

OUR TIME

England & Wales · Charity number 1196343

Details

Other names	Our Time Charity
Status	Registered
Legal form	CIO
Registered	2021-11-01
Register	View on the Charity Commission register

Contact

Address	c/o Yorkshire Accountancy 123 Hallgate Cottingham HU16 4DA
Phone	07800976778
Email	office@ourtimecharity.org.uk
Website	www.ourtimecharity.org.uk

Activities

Objects: 1. TO ADVANCE THE EDUCATION OF THE GENERAL PUBLIC IN MATTERS RELATING TO MENTAL ILLNESS IN PARTICULAR BUT NOT EXCLUSIVELY BY:- EDUCATING PROFESSIONAL STAFF OF DIFFERENT DISCIPLINES, AS WELL AS THE GENERAL PUBLIC, ABOUT THE NEEDS OF THE CHILDREN AND YOUNG PEOPLE OF PARENTS WITH MENTAL ILLNESS;- DEVELOPING EDUCATIONAL TOOLS AND INTERVENTIONS TO RAISE AWARENESS OF THE NEEDS OF THE CHILDREN AND YOUNG PEOPLE OF PARENTS WITH MENTAL ILLNESS AND TO COUNTERACT STIGMA.2. TO RELIEVE THE CHARITABLE NEEDS OF CHILDREN AND YOUNG PEOPLE OF PARENTS WITH MENTAL ILLNESS IN PARTICULAR BUT NOT EXCLUSIVELY BY THE PROVISION OF INFORMATION, ADVICE AND SUPPORT GROUPS.

Activities: OUR TIME SUPPORTS CHILDREN AND YOUNG PEOPLE AFFECTED BY PARENTAL MENTAL ILLNESS. WE RAISE AWARENESS OF THIS GROUP TO GAIN THEIR RECOGNITION WITHIN PUBLIC POLICY. WE CREATE SUPPORTIVE ENVIRONMENTS FOR YOUNG PEOPLE AND FAMILIES, WHERE THEY CAN RECEIVE EXPLANATIONS AND BUILD RESILIENCE. WE SUPPORT PROFESSIONALS WORKING WITH YOUNG PEOPLE TO BETTER UNDERSTAND THIS ISSUE.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Other Charitable Purposes
- **Who:** Children/young People

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£253,427	£222,562	-	-
2024-03-31	£341,475	£312,125	-	-
2023-03-31	£290,591	£362,145	-	-

Trustees

Name	Role	Appointed
Bernadette Morgan	Chair	2025-03-25
Edward Hicks		2022-04-01
Michael Kenneth Farthing		2024-10-14
Rebecca Virginia Allen		2026-03-17
Sophie Jayne Duke		2022-04-01
Will Edward Mumme-Young		2023-09-18

OUR TIME

England & Wales - Charity number 1196343

Accounts

Our Time

Charity No. 1196343

Company No. CE027049

Trustees' Report and Unaudited Accounts

31 March 2025

Our Time
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The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the year ended 31 March 2025.

REFERENCE AND ADMINISTRATIVE DETAILS

Company No. CE027049

Charity No. 1196343

Registered Office

c/o Yorkshire Accountancy
123 Hallgate
Cottingham
HU16 4DA

Directors and Trustees

The Directors of the charitable company are its Trustees for the purposes of charity law.

The following Directors and Trustees served during the year:

A. Belkacemi

S. Charles

M. Farthing

J.K. Grewal

E. Hicks

B. Morgan

W.E. Mumme-Young

K. Tahta-Wraith (Resigned 31 March 2025)

Accountants

Yorkshire Accountancy Limited
123 Hallgate
Cottingham
East Yorkshire
HU16 4DA

OBJECTIVES AND ACTIVITIES

The charity's objects are to: Support children and young people affected by parental mental illness, by raising awareness of this group to gain their recognition within public policy. We create supportive environments for young people and families, where they can receive explanations and build resilience and support working professionals working with young people to better understand the issues they face. In prioritising the objects of the charity trustees have a due regard to the guidance on public benefit issued by the Charity Commission.

ACHIEVEMENTS AND PERFORMANCE

Reserves have increased in the period, strengthening the charity's financial stability.

FINANCIAL REVIEW

The statement of financial activities shows a net income for the year of £30,865 (2024: £29,350) with closing reserves as at 31st March 2025 of £94,869 (31st March 2024: £64,004). This includes surplus restricted funds of £23,324 (2024: £19,256), unrestricted funds of £31,454 (2024: £4,748) and endowment funds of £40,000 (2024: £40,000).

The Trustees have undertaken a review of the charity's requirements for reserves in light of the main risks to the organisation and consider the results for the year 2024/25 to have been satisfactory. Reserves at the balance sheet date are £94,869 of which £31,454 are unrestricted, £23,324 are restricted and £40,000 are in an endowment fund. Funding for the next 12 months is anticipated to be in line with 2024/25 and this together with reserves held will be sufficient to ensure the charity continues its activities at current levels

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document - The charity is constituted as a Charitable Incorporated Organisation (CIO) and is therefore governed by its constitution dated 1st November 2021. It registered as a charity on 1st November 2021, registration number 1196343. The CIO took over the activities of the unincorporated charity 'Our Time' registration number 1147087, with effect from 1st April 2022.

Recruitment & appointment of trustees - The appointment of directors / trustees is governed by the Trust Deed. Trustees are appointed explicitly to represent a range of skills which will support the charity. New trustees are required to go through the safe recruitment procedures as paid members of staff. New trustees are given induction and information regarding their legal obligations under charity law, the decision-making process, the business plan, and recent performance of the charity. All undergo an enhanced check by the Disclosure and Barring Service and receive training in safeguarding and child protection.

Governance & management - The charity is organized so that the trustees meet at least twice per annum. There were four meetings in the year to 31 March 2025. New trustees are required to go through the safe recruitment procedures as paid members of staff. New trustees are given induction and information regarding their legal obligations under charity law, the decision-making process, the business plan, and recent performance of the charity. All undergo an enhanced check by the Disclosure and Barring Service and receive training in safeguarding and child protection.

Risk management - The trustees actively review the major risks which the charity faces on a quarterly basis and believe that maintaining reserves at the current levels, combined with an annual review of the controls over key financial systems, will provide sufficient resources in the event of adverse conditions. The trustees also review non-financial risks and these risks are managed by ensuring compliance with all health and safety regulations for beneficiaries, staff and volunteers.

Related parties - None of the trustees receive remuneration or other benefit in their capacity as trustees of the charity. Any connection between a trustee of the charity and organisations providing services to the charity must be disclosed to the full board of trustees in the same way as any contractual relationship with a related party. In the current year no such related party transactions were reported.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

Our Time

Trustees Annual Report

Trustees responsibilities in relation to the financial statements The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). - select suitable accounting policies and apply them consistently; - observe the methods and principles in the Charities SORP; - make judgements and estimates that are reasonable and prudent; - state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; - prepare financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation. The trustees are responsible for keeping accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the board

A handwritten signature in black ink, appearing to be 'B. Morgan', written over a horizontal line.

B. Morgan
Trustee

11 December 2025

Our Time
Statement of Financial Activities
for the year ended 31 March 2025

	Notes	Unrestricted funds 2025 £	Restricted funds 2025 £	Endowment funds 2025 £	Total funds 2025 £	Total funds 2024 £
Income and endowments from:						
Donations and legacies	4	17,147	-	-	17,147	70,463
Charitable activities	5	94,500	121,970	-	216,470	256,066
Other trading activities	6	19,122	-	-	19,122	14,947
Other	7	688	-	-	688	-
Total		131,457	121,970	-	253,427	341,476
Expenditure on:						
Raising funds	8	4,551	-	-	4,551	4,571
Charitable activities	9	76,718	116,019	-	192,737	232,996
Other	10	23,392	1,882	-	25,274	74,559
Total		104,660	117,902	-	222,562	312,126
Net gains on investments		-	-	-	-	-
Net income		26,797	4,068	-	30,865	29,350
Transfers between funds		-	-	-	-	-
Net income before other gains/(losses)		26,797	4,068	-	30,865	29,350
Other gains and losses						
Net movement in funds		26,797	4,068	-	30,865	29,350
Reconciliation of funds:						
Total funds brought forward		4,748	19,256	40,000	64,004	34,654
Total funds carried forward		31,545	23,324	40,000	94,869	64,004

Our Time
Balance Sheet
at 31 March 2025

Company No. CE027049	Notes	2025 £	2024 £
Current assets			
Debtors	12	1,487	3,639
Cash at bank and in hand		95,324	80,108
		<u>96,811</u>	<u>83,747</u>
Creditors: Amount falling due within one year	13	(1,942)	(19,743)
Net current assets		94,869	64,004
Total assets less current liabilities		94,869	64,004
Net assets excluding pension asset or liability		<u>94,869</u>	<u>64,004</u>
Total net assets		<u><u>94,869</u></u>	<u><u>64,004</u></u>
The funds of the charity			
Restricted funds	14		
Endowment funds		40,000	40,000
Restricted income funds		23,324	19,256
		<u>63,324</u>	<u>59,256</u>
Unrestricted funds	14		
General funds		31,545	4,748
		<u>31,545</u>	<u>4,748</u>
Reserves	14		
Total funds		<u><u>94,869</u></u>	<u><u>64,004</u></u>

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

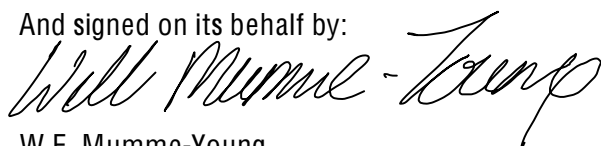
For the year ended 31 March 2025 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 11 December 2025

And signed on its behalf by:



W.E. Mumme-Young
Trustee
11 December 2025

Our Time
Statement of Cash flows
for the year ended 31 March 2025

	2025 £	2024 £
Cash flows from operating activities		
Net income per Statement of Financial Activities	30,865	31,554
Adjustments for:		
Dividends, interest and rents from investments	(688)	-
Other gains/losses	-	-
Decrease in trade and other receivables	2,152	3,870
(Decrease)/Increase in trade and other payables	(17,801)	17,817
Net cash provided by operating activities	<u>14,528</u>	<u>53,241</u>
Cash flows from investing activities		
Dividends, interest and rents from investments	688	-
Net cash from investing activities	<u>688</u>	<u>-</u>
Net cash from financing activities	<u>-</u>	<u>-</u>
Net increase in cash and cash equivalents	15,216	53,241
Cash and cash equivalents at the beginning of the year	80,108	30,636
Cash and cash equivalents at the end of the year	<u>95,324</u>	<u>83,877</u>
Components of cash and cash equivalents		
Cash and bank balances	95,324	80,108
	<u>95,324</u>	<u>80,108</u>

for the year ended 31 March 2025

1 Accounting policies

Basis of preparation

The financial statements have been prepared in accordance with 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 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Fund accounting

Unrestricted funds These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.

Designated funds These are unrestricted funds earmarked by the trustees for particular purposes.

Revaluation funds These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.

Restricted funds These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.

Income with related expenditure Where income has related expenditure the income and related expenditure is reported gross in the SoFA.

Donations and legacies Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.

Tax reclaims on donations and gifts Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.

Donated services and facilities These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.

Volunteer help The value of any volunteer help received is not included in the accounts.

Investment income This is included in the accounts when receivable.

Gains/(losses) on revaluation of fixed assets This includes any gain or loss resulting from revaluing investments to market value at the end of the year.

Gains/(losses) on investment assets This includes any gain or loss on the sale of investments.

Our Time

Notes to the Accounts

Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants payable	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Trade and other debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

Trade and other creditors

Short term creditors are measured at the transaction price. Other creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Receipt of donated goods, facilities and services

All donated goods, facilities and services received are recognised within incoming resources and expenditure at an estimate of the value to the charity.

2 Company status

The charity is a registered CIO governed by its constitution dated 1st November 2021. Our Time merged with linked charity No. 117408 due to changing its legal status from a simple trust to a CIO.

3 Statement of Financial Activities - prior year

	Unrestricted funds 2024 £	Restricted funds 2024 £	Endowment funds 2024 £	Total funds 2024 £
Income and endowments from:				
Donations and legacies	70,462	-	-	70,462
Charitable activities	35,000	146,066	75,000	256,066
Other trading activities	14,947	-	-	14,947
Total	120,409	146,066	75,000	341,475
Expenditure on:				
Raising funds	4,571	-	-	4,571
Charitable activities	3,390	63,179	-	66,569
Other	132,047	108,938	-	240,985
Total	140,008	172,117	-	312,125
Net income	(19,599)	(26,051)	75,000	29,350
Transfers between funds	41,332	(6,332)	(35,000)	-
Net income before other gains/(losses)	21,733	(32,383)	40,000	29,350
Other gains and losses:				
Net movement in funds	21,733	(32,383)	40,000	29,350
Reconciliation of funds:				
Total funds brought forward	(16,985)	51,639	-	34,654
Total funds carried forward	<u>4,748</u>	<u>19,256</u>	<u>40,000</u>	<u>64,004</u>

4 Income from donations and legacies

	Unrestricted £	Total 2025 £	Total 2024 £
Donations and Gift Aid	17,147	17,147	70,463
	<u>17,147</u>	<u>17,147</u>	<u>70,463</u>

5 Income from charitable activities

	Unrestricted £	Restricted £	Total 2025 £	Total 2024 £
Workshop activities	94,500	121,970	216,470	256,066
	<u>94,500</u>	<u>121,970</u>	<u>216,470</u>	<u>256,066</u>

6 Income from other trading activities

	Unrestricted	Total 2025	Total 2024
	£	£	£
Licence fee income	15,211	15,211	6,241
Training & conference fees	3,911	3,911	2,396
Consultancy fees	-	-	6,310
	<u>19,122</u>	<u>19,122</u>	<u>14,947</u>

7 Other income

	Unrestricted	Total 2025	Total 2024
	£	£	£
Bank interest received	688	688	-
	<u>688</u>	<u>688</u>	<u>-</u>

8 Expenditure on raising funds

	Unrestricted	Total 2025	Total 2024
	£	£	£
<i>Fundraising trading costs</i>			
Consultancy fees	4,551	4,551	4,571
	<u>4,551</u>	<u>4,551</u>	<u>4,571</u>

9 Expenditure on charitable activities

	Unrestricted	Restricted	Total 2025	Total 2024
	£	£	£	£
<i>Expenditure on charitable activities</i>				
Workshop activities	10,911	21,729	32,640	66,569
Salaries/wages	61,191	93,562	154,753	164,307
Pensions	718	-	718	2,120
Staff welfare	3,898	728	4,626	-
<i>Governance costs</i>				
	<u>76,718</u>	<u>116,019</u>	<u>192,737</u>	<u>232,996</u>

10 Other expenditure

	Unrestricted	Restricted	Total 2025	Total 2024
	£	£	£	£
Employee costs	1,202	462	1,664	18,254
Motor and travel costs	-	-	-	9,262
Premises costs	616	1,041	1,657	776
General administrative costs	16,622	365	16,987	36,131
Legal and professional costs	4,952	14	4,966	10,136
	<u>23,392</u>	<u>1,882</u>	<u>25,274</u>	<u>74,559</u>

2024 Employee costs included £8,100 in recruitment costs, whereas the 2025 figure is much reduced at £402. They also included specific funded theatre project costs of £7,884 (2025 £nil). Travel and subsistence costs are shown behind Staff Welfare costs this period. General administrative costs have dropped after large reductions in marketing and podcast development expenditure. Legal fees are reduced as there was no expenditure in 2025 on external consultants or accreditation fees (2024 £5,250 and £957 respectively).

