

Companies House Registration Number: CE028121
Charity Registration Number: 1197742

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 May 2023
for
Family Compass CIO
(A Charitable Incorporated Organisation)

Green Accountancy Limited
Association of Chartered Certified Accountants
Windrush House
Windrush Park Road
Witney
Oxfordshire
OX29 7DX

Family Compass CIO

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Family Compass CIO

Reference and administrative details

Registered Charitable Incorporated Organisation number in England and Wales
CE028121

Registered Charity number
1197742

Registered office
Old Town Station
North Walk
Barnstaple
EX31 1DF

Trustees
Lucy Scanlan (Appointed 15 September 2022)
Bridie Downing
Helen Fothergill
Conor Warren
Nicola Poole
Lucy Howard
Louise Round
Elizabeth Clifford
Rebecca Goss (Appointed 4 November 2022)
Georgina Gratton (Appointed 19 September 2023)

Independent Examiner
David Wilsdon FCCA
Association of Chartered Certified Accountants
Green Accountancy Limited
Windrush House
Windrush Park Road
Witney
Oxfordshire
OX29 7DX

Trustees' Annual Report for the period 1st June 2022 to 31st May 2023

Family Compass

Charitable Incorporated Organisation

Registered Charity No. 1197742

Registered address: Old Town Station, North Walk, Barnstaple EX31 1DF

Introduction

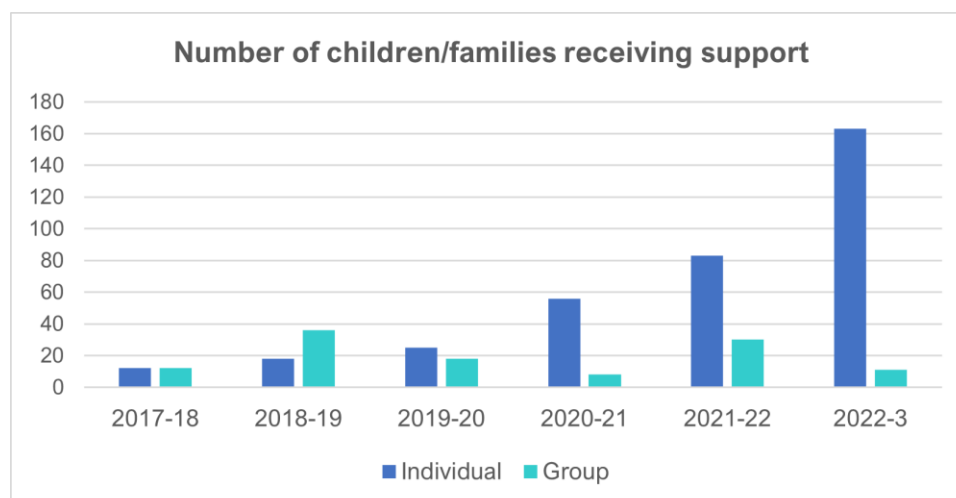
Family Compass provides a variety of mental health services to children and families. We have a team of skilled therapists and mental health practitioners who work creatively alongside children, young people and families to help them cope with the challenges they face, to feel happier and more resilient, and to reach their full potential.



1 in 6 children aged 5 -16 were identified as having a probable mental health problem in July 2021 - up from 1 in 9 in 2017. That's the equivalent of FIVE children in every classroom

NHS Digital (2021): 'Mental Health of Children and Young People in England 2021'

Our 6th year of operation has seen Family Compass stabilise our provision, with our rate of growth remaining strong. This year, we have focused on strengthening our management and administration team to ensure that Family Compass is sustainable in the longer term.





In 2022/23 we supported more children, young people and families than ever before, increasing the number of spaces available both through our contracted support and directly to our local community through our Inhale/Exhale programme.

The effects of the Covid pandemic are still being felt, with the numbers of families seeking support, particularly for anxiety and anxiety related issues, continuing to rise. Added to this, the financial impact of the cost of living crisis has had a devastating impact on many households; we know that children who live in a home experiencing financial difficulty are more likely to experience difficulties with their mental health.

Our new charity status (achieved in February 2022), alongside having a more community-friendly setting, has helped us grow our profile in our local community and forge partnerships with many more organisations. We have been able to make a significant increase in our income from fundraising and events, securing corporate sponsorship for the first time from a highly regarded local construction company, TCi GB, who have many inventive and unique fundraising ideas in store for the year ahead.

Moving into new premises in February 2023 has enabled us to develop an income stream from room hire, which although in its early days is building to a promising level. It has also given our team a base from which to provide the majority of our therapeutic sessions, as well as enabling us to host training and team development events.

During what has been a challenging year of change and opportunity, and thanks to our amazing team, supporters and partners, Family Compass has continued to go from strength to strength.

Objectives

Our aim is to support children, young people and their families to improve their mental health and wellbeing before they reach crisis point.

Mental health problems are affecting more children and young adults than ever before. Once again, we have received more requests for support than we can meet. We know that when children are struggling with their mental health their social, academic and family life suffers, which has a knock-on effect on others around them. The sooner they receive support, the better it is for them, their family and society as a whole. Our ultimate aim is to be able to offer everyone the support they need, when they need it.

Our key objectives, as stated in our constitution, are:

The promotion of good mental health in children and young people aged 0-25, and their families, who have experienced, are at risk of, or are recovering from mental health difficulties; and,

The promotion of good mental health as a preventative measure to protect children and young people aged 0-25, and their families, from the development of mental health difficulties through the provision of:

- Creative therapies (including play therapy, art therapy and dramatherapy)
- Therapeutic resilience-building support (including group support) and therapeutic family support services
- Social and recreational activities involving the local community
- Wellbeing boxes

