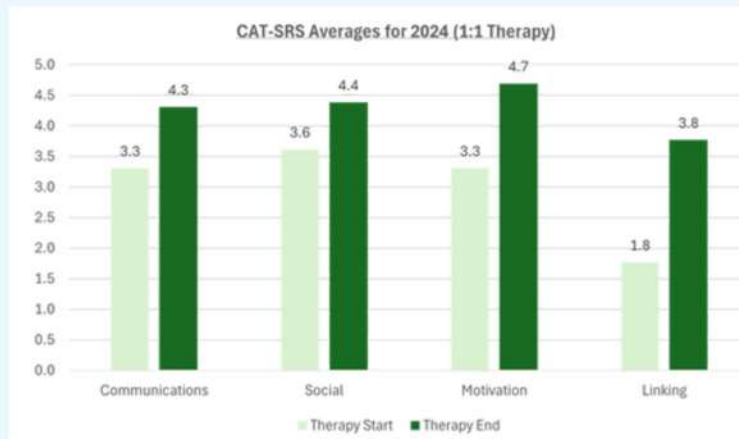
- Average score **dropped by 7 points**, showing a significant reduction in distress
- Some young people moved from moderate/severe ranges into low or mild distress
- Where scores rose slightly, therapists noted this often reflected new emotional honesty after long-standing avoidance

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
Generating 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	Ravenglass & Eskdale Voucher
Ullswater Steamers Tour Tickets	6th May 2024	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.

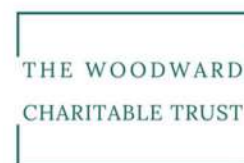
Our Funders

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

		Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
	Notes						
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		62,956	29,545	92,501	34,995	21,312	56,307
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		72,133	29,097	101,230	36,001	20,519	56,520
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		30,937	8,986	39,923	40,114	8,538	48,652

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

		2024		2023	
	Notes	£	£	£	£
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	-
	<hr/>	<hr/>
	88,303	46,584
 Share of support and governance costs (see note 8)		
Support	10,830	6,627
Governance	2,031	1,428
	<hr/>	<hr/>
	101,164	54,639
	<hr/>	<hr/>
 Analysis by fund		
Unrestricted funds	72,067	34,120
Restricted funds	29,097	20,519
	<hr/>	<hr/>
	101,164	54,639
	<hr/>	<hr/>

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	630
Accountancy	-	1,371	1,371	-	798	798
	<u>10,830</u>	<u>2,031</u>	<u>12,861</u>	<u>6,627</u>	<u>1,428</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>1,428</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

Employment costs	2024 £	2023 £
Wages and salaries	77,615	40,918
Other pension costs	3,743	887
	81,358	41,805

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

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>
	<u><u>8,538</u></u>	<u><u>29,545</u></u>	<u><u>(29,097)</u></u>	<u><u>-</u></u>	<u><u>8,986</u></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>
	<u><u>7,260</u></u>	<u><u>21,312</u></u>	<u><u>(20,519)</u></u>	<u><u>485</u></u>	<u><u>8,538</u></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**
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 **TRANSFORMING
WEST CUMBRIA**
Funded by the local council

 **COMMUNITY
FUND**

The Windmill Trust, 16 High Street, Wigton, Cumbria, CA7 9NJ
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