11 Staff costs

No employee received emoluments in excess of £60,000.

12 Debtors

	2025	2024
	£	£
Trade debtors	-	2,630
Prepayments and accrued income	1,487	1,009
	<u>1,487</u>	<u>3,639</u>

13 Creditors:

amounts falling due within one year

	2025	2024
	£	£
Trade creditors	181	17,440
Other taxes and social security	1,550	1,220
Other creditors	211	-
Accruals	-	1,083
	<u>1,942</u>	<u>19,743</u>

14 Movement in funds

	At 1 April 2024	Incoming resources (including other gains/losses) £	Resources expended £	At 31 March 2025 £
Restricted funds:				
Endowment funds:				
The Edward Gostling Fund	40,000	-	-	40,000
<i>Total</i>	<u>40,000</u>	<u>-</u>	<u>-</u>	<u>40,000</u>
Restricted income funds:				
Children in Need	1,836	35,000	(34,462)	2,374
City Bridge Trust	173	30,500	(28,273)	2,400
David Riddell Memorial CIO	1,544	-	(1,544)	-
East London NHS Trust	643	2,735	(3,378)	-
John Lyons	-	462	(462)	-
London Borough of Barnet Hackney	-	17,765	(9,086)	8,679
SYP Trust	2,347	1,467	(3,814)	-
UK Youth Digital	6,850	-	(6,850)	-
Drax Community Fund		5,000	(5,000)	-
Grocers		1,000	(1,000)	-
James Tudor		5,000	(1,294)	3,706
NHS Tayside		10,000	(10,000)	-
Sir James Reckitt		7,500	(2,084)	5,416
The Sylvia & Colin Shepherd Charitable Trust		4,000	(3,250)	750
Westminster Foundation National Lottery Community Fund - Dundee		500	(500)	-
		1,041	(1,041)	-
	5,863		(5,863)	-
<i>Total</i>	<u>19,256</u>	<u>121,970</u>	<u>(117,902)</u>	<u>23,324</u>
Unrestricted funds:				
General funds	4,748	131,457	(104,660)	31,545
Total funds	<u><u>64,004</u></u>	<u><u>253,427</u></u>	<u><u>(222,562)</u></u>	<u><u>94,869</u></u>

Purposes and restrictions in relation to the funds:

Endowment funds:

The Edward Gostling Fund

Restricted funds:

Children in Need Funding for CEO costs.

Our Time

Notes to the Accounts

City Bridge Trust	Funding for CEO fees to support the development of programmes and capacity to reach more young people.
David Riddell Memorial CIO	Funding for CEO fees to support the development of programmes and capacity to reach more young people.
East London NHS Trust	Funding for Tower Hamlets KidsTime Workshop.
John Lyons	Funding for Goodworks Workshop to increase storytelling capacity.
London Borough of Barnet	Funding for Barnet KidsTime Workshop.
Hackney	Funding for Hackney KidsTime Workshop.
SYP Trust	Funding to collect stories of our beneficiaries in order to amplify their voice and conduct policy work.
UK Youth Digital	Digital inclusion funding.
Drax Community Fund	Funding for the school's tour of How To Be a Kid.
Grocers	Funding to collect stories of our beneficiaries in order to amplify their voice and conduct policy work.
James Tudor	Funding to develop short courses to advance the education of parental mental illness.
NHS Tayside	Funding for Dundee KidsTime Workshop.
Sir James Reckitt	Funding for the school's tour of How To Be a Kid.
The Sylvia & Colin Shepherd Charitable Trust	Funding for the school's tour of How To Be a Kid.
Westminster Foundation	Funding for desk-sharing space.
National Lottery Community Fund - Dundee	Funding for Dundee KidsTime Workshop.

15 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total
	£	£	£
Net current assets	29,607	65,262	94,869
	<u>29,607</u>	<u>65,262</u>	<u>94,869</u>

16 Commitments

<i>Pension commitments</i>	2025	2024
	£	£
The pension cost charge to the company amounted to:	718	2,120
	<u>718</u>	<u>2,120</u>

17 Related party disclosures

Controlling party

The company is limited by guarantee and has no share capital; thus no single party controls the company.

Our Time
Detailed Statement of Financial Activities
for the year ended 31 March 2025

	Unrestricted funds	Restricted funds		Total funds	Total funds
	2025	2025	2025	2025	2024
	£	£	£	£	£
Income and endowments from:					
Donations and legacies					
Donations and Gift Aid	17,147	-	-	17,147	70,463
	<u>17,147</u>	<u>-</u>	<u>-</u>	<u>17,147</u>	<u>70,463</u>
Charitable activities					
Workshop activities	94,500	121,970	-	216,470	256,066
	<u>94,500</u>	<u>121,970</u>	<u>-</u>	<u>216,470</u>	<u>256,066</u>
Other trading activities					
Licence fee income	15,211	-	-	15,211	6,241
Training & conference fees	3,911	-	-	3,911	2,396
Consultancy fees	-	-	-	-	6,310
	<u>19,122</u>	<u>-</u>	<u>-</u>	<u>19,122</u>	<u>14,947</u>
Other					
Bank interest received	688	-	-	688	-
	<u>688</u>	<u>-</u>	<u>-</u>	<u>688</u>	<u>-</u>
Total income and endowments	131,457	121,970	-	253,427	341,476
Expenditure on:					
Costs of other trading activities					
Consultancy fees	4,551	-	-	4,551	4,571
	<u>4,551</u>	<u>-</u>	<u>-</u>	<u>4,551</u>	<u>4,571</u>
Total of expenditure on raising funds	4,551	-	-	4,551	4,571
Charitable activities					
Workshop activities	10,911	21,729	-	32,640	66,569
Salaries/wages	61,191	93,562	-	154,753	164,307
Pensions	718	-	-	718	2,120
Staff welfare	3,898	728	-	4,626	-
	<u>76,718</u>	<u>116,019</u>	<u>-</u>	<u>192,737</u>	<u>232,996</u>
Total of expenditure on charitable activities	76,718	116,019	-	192,737	232,996
Employee costs					
Staff recruitment	402	-	-	402	8,100
Staff training	800	462	-	1,262	2,270
Temporary staff	-	-	-	-	7,884
	<u>1,202</u>	<u>462</u>	<u>-</u>	<u>1,664</u>	<u>18,254</u>
Travel and subsistence	-	-	-	-	9,262
	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>9,262</u>
Premises costs					
Other premises costs	616	1,041	-	1,657	776

Our Time

Detailed Statement of Financial Activities

	616	1,041	-	1,657	776
General administrative costs, including depreciation and amortisation					
Bank charges	-	-	-	-	26
Equipment leasing and hire charges	-	-	-	-	1,918
Information and publications	10,210	-	-	10,210	5,233
Postage and couriers	27	-	-	27	3
Software, IT support and related costs	408	140	-	548	26,141
Stationery and printing	99	-	-	99	111
Subscriptions	5,878	225	-	6,103	2,623
Sundry expenses	-	-	-	-	22
Telephone, fax and broadband	-	-	-	-	54
	16,622	365	-	16,987	36,131
Legal and professional costs					
Accountancy and bookkeeping	2,387	-	-	2,387	3,523
Consultancy fees	-	-	-	-	5,250
Other legal and professional costs	2,565	14	-	2,579	1,363
	4,952	14	-	4,966	10,136
Total of expenditure of other costs	23,392	1,882	-	25,274	74,559
Total expenditure	104,660	117,902	-	222,562	312,126
Net gains on investments	-	-	-	-	-
Net income	26,797	4,068	-	30,865	29,350
Net income before other gains/(losses)	26,797	4,068	-	30,865	29,350
Other Gains	-	-	-	-	-
Net movement in funds	26,797	4,068	-	30,865	29,350
Reconciliation of funds:					
Total funds brought forward	4,748	19,256	40,000	64,004	34,654
Total funds carried forward	31,545	23,324	40,000	94,869	64,004

Independent Examiner's Report to the trustees of Our Time

I report to the charity trustees on my examination of the financial statements of Our Time for the year ended 31st March, 2025.

Responsibilities and basis of report

As the charity's trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the financial statements of the Charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's financial statements as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

As the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the IFA, which is one of the listed bodies.

I have completed my examination. I can confirm that no material matters have come to my attention in connection with the examination giving me cause to believe:

- accounting records were not kept in accordance with section 386 of the 2006 Act ; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the accounting requirements under section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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.


Nick Robinson

Nick Robinson IFA
15th December, 2025

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OUR TIME

England & Wales - Charity number 1196343

Accounts

Our Time

Annual Report

2023-2024



**OUR TIME
CHARITY**

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1. Foreword – Sophie Duke

The Trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the year ended **31 March 2024**.

Dear Friends and Supporters,

We are pleased to present to you the Annual Report of Our Time for 2023–2024. Reflecting on the past year, we are proud of the progress Our Time has accomplished and are profoundly grateful to each and every one of our supporters, volunteers, funders, partners and dedicated staff team, for making these achievements possible. It is your compassion which enables us to keep building support systems for children and young people affected by parental mental illness, as well as raising awareness of this critical cause. This year has truly showcased the power of passion and commitment in creating positive change for children and young people affected by parental mental illness.



A personal highlight from 2023–2024 was *“Our Voice for Change”* half-day learning event, which saw invited speakers, staff, volunteers and supporters come together to amplify the voices of the families we support. It served as a poignant reminder of the importance of sharing the voices of those with lived experience to ensure we are best meeting their needs.

Some further key highlights for the charity in 2023–2024 include:

- **KidsTime Workshops**
Our Time has continued to deliver its evidenced-based KidsTime workshops, a vital lifeline to over 150 families nationwide on a monthly basis. Through these workshops, we provide essential support, fostering resilience and hope in the face of adversity.

- **Education and Training**

In our mission to expand knowledge around parental mental illness and the unique challenges it poses, we have developed a range of training to help professionals in identifying and supporting these children. This includes a suite of resources, such as accredited courses for statutory providers across education, health, and social care.

- **Children and Young People's Voice**

Through our podcast, partnerships, and policy contributions, Our Time ensures that the voices of children and young people are heard, breaking the stigma surrounding parental mental illness. This year, our podcast series garnered over 10,000 downloads, while our advocacy efforts influenced policy decisions, including guidance on hospital discharge.

Our report includes important statistics and outcomes which reflect the hard work of our delivery staff, professionals and volunteers. However, we remind you of the individual children and families who sit behind these numbers, each with their own individual circumstances and stories.

Despite the ongoing challenges of the current financial climate, Our Time has managed its resources effectively to ensure our beneficiaries remain front and centre. During these difficult times we have been more grateful than ever for the generosity of our supporters and dedication of our community. With the mental health crisis we also find ourselves in, Our Time's work remains critical in ensuring that our next generation of children grow up free from the stigma associated with parental mental illness and can readily access the support they deserve.

As we look forward to 2024-2025, I am delighted to introduce myself as Chair of Our Time. As a child of a parent with a severe mental illness myself, it is both my professional and personal ambition to raise awareness of families managing parental illness; I feel immense pride in being involved with Our Time's mission. As a charity, our aim for the next year is to increase our training resources for professionals, be flexible in our approach to scaling KidsTime workshops and importantly, continue to amplify the voices of children of parents with mental illness.



2. Highlights and Achievements



KidsTime Workshops

Our national network of KidsTime workshops is delivering support to over 150 families each month. This support is a vital lifeline to families.

"I don't think about my mum as having a mental illness but I know sometimes she can get very very upset. I try to make her feel better but can't always which makes me feel helpless and sad. I also try to help by looking after my brother and sister.

I get so annoyed and emotional with the people who make my mum upset but just hurt inside because I know I can't do anything about it. At KidsTime I realised that I'm not the only child with that sort of problem and that other kids felt the same. Talking to Mum has helped me understand her and how she feels, for the first time.

At KidsTime I love being able to talk about mental illness because it helps me understand more about what it is and how it can affect people, like my mum. I also enjoy playing the games because they are fun and I get to know other children, and most of all I enjoy the drama because when I am older I would love to be an actress." – Child Aged 10



We have brought together all the delivery teams on a monthly basis to share learning, offer peer support and advice on subjects like how to engage teenagers in the workshops and how to deal with difficult situations. We share new research and best practice so that we continuously improve, based on feedback from our families.