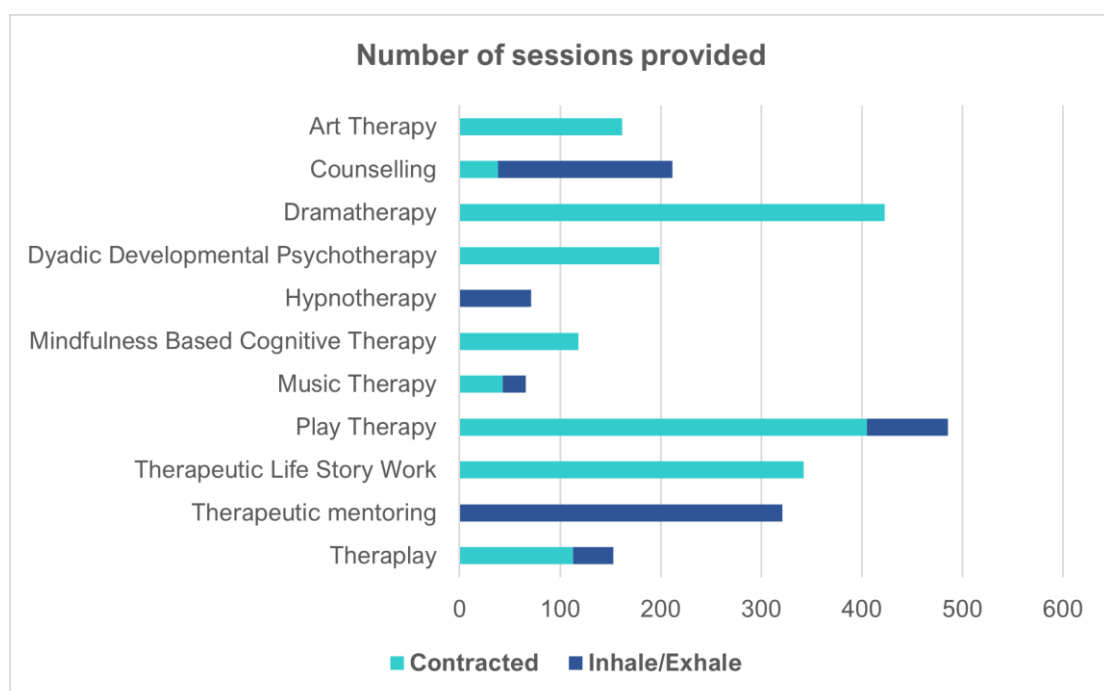
All our support focuses on helping children and young people improve their confidence and self-belief, build positive relationships with others, and manage their strong feelings effectively.

Our goal for 2022-2023 was to increase our offer to children, young people and families across all our provision – something we have certainly achieved.

Activities

The services we provide fall into two main categories – **funded community support** and **contracted support**. Providing support to families when they are beginning to experience mental health challenges is the beating heart of Family Compass, often preventing the need for lengthier and more expensive crisis intervention down the line.

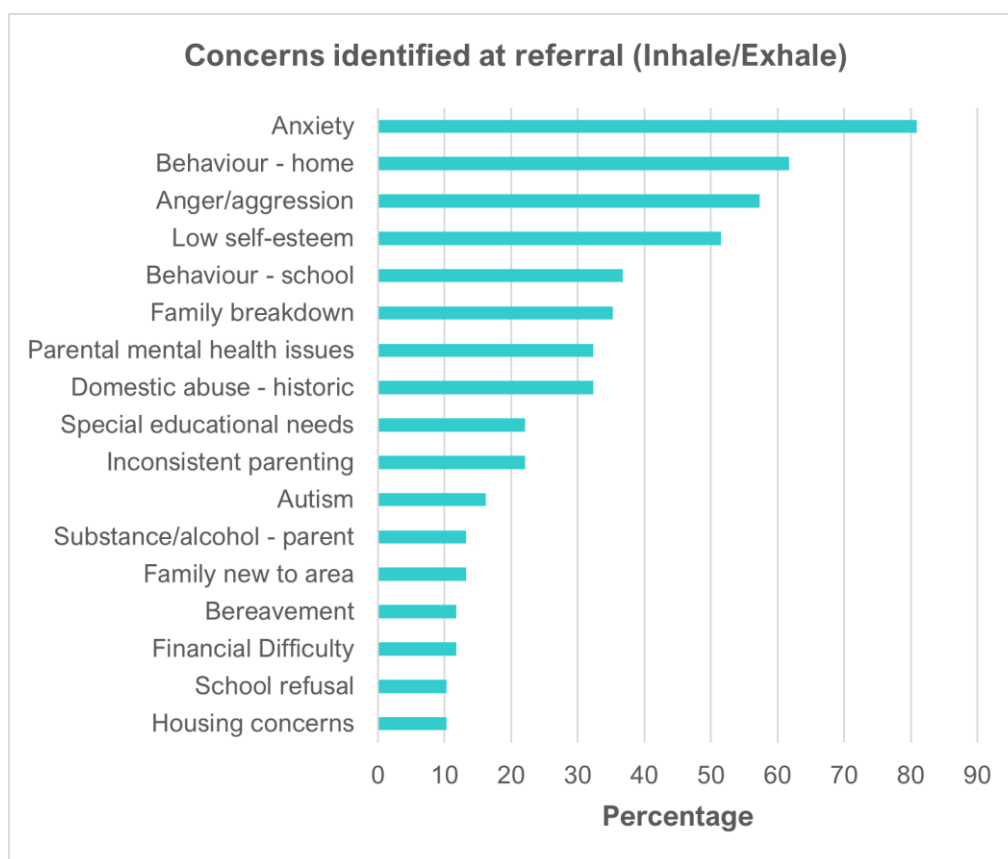
We provided a total of **2553** one-to-one therapeutic sessions to **163** children, young people and families in 2022-23. We also provided a further 73 sessions of group support. This means we reached more than double the number of children as the previous year.



Community support

Our **Inhale/Exhale** programme is funded by grants, donations, community fundraising and our reserves. These children are usually referred directly by parents/carers. Sessions are generally one to one, provided by therapeutic mentors or therapists, with some group support provided through specific grants. We also offer placements for counselling students who are at the end of their training, which enables us to support more families while building therapists' skills.

We provided **710** sessions of Inhale/Exhale support to **68** children, young people and families. The number one referral criteria was anxiety (81%), which frequently co-existed with anger/aggression (57%). The prevalence of family breakdown (35%), parental mental ill health (32%) and a history of domestic abuse (32%) was significant. Many of these issues are indicators of future mental health difficulties, therefore offering support as early as possible is key.





Contracted support

Our contracted work with families post-adoption, and with children in care or at risk of going into care, aims to strengthen relationships and prevent placement breakdown.

This is funded in a variety of ways, including through the Adoption Support Fund, local authorities, schools, private fostering agencies or other private funding streams. We provided **1843** sessions of contracted support over the period to **95** children, young people and parents/carers.

Children are generally referred to us by professionals working with a family. Sessions are provided by one of our therapeutic team and include:

- Creative therapies, including art, drama, music and play
- Family focused therapies, including Theraplay, Dyadic Developmental Psychotherapy (DDP) and Therapeutic Life Story Work
- Counselling and psychotherapy
- Therapeutic mentoring

We are also developing group programmes for Theraplay and DDP to make support more financially accessible and to provide the key element of peer support.

Needs identified at referral primarily related to **trauma** and **attachment**. Adopted children, and those in local authority care, have frequently experienced abuse, neglect, parental mental ill health and domestic abuse, identity and belonging and relationship issues.

Impact

Family Compass monitors the achievement of outcomes for every child we support in three areas:

1. Confidence and self-belief
2. Positive relationships with others
3. Managing strong feelings effectively

From the start, the outcomes results recorded by children and parents/carers have indicated that Family Compass services have a consistently positive impact.

This year, 95% of children and young people who responded indicated that they had made progress in at least one of our three outcomes areas; 80% felt that they had made progress in two or more areas. There was an average increase of 1.5 points on a 10 point scale for confidence and self-belief, 1.2 points for positive relationships and an amazing 2.3 points for managing strong feelings effectively.

