

A photograph of a woman with long, dark, curly hair hugging a young child from behind. The child is laughing joyfully, showing their teeth. They are outdoors, with a blurred background of trees and foliage. The woman is wearing a light-colored, textured sweater. The child is wearing a red garment. The overall mood is warm and affectionate.

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 committed to growing Our Time Schools as these children are neglected, invisible and often misunderstood

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

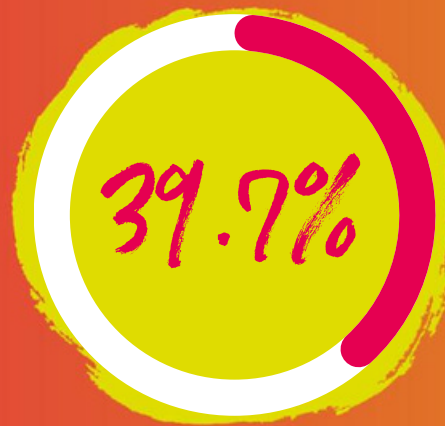


On average

100 families

attend a KidsTime
Workshop each month

Referral sources

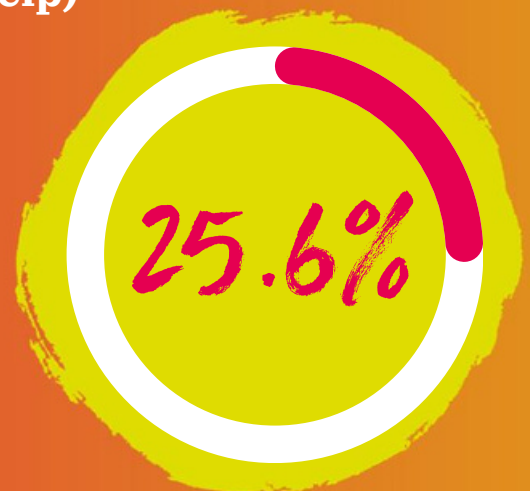
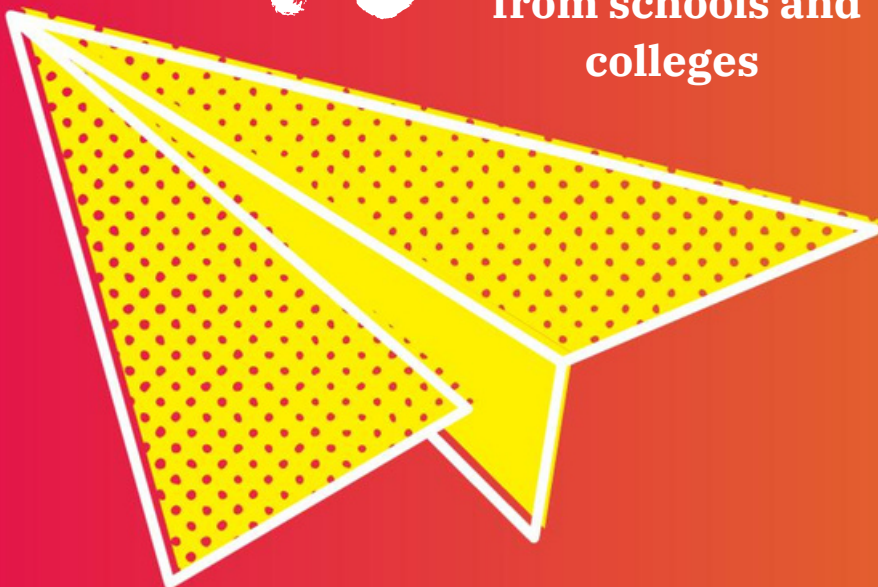


of referrals were
from statutory
children's social
care (excluding
Early Help)



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 KidTime 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. I 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 here 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.

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‘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.

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



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

'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>34,654</u>		<u>106,208</u>
The funds of the Charity:					
Restricted funds	11	51,639		87,717	
Unrestricted funds	11	(16,985)		18,491	
TOTAL CHARITY FUNDS			<u>34,654</u>		<u>106,208</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	<u>2022/23</u>			<u>2021/22</u>		
	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 / Ansvr	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
	43,795	8,643
The average number of staff employed during the year were as follows:		
Governance & support	2	1
	2	1
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
	7,509	10,638
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
	3,491	35,988

11 Funds

Movement of funds - 2022/23	At 1 April 2022	Incoming Resources	Outgoing Resources	Inter-fund Transfer	At 31 March 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 2021	Incoming Resources	Outgoing Resources	Inter-fund Transfer	At 31 March 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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Registered charity 1196343
Company limited by guarantee number CE027049

Our Time

for children of parents
with a mental illness