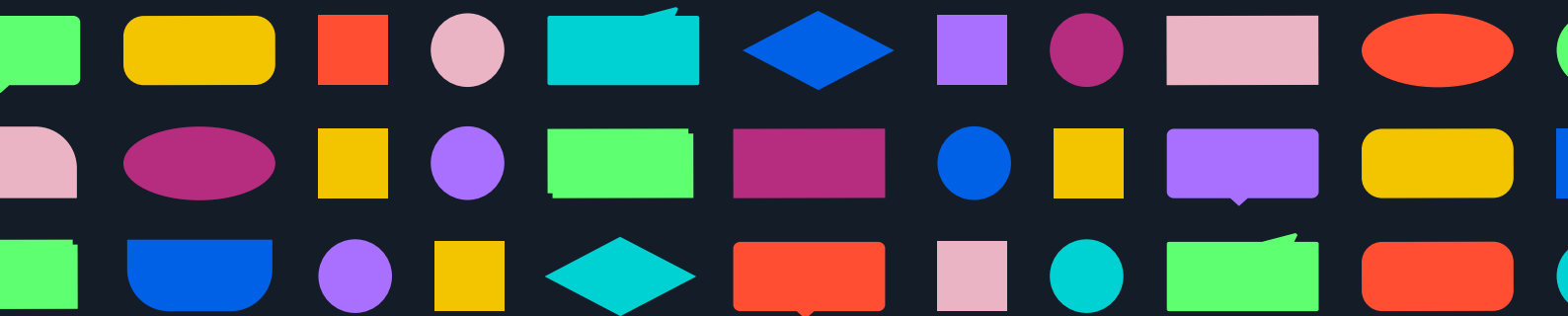


Our Time

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.

I would like to personally thank you for your support and commitment to Our Time's mission. Together, we are making a difference, one story, one voice at a time.

With heartfelt appreciation,



Sophie Duke

Chair of Trustees | Our Time

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

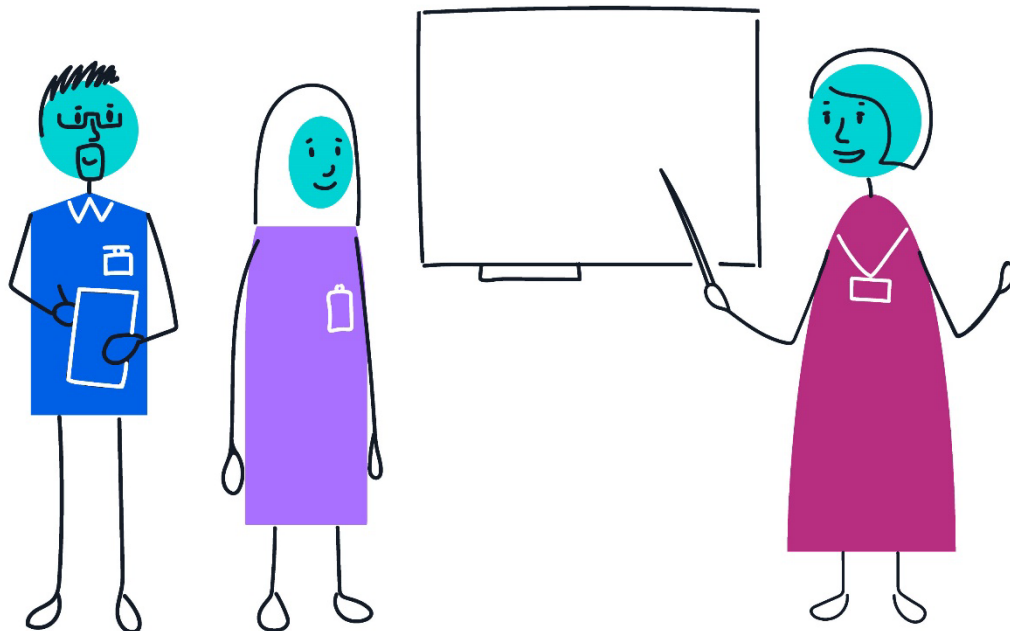
We entered into a partnership agreement with the Tavistock & Portman NHS Trust and are in the development stage of a brand-new course offered via their digital learning platform.



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. Tulinius

Resigned March 2024



Resigned December 2023

Resigned March 2024

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		<u>64,004</u>	<u>34,654</u>
Total assets less current liabilities		<u>64,004</u>	<u>34,654</u>
Total net assets		<u><u>64,004</u></u>	<u><u>34,654</u></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><u>64,004</u></u>	<u><u>34,654</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 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.
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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
	70,462	70,462	74,657

4. Income from charitable activities

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

5. Income from other trading activities

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

7. Expenditure on raising funds

	Unrestricted	Total 2024	Total 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 2024	Total 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	<u>2,120</u>	<u>898</u>
	<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	<u>1,009</u>	<u>7,509</u>
	<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	<u>1,083</u>	<u>2,648</u>
	<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>	-	75,000	-	(35,000)	40,000
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>	51,639	146,066	(172,117)	(6,332)	19,256
Unrestricted funds: General funds	(16,985)	120,409	(140,008)	41,332	4,748
Total funds	34,654	341,475	(312,125)	-	64,004

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 2024 £	Restricted funds 2024 £	Endowment funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income and endowments from:					
Donations and legacies					
Donations and Gift Aid	70,462	-	-	70,462	74,657
	70,462	-	-	70,462	74,657
Charitable activities					
Workshop activities	35,000	146,066	75,000	256,066	215,914
	35,000	146,066	75,000	256,066	215,914
Other trading activities					
Licence fee income	6,241	-	-	6,241	-
Training & conference fees	2,396	-	-	2,396	-
Consultancy fees	6,310	-	-	6,310	-
	14,947	-	-	14,947	-
Investments					
Interest receivable	-	-	-	-	20
	-	-	-	-	20
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	-
	4,571	-	-	4,571	-
Total of expenditure on raising funds	4,571	-	-	4,571	-
Charitable activities					
Workshop activities	3,390	63,179	-	66,569	24,823
	3,390	63,179	-	66,569	24,823
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
Motor and travel costs					
Travel and subsistence	4,447	4,815	-	9,262	18,028
	4,447	4,815	-	9,262	18,028

Premises costs					
Other premises costs	86	690	-	776	-
	86	690	-	776	-
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
	30,125	6,006	-	36,131	22,854
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
	9,841	295	-	10,136	20,958
Total of expenditure of other costs	132,047	108,938	-	240,985	337,322
Total expenditure	140,008	172,117	-	312,125	362,145
Net gains on investments	-	-	-	-	-
Net income/(expenditure)	(19,599)	(26,051)	75,000	29,350	(71,554)
Net income/(expenditure) before other gains/(losses)	(19,599)	(26,051)	75,000	29,350	(71,554)
Transfers	41,332	(6,332)	(35,000)	-	-
Net movement in funds	21,733	(32,383)	40,000	29,350	(71,554)
Reconciliation of funds:					
Total funds brought forward	(16,985)	51,639	-	34,654	106,208
Total funds carried forward	4,748	19,256	40,000	64,004	34,654

OUR TIME CHARITY

www.ourtime.org.uk


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