Alongside our outcomes measure, we also use the standardised Goodman Strengths and Difficulties Questionnaire (SDQ) to assess whether there has been any significant change over the course of our support. This is a screening tool which looks at behaviour. Results this year indicated that 61% of parents felt that their child's behaviour had improved following support.

As well as these quantitative measures, we also value the qualitative feedback which really illustrates the impact we have; below are a few examples of the experiences of families for whom the support offered by Family Compass has made a life-changing difference.

Feedback from the parent of a child on our Inhale/Exhale programme:

“ I wanted to message you sending a huge heartfelt thank you for the provision you have secured for my child. ”

It has made the world of difference already and instead of waiting for him to do something and threatening expulsion again, everyone has started to become very proactive.

He is less self-destructive when he makes a mistake or feels stressed.

He is starting to be able to notice his anxiety and his self-worth is improving.

I feel no longer a solitary, weary soldier standing on the bottom of a hill, shield raised, shouting directions that just echo into nothingness.

Feedback from a child following Therapeutic Life Story Work:

Support focused on the child's understanding of how her birth mother's anger was linked to how much she loved and wanted to keep her, shifting her mind set from thinking her mother was a scary and angry person, and allowing her to relinquish the feelings of abandonment and rejection she felt.

“ I feel warm and nice on the inside, because she cared. It changed my thinking that I was wanted and she cared. I feel like my puddle has had the missing raindrop filled in, and it feels complete. Mum said she thinks I have less questions and wondering. ”

It was a story about how the spaghetti got eaten up, and my journey to an empty plate.



Achievements

Team Wellbeing

2022 saw the creation of the role of 'Therapeutic Lead' within the team, with Grace Flavell, our experienced Dramatherapist, trainer and clinical supervisor taking this on alongside her casework. There is no doubt that supporting children and families who have often experienced significant trauma can take its toll on individual and team morale and wellbeing. We recognise that in order for our team to do their best work they need to feel valued, supported and properly equipped with the skills they need. By prioritising our team's wellbeing, we aim to improve morale and staff retention and reduce absenteeism.

The new role is intended to ensure that team wellbeing is considered at all times. Measures taken to achieve this include individual and peer supervision, training and development opportunities, regular team meetings and team events. Equally important is ensuring that our centre is a warm and welcoming workplace where everyone has a say, and where constructive feedback is welcomed. We are proud to have an exceptionally low staff turnover, with the vast majority of the team seeking to increase their hours – something which reflects well on the Family Compass ethos.

Partnerships

We have made connections with many local partners from the Voluntary, Community and Social Enterprise (VCSE) sector and are beginning to find a voice in networks such as:

- Like Minds, a Devon-wide forum for therapeutic practitioners aimed at supporting wellbeing and professional development;
- Family Minds Partnership, which includes members of statutory bodies alongside VCSE organisations and aims to provide opportunities for identifying needs and potential support and building these into the wider mental health strategy;
- Kailo, a research project that aims to use co-production, working alongside young people, to identify the wider determinants of mental health for young people in two distinct localities - North Devon, and Newham in London.

Safeguarding

Lucy Capron, Nominated Safeguarding Lead (NSL) continues to ensure that safeguarding is front and centre of all Family Compass's work, as it needs to be. Lucy has completely re-written our Safeguarding Policy, sharing updates at team meetings and ensuring that all staff are trained in the use of the My Concern software we use to monitor all concerns. To support Lucy, we now have a named trustee (Elizabeth Clifford) who is responsible for overseeing safeguarding on behalf of the Board of Trustees.

Our new home

Overcoming many hurdles, on 1st February 2023 we finally moved into our new home, leased from North Devon Council. With renovations funded by grants, we were able to breathe new life into the Old Town Station in Barnstaple. A Grade II Listed historic building, the last train departed in 1970; 53 years later, after going through several other identities (including restaurant, school and NHS training centre), the station has been reborn as a community wellbeing centre.

We love the history of the building; our groups and training happen in a room that used to be the platform, and we get visitors who remember catching the train here when they were younger.



The larger size of the building has enabled us to increase the number of sessions we provide, as well as offering room hire to other therapeutic professionals, which brings in additional income. There is a lack of such 'non-clinical' rooms locally, and we are confident that as more people experience the building as a comfortable, family-friendly space, room bookings will grow.

Before...





One of our key priorities for this year was increasing the number of children, young people and families we could offer support to through our Inhale/Exhale programme. This was primarily achieved through successful grant applications and fundraising. Alongside this, we needed to fund building work and renovations to make our new centre fit for purpose.

Grants

Particularly significant was our **Thriving Minds** grant, funded by the Julia and Hans Rausing Trust and administered by UK Youth. For us, this grant demonstrated that in researching how to deliver such a significant fund they really listened to the Voluntary, Community and Social Enterprise (VCSE) sector. The grant is for 3 years, not the usual 12 months, and is unrestricted, meaning we can adapt what we provide to best meet the needs of the children, young people and families we support.

Other organisations who provided vital funds to our Inhale/Exhale programme included:

Devon Community Foundation, who have been alongside Family Compass almost since our inception and continue to offer invaluable support;
Fullabrook CIC, another valued regular donor;
The National Lottery Community Fund who have now funded us for a second year.

We have received funding from the Red Cross (administered via Devon Community Foundation) to deliver group and one to one support for the children of Ukrainian refugees. These families have been displaced, many having suffered significant trauma, and our sessions aim to provide a safe space to explore feelings and experience positive activities.

Moving from a small office at the back of a shopping centre to an old railway station was always going to be a big challenge. Funding that enabled us to make this step-change was primarily provided by **The Fore Trust**. Together with a final contribution from the **Enterprise Development Programme** (which completed this fantastic grant and support package) we were able to turn our dream into a reality.

Fundraising and donations

Although all support offered through our Inhale/Exhale programme is free at point of access, some families are keen, where they are able, to contribute to the funding of the programme. Our priority is keeping this provision accessible and available to all, so we have set up an optional donation which makes it clear that the service a child receives is in no way affected by whether a donation is made. The donations we received in this way have enabled us to reach more families.

This year we entered a team for the **Exmoor Swim**, and on a beautiful Autumnal September morning, a team of hardy swimmers, volunteers and supporters gathered at Wimbleball Lake. Some were doing this for the very first time and conquering their fears, some were pushing the limits of what they'd done before...but everyone achieved their goal, whether it was to swim 1km, 2km, 4km or 6km. The event raised over £2,000 for Family Compass, and the fantastic, friendly atmosphere ensured we will be returning next year.