In July we hosted a half day learning event “Our Voice for Change” to begin to build a national movement. We want to change the conversation by bringing greater understanding and compassion towards mental illness and shine a light on the impact of parents with a mental illness through amplifying their voices. We hope to influence the policy and practice for this group and connect the policy makers to the lived experience of our families and young people.

180
monthly sessions



172 Families supported



344
children supported



Education and Training

We work with schools to help staff recognise and support children who have a parent with a mental illness. We aim to promote a positive and open culture around mental illness in schools, by reducing stigma and normalising conversation about mental illness. We offer a whole school approach and a ready-made suite of learning materials to equip staff to work with the pupils at each Key Stage to develop a greater understanding of mental health.

Alongside our schools training we offer a suite of high quality, accredited courses for audiences across a range of fields in education, health, and social care. Our training helps all professionals who meet these families to make a real difference to children by helping them to understand their situation and find ways of managing the challenges they face.

- The BUPA-funded **'My Mad Mum'** theatre tour ran successfully and reached 8 schools, 1790 school students and 90 teachers across Gloucestershire, Warwickshire and Herefordshire. All schools

"The performance was fantastic. The children were gripped and have spent time this week reviewing the messages communicated during tutor time. This has been supported by the resources that you provided."

Danielle Shipley, SENCO and Deputy Safeguarding Lead, Alvechurch C of E Middle School

were engaged after the performance and provided with supplementary resources to support the key messages of the play.

- **Erasmus** - We developed and delivered a pilot schools support programme “Mindful Schools” in Germany, Spain, Austria and Iceland which has led to an expanded project with more schools in the coming year.
- Our animations ‘**Making sense of mental illness**’ and ‘**The Perfect Ice-Cream**’ have been quality assured and accepted for upload to the Anna Freud Mentally Healthy Schools resource library which is used by thousands of schools nationally.
- **20 PSHE lessons** were delivered across 5 schools, two of which were delivered as part of the Now & Beyond mental health festival (approximately 150-200 children attended the festival lessons).
- We updated our schools programme to align with statutory RSHE curriculum guidelines and developed a mapping document for schools to use for Ofsted inspections and curriculum planning.
- We developed 4 new animation packs for our **Schools programme** which include assemblies, worksheets, training and guidance on using each of Our Time’s animations to raise awareness of parental mental illness.
- Our **SMHL course**, quality assured by DfE, passed a second deep dive - “The required standard of the quality principle has been met, with evidence of added value to learners.”
- 5 new courses have now received accreditation by the CPD service, with reviewers noting courses “offer a high level of CPD value”
- We set up an e-shop on **Cademy** to market and sell courses, which is proving to be highly successful, user friendly and streamlined.

“Thank you so much for the virtual workshop you delivered to our Y4, Y5 and Y6 pupils on Wednesday. The class teachers said it was very useful and they particularly enjoyed the story and video. The children also engaged well and said that they enjoyed the session and that it made them think about the mental health of others as well as their own.”

Newburn Manor Primary School

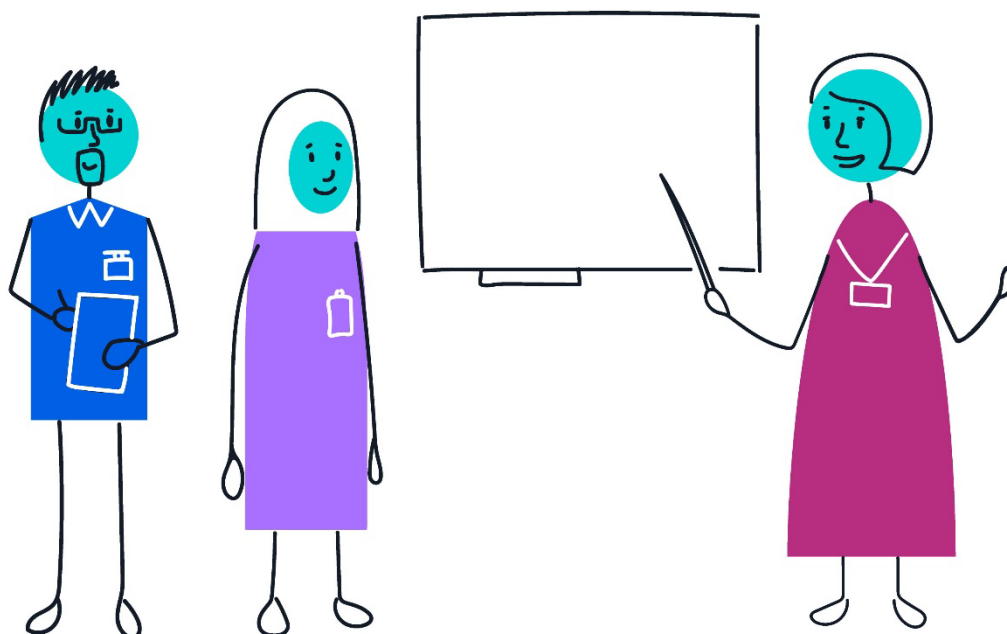
We entered into a partnership agreement with the Tavistock & Portman NHS Trust and are in the development stage of a brand-new course offered via their digital learning platform.



What our learners say:

"Very practical, with realistic suggestions on how to improve provision/support"

"I would recommend this to colleagues."



Our Voice

Children and young people who have a parent with a mental illness are neither seen nor heard; they don't feel able to talk about their situation or ask for help for fear that the family will be broken up or fear of being labelled and judged by others. The stigma surrounding mental illness creates a silence. We want to break this silence so that their thoughts, feelings and needs are taken into account in policy and practice.



**MY FAMILY,
MENTAL
ILLNESS
...and me**

Our Time

Lord James Bethell
Member of the House of Lords

Exclusive podcast interview

- **Podcast second series launched** with 9 guests ranging from the former Conservative Minister, Lord Bethell to agony aunt Emma Kenny and comedian Tom Ward. Over 10,000 downloads.

Policy and Public Affairs

- Built relationships with National Children’s Bureau, Carers Trust, National Voices, Kinship Carers and Children and Young People’s Mental Health Coalition, to influence policy.
- We contributed evidence to a number of Government Inquiries.
- Gave oral and written evidence to APPG on Young Carers and we were cited in the final report.
- Influenced the guidance on the [hospital discharge guidance for inpatient mental health units](#). *‘Hospital clinical and managerial leadership teams should identify carer or carers, including young carers and other children within the family unit, who may be in need of information and/or support on admission, and make sure this is recorded on electronic records.’*
- Local authority adult social care teams should *‘work with children’s social care teams to ensure a whole-family approach is being adopted where a child is caring for an adult. If the person being discharged is a parent or unpaid carer, consideration should be given to the needs of their family, and a referral made as appropriate to the local authority early help team or children’s social care team.’*

Case Studies



Mother and daughter

Mother and daughter have recently moved into the area fleeing domestic violence.

The family were referred from an Early Help worker in July. The daughter was diagnosed with Autism and ADHD while the mother has a lot of physical and mental health issues and goes into a deep depression at times.

The daughter began the sessions unable to participate fully, however she now engages in the activities, making valuable contributions to them. Her mum has commented that her daughter enjoys attending the sessions and that this is one of the few group activities that she successfully participates in.

The daughter's attention span has improved and she has produced art work, while making suggestions for the drama piece with confidence and clear enjoyment.

Mum, also struggled with participating in the group initially due to lack of confidence and some anxiety around being in a group. However, the team see that there has been a clear change in her level of engagement as she now offers her thoughts in the sessions, and has made some positive connections with other parents and is more attentive to her daughter's needs.

Grandmother and granddaughter

Girl, aged 8, lives with her grandmother and sees her mother at KidsTime. Mother has a serious mental health condition.

"The KidsTime Workshops helped me to support my granddaughter and for her to know that she's not the only one. She doesn't like to be different and wants to fit in. When we went for the first time and played the game 'Anyone who?' where they asked the question, 'Who doesn't live with their parents?'; and it was really helpful to see other children get up and run around.

At the first session, we watched the video, 'Can you catch a mental illness?', which helped to clarify things. It was good for her to understand that mental illness does not spread, like a cold.

"KidsTime has helped her to understand what mental illness is and it's an opportunity for her and her mum to come together."

KidsTime has helped her to understand what mental illness is and it's an opportunity for her and her mum to come together. Mum also came to the last workshop and really liked seeing her daughter there. It was the first time she and her mum talked about it together. They made a collage together and it was really positive.

The KidsTime Workshops really helps her relationship with her mum. The more she learns, it helps to answer some of the questions she might have; it helps with communicating. It also helps me in making me more aware of my daughter's illness; I can tell if she's not well and when I might need to shield my granddaughter more.

It's a really good opportunity to meet other people, to gain awareness and correct explanations. Most importantly, it's fun! It's so friendly and the children have so much fun playing the games. It helps to combat the alienation and stigma, and promotes healthier explanations that are age appropriate. Also, having the social aspect and feeling taken care of by the taxis and the pizza removes barriers to families being able to come. Eating together with the staff and other families is lovely."

Parents and two boys aged 13 and 10

Dad has bi-polar disorder and one of the boys is autistic. Living with Dad's mental illness means that sometimes there is heightened stress and arguments in the house. This is exhausting for all of them and especially worries the younger boy. When he told a teacher at school about how stressed and worried he felt, the school referred the family to social care and from there they heard about the KidsTime Workshop. The family do not have any extended family in the UK; this fact and the difficulties with Dad's mental illness has left them very isolated, with very little social contact with others. Even those who have tried to help them, end up withdrawing.

Coming to the KidsTime Workshops has been particularly helpful for Mum and the children. She described it as a "safe space" for them to: "connect with people, have fun and hear how other people cope, and to share experiences". The boys did not want to come to the workshop at first because of the stigma of talking openly about mental illness, but they have realised that they can do things with others, enjoy having fun with the other young people and have been able to talk about their experiences. They both now fully participate in workshops and make fantastic contributions with drama.

Mum says that hearing other parents talking about the same struggles is "brilliant". Previously, it had felt like a massive and lonely journey for her managing her son and her husband's mental health. She enjoyed learning about strategies for coping with the worries, that are so exhausting.

Mother attending KidsTime

"I was referred to KidsTime by my doctor after being diagnosed with non-organic psychosis. I have been attending KidsTime for around three years.

During this period, I have found like-minded people and have been able to speak openly about our mental health experiences. This has allowed me to learn more about mental health and how to navigate obstacles related to mental health problems with my child. Due to my medication, I had lost my confidence and memory.

I cannot forget the support given by KidsTime, which has been instrumental in gradually helping me regain my

confidence and memory. I am now planning to take the solicitor exam in the future, something I wouldn't have considered possible without the support I received. Further, KidsTime has become like a family to both me and my child, especially as I am an immigrant and single mom and our family is far away. My child enjoys coming to KidsTime and eagerly looks forward to the pizza at the end of each month. Thank you for creating such a supportive and nurturing environment."

Thank you for creating such a supportive and nurturing environment."

Looking to the Future

- Continue to diversify our income by increasing donations, income from training courses and consultancy.
- Develop new partnerships with other charities, offering our expertise to supplement their training and support services.
- Continue to amplify the voice of our families, sharing their lived experience through our new website, new podcast series and social media platforms.
- Increase our reach through developing short training courses which will help professionals to recognise and support children who have a parent with a mental illness.
- Build our ambassadors group who will be available to offer their lived experience to policy makers and funders as well as media.
- Consulting our delivery teams and families to explore different service delivery models, for example adding to our open-ended model with a time limited option on a rolling programme with themed sessions, and a step-down peer support option.
- Increase access to our training and resources through our new website.
- Increase direct donations through our e-commerce platform via our website.
- Invest in working with partners to find new ways to support children of parents with a mental illness, for example exploring a partnership with a psychiatric hospital to embed a KidsTime Workshop to help the transition from hospital to home, based on our Iceland partners success with this intervention.
- Explore new ways of engaging with our partners, for example through offering a membership option to share our expertise, training, creating a community of practice.



3. Reference and administrative details

Company No. CE027049

Charity No. 1196343

Registered Office

123 Hallgate

Cottingham, East Yorkshire

Hu16 4DA

Directors and Trustees

The Directors of the charitable company are its Trustees for the purposes of charity law. The following Directors and Trustees served during the year:

S. Duke

Appointed Chair March 2024

J.K. Grewal

E. Hicks

W.E. Mumme-Young

Appointed September 2023; Appointed Treasurer December 2023

K. Tahta-Wraith

A. Sharma

Treasurer (Resigned December 2023)

S. Tulinus

Resigned March 2024



A. Begum Resigned December 2023

C Johnston Resigned March 2024

L. Rodgers Resigned June 2023

Accountants

Yorkshire Accountancy Limited 123 Hallgate

Cottingham East Yorkshire HU16 4DA

Objects and activities

The charity's objects are to support children and young people affected by parental mental illness by raising awareness of this group to gain their recognition within public policy. We create supportive environments for young people and families, where they can receive explanations and build resilience and support working professionals working with young people to better understand the issues they face. In prioritising the objects of the charity Trustees have a due regard to the guidance on public benefit issued by the Charity Commission.

Structure, governance and management

Governing document

The charity is constituted as a Charitable Incorporated Organisation (CIO) and is therefore governed by its constitution dated 1st November 2021. It registered as a charity on 1st November 2021, registration number 1196343. The CIO took over the activities of the unincorporated charity 'Our Time' registration number 1147087, with effect from 1st April 2022.

Recruitment & appointment of Trustees

The appointment of directors / Trustees is governed by the constitution. Trustees are appointed explicitly to represent a range of skills which will support the charity. New Trustees are required to go through the same safe recruitment procedures as paid members of staff. New Trustees are given induction and information regarding their legal obligations under charity law, the decision-making process, the business plan, and recent performance of the charity. All undergo an enhanced check by the Disclosure and Barring Service and receive training in safeguarding and child protection.