Corporate support

We recognise that many local companies are keen to support local charities, and this year we have tried to make ourselves more visible. As well as receiving a significant donation from **The Manor House Inn** in Croyde after being selected as one of their charities of the month, we were extremely lucky to be chosen as **TCi GB's** Charity of the Year for 2023. Having previously supported other worthy charities such as Care For Kids, we know that the fabulous team at this local construction company will do their utmost to reach their £10,000 target for us. They have planned an epic bike ride, a sky dive, a Scandinavian style swim/run, a hike up a huge mountain, plant sales and more! We can't wait to support them on their mission. **The Chichester Arms** at Morteohoe also held a pub quiz – another great way to combine a fun activity with doing good for the local community. This fundraising all contributes to our Inhale/Exhale Community programme, meaning we can reach more children and families, and we are hugely grateful.

Challenges and the future

Long-term financial stability

We understand that in order for Family Compass to be a resilient organisation which is able to support children for many years to come, we have to be financially stable. A major challenge remains balancing the need to generate a surplus alongside meeting the huge demand for mental health support in our community. There is always pressure to provide more for less, and never more so than in the current economic climate, where competition for grants, sponsorship and donations is fierce. Increasing our voluntary income is key to this; however, dedicating sufficient time researching appropriate opportunities and making applications is always a challenge. Our goal is to ringfence management time dedicated to this in the future. We have also begun to explore provision via private fostering and adoption agencies as well as other local authorities; this will ensure that our income is distributed more evenly, rather than coming from one or two sources, mitigating the risk attached to this.

Keeping fundraising fresh and relevant

Fundraising is harder than ever in a world where for many even finding enough money to fund basics is incredibly difficult. Repeating similar events and asking the same people for sponsorship and donations is always going to result in support tapering off over time. We have to find new and inspiring ways to maintain our donations, ideally those which result in a 'win win' situation for contributors. Corporate sponsorship is a good example of this; the sponsoring organisation can publicise the positive impact they are having and motivate



employees to work together to achieve a meaningful goal, while the beneficiary organisation receives funds to support their charitable objectives.

Helping people understand what we do

We still feel that we have some work to do in getting across our message. Crystallising our purpose – what we do, how we do it, and why – will be a priority for the coming year, with a particular focus on case studies, and capturing the voices of the young people we work with every day.

Funding Inhale/Exhale

We need to increase the funding for our Inhale/Exhale programme, to reach the increasing numbers of families asking us for support. We therefore need to focus more time and energy on bid writing, developing corporate partnerships and fundraising events. We hope that the changes made to the structure of Family Compass will enable us to achieve this.

Financial Review

Review of the financial year

Good progress has been made with our plans to increase the support we offer to young people and their families. This was achieved alongside refurbishing and then moving to our new premises at the Old Town Station, which offer us more space to work from and a better environment for the families and young people we support.

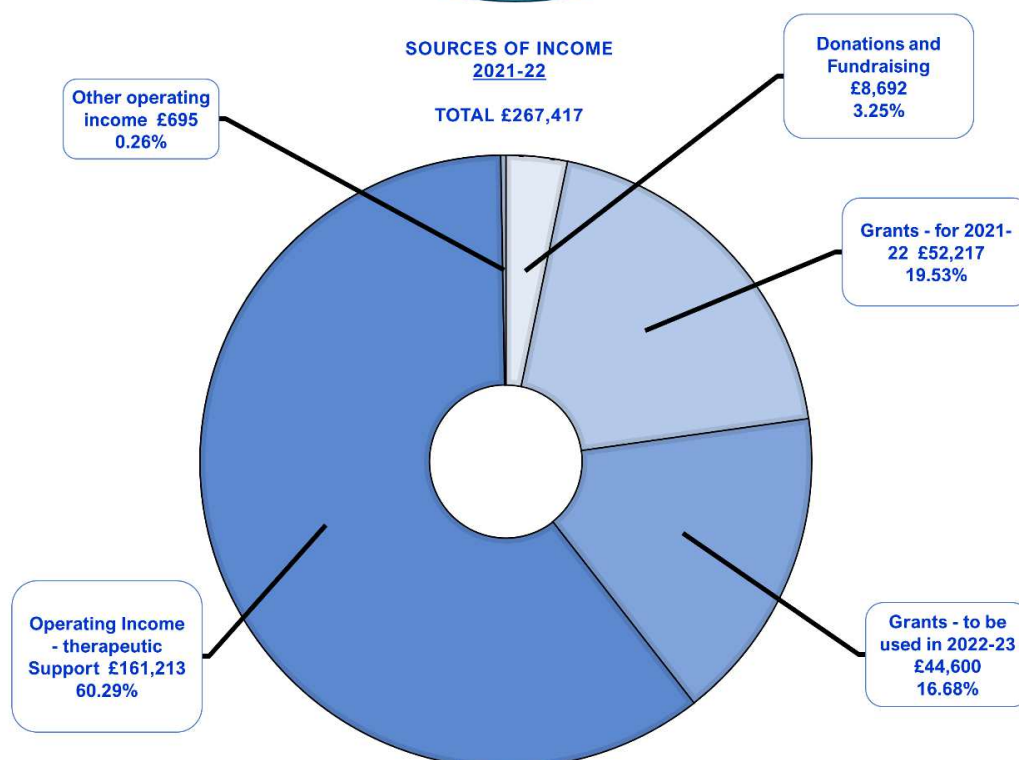
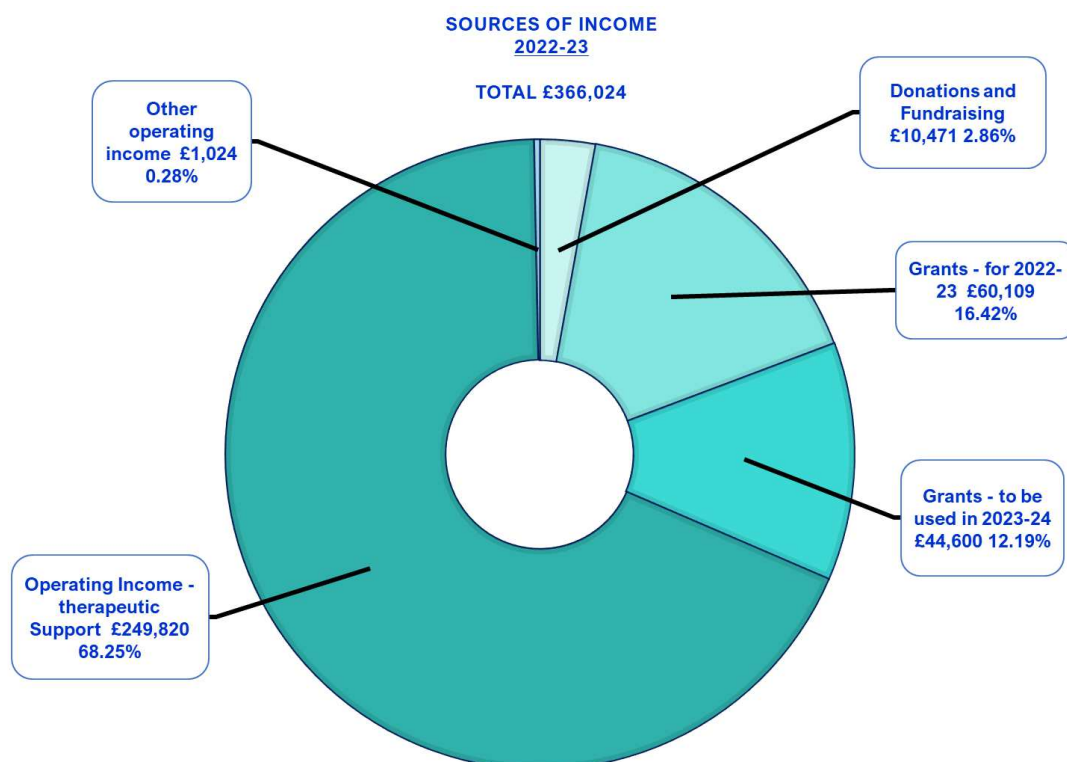
Generating sufficient funds to enable us to meet the demand for our services in a difficult economic environment will always be a challenge. We continue to work hard, managing the costs we necessarily incur to deliver the service and looking at different ways to provide support.

The Thriving Minds grant, which we received just before the end of our last financial year and which has been committed for a further two financial years, has made a significant difference to us. Not only did it mean beginning the year with a stronger level of reserves, (£66,827 in May 2022 compared with £4,325 for May 2021), but it has also given us some certainty and a stronger base from where we can consider and develop how we work and explore how to reach more people who need our support, as effectively as possible. Alongside this, we have to build our own resilience, so we are sustainable and able to continue supporting those who need us into the future.

By the end of the year, we had generated a surplus of £27,908. As explained below, this takes account of grants received for capital expenditure on our new premises of £28,068 so, once these are taken into account, we would be more or less at a breakeven level.

Income

Total income increased by nearly 37% from £267,417 to £366,024. This was achieved alongside our move to new premises, which understandably caused some disruption and delays to the support we can offer. Income is forecast to increase further in 2023-24, but not so significantly as we consolidate our position.





Funded Support and operating income

Our income from providing therapeutic support continues to grow, increasing by approximately 55% during the year and extending our reach and impact still further. This includes income generated through offering external training and supervision to other professionals, also helping to increase our impact.

With our new premises, we are able to hire out space to others. This maximises the use of the building as well as subsidising our operating expenses. In the forthcoming year this will increase and we aim to cover a larger part of our premises costs in this way.

Voluntary Income

This includes grant income, as well as donations/fundraising. Total voluntary income increased by just over 9% to £115,180. And we are truly grateful to all those who supported us in any way.

Total grant income increased slightly to £104,709. Of this, £28,068 was to support our move to the Old Town Station and the costs of its refurbishment. This has helped to transform the way we work and made a far more welcoming space for families and young people.

Funded support is often unavailable or too restrictive to provide the support needed by a family or young person, so we have been able to provide or extend the support offered using our voluntary income within the Inhale/Exhale funds. One of our priorities in 2023-24 is to focus more time to find and work with those organisations who can help contribute to this support.

The second instalment of the Thriving Minds grant was received in May 2023, shortly before the end of the financial year. This has been designated by Trustees to be used in our Inhale/Exhale programme to support people in 2023-24. As a grantee, we also received a one-off grant of £4,460 to help us face the cost of living crisis.

Income from other fundraising and community events increased to £10,471 from £8,692. This is encouraging and is increasing in 2023-24 as awareness of who we are and what we do grows. The donations people make through community events, fundraising, individual donations, corporate support and by giving their time makes a real difference to those we support and we say a huge thank you to them all.

Expenditure

We face the same challenges as commercial organisations, with rises in the cost of living, energy and bills. We also need to pay commercial prices for our costs, despite not having a commercial level of income to finance this.

The direct costs of providing the therapeutic support increased by around 68% to £247,565. This reflects the additional support we were able to give this year.

Direct support costs increased by just over 67% to approximately £82,000. These are the costs which enable the therapeutic support to take place and include those of premises, safeguarding, IT, insurance and the wider team who help to hold everything together. The main part of the increase is attributable to new team members, who share the load, enabling more time to be spent concentrating on raising funds, improving the quality and efficiency of what we do and reaching more people.

The annual running costs of our premises are higher than before our move but we believe them to be affordable, thanks to the support we have received. We spent almost £28,000 making the premises fit for purpose and buying resources to be used in our support, so it provides a welcoming and healthy environment for our families and our team.

Reserves

At the end of the year, our reserves had increased to £94,735 as follows:

	2023	2022
	£	£
Restricted funds	18,955	5,595
Unrestricted funds:		
- Designated funds	72,224	44,600
- General funds	<u>3,556</u>	<u>16,632</u>
Total funds	<u>£ 94,735</u>	<u>£ 66,827</u>

Further details are given in the notes to the accounts.

General unrestricted funds are needed to help finance the working capital required to operate the charity. We are a relatively young charity; one of our aims is to build these reserves to a level which increases our resilience and stability, reducing risks for the future.

We will also continue to grow and use reserves for our Inhale/Exhale fund. This is a grant and donation funded project offering twelve weeks of therapeutic mental health support to children and young people who don't meet the thresholds for statutory support. Sadly, we have a waiting list of those people who need help and would like to operate at a level where no one has to wait to receive the support they need.

Our aims are to build reserves to a level which covers:

- The working capital we need to operate;
- The risk of significant income streams ending to cover the period of adjustment. Having visibility of future income streams is a key part of assessing that risk;
- Other contingencies, uncertainties and events, assessed on a risk basis;
- Continued funding for our Inhale/Exhale fund, ensuring support is there for all who need it.



Our fixed assets are needed to operate on a day to day basis, so reserves are designated to cover their book value. This recognises those reserves cannot be spent without the sale of the underlying assets.

Grants received in the final months of the financial year may be designated to cover work in the subsequent year or the period of the project to which they relate. From time to time Trustees may also designate reserves for particular projects which help to meet our aims.

As a young charity, having had a period of rapid growth, we are now consolidating our position so we can build these reserves. Our policy is reviewed periodically, at least annually, to take account of changing circumstances and outlook.

Cash balances

At the end of the year, our cash balances had dropped slightly from £67,046 in 2022 to £63,033. As last year, this includes the grant funding of £44,600 received from Thriving Minds in May 2023, which will be used in the next financial year.

Structure, Governance and Management

Structure

Having been a Community Interest Company (CIC) since May 2017, Family Compass converted to be a Charitable Incorporated Organisation (CIO) on 1st February 2022. Our governing document is the Family Compass CIO constitution.

Governance

Members of our Trustee Board are appointed in accordance with the constitution, by a majority decision, for a term of two years. After this term, trustees may retire and seek re-appointment. No trustees are remunerated for their service. There must be a minimum of three trustees; there is no maximum.

During the period we recruited two trustees; one with a financial background to support our current treasurer, the other with project management and business expertise. One trustee stepped down due to other commitments. All other trustees remained in post.