Governance & management

The charity is organised so that the Trustees meet at least twice per annum. There were four meetings in the year to 31 March 2024. In addition to this, there were four meetings of the Finance Committee in the year to 31 March 2024.



Reserves policy & going concern

The Trustees have undertaken a review of the charity's requirements for reserves in light of the main risks to the organisation and consider the results for the year 2023/24 to have been satisfactory. Reserves at the balance sheet date are £64,004, of which £4,748 are unrestricted and £59,256 are restricted. Funding for the next 12 months is anticipated to be in line with 2023/24 and this together with reserves held will be sufficient to ensure the charity continues its activities at current levels.

Risk management

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining reserves at the current levels, combined with an annual review of the controls over key financial systems, will provide sufficient resources in the event of adverse conditions. The Trustees also review non-financial risks and these risks are managed by ensuring compliance with all health and safety regulations for clients, staff and volunteers.

Related parties

None of the Trustees receive remuneration or other benefit in their capacity as Trustees of the charity. Any connection between a Trustee of the charity and organisations providing services to the charity must be disclosed to the full board of Trustees in the same way as any contractual relationship with a related party. In the current year no such related party transactions were reported.

Trustees' responsibilities in relation to the financial statements

The charity Trustees are responsible for preparing a Trustees' Annual Report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and:

- selecting suitable accounting policies and apply them consistently;
- observing the methods and principles in the Charities SORP;

making judgements and estimates that are reasonable and prudent;

stating whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;

preparing financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

A resolution to re-appoint Yorkshire Accountancy Ltd. will be proposed at the December 2024 Trustees' meeting.

Signed for and on behalf of the board



S. Duke

Trustee and Chair

11 June 2024

4. Independent Examiner's Report to the Trustees of Our Time

I report to the charity Trustees on my examination of the financial statements of Our Time for the year ended 31 March 2024.

Responsibilities and basis of report

As the charity's Trustees (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the financial statements of the Charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's financial statements as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

As the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of The Institute of Financial Accountants, which is one of the listed bodies.

I have completed my examination. I can confirm that no material matters have come to my attention in connection with the examination giving me cause to believe:

accounting records were not kept in accordance with section 386 of the 2006 Act; or

the financial statements do not accord with those records; or

the financial statements do not comply with the accounting requirements under section 396 of the 2006 Act other than any requirement that the

financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination; or

the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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.

Nick Robinson

Nick Robinson

Yorkshire Accountancy Limited 123 Hallgate

Cottingham East Yorkshire

HU16 4DA

11 June 2024

5. Statement of financial activities

for the year ended 31 March 2024

		Unrestricted funds 2024 £	Restricted Funds 2024 £	Endowment funds 2024 £	Total funds 2024 £	Total funds 2023 £
	Notes					
Income and endowments from:						
Donations and legacies	3	70,462	-	-	70,462	74,657
Charitable activities	4	35,000	146,066	75,000	256,066	215,914
Other trading activities	5	14,947	-	-	14,947	-
Investments	6	-	-	-	-	20
Total		120,409	146,066	75,000	341,475	290,591
Expenditure on:						
Raising funds	7	4,571	-	-	4,571	-
Charitable activities	8	3,390	63,179	-	66,569	24,823
Other	9	132,047	108,938	-	240,985	337,322
Total		140,008	172,117	-	312,125	362,145
Net movement in funds		(19,599)	(26,051)	75,000	29,350	(71,554)
Reconciliation of funds:						
Total funds brought forward		(16,985)	51,639	-	34,654	106,208
Transfers		41,332	(6,332)	(35,000)	-	-
Total funds carried forward		4,748	19,256	40,000	64,004	34,654



Balance sheet

at 31 March 2024

Company No. CE027049	Notes	2024 £	2023 £
Current assets			
Debtors	11	3,639	7,509
Cash at bank and in hand		80,108	30,636
		<u>83,747</u>	<u>38,145</u>
Creditors: Amount falling due within one year	12	(19,743)	(3,491)
Net current assets		64,004	34,654
Total assets less current liabilities		64,004	34,654
Total net assets		<u>64,004</u>	<u>34,654</u>
The funds of the charity			
Restricted funds			
Endowment funds	13	40,000	-
Restricted income funds		19,256	51,639
		<u>59,256</u>	<u>51,639</u>
Unrestricted funds			
General funds		4,748	(16,985)
		<u>4,748</u>	<u>(16,985)</u>
Total funds		<u>64,004</u>	<u>34,654</u>

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

For the year ended 31 March 2024 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.



The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 11 June 2024

And signed on its behalf by:

W.E. Mumme-Young Treasurer and Trustee

11 June 2024



Notes to the accounts

1. Accounting

Basis of preparation

The financial statements have been prepared in accordance with 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 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Fund accounting

<i>Endowment funds</i>	An endowment is a donation which is held on trust for the benefit of the charity.
<i>Unrestricted/ General funds</i>	These are available to spend on activities that further any of the purposes of the charity.
<i>Restricted funds</i>	These are donations or grants which the donor has specified are to be solely used for a particular purpose or area of the charity's work or projects being undertaken by the charity.

Income

<i>Incoming resources</i>	Income (including income from government and other grants) is recognised when the charity has entitlement to the funds, any performance conditions attached to the items of income have been met, it is probable that the income will be received and the amount can be measured reliably.
---------------------------	--

Interest resources Interest on funds held on deposit and income from investments held is included when receivable and the amount can be measured reliably by the charity.

Expenditure

Recognition of expenditure Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following headings:

Expenditure on raising funds comprise the associated costs relating to fund raising activities;

Expenditure on charitable activities includes the cost of operating the advice centre and outreach services;

Management and administration includes support costs for those functions that assist the work of the charity.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Trade and other debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Trade and other creditors

Short term creditors are measured at the transaction price. Other creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be

measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Pension costs

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the company pays fixed contributions into a separate entity. Once the contributions have been paid the company has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the company in independently administered funds.

2. Company status

The charity is a registered CIO governed by its constitution dated 1st November 2021. Our Time merged with linked charity No. 117408 due to changing its legal status from a simple trust to a CIO.

3. Income from donations and legacies

	Unrestricted	Total 2024	Total 2023
	£	£	£
Donations and Gift Aid	70,462	70,462	74,657
	<u>70,462</u>	<u>70,462</u>	<u>74,657</u>

4. Income from charitable activities

	Unrestricted	Restricted	Endowment	Total 2024	Total 2023
	£	£	£	£	£
Workshop activities	35,000	146,066	75,000	256,066	215,914
	<u>35,000</u>	<u>146,066</u>	<u>75,000</u>	<u>256,066</u>	<u>215,914</u>

5. Income from other trading activities

	Unrestricted	Total	Total
		2024	2023
	£	£	£
Licence fee income	6,241	6,241	-
Training & conference fees	2,396	2,396	-
Consultancy fees	6,310	6,301	-
	<u>14,947</u>	<u>14,947</u>	<u>-</u>

6. Income from investments

	Total	Total
	2024	2023
	£	£
Interest receivable	-	20
	<u>-</u>	<u>20</u>

7. Expenditure on raising funds

	Unrestricted	Total	Total
		2024	2023
	£	£	£
<i>Fundraising trading costs</i>			
Fundraising costs	4,571	4,571	-
	<u>4,571</u>	<u>4,571</u>	<u>-</u>

8. Expenditure on charitable activities

	Unrestricted	Restricted	Total	Total
			2024	2023
	£	£	£	£
<i>Expenditure on charitable activities</i>				
Workshop activities	3,390	63,179	66,569	24,823
	<u>3,390</u>	<u>63,179</u>	<u>66,569</u>	<u>24,823</u>

9. Other expenditure

	Unrestricted	Restricted	Total 2024	Total 2023
	£	£	£	£
Employee costs	87,548	97,132	184,680	275,482
Motor and travel costs	4,447	4,815	9,262	18,028
Premises costs	86	690	776	-
General administrative costs	30,125	6,006	36,131	22,854
Legal and professional costs	9,841	295	10,136	20,958
	<u>132,047</u>	<u>108,938</u>	<u>240,985</u>	<u>337,322</u>

10. Total staff costs

	2024	2023
Salaries and wages	218,496	116,406
Pension costs	2,120	898
	<u>220,616</u>	<u>117,304</u>

No employee received emoluments in excess of £60,000.

11. Debtors

	2024 £	2023 £
Trade debtors	2,630	-
Prepayments and accrued income	1,009	7,509
	<u>3,639</u>	<u>7,509</u>

12. Creditors

amounts falling due within one year

	2024 £	2023 £
Trade creditors	17,440	120
Other taxes and social security	1,220	723
Accruals	1,083	2,648
	<u>19,743</u>	<u>3,491</u>



13. Movement in funds

	At 1 April 2023	Incoming resources	Resources expended	Transfers	At 31 March 2024
	£	£	£	£	£
Restricted funds:					
Endowment funds:					
Edward Gostling Endowment	-	75,000	-	(35,000)	40,000
<i>Total</i>	<u>-</u>	<u>75,000</u>	<u>-</u>	<u>(35,000)</u>	<u>40,000</u>
Restricted income funds:					
BUPA	27,427	-	(27,060)	(367)	-
Children in Need	-	35,000	(33,164)	-	1,836
City Bridge Trust	-	27,000	(26,827)	-	173
David Riddell Memorial CIO	-	10,000	(6,619)	(1,837)	1,544
East London NHS Trust	-	2,486	(1,843)	-	643
Hospital Saturday Fund	-	2,500	(2,500)	-	-
London Borough of Barnet	6,299	-	(5,667)	(632)	-
London Borough of Ealing	7,742	-	(8,442)	700	-
London Borough of Hackney	1,731	16,800	(14,124)	(2,060)	2,347
London Borough of Newham	-	-	(538)	538	-
London Catalyst	-	2,500	(2,500)	-	-
National Lottery Scotland Community Fund	-	9,950	(2,594)	(1,493)	5,863
National Lottery Community Fund	-	9,920	(9,893)	(27)	-
SYP Trust	-	10,000	(3,150)	-	6,850
RBKC – The Stoke	5,990	-	(5,941)	(49)	-
UK Youth Digital	2,450	5,000	(7,450)	-	-
Volant Charitable Trust	-	14,910	(13,805)	(1,105)	-
<i>Total</i>	<u>51,639</u>	<u>146,066</u>	<u>(172,117)</u>	<u>(6,332)</u>	<u>19,256</u>
Unrestricted funds: General funds	(16,985)	120,409	(140,008)	41,332	4,748
Total funds	<u><u>34,654</u></u>	<u><u>341,475</u></u>	<u><u>(312,125)</u></u>	<u><u>-</u></u>	<u><u>64,004</u></u>



Purpose of Restricted Funds:

BUPA	Creation and delivery of a play to schools in Gloucestershire.
Children in Need	Funding for CEO costs.
City Bridge Trust	Funding for Development Manager and Operations Manager fees to support the development of programmes and capacity to reach more young people.
David Riddell Memorial CIO	Funding for Barnet, Newham and East Ealing Kids Time Workshop.
East London NHS Trust	Funding for Tower Hamlets KidsTime Workshop.
Hospital Saturday Fund	Delivery of a film project during the Covid-19 pandemic.
London Borough of Barnet	Funding for Barnet KidsTime Workshop.
London Borough of Ealing	Funding for Ealing KidsTime Workshop.
London Borough of Hackney	Funding for Hackney KidsTime Workshop.
London Borough of Newham	Funding for Newham KidsTime Workshop.
London Catalyst	Funding for a multi arts project to amplify the voice of our beneficiaries and encourage a holistic approach between services that support them.
National Lottery Scotland Community Fund	Funding for Dundee KidsTime Workshop.
National Lottery Community Fund	Funding for Newham Workshop.
SYP Trust	Funding to collect stories of our beneficiaries in order to amplify their voice and conduct policy work.
RBKC – The Stoke	Funding for Royal Borough of Kensington and Chelsea Workshops.
UK Youth Digital	Digital inclusion funding.
Volant Charitable Trust	Funding for Dundee Kids Time Workshops.