Name	Role	Appointed/resigned within report period	Appointed/resigned after report period
Lucy Scanlan	Chair	Appointed 15/09/22	
Louise Round	Secretary		
Nicola Poole	Treasurer		

Lucy Howard	Trustee		
Liz Clifford	Trustee		
Conor Warren	Trustee		
Bridie Downing	Trustee		
Helen Fothergill	Trustee		
Rebecca Goss	Trustee	Appointed 04/11/22	
Kari Talbot	Trustee	Resigned 15/09/2022	
Georgina Gratton	Trustee		Appointed 19/09/2023

We are hugely grateful to all our trustees for their hard work over the last 12 months, ensuring that Family Compass is a robust, resilient, and well-run organisation.


Management

Over the past year we have strengthened our management team so that we have a secure foundation for our future growth in both our funded and community services. Co-founders Lucy Capron (Team Manager) and Keda Johnstone (CEO) continue to lead the charity, ensuring that Family Compass maintains its ethos as a strengths-based, child-centred organisation. Recruiting a Service Coordinator to look after our contracted referrals and a Project Coordinator to manage the Inhale/Exhale Community Programme has freed up the senior management team to focus on other key areas, including the additional support required by a growing therapeutic team. Alongside the new role of Therapeutic Lead which supports team wellbeing, we believe that these changes place us in a strong position to provide more support to more families, while improving the quality of our service.

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees:

Signature 
Full name Nicola Poole
Position Treasurer
Date 10/01/2024

Independent Examiner's Report to the Trustees of Family Compass CIO

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 May 2023.

Responsibilities and basis of report

As the charity's trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

Having satisfied myself that the accounts of the charity are not required to be audited and are eligible for independent examination, I report in respect of my examination of your charity's accounts 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

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 registered member of Association of Chartered Certified Accountants which is one of the listed bodies.

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

- 1 accounting records were not kept in respect of the charity as required by the 2011
- 2 the accounts do not accord with those records; or
- 3 the accounts do not comply with the accounting requirements of the 2011 Act 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; or
- 4 the accounts 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 accounts to be reached.

David Wilsdon

David Wilsdon FCCA
Association of Chartered Certified Accountants
Green Accountancy Limited
Windrush House
Windrush Park Road, Witney
Oxfordshire
OX29 7DX

11/01/2024

Date:

Family Compass CIO

Statement of Financial Activities for the year ended 31 May 2023

	Note	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Incoming resources					
<i>Income and endowments from:</i>					
Donations and legacies	3.1	59,531	55,649	115,180	105,504
Charitable activities - income	3.2	250,844	-	250,844	161,912
Total Income		310,375	55,649	366,024	267,416
Resources expended					
<i>Expenditure on:</i>					
Charitable activities - expenditure	4.2	323,895	14,221	338,116	204,915
Total expenditure		323,895	14,221	338,116	204,915
Net income/(expenditure)		(13,520)	41,428	27,908	62,501
Transfers between funds		28,068	(28,068)	-	-
Net movement in funds		14,548	13,360	27,908	62,501
<i>Reconciliation of funds:</i>					
Total funds brought forward		61,232	5,595	66,827	4,325
Total funds carried forward		75,780	18,955	94,735	66,826

Continuing operations

All income and expenditure has arisen from continuing activities.

Balance Sheet as at 31 May 2023

CIO Number CE028121

	Note	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Fixed assets					
Tangible assets	5	27,624	-	27,624	1,965
Total fixed assets		<u>27,624</u>	<u>-</u>	<u>27,624</u>	<u>1,965</u>
Current assets					
Stocks	6	283	-	283	966
Debtors	6	39,054	-	39,054	23,091
Cash at bank and in hand	7	44,078	18,955	63,033	67,046
Total current assets		<u>83,415</u>	<u>18,955</u>	<u>102,370</u>	<u>91,103</u>
Creditors: amounts falling due within one year	8	31,407	-	31,407	20,700
Net current assets/(liabilities)		<u>52,008</u>	<u>18,955</u>	<u>70,963</u>	<u>70,403</u>
Total assets less current liabilities		<u>79,632</u>	<u>18,955</u>	<u>98,587</u>	<u>72,368</u>
Creditors: amounts falling due after one year	9	3,852	-	3,852	5,541
Total net assets		<u>75,780</u>	<u>18,955</u>	<u>94,735</u>	<u>66,827</u>
Funds of the Charity					
Unrestricted funds	10	75,780		75,780	61,232
Restricted income funds	10		18,955	18,955	5,595
Total funds		<u>75,780</u>	<u>18,955</u>	<u>94,735</u>	<u>66,827</u>

The financial statements were approved by the Board of Trustees and authorised for issue and were signed on its behalf by:



Nicola Poole
Trustee (Treasurer)

Family Compass CIO

Notes to the Financial Statements for the year ended 31 May 2023

1 Basis of preparing the financial statements

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with:

- the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)'.
• Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'
• and with the Charities Act 2011.

The charity is a Charitable Incorporated Organisation and constitutes a public benefit entity as defined by FRS 102.

2 Accounting Policies

Income

Income is included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
- it is more likely than not that the trustees will receive the resources;
- the monetary value can be measured with sufficient reliability.

Grants and donations

Grants and donations are included in the SoFA when the general income recognition criteria are met.

In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met.

Expenditure

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Governance and support costs

Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Family Compass CIO

Notes to the Financial Statements for the year ended 31 May 2023

Tangible fixed assets

These are capitalised if they can be used for more than one year, and cost at least £200. They are valued at cost.

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer & Other Equipment - 25% Straight Line Basis

Office Furniture and Equipment - 25% Straight Line Basis

Leasehold Improvements - over the remaining term of the lease

Stocks

Stocks held for sale as part of non-charitable trade are measured at the lower of cost or net realisable value.

Goods or services provided as part of a charitable activity are measured at net realisable value based on the service potential provided by items of stock.

Taxation

The charity registered as a charity on 1 February 2022 and since that date has been exempt from corporation tax on its charitable trading activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Debtors

Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

Cash at bank and in hand

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

Liability recognition

Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

Operating leases

Rentals paid under operating leases are charged to the statement of financial activities on a straight line basis over the term of the lease.

Where there is a rent free period, the total rentals are apportioned over the total lease term.