Detailed statement of financial activities

for the year ended 31 March 2024

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Total funds
	2024	2024	2024	2024	2023
	£	£	£	£	£
Income and endowments from:					
Donations and legacies					
Donations and Gift Aid	70,462	-	-	70,462	74,657
	<u>70,462</u>	<u>-</u>	<u>-</u>	<u>70,462</u>	<u>74,657</u>
Charitable activities					
Workshop activities	35,000	146,066	75,000	256,066	215,914
	<u>35,000</u>	<u>146,066</u>	<u>75,000</u>	<u>256,066</u>	<u>215,914</u>
Other trading activities					
Licence fee income	6,241	-	-	6,241	-
Training & conference fees	2,396	-	-	2,396	-
Consultancy fees	6,310	-	-	6,310	-
	<u>14,947</u>	<u>-</u>	<u>-</u>	<u>14,947</u>	<u>-</u>
Investments					
Interest receivable	-	-	-	-	20
	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>20</u>
Total income and endowments	120,409	146,066	75,000	341,475	290,591
Expenditure on:					
Costs of other trading activities					
Fundraising costs	4,571	-	-	4,571	-
	<u>4,571</u>	<u>-</u>	<u>-</u>	<u>4,571</u>	<u>-</u>
Total of expenditure on raising funds	4,571	-	-	4,571	-
Charitable activities					
Workshop activities	3,390	63,179	-	66,569	24,823
	<u>3,390</u>	<u>63,179</u>	<u>-</u>	<u>66,569</u>	<u>24,823</u>
Total of expenditure on charitable activities	3,390	63,179	-	66,569	24,823
Employee costs					
Salaries/wages	75,358	55,784	-	131,142	42,897
CEO remuneration	-	33,164	-	33,164	21,500
	2,120	-	-	2,120	898
Pension costs	8,100	-	-	8,100	1,708
Staff recruitment	1,970	300	-	2,270	2,709
Staff training	-	7,884	-	7,884	205,770
Temporary staff	87,548	97,132	-	184,680	275,482
	<u>87,548</u>	<u>97,132</u>	<u>-</u>	<u>184,680</u>	<u>275,482</u>
Motor and travel costs					
Travel and subsistence	4,447	4,815	-	9,262	18,028
	<u>4,447</u>	<u>4,815</u>	<u>-</u>	<u>9,262</u>	<u>18,028</u>

Premises costs					
Other premises costs	86	690	-	776	-
	<u>86</u>	<u>690</u>	<u>-</u>	<u>776</u>	<u>-</u>
General administrative costs, including depreciation and amortisation					
Bank charges	26	-	-	26	87
Equipment leasing and hire charges	300	1,618	-	1,918	-
General insurances	-	-	-	-	861
Information and publications	5,233	-	-	5,233	12,285
Postage and couriers	3	-	-	3	172
Software, IT support and related costs	21,925	4,216	-	26,141	4,066
Stationery and printing	111	-	-	111	-
Subscriptions	2,497	126	-	2,623	4,950
Sundry expenses	-	22	-	22	117
Telephone, fax and broadband	30	24	-	54	316
	<u>30,125</u>	<u>6,006</u>	<u>-</u>	<u>36,131</u>	<u>22,854</u>
Legal and professional costs					
Accountancy and bookkeeping	3,523	-	-	3,523	3,512
Consultancy fees	5,250	-	-	5,250	8,200
Other legal and professional costs	1,068	295	-	1,363	9,246
	<u>9,841</u>	<u>295</u>	<u>-</u>	<u>10,136</u>	<u>20,958</u>
Total of expenditure of other costs	<u>132,047</u>	<u>108,938</u>	<u>-</u>	<u>240,985</u>	<u>337,322</u>
Total expenditure	<u>140,008</u>	<u>172,117</u>	<u>-</u>	<u>312,125</u>	<u>362,145</u>
Net gains on investments	-	-	-	-	-
Net income/(expenditure)	<u>(19,599)</u>	<u>(26,051)</u>	<u>75,000</u>	<u>29,350</u>	<u>(71,554)</u>
Net income/(expenditure) before other gains/(losses)	<u>(19,599)</u>	<u>(26,051)</u>	<u>75,000</u>	<u>29,350</u>	<u>(71,554)</u>
Transfers	41,332	(6,332)	(35,000)	-	-
Net movement in funds	<u>21,733</u>	<u>(32,383)</u>	<u>40,000</u>	<u>29,350</u>	<u>(71,554)</u>
Reconciliation of funds:					
Total funds brought forward	(16,985)	51,639	-	34,654	106,208
Total funds carried forward	<u>4,748</u>	<u>19,256</u>	<u>40,000</u>	<u>64,004</u>	<u>34,654</u>

OUR TIME CHARITY

www.ourtime.org.uk


Our Time, c/o Yorkshire Accountancy, 123 Hallgate, Cottingham, HU16 4DA

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OUR TIME

England & Wales - Charity number 1196343

Accounts

Our Time

for children of parents
with a mental illness

Annual Report

& Financial Statements

For the year
ended 31 March

2023

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Foreword

by Claire Johnston, Chair



Our Time has had a highly successful year in which we have fulfilled all our in-year strategic ambitions.

Our first and foremost priority, given the colder climate for charities, has been to increase and broaden our income to assure our future sustainability. We were thrilled to end the year by securing the prestigious support of both the BBC's Children in Need Appeal and City Bridge Trust, with two multi-year grants for core costs. From April the 1st 2022 we changed our legal status to a Charitable Incorporated Company (CIO) and merged the old and new charities.

We have worked hard on our commitment to take our KidsTime workshops UK-wide, Scotland now has its first workshop - with the city of Dundee opening its doors to us. We now have new workshops in Bradford and Gloucestershire. These new workshops both extend our reach beyond London and fulfil our ambition to work in partnership with license agreements to ensure sustainability. It costs on average £20,000 to run a Kids Time workshop for a year, so our intervention is excellent value for money as well as being highly effective. Our network of after-school family workshops is receiving record numbers of referrals after the isolation of the pandemic years. But sadly, every week, parents, teachers, or social workers contact us to ask, 'Is there a Kids Time workshop near us?' - only to be disappointed. We want to change that.

We know that these positive achievements attest to growing confidence in the value of our unique model of applied early intervention, working with children and young people who have a parent with a mental illness. We can demonstrate that our approach can restore family harmony and build the confidence and self-esteem of children who are often ashamed of having a mum or dad with a diagnosis such as bi-polar or obsessive-compulsive disorder.

We are delighted to have an independent evaluation of the model in a 2023 Report done by the Anna Freud Centre in collaboration with the Mental Health Foundation

We are very aware of the need to demonstrate the impact of our work so that our donors, commissioners, and professionals can be confident of their investment. We commissioned a report from Pro Bono Economics to estimate the cost to the public purse of not addressing the needs of children who have a parent with a mental illness –in which the author, Dr. Jon Franklin states that the UK faces costs of up to £2 billion due to lack of support for children whose mothers suffer from depression. This research did not include other mental health issues or include other family members. This study reveals the ‘vicious cycle’ of intergenerational mental health problems which exists in the UK at present.

We have developed our ‘Theory of Change’ which strengthens our impact evaluation. Using validated and recognized psychological assessment questionnaires to track changes over time, we can prove

significant progress across a variety of metrics among the families attending our Kids Time workshops. Outcomes include children being less solitary and better able to make friends and concentrate. They say they worry less about their parents and families gain the ability to talk about the mental illness and work together to find ways to cope with the challenges and stresses.

Through the Our Time Schools programme we have developed our offer, and we have been actively reaching out to schools and MATs with our range of courses including our PSHE packages. We now have several schools using our PHSE courses, and we have gained DfE accreditation for our Senior Mental Health Lead training. Three children on average in any primary school class have a parent with mental illness; we are committed to growing Our Time Schools as these children are neglected, invisible and often misunderstood - frequently suffering bullying and stigma but staying silent because of the shame they feel.



We are aware that as a small charity we can exert only limited influence on the devastating impact on children and young people of having a parent with serious mental ill-health.

We now have a Public Affairs and Policy Advisor who is working to create alliances where there is mutual benefit in forming friendly collaborations with other charities to magnify our political and policy campaigning efforts. We joined the Young Carers Alliance to build these connections nationally. As part of this we hosted a virtual policy forum around parental mental illness on World Mental Health Day, bringing 250 practitioners together to focus on the impact of parental mental illness and how to mitigate the risks to children and young people.

Alongside Our Time Schools and KidsTime workshops, we have invested in developing a suite of continuing professional development courses aimed at a range of professionals who work with families where parental mental illness is a factor, for example our Future Learn course, developed in association with UCL and accredited by the Royal College of Psychiatrists. We intend to further develop this workstream and offer our courses to professionals on different platforms, in collaboration with professional bodies and training organisations.



We will continue to increase our reach, to develop new partnerships and to raise the roof

We will continue to increase our reach, to develop new partnerships and to raise the roof to promote understanding and awareness of the impact of parental mental illness on children and young people's lives and their future life chances. We plan to change radically how we harness the power and passion of our young people's voices. We will stand back to let them lead, allowing the freshness, unscripted nature and evident authority of their testimony explaining how simply things can be improved for the estimated 4 million children affected. Children's stories can bind us all and resonate with donors, grant givers and professionals. We intend to amplify the voices of our families, particularly the voices of the children and young people, allowing them opportunities to speak directly about their lives and their challenges.

Part of this development is our intention to increase our emphasis on marketing so that our families are more visible, and our interventions have wider reach. We are in the process of refreshing our website with the intention of segmenting our audiences and being more specific in our messaging to different audiences.

Over the year we have been hugely grateful for the loyalty of our donors - both corporate and individual - whose generous commitment has meant so much to us but, above all, to our families. I also want to recognise the herculean efforts of our amazing small team of dedicated staff and our outstanding CEO. We are also thankful for the energy and resourcefulness of our experienced workshop coordinators and our big-hearted volunteers.

Looking ahead to next year, our focus will be to continue to build a platform from which we can confidently grow and sustain our work. Our top priorities will be to diversify our income, including earned income, grants and donations. We will continue to extend our reach with new projects, new collaborations and further build strategic alliances with other charities, so that we can campaign effectively in a pre-election year, and to amplify the voices of our young people who know better than us all what would help to make a difference to their and their families' lives.



Claire Johnston
Chair and Trustee
Our Time

Highlights & achievements

- Despite a challenging economic climate and tight funding environment we succeeded in getting some important new multi-year grants, such as a three-year grant from BBC Children in Need to cover core costs and a two-year grant from City Bridge Trust.



- We established a new KidsTime Workshop in Dundee, the first one in Scotland.
- We transitioned 3 new KidsTime Workshops to license agreements which means they are now on a sustainable footing as part of the local authority non-statutory family support system.
- We now have 8 licenced partners in total (3 local authorities in London; 2 NHS Trusts; Gloucestershire Young Carers; 2 international).
- We developed a new Continuing Professional Development Programme (CPD) which is being offered on different e-learning platforms such as UCL Future Learn and NHS Learning Hub.
- Gained accreditation from DfE for our Senior Mental Health Course.
- We created a new three-step schools training programme for an Erasmus project run by our German partners. Our model of supporting children in school was chosen and is being offered to pilot primary schools in Germany, Austria, Spain, and Iceland.
- We completed the Theory of Change and developed the evidence gathering mechanisms for both the schools work and the KidsTime Workshops. We trained our Coordinators to use the new system.

- Strengthened our evidence base with the completion of a three-year research project with the Anna Freud Centre and the Mental Health Foundation in LB Southwark.

Over the past year, we have continued to use our policy and influencing role to call for greater recognition and support for children of parents with a mental illness.

We have continued to ensure that the voices and experiences of children of parents with a mental illness are being fed into consultations and calls for evidence. We submitted evidence in relation to the cross-government, ten-year mental health, and wellbeing plan, and also to the pre-legislative scrutiny for the draft Mental Health Bill.



Young Carers Action Day, Parliamentary Reception in the House of Lords, March 2023


- Following the passing of the Health and Care Act 2022 in the summer of 2022, we supported the Department of Health and Social Care with the development of their guidance relating to when an adult is discharged from a mental health inpatient unit.
- We have also developed links with the Office of the Children's Commissioner, supporting children of parents with a mental illness and their families to feed into the Commissioner's review of family life.
- One of the highlights of our year was World Mental Health Day in October 2022, where we co-hosted a Young Carers, Alliance Forum focused on supporting young carers of parents with a mental illness, which was attended by over 220 practitioners from a range of settings including social care, health, education, and the voluntary sector.

- In March, a young adult who previously attended one of our KidsTime workshops, was invited to be part of a Young Carers Action Day parliamentary reception, hosted by the All-Party Parliamentary Group for Young Carers and Young Adult Carers. She gave a speech about her experiences growing up caring for a parent with a mental illness and spoke with a number of MPs about the challenges she and her family faced. Her story was shared in a parliamentary debate the following day.
- We strengthened links with sector coalitions/alliances such as the Association of Mental Health Providers, the Children and Young People's Mental Health Coalition and National Voices.
- We joined the Kinship Care Alliance, where parental mental illness is a common presenting factor. We also joined the Young Carers Alliance, a network of over 175 organisations and 400 individuals committed to improving the support for young carers and young adult carers.
- We have also strengthened links with national organisations such as Carers Trust and Unicef UK, as a way to increase opportunities for joined up working and so that our expertise can feed into other areas of policy such as broader mental health policy.

As we head towards a general election year, we will be continuing to link in through strategic alliances to ensure that support for families, and mental health support are areas being prioritised by the political parties. We will continue to feed into key policy initiatives such as the Major Conditions Strategy, Children's Social Care reforms and the Mental Health Bill.

KidsTime Workshops

The KidsTime Workshops are community-based, after-school, multi-family spaces where the whole family can be part of a peer support group to help them manage the challenges of parental mental illness. They can be established anywhere using our license agreement which includes our manual, training, and resources.