Family Compass CIO

Notes to the Financial Statements for the year ended 31 May 2023

3.1 Income from donations and legacies

	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Total donations and legacies	10,471	-	10,471	8,692

3.2 Income from charitable activities

	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
KiT box sales	1,678	-	1,678	332
Services	246,464	-	246,464	160,885
Other income	1,024	-	1,024	363
Grants	49,060	55,649	104,709	96,812
Total income from charitable activities	298,226	55,649	353,875	258,392

Grants received included in the above amounts:

	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Devon Community Foundation	-	9,975	9,975	1,940
DCC - Growing Communities Fund	-	944	944	-
The Voice	-	250	250	-
The Fore Trust	-	21,800	21,800	-
Enterprise Development Programme	-	7,500	7,500	22,178
Fullabrook CIC	-	4,000	4,000	2,000
National Lottery Community Fund	-	9,980	9,980	9,987
Rotary Club of Barnstaple	-	300	300	160
Early Help	-	900	900	-
UK Youth - Thriving Minds	49,060	-	49,060	44,600
Bideford Bridge Trust	-	-	-	1,000
Woodward Charitable Trust	-	-	-	2,000
ND Community Councillor Grants	-	-	-	600
Government Grant - Bounce Back Loan Interest	-	-	-	32
Groundworks (Tesco)	-	-	-	2,000
Devon Education Fund	-	-	-	9,555
Coronavirus Job Retention Scheme	-	-	-	763
Total grants for charitable activities	49,060	55,649	104,709	96,815

Family Compass CIO

Notes to the Financial Statements for the year ended 31 May 2023

4.2 Charitable activities - expenditure

The Objects of Family Compass are as set out in the Trustees' Report, which include the promotion of good mental health in children and young people and their families, who have experienced, are at risk of, or are recovering from mental health difficulties; and, also, as a preventative measure to build resilience and protect those people from the development of mental health difficulties.

	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
<i>Direct cost of charitable activity:</i>				
Salaries - Gross pay	166,676	5,900	172,576	79,366
Salaries - Employers NI	9,308	-	9,308	2,626
Salaries - Pensions	4,014	-	4,014	1,299
Other Staff costs	6,016	5,000	11,016	6,816
Independent Therapists	46,245	-	46,245	50,946
KiT Boxes	714	-	714	4,626
Other Direct Costs	2,490	1,194	3,684	1,725
<i>Direct Support Costs</i>	-	-	-	-
Support Wages and salaries	59,389	627	60,016	33,763
Support Employers NI	2,103	-	2,103	246
Support Employers pensions	1,800	-	1,800	1,003
Marketing and Development	431	-	431	2,370
Premises and Facilities	11,547	300	11,847	8,217
IT and Communications	3,670	-	3,670	1,552
Administration and Insurance	2,141	-	2,141	1,818
Finance and Depreciation	4,957	-	4,957	1,092
			-	-
Governance	2,337	1,200	3,537	7,451
Total expenditure on charitable activities	323,840	14,221	338,061	204,915

Support costs

All support costs are allocated to the single charitable activity of the charity and are included above

4.3 Governance costs included above	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Organisational Development	-	1,200	1,200	4,841
Legal and secretarial	-	-	-	13
Accountancy fees	2,174	-	2,174	1,837
Independent Examination	-	-	-	600
Interest costs	163	-	163	160
Total governance costs	2,337	1,200	3,537	7,451

4.4 Trustee remuneration

None of the trustees were remunerated during the year or the previous year.
No trustee expenses were paid during the year

Family Compass CIO

Notes to the Financial Statements for the year ended 31 May 2023

4.5 Staff costs

The average number of employees, including directors, during the year was 13 (2022: 10)
There are no employees who received total employee benefits (excluding employer pension costs) of more than £60,000

5 Tangible fixed assets

	Leasehold Improvements	Office Furniture and Equipment	Computer and other equipment	Totals
	£	£	£	£
Cost				
At 1 June 2022		1,602	1,697	3,299
Additions	24,078	4,317	1,807	30,202
Disposals		(163)	-	(163)
At 31 May 2023	24,078	5,756	3,504	33,338
Depreciation				
At 1 June 2022		945	808	1,753
Charge for year	1,605	1,439	876	3,920
Eliminated on disposal		41	-	41
At 31 May 2023	1,605	2,425	1,684	5,714
Net book value				
At 31 May 2023	22,473	3,331	1,820	27,624
At 31 May 2022	-	657	889	1,546

6 Stocks

	Total 2023 £	Total 2022 £
Stocks held for charitable activities	283	966
Total stocks	283	966

Family Compass CIO

Notes to the Financial Statements for the year ended 31 May 2023

6 Debtors

	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Trade debtors	15,628	-	15,628	8,570
Prepayments	1,690	-	1,690	2,197
Rent deposit	1,650	-	1,650	1,650
Accrued income	20,086	-	20,086	10,674
	<hr/>	<hr/>	<hr/>	<hr/>
Total debtors	39,054	-	39,054	23,091
	<hr/>	<hr/>	<hr/>	<hr/>

7 Cash at bank and in hand

	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Bank current account	7,752	-	7,752	21,821
Bank deposit account	35,622	18,955	54,577	44,724
Cash in hand	-	-	-	35
PayPal	704	-	704	466
	<hr/>	<hr/>	<hr/>	<hr/>
Total cash at bank and in hand	44,078	18,955	63,033	67,046
	<hr/>	<hr/>	<hr/>	<hr/>

8 Creditors: amounts falling due within one year

	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Accounts Payable	4,910	-	4,910	-
Bank loans due within one year	1,691	-	1,691	1,663
PAYE and social security	5,735	-	5,735	3,094
Accruals and deferred income	3,988	-	3,988	862
Other short term loans	15,081	-	15,081	15,081
	<hr/>	<hr/>	<hr/>	<hr/>
Total creditors due within one year	31,407	-	31,407	20,700
	<hr/>	<hr/>	<hr/>	<hr/>

9 Creditors: amounts falling due after more than one year

	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Bank loans due after more than one year	3,852	-	3,852	5,541
	<hr/>	<hr/>	<hr/>	<hr/>
Total creditors due within one year	3,852	-	3,852	5,541
	<hr/>	<hr/>	<hr/>	<hr/>

Family Compass CIO

Notes to the Financial Statements for the year ended 31 May 2023

10 Charity funds - current year

	At 1 June 2022 £	Net movement in funds £	Transfers between funds £	At 31 May 2023 £
Restricted funds	5,595	41,428	(28,068)	18,955
Unrestricted funds	61,232	(13,520)	28,068	75,780
Total funds	<u>66,827</u>	<u>27,908</u>	<u>-</u>	<u>94,735</u>
<i>Designated funds included in Unrestricted funds</i>	<i>44,600</i>	<i>27,624</i>	<i>-</i>	<i>72,224</i>

The restricted fund are grants received in the year and unspent at the end of the year.

	At 1 June 2022 £	Incoming resources £	Resources expended £	Transfers between funds	At 31 May 2023 £
Restricted funds:					
Old Town Station	-	23,294	1,494	(21,800)	-
Inhale/Exhale	-	13,980	5,000		8,980
Enterprise Development					
Programme	5,595	7,500	6,827	(6,268)	0
Ukraine Wellbeing	-	9,975	-		9,975
Early Help	-	900	900		-
Total Restricted funds	<u>5,595</u>	<u>55,649</u>	<u>14,221</u>	<u>(28,068)</u>	<u>18,955</u>
Unrestricted funds	<u>61,232</u>	<u>310,375</u>	<u>323,895</u>	<u>28,068</u>	<u>75,780</u>
Total funds	<u>66,827</u>	<u>366,024</u>	<u>338,116</u>	<u>-</u>	<u>94,735</u>
<i>Designated funds included in Unrestricted funds</i>	<i>44,600</i>	<i>72,224</i>	<i>44,600</i>	<i>-</i>	<i>72,224</i>

The transfers between funds entirely relate to purchases of fixed assets from restricted funds, for which the resulting fixed asset is then not restricted in its use.

Notes to the Financial Statements for the year ended 31 May 2023

10 Inhale/Exhale Community Project

This is a grant and donation funded project which offers twelve weeks of therapeutic mental health support to children and young people, who don't meet the thresholds for statutory support.

Enterprise Development Programme

The grant received from this fund is targeted at organisational development, administrative support to release management time for strategic activities and at training and development of the team to expand our services and improve flexibility.

Part of the funding was also allocated to support our move to the Old Town Station as part of our strategy to expand our services.

Old Town Station

Funds received from Devon County Council - Growing Communities Fund. The Voice Radio, Devon Community Fund and Devon County Council's Growing Communities Fund were used to supplement those from the Enterprise Development Fund to finance the costs of refurbishing and providing resources of the Old Town Station, our new premises.

Ukraine Wellbeing

This grant was provided so we could support Ukrainian children and families who had been uprooted and come to this country as a safe place during the violence. The grant was received in this financial year during the planning process and was fully used in 2023-24.

Early Help

This grant, together with funds from our Inhale/Exhale fund, enabled us to provide badly needed support for an individual where the funding was not forthcoming from anywhere else.

Unrestricted funds - Designated

Thriving Minds

The Thriving Minds grant of £44,600 was received at the end of the financial year. It was intended for, and has been designated for, our Inhale/Exhale programme taking place in the next year, 2023-24. Those received in the last financial year have now been used.

Capital Expenditure

Our fixed assets are needed to operate on a day to day basis, so reserves are designated to cover their book value. This reflects reserves which cannot be spent without the sale of the underlying assets

	2023 £	2022 £
Unrestricted funds - not designated	<u>3,556</u>	<u>16,632</u>

Family Compass CIO

Notes to the Financial Statements for the year ended 31 May 2023

11 Operating Lease Commitments

The total future minimum lease payments under non-cancellable operating leases are as follow:

	2023	2022
	£	£
Due in:		
Less than one year	6,667	6,600
One to five years	29,333	14,300
	<u> </u>	<u> </u>

12 Related Party Transactions

Keda Johnstone and Lucy Capron are members of the key management personnel of the charity.

The following loans from related parties are included in the current liabilities of the charity:

	2023	2022
	£	£
Keda Johnstone	11,316	11,316
	<u> </u>	<u> </u>
Lucy Capron	3,765	3,765
	<u> </u>	<u> </u>

As Co-founders, funds were advanced by Keda Johnstone and Lucy Capron to Family Compass to help provide initial capital and to support cash flow for the organisation. The loans are interest free, unsecured and bear no fixed date for repayment. Repayments are approved by the board and are only made when an assessment of the future cash flows of the organisation has been made to ensure it is affordable. The loans and advances may be repaid in full or in part at any time at the option of Family Compass.

SIGNATURE CERTIFICATE



REFERENCE NUMBER
C71D099B-6D80-4809-BB72-4A02A27F8B55

TRANSACTION DETAILS	DOCUMENT DETAILS
Reference Number C71D099B-6D80-4809-BB72-4A02A27F8B55	Document Name 4460 Charity Accounts 31-05-23 Family Compass CIO 240104
Transaction Type Signature Request	Filename 4460_Charity_Accounts_31-05-23_Family_Compass_CIO_240104.pdf
Sent At 01/04/2024 10:05 EST	Pages 32 pages
Executed At 01/11/2024 03:23 EST	Content Type application/pdf
Identity Method email	File Size 1.41 MB
Distribution Method email	Original Checksum c1cb65bb9f55fca5233d5bc9c5b391adef7e112c4f03a189c822c9f5a4ac6263
Signed Checksum e886ed607b465fd5c71b6073b0a70634a7e7d4cb39f5bf2e98dd70e45eb9a271	
Signer Sequencing Enabled	
Document Passcode Disabled	

SIGNERS

SIGNER	E-SIGNATURE	EVENTS
Name David Wilsdon	Status signed	Viewed At 01/11/2024 03:09 EST
Email david@greenaccountancy.com	Multi-factor Digital Fingerprint Checksum 5b524cfbd749d62993039668d25710da510056d69b6117de321fcb7560ed7c49	Identity Authenticated At 01/11/2024 03:23 EST
Signer Sequence 1	IP Address 151.237.238.105	Signed At 01/11/2024 03:23 EST
Components 2	Device Firefox via Windows	
	Typed Signature 	
	Signature Reference ID 1C1820C0	
Name Nicola Poole	Status signed	Viewed At 01/10/2024 15:03 EST
Email poolen975@gmail.com	Multi-factor Digital Fingerprint Checksum ac57b20b3517f1123eb07c4be24d5d8a6fcb5b4c1a65e4b7c11add8344b526b2f	Identity Authenticated At 01/10/2024 15:07 EST
Signer Sequence 0	IP Address 86.163.89.205	Signed At 01/10/2024 15:07 EST
Components 3	Device Chrome via Windows	
	Drawn Signature 	
	Signature Reference ID A255DB3E	
	Signature Biometric Count 4	

AUDITS

TIMESTAMP	AUDIT
01/04/2024 10:05 EST	Christopher Foster (chris@greenaccountancy.com) created document '4460_Charity_Accounts_31-05-23_Family_Compass_CIO_240104.pdf' on Firefox via Windows from 86.21.180.30.
01/04/2024 10:05 EST	Nicola Poole (poolen975@gmail.com) was emailed a link to sign.
01/10/2024 15:03 EST	Nicola Poole (poolen975@gmail.com) viewed the document on Chrome via Windows from 86.163.89.205.
01/10/2024 15:07 EST	Nicola Poole (poolen975@gmail.com) authenticated via email on Chrome via Windows from 86.163.89.205.

TIMESTAMP	AUDIT
01/10/2024 15:07 EST	Nicola Poole (poolen975@gmail.com) signed the document on Chrome via Windows from 86.163.89.205.
01/10/2024 15:07 EST	David Wilsdon (david@greenaccountancy.com) was emailed a link to sign.
01/11/2024 03:09 EST	David Wilsdon (david@greenaccountancy.com) viewed the document on Firefox via Windows from 151.237.238.105.
01/11/2024 03:23 EST	David Wilsdon (david@greenaccountancy.com) authenticated via email on Firefox via Windows from 151.237.238.105.
01/11/2024 03:23 EST	David Wilsdon (david@greenaccountancy.com) signed the document on Firefox via Windows from 151.237.238.105.