'The workshop gives the family an opportunity to connect with each other and a safe space to explore their feelings and gain a better understanding of mental health'

Our Reach



163 families

supported through
KidsTime
Workshops in
2022/2023



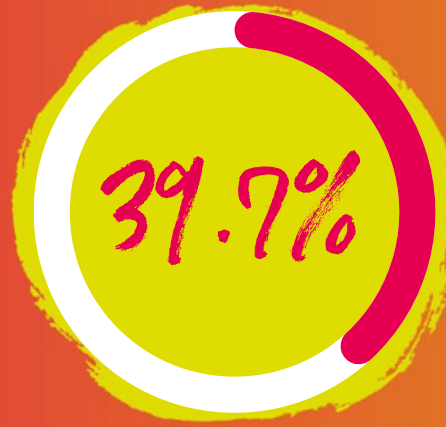
271

children & young
people supported



On average
100 families
attend a KidsTime
Workshop each month

Referral sources

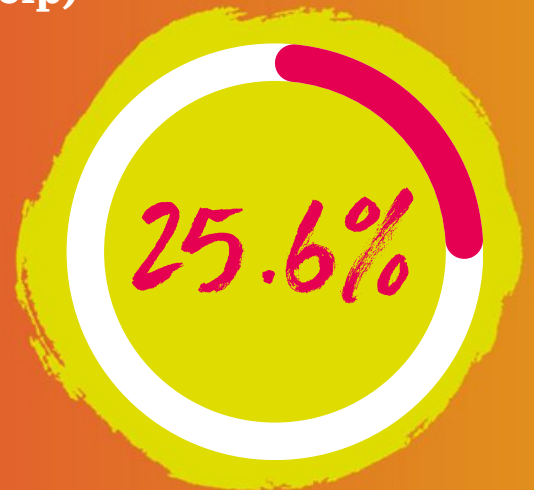


of referrals were from statutory children's social care (excluding Early Help)

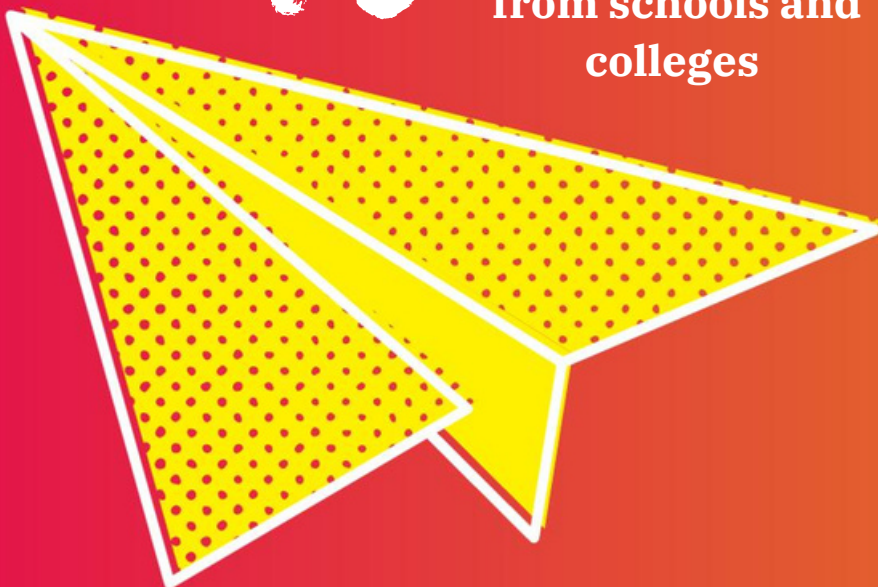


14%

of referrals were from schools and colleges



of referrals were from Local Authority Early Help



Outcomes

Quantitative

Adults

71.4%

of parents/carers agreed they felt more confident talking about their mental illness with their children

82.6%

of parents/carers said they were better able to understand their mental health

91%

of parents/carers said they felt less lonely as a parent

71.4%

of parents/carers said they felt as though they had a better relationship with their children

72.7%

of parents/carers said their children seemed happier and more relaxed since joining the Kids Time Workshops

Outcomes

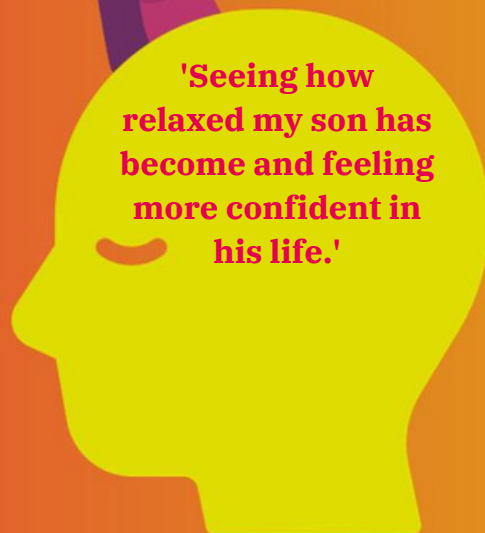
Qualitative

Adults

What has been the most rewarding thing about participating in the KidsTime Workshop?



'Having fun. Having a safe space.'



'Seeing how relaxed my son has become and feeling more confident in his life.'



'Seeing my daughter able to open up more about myself and herself.'



'I feel like I can express my feelings now. I have a platform. I know my strengths.'



'Meeting different people.'

'The networking and friendships formed. Like a family.'

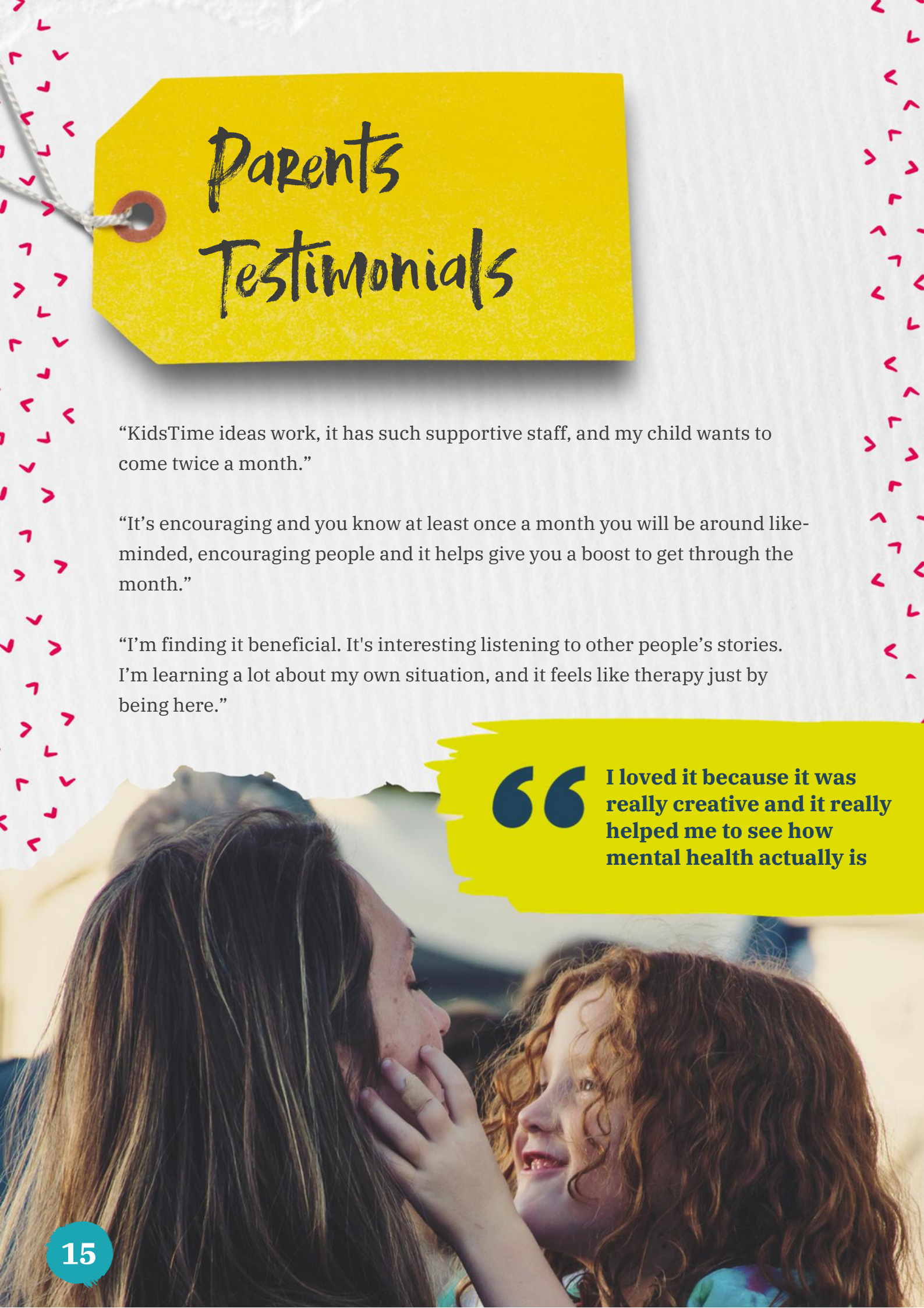
'Meeting people in the same situation and amazing workers.'

'Getting my child able to participate.'



'Hearing my child talk about their feelings.'





Parents Testimonials

“KidsTime ideas work, it has such supportive staff, and my child wants to come twice a month.”

“It’s encouraging and you know at least once a month you will be around like-minded, encouraging people and it helps give you a boost to get through the month.”

“I’m finding it beneficial. It’s interesting listening to other people’s stories. I’m learning a lot about my own situation, and it feels like therapy just by being here.”



“

I loved it because it was really creative and it really helped me to see how mental health actually is

The first time we came to the group we hadn't done anything like it before. We were really nervous about it, but we were made to feel at home and now we really look forward to coming. I just wish it was on more often.”

“KidsTime has really helped to bring me out of my shell. I feel like I have made some friends and built up my confidence to try more things like going to the theatre and looking for work.”

“I enjoy being able to talk to other mums, to hear their problems, share my experiences and we try to support each other.”

“Personally, I thought the session was positive, welcoming, enjoyable and very supportive. J surprised me in the way that he joined in without too much encouragement. He said he had a really good time and can't wait to go back again. The way the session was run was very professional in a caring environment. Long-term, I think we would definitely benefit from the sessions.”

“This is my lifeline and I do not know what I would do without it.”

“I don't feel so isolated and my relationship with my children is better.”

“I can arrive feeling very anxious, 9 or 10 on a scale, but by the time I leave KidsTime, I am more regulated and down to 3 or 4 on a scale.”

“We can now talk about mental health conditions. My son now says, “Oh mum, you're just feeling funny” - at least we can talk about it!”



“

“Before attending Kidstime, I did not have the tools to speak to my children about my mental health.”

“Without KidsTime, we would have no-one to talk to or help us sort out problems, plus the kids love being here!”

“This is the only place I can be myself.”

“Before attending Kidstime, I did not have the tools to speak to my children about my mental health.”

“I used to feel like a bad mum, especially on low days, before but now I don't.”

“I developed a stronger and deeper relationship with my child.”

“Sometimes it's difficult to come but I'm always glad I did. Every time. Think it gets better the more I come.”

“We always leave here with a sense of peace after the session. It has given me a boost knowing that my son feels comfortable here and has a greater understanding of mental health.”

“Spending time chatting with other parents is great to not feel alone. My son loves to have the time and space at KidsTime.”

“My kids love coming to this place and they enjoy as everyone her has similar issues. Since joining my daughter looks forward each month. It's nice seeing kids engaging with other kids that don't judge her.”

Outcomes

Quantitative

Children

59%

of children said they were more able to talk about their feelings with their friends when they're sad

86%

of children said they were happy attending the KidsTime Workshops

61%

of children said that they'd made more friends through KidsTime Workshops

Outcomes

Qualitative

What is the best thing you have learnt from being part of the workshops?

Children



“Learning more about mental health”



“Learning about different mental health issues people have and what they mean. That I can make new friends easily”



“How to handle myself and my parents' mental illness”



“How to control it”



“Drawing and playing”



“Meeting other people”



“Playing games”

Childrens Testimonials

“I wish KidsTime was twice a month.”

“Like seeing my friends, like musical statues and pizza.”

“Enjoy the games and drama. I like coming with my parent.”

“KidsTime is the best and I like it!”

“I have made some good friends through coming to KidsTime. I look forward to seeing them each month.”

“I like seeing my mum happy here.”

What does KidsTime mean to me?

- Getting to know more people
- It's fun
- Knowing you're not alone
- Making new friends
- Doing fun stuff and meeting new people
- Playing the games makes me feel better
- We learn about mental health
- Talking about mental health and meeting new people
- How to know people more and to talk about mental health

“

**The best thing
is that I can
trust people and
feel safe**

“I made some friends. I want to come back. It was fun - I like the games.”

“I have learnt that mental illness can come from what happened in the past or something that is happening now.”

“I like acting and meeting new friends. I like to play outside and hear my brother's stories. I don't like talking about mental health much, but I do talk. Talking about mental health is not a big deal to me.”

“I like my friends from KidsTime and pizza.”

“Mummy is happy.”

“At the beginning I felt a lot more introverted and had a hard time socialising but now I'm more confident.”



Case study - M's story

It has been a pleasure to see M grow and develop her confidence over the last seven workshops.

M is 10 years old, and she lives with her mum who has severe anxiety and schizoaffective disorder and her older brother who has ADHD. The family have had a recent bereavement which has had a huge impact on them all.

The family were referred by Child Adult Mental Health services in August 2022. M is a selective mute and only communicates freely with mum when other people are not present. Both mum and M find social situations very difficult and tend to spend most of their time at home.

Mum and M have attended every workshop since it started in September which is a huge achievement as they are both very isolated. It has been a pleasure to see M grow and develop her confidence over the last seven workshops. Her non-verbal language through play and drama towards volunteers and staff has increased and she participates in all activities using her body language, gestures and facial expressions. Recently she has managed to communicate verbally with peers which is an amazing accomplishment displaying she feels safe, accepted and included within the workshop. She continues to be shy, but the workshops are definitely building her confidence.

Mum is a single parent and lacks confidence but is starting to build up a relationship with staff and volunteers and is beginning to participate more. Mum is open about how she feels and finds it hard to take part in all activities. She has shared that some months she is only at the workshop as M persuades her to go. The family uses the taxi service provided by KidsTime which promotes engagement and helps when mum finds it hard to motivate herself and has a low mood. Mum has benefited from the support of the parents' group and the peer support she receives from others by sharing personal situations and understanding she is not alone.

The workshop gives the family an opportunity to connect with each other and a safe space to explore their feelings and gain a better understanding of mental health.

Independent evaluation

Anna Freud Centre research



Anna Freud
building the mental
wellbeing of the
next generation

This research was carried out in collaboration with the Mental Health Foundation, Our Time charity and the Anna Freud Centre (Practice Based Research Unit). The research analysed the KidsTime Workshop intervention for families where the parent has a mental health condition.

The workshops are friendly, interactive, and social spaces to help families learn and talk about mental illness. For the purposes of the research, it was delivered as a course of 12-workshops to 38 families in Southwark, London over three years. The workshops were flexible in terms of how they ran and what they covered. This meant that sessions could be led by the needs of the group, which helped families to engage, as did the inclusivity of workshops and the non-judgmental, safe environment. One of the most important benefits of KidsTime was the opportunity to build connections with other people who have been through similar experiences.

KidsTime Southwark is an effective intervention for improving the mental health and well-being of children and young people affected by parental mental illness

The research report presented the findings of a study aimed to assess the effectiveness of the intervention in improving the mental health and well-being of children and young people, as well as the well-being of their parents.

The evaluation was conducted using a mixed-methods approach, involving surveys, interviews, and focus groups with program participants and their families. The findings suggest that KidsTime Southwark is an effective intervention for improving the mental health and well-being of children and young people affected by parental mental illness. Participants reported improved emotional regulation, social connectedness, and self-esteem, as well as a better understanding of mental illness and coping strategies.

Parents also reported benefits from the program, including improved communication with their children and increased knowledge and confidence in supporting their children's mental health. The report highlights the importance of early intervention and the need for ongoing support for families affected by parental mental illness.

Participants reported improved emotional regulation, social connectedness, and self-esteem, as well as a better understanding of mental illness and coping strategies

Overall, the study provides evidence to support the effectiveness of the KidsTime Southwark program and underscores the need for similar interventions to support the mental health and well-being of children and young people affected by parental mental illness.



Education and learning

We work with schools to help recognise and support children who have a parent with a mental illness. We aim to promote a positive and open culture around mental illness in schools, by reducing stigma and normalising conversation about mental health difficulties.

Our training and resources offer a whole school approach and a ready-made suite of learning materials to equip staff to work with the pupils at each Key Stage to develop a greater understanding of mental health.

“

‘This is why I think charities like yours are needed, so these children don’t feel so isolated.’

– Secondary School Staff Member

Over the past year we have worked on refining and packaging our offer to schools. We have grouped our resources into three stages, to help guide schools on a journey from raising awareness of parental mental illness to embedding a sustainable whole-school approach to supporting pupil's impact:

Marketing to schools

We worked with Sprint Education, an edu-marketing agency to create a 3-email campaign to raise awareness of children of parents with a mental illness, as well as Our Time, and direct them into our website and get in touch with us. This was sent to 87,447 Contacts and opened by over 25,677 Openers.

Consultancy

We offered our Intellectual Property and consultancy to and to two EU projects (funded by Erasmus) working across secondary and now primary schools in Austria, Germany, Spain, and Iceland to deliver a programme of training and teaching on parental mental illness.

CPD Courses

Senior Mental Health Lead Training - We have been approved as providers of a DfE quality assured senior mental health lead training course. This means that state-funded schools can apply for a DfE grant to train a senior mental health led to develop and implement a whole school or college approach to mental health and wellbeing. It is focused on engaging leads to deeply consider this group and support the implementation of practical changes in schools.

Intermediaries

We offered specialist training to a number of intermediary organisations to supplement their offer to schools including The National College were produced two webinars for school staff to help them recognise and support children of parents with a mental illness. The National College is an online streaming platform for professional development in education and is used by 43,996 schools, trusts, nurseries, and colleges.

Our Reach

7439

CEO, Pastoral Leads, Wellbeing, Safeguarding, PSHE leads in UK Schools and MATS received our awareness campaign via Sprint Education.

In discussion

with 7 primary schools, and 2 Multi-Academy Trusts

Hosted training on a schools CPD platform with access to

43,000


schools, trusts, nurseries, and colleges

80,000

via Sprint Education with an open rate over 25,000.

4 schools

delivering our PSHE



Quotes

from school staff

“This was great and so needed”

– Teacher

“This topic is very important and about time we tackled this problem”

– Teacher

‘I appreciate you explaining everything to me’

– Primary school teacher

‘This is why I think charities like yours are needed, so these children don’t feel so isolated.’

– Secondary School Staff Member

Professional Training

We are aware that very few adults are confident in talking to children who have a parent with a mental illness and for this reason we have been working to strengthen our training offer for professionals. We are developing a suite of high quality, accredited courses for audiences across a range of fields in education, health, and social care. Our training helps all professionals who meet these families to make a real change to children by helping them to understand their situation and find ways of managing the challenges they face.



New courses



4

new courses
have been created to
be hosted on Moodle

Our Time

'An introduction to
Our Time'



'An Introduction to
Children of
Parents with a
Mental Illness'

'How can primary
school settings
support children of
parents with a
mental illness?'

'How to talk to
children and young
people about parental
mental illness'

in collaboration with
expert educational
psychologist
Dr Emily Brees

+3 more courses
in the pipeline



Certifications/accreditations

We are working on getting accreditation from the CPD Certification Service, the world's leading and largest independent accreditation institution for Continuing Professional Development.

Last year we launched, 'How to support young people living with parental mental illness' in collaboration with UCL on their digital learning platform Future Learn. This year the course has been upgraded to the premium platform and is accredited by the Royal College of Psychiatrists.

Our Senior Mental Health Lead Training course has been accredited by the Department for Education (DfE) and CPD accreditation.

100% of the new learners said:

- The course met their expectations
- They gained new knowledge or skills
- They have applied what they learned
- They shared what they learned with other people

We have maintained good reviews on the premium FutureLearn Platform with an average rating of 4.7 stars



'Excellent course that is of benefit to everyone. With the prevalence of mental health, most of us will know someone living with a mental health condition and that someone may have children or young people in their family. Gives advice on how we can all get involved in improving the lives of young people living with a parent with a mental health condition. A powerful course with the potential to be a game-changer for affected children and young people.'

– Verified Learner



Looking to the future



Our goals for 2023-24

- To be the voice of COPMI, telling their story in their words, using creative means to amplify their voice.
- To develop our profile, visibility, credibility and thought leadership through direct marketing, speaking at conferences and networking.
- To ensure financial sustainability through diversifying our income, increasing earned income, donations, and corporate partnerships in addition to grant funding
- To create new partnerships, using license agreements and other mechanisms such as strategic alliances where we offer our IP and expertise to supplement the partner's offer.
- To continue to grow our reach through projects, training, and marketing.
- Develop and market schools offer, training and CPD.
- Launch new website with additional functionality.
- Build a group of ambassadors and develop the network to become advocates for the issue and build a national movement for change.
- Increase our geographical reach.
- Improve our engagement through audience segmentation which speaks to different demographics, using different platforms.

Legal & administrative information

Details reference & administrative

Registered charity number:	1196343
Registered address:	3 Gateway Mews, Ringway, London N2 9DT
Bankers:	Barclays Bank Plc, Leicester LE87 2BB
Independent examiners:	TKG Partnership Ltd, Chartered Accountant, Unit 3 Gateway Mews, Ringway, Bounds Green, London N11 2UT

Trustees

Ms Claire Johnston	Chair, April 2022
Ms Ambeya Begum	Appointed April 2022
Ms Louise Rodgers	Appointed April 2022
Mr. Edward Hicks	Appointed April 2022
Ms Sigridur Tulinius	Appointed April 2022
Ms Kirsty Tahta-Wraith	Appointed April 2022
Mr Anil Sharma	Appointed April 2022
Ms Jasmine Grewal	Appointed April 2022
Ms Sophie Jayne Charles	Appointed April 2022

Key management personnel

Ms Dympna Cunnane	Chief Executive Officer
Ms Helena Kulikowska	Development Director
Mrs Georgie Williams	Office Manager
Ms Chloe Roach	Director of Resources
Mr Owen Roach	Lead Designer
Ms Lorna Thomas	Head of Education and Learning
Ms Jade Cormack	Course Creator
Ms Christina Turner	Communications Officer
Ms Bernie Morgan	Fundraising Consultant

Trustees' report

For the year ended 31 March 2023

The trustees are pleased to present their annual trustees' report for the year ended 31 March 2023.

The financial statements comply with 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 (FRS102).

Structure, governance & management

Governing document

The charity is constituted as a Charitable Incorporated Organisation (CIO) and is therefore governed by its constitution dated 1st November 2021. It registered as a charity on 1st November 2021, registration number 1196343. The CIO took over the activities of the unincorporated charity 'Our Time' registration number 1147087, with effect from 1st April 2022.

Governance & management

The Board of Trustees meet at least twice per annum. There were four meetings in the year to 31st March 2023. New trustees are recruited after consultation between the trustees and require a two-thirds majority of the trustees for appointment. However, it is very unlikely that a trustee would be appointed without unanimous approval. Trustees have been appointed explicitly to represent a range of skills which will support the charity.

Recruitment & appointment of trustees

The trustees and directors who have served throughout the year are shown on page 1. Appointment of directors/trustees is governed by the Trust Deed.

Trustees are appointed explicitly to represent a range of skills which will support the charity.

New trustees are required to go through the safe recruitment procedures as paid members of staff. New trustees are given induction and information regarding their legal obligations under charity law, the decision-making process, the business plan, and recent performance of the charity. All undergo an enhanced check by the Disclosure and Barring Service and receive training in safeguarding and child protection.

Organisational structure

The charity is organized so that the trustees meet at least twice per annum. There were 4 meetings in the year to 31 March 2023.

Risk management

The trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining reserves at the current levels, combined with an annual review of the controls over key financial systems, will provide sufficient resources in the event of adverse conditions.

The trustees also review non-financial risks and these risks are managed by ensuring compliance with all health and safety regulations for clients, staff and volunteers.

Related parties

None of the trustees receive remuneration or other benefit in their capacity as trustees of the charity. Any connection between a trustee of the charity and organisations providing services to the charity must be disclosed to the full board of trustees in the same way as any contractual relationship with a related party. In the current year no such related party transactions were reported.

Purpose & objectives

The charity's objects are to: Support children and young people affected by parental mental illness, by raising awareness of this group to gain their recognition within public policy. We create supportive environments for young people and families, where they can receive explanations and build resilience and support working professionals working with young people to better understand the issues they face.

In prioritising the objects of the charity trustees have a due regard to the guidance on public benefit issued by the Charity Commission.

Financial position review

The statement of financial activities shows a net deficit for the year of £71,554 (2022: net deficit £6,398) with closing reserves at 31st March 2023 of £34,654 (2022: £106,208). This includes surplus restricted funds of £51,639 (2022: £87,717) and unrestricted reserves in deficit of £16,985 (2022: surplus £18,491).

The restricted reserves are down on the back of extensive deliveries on existing projects. On the other hand, the unrestricted reserve deficit reflects the current environment for charity grant funding as well as transient personnel challenges. We have since addressed the personnel issues, and redoubled efforts on unrestricted funds (and already secured several multi-year unrestricted grants). Trustees continue to review core costs to reverse the deficit for unrestricted reserves.

Reserves Policy & Going Concern

The Trustees have undertaken a review of the charity's requirements for reserves in light of the main risks to the organisation, and consider the results for the year 2022/23 to have been satisfactory. Reserves at the balance sheet date are £34,654, of which (£16,985) are unrestricted £51,639 are restricted. Funding for next 12 months is anticipated to be in line with 2022/23 and this together with reserves held will be sufficient to ensure the charity continues its activities at current levels.

Trustees responsibilities in relation to the financial statements

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Reporting Accountants

A resolution to re-appoint TKG Partnership Ltd will be proposed at the next Trustees meeting.

Approval

The report was approved by the Board of Trustees on 16 October 2023 and signed on its behalf by:



Claire Johnston, Trustee and Chair

Independent examiner's report to the Trustees of Our Time

I report to the Trustees on my examination of the accounts of Our Time (the charity), charity number 1196343, for the year ended 31 March 2023, which are set out from page 40 onwards.

Respective responsibilities of trustees and examiner

The charity's Trustees are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ('the Act').

The charity's Trustees consider that an audit is not required for this year under section 144 of the Act and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act
- to follow the applicable directions given by the Charity Commission (under section 145(5)(b) of the Act, and
- to follow the applicable directions given by the Charity Commission (under section 145(5)(b) of the Act, and
- to state whether particular matters have come to my attention

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with these records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a true and fair view and the report is limited to those matters set out below.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales which is one of the listed bodies.

In connection with my examination, no material matters have come to my attention which gives me cause to believe, that in any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act 2011
- the accounts did not accord with the accounting records: or
- the accounts did not comply with the applicable requirements concerning the form and contents of accounts set 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 matter in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Chrysostomos Kyprianou
TKG Partnership Ltd, Chartered Accountants
3 Gateway Mews, Ringway, Bounds Green, London, N11 2UT

16th of October, 2023

	<u>Notes</u>	<u>Restricted Funds</u> £	<u>Unrestricted/ Designated Funds</u> £	<u>Total 2022/23</u> £	<u>Total 2021/22</u> £
Income:					
<i>Income from charitable activities</i>					
Grants receivable	2	152,261	63,653	215,914	220,992
Fundraising & other income	2	-	74,677	74,677	115,774
Total income		<u>152,261</u>	<u>138,330</u>	<u>290,591</u>	<u>336,766</u>
Expenditure					
<i>Expenditure on charitable activities:</i>					
Direct Charitable expenditure	3	161,340	150,670	312,010	277,069
Fundraising costs	3	-	8,200	8,200	16,750
Governance & support costs	3	20,000	21,935	41,935	49,345
Total expenditure		<u>181,340</u>	<u>180,805</u>	<u>362,145</u>	<u>343,164</u>
Net income/(expenditure) and net movements in funds before gains and losses on investments	4	(29,079)	(42,475)	(71,554)	(6,398)
Inter-Fund transfer		(6,999)	6,999	-	-
Total funds brought forward		87,717	18,491	106,208	112,606
Total funds carried forward		<u>51,639</u>	<u>(16,985)</u>	<u>34,654</u>	<u>106,208</u>

The statement of financial activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

	<u>Notes</u>	<u>2022/23</u>		<u>2021/22</u>	
		£	£	£	£
Current Assets					
Debtors	9	7,509		10,638	
Cash at bank and in hand		<u>30,636</u>		<u>131,558</u>	
Total current assets		38,145		142,196	
Creditors: amounts falling due within one year					
	10	<u>(3,491)</u>		<u>(35,988)</u>	
Net current assets			<u>34,654</u>		<u>106,208</u>
NET ASSETS			<u><u>34,654</u></u>		<u><u>106,208</u></u>
The funds of the Charity:					
Restricted funds	11	51,639		87,717	
Unrestricted funds	11	(16,985)		18,491	
TOTAL CHARITY FUNDS			<u><u>34,654</u></u>		<u><u>106,208</u></u>

The notes at pages 42 to 47 form part of these accounts

Approved by the trustees on 16th of October, 2023.



Anil Sharma
Treasurer

Accounting policies

The principal accounting policies adopted, judgments and key sources of estimation uncertainty in the preparation of financial statements are as follows

Basis of Preparation

The Financial statements have been prepared in accordance with Accounting and Reporting of charities : SORP applicable to charities preparing their accounts in accordance with Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective date 1 January 2015) - Charities SORP (FRS 102), the financial reporting standard applicable in the UK and Republic of Ireland (FRS 102).

Our Time meets the definition of Charity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy (notes).

Incoming resources

Income (including income from government and other grants) is recognised when the charity has entitlement to the funds, any performance conditions attached to the items of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Interest and investment income receivable

Interest on funds held on deposit and income from investments held is included when receivable and the amount can be measured reliably by the charity.

Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside for a specific purpose. Restricted funds are donations or grants which the donor has specified are to be solely used for a particular purpose or area of the Trust's work or projects being undertaken by the Trust.

Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following headings:

- cost of raising funds comprise the associated costs relating to fund raising activities
- expenditure on charitable activities includes the cost of operating the advice centre and outreach services
- management and administration includes support costs for those functions that assist the work of the charity

Irrecoverable VAT is charged as a cost against the activity for which the expenditure has been incurred.

Taxation

As a grant aided charity with charitable status the charity's activities do not create a charge to corporation tax.

Operating leases

Rentals paid under operating leases are charged to income on a straight line basis over the lease term.

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of less than three months from the date of acquisition or opening of the deposit or similar account.

Financial instruments

The trust has only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. The charity does not acquire put options, derivatives or other complex financial instruments and does not therefore face any financial risk.

Pensions

The Trust operates a defined contribution pension scheme.

1 Legal Status of the Charity

The charity is a registered CIO governed by its constitution dated 1st April 2022. Our Time merged with linked charity No. 117408 due to changing its legal status from a simple trust to a CIO.

2 Financial performance of the charity	2022/23			2021/22		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
London Borough of Hackney	-	10,691	10,691	-	14,000	14,000
Paul Hamlyn Foundation	-	-	-	30,000	-	30,000
William Wates Memorial	-	-	-	-	8,600	8,600
L B Ealing	-	19,280	19,280	-	-	-
Young Londoners Fund	-	-	-	-	22,889	22,889
Global's Make Some Noise	-	-	-	-	21,720	21,720
City Bridge Trust	-	20,000	20,000	-	20,000	20,000
The Grocers' Charity	-	5,000	5,000	-	-	-
UK Youth Digital	-	5,000	5,000	-	-	-
L B Newham	-	11,946	11,946	-	-	-
L B Brent	-	7,684	7,684	-	-	-
UK Youth Fund	-	-	-	17,000	-	17,000
The Fore Trust	-	-	-	-	7,500	7,500
BUPA Foundation	-	30,000	30,000	-	-	-
RBKC - The Stoke	-	18,000	18,000	-	-	-
London Borough of Barnet	-	-	-	-	20,000	20,000
Swire Charitable Trust	-	-	-	-	17,160	17,160
Enterprise Development Fund	-	17,205	17,205	-	11,805	11,805
Wakefield & Tetley Trust	-	-	-	-	4,001	4,001
Volant Charitable Trust	-	7,455	7,455	-	7,455	7,455
John Lyon's School Holiday Fund	-	-	-	-	3,500	3,500
Shaftsbury Young People's Fund	-	-	-	-	9,614	9,614
GLA Young Londoners Fund	4,328	-	4,328	-	-	-
Portrtract Charitable Fund	5,000	-	5,000	-	-	-
Edward Gosling Foundation	10,000	-	10,000	-	-	-
EU/Erasmus Project	10,274	-	10,274	-	-	-
Silicon Valley Bank	13,051	-	13,051	-	-	-
Ecclesiastical / Ansvar	15,000	-	15,000	-	-	-
L B Tower Hamlets	6,000	-	6,000	-	-	-
Local Giving & Postcode Society	-	-	-	-	497	497
Gloucester Young Carers	-	-	-	431	-	431
Betty Messenger Grant	-	-	-	-	990	990
John Lyle Digital Training	-	-	-	-	330	330
The Hospital Saturday Fund	-	-	-	-	1,000	1,000
London Catalyst	-	-	-	-	1,000	1,000
University of Oxford	-	-	-	1,500	-	1,500
	63,653	152,261	215,914	48,931	172,061	220,992
Fundraising event	-	-	-	1,594	-	1,594
Other income & donations	74,657	-	74,657	114,169	-	114,169
Interest receivable	20	-	20	11	-	11
	138,330	152,261	290,591	164,705	172,061	336,766

3 Expenditure	2022/23			2021/22		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
Cost of fund raising activities:						
Fundraising consultancy	8,200	-	8,200	16,750	-	16,750
Direct charitable activities						
Staff salaries	42,897	-	42,897	8,571	-	8,571
Staff pension costs	430	468	898	72	-	72
Facilitator & trainer fees	77,476	128,294	205,770	46,533	140,798	187,331
Workshop expenses	9,346	15,477	24,823	27,238	-	27,238
Social media & communications	2,572	-	2,572	27,746	-	27,746
Grant Payments	-	-	-	-	4,585	4,585
Legal & professional	3,366	5,880	9,246	4,691	314	5,005
Membership & subscriptions	4,950	-	4,950	1,696	-	1,696
Training	2,709	-	2,709	5,831	-	5,831
Participants travel costs	6,807	11,221	18,028	8,568	-	8,568
Sundry expenses	117	-	117	426	-	426
Total direct charitable expenditure	150,670	161,340	312,010	131,372	145,697	277,069
Administrative Support						
Accountancy	3,512	-	3,512	2,070	-	2,070
Administration costs	12,285	-	12,285	10,868	-	10,868
Management Support	1,500	20,000	21,500	5,520	20,000	25,520
Training	-	-	-	4,741	-	4,741
Bank charges	87	-	87	92	-	92
Insurance	861	-	861	985	-	985
IT & software support	1,494	-	1,494	1,780	-	1,780
Printing & postage	172	-	172	237	-	237
Recruitment costs	1,708	-	1,708	2,908	-	2,908
Telephone	316	-	316	144	-	144
Total support costs	21,935	20,000	41,935	29,345	20,000	49,345
Total expenditure	180,805	181,340	362,145	177,467	165,697	343,164

	2022/23 £	2021/22 £
4 Net income /(expenditure) for the year		
This is stated after charging:		
Reporting accountants remuneration for accountancy services	1,500	1,500
5 Analyses of staff costs, trustee remuneration and expenses, and the cost of key management personnel		
Wages and salaries	42,897	8,571
Pension contributions	898	72
	<u>43,795</u>	<u>8,643</u>
The average number of staff employed during the year were as follows:		
Governance & support	2	1
	<u>2</u>	<u>1</u>
The number of employees whose emoluments as defined for taxation purposes amounted to over £60,000 in the year were as follows:	-	-

6 Trustees' remuneration

The trustees were not paid or received any other benefits from the Charity during the year in their capacity as trustees.

7 Related party transactions

There were no related party transactions to be disclosed during the year under review.

8 Corporation Tax

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

	2022/23 £	2021/22 £
9 Debtors		
Prepayments and accrued income	7,509	10,445
Other debtors	-	193
	<u>7,509</u>	<u>10,638</u>
10 Creditors		
Amounts falling due within one year:		
Trade creditors	120	33,531
Other taxation & social security	723	-
Other creditors & accruals	2,648	2,457
	<u>3,491</u>	<u>35,988</u>

11 Funds

Movement of funds - 2022/23	At 1 April	Incoming	Outgoing	Inter-fund	At 31 March
	2022	Resources	Resources	Transfer	2023
	£	£	£	£	£
Restricted funds:					
London Borough of Hackney`	3,664	10,691	(13,018)	394	1,731
Young Londoners Fund	1,163	-	(785)	(378)	-
Global Make Some Noise	6,724	-	(7,255)	531	-
William Wates Memorial Trust	5,491	-	(5,838)	347	-
East End Community Fund	1,172	-	(2,211)	1,039	-
National Lottery Awards for All	3,452	-	-	(3,452)	-
The Fore Trust	3,625	-	(2,840)	(785)	-
City Bridge Trust	-	20,000	(20,000)	-	-
London Borough of Barnet	20,000	-	(13,701)	-	6,299
Swire Charitable Trust	13,770	-	(14,670)	900	-
Enterprise Development Fund	9,055	17,205	(26,260)	-	-
Wakefield & Tetley Trust	3,454	-	-	(3,454)	-
Volant Charitable Trust	6,533	7,455	(17,217)	3,229	-
Shaftesbury Young People's Fund	9,614	-	(9,614)	-	-
BUPA Foundation	-	30,000	(2,573)	-	27,427
RBKC - The Stoke	-	18,000	(12,010)	-	5,990
L B Newham	-	11,946	(12,171)	225	-
L B Brent	-	7,684	(2,223)	(5,461)	-
The Grocers' Charity	-	5,000	(4,866)	(134)	-
UK Youth Digital	-	5,000	(2,550)	-	2,450
L B Ealing	-	19,280	(11,538)	-	7,742
	87,717	152,261	(181,340)	(6,999)	51,639
Unrestricted Funds:					
General fund	18,491	138,330	(180,805)	6,999	(16,985)
	106,208	290,591	(362,145)	-	34,654

Movement of funds - 2021/22	At 1 April	Incoming	Outgoing	Inter-fund	At 31 March
	2021	Resources	Resources	Transfer	2022
	£	£	£	£	£
Restricted funds:					
John Lyle's Charity	24,798	-	(18,173)	(6,625)	-
Young Barnet Foundation	2,852	-	(2,852)	-	-
London Borough of Hackney`	5,259	14,000	(15,595)	-	3,664
Young Londoners Fund	18,751	22,889	(40,477)	-	1,163
Global Make Some Noise	6,116	21,720	(21,112)	-	6,724
William Wates Memorial Trust	6,142	8,600	(9,251)	-	5,491
The Lyle's Local Fund	3,949	-	(3,949)	-	-
East End Community Fund	4,331	-	(3,159)	-	1,172
National Lottery Awards for All	10,000	-	(6,548)	-	3,452
The Fore Trust	5,780	7,500	(9,655)	-	3,625
City Bridge Trust	-	20,000	(20,000)	-	-
London Borough of Barnet	-	20,000	-	-	20,000
Swire Charitable Trust	-	17,160	(3,390)	-	13,770
Enterprise Development Fund	-	11,805	(2,750)	-	9,055
Wakefield & Tetley Trust	-	4,001	(547)	-	3,454
Volant Charitable Trust	-	7,455	(922)	-	6,533
John Lyon's School Holiday Fund	-	3,500	(3,500)	-	-
Shaftesbury Young People's Fund	-	9,614	-	-	9,614
Betty Messenger Fund	-	990	(990)	-	-
Local Giving & Postcode Society	-	497	(497)	-	-
John Lyle Digital Training	-	330	(330)	-	-
London Catalyst	-	1,000	(1,000)	-	-
The Hospital Saturday Fund	-	1,000	(1,000)	-	-
	87,978	172,061	(165,697)	(6,625)	87,717
Unrestricted Funds:					
General fund	24,628	164,705	(177,467)	6,625	18,491
	112,606	336,766	(343,164)	-	106,208

11 Funds (Continued)

Purpose of restricted funds:

Betty Messenger Fund: Funding for Newham Kids Time Workshop

BUPA Foundation: Creation and delivery of a play to schools in Gloucestershire.

City Bridge Trust: Funding for CEO Fees to support the development of programs and capacity to reach more young people.

East End Community Fund: Funding for Kids Time Workshops in the London Borough of Tower Hamlets.

Enterprise Development Fund: Develop Theory of Change and Our Time Schools Programme.

Fore Trust: Funding for development of 'Who Cares' school programme.

Global's Make Some Noise: Funding for Kids Time Workshops in the London Borough of Tower Hamlets and Ealing.

Grocers: Funding to support professional training initiatives.

Hospital Saturday Fund: Delivery of a film Project during the Covid-19 pandemic.

John Lyon's Digital Training: Funding for Social Media training.

John Lyon's School Holiday Fund: Funding for development and delivery of a Theatre Project.

Local Giving & Postcode Society: Funding for animations for Our Time Schools Project

London Borough of Barnet: Funding for Barnet Kids Time Workshops.

London Borough of Brent: Funding for Brent Kids Time Workshops.

London Borough of Ealing: Funding for Ealing Kids Time Workshops.

London Borough of Hackney: Provided a fund for the continuation of Hackney Kids Time Workshop.

London Borough of Newham: Funding for Newham Kids Time Workshops.

London Catalyst: Delivery of a film project during the Covid-19 pandemic.

National Lottery Awards for All: Funding for Kids Time Workshops in the London Borough of Barnet.

Shaftesbury Young People's Fund: Funding for Development and delivery of Theatre Project to Schools.

The Soke: Funding for Royal Borough of Kensington and Chelsea Workshop

Swire Charitable Trust: Funding for Newham and Brent Kids Time Workshops.

UK Youth Digital: Digital inclusion funding

Volant Charitable Trust: Funding for Dundee Kids Time Workshops.

Wakefield & Tetley Trust: Covid recovery funding for Tower Hamlets and Delivery of a Theatre Project.

William Wates Memorial Trust: Funding for Kids Time Workshops in the London Borough of Wandsworth.

Young Barnet Foundation: Provided a fund towards continuation of the family work undertaken by the charity.

Young Londoners Fund: Funding for Workshops in the London Borough of Newham.

Our Time

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Our Time

for children of parents
with a mental illness