



Alongside children and young people  
on their mental health journey

## **Trustees' Annual Report for the period 1<sup>st</sup> June 2023 to 31<sup>st</sup> May 2024**

**Family Compass**

**Charitable Incorporated Organisation**

**Registered Charity No. 1197742**

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

### **Introduction**

Family Compass provides mental health support to children and families. Our team of skilled therapists and mental health practitioners work creatively alongside children, young people and families, helping them to weather life's storms, to feel happier and more resilient, and to find their own unique spark.

During our 7<sup>th</sup> year of operation Family Compass has continued to increase our provision, with growth remaining steady. Once again, we have managed to support more children, young people and families than ever before.





The services we provide are very much needed. The statistics around children's mental health are stark – less than a third of children and young people with a diagnosable mental health condition receive timely mental health support (Education Policy Institute), and 50% of adults with lifelong mental health issues first experience symptoms by the age of 14 (World Health Organisation). According to Public Health England, *“early intervention avoids young people falling into crisis, and avoids expensive and longer term interventions in adulthood”*.

Families in North Devon often experience particular difficulties with accessing specialist mental health support due to its rurality. We are well placed as a hub to provide support for families who may otherwise miss out. Family Compass supports young people up to the age of 25; we are able to bridge the gap between childhood and adulthood, enabling us to support those young adults who are not ready or not able to access adult services.

We are based in the heart of our community in an accessible building which provides a warm and welcoming space for our therapeutic support. Our income from room hire (to other therapists and community organisations) has grown over the last year, as we make the most of our wonderful building.

Despite North Devon being a relatively rural coastal community, there are pockets of deprivation where financial hardship, substance and alcohol misuse, family breakdown and domestic abuse are prevalent, going hand in hand with mental health concerns. Add to this the ongoing fallout from the Covid pandemic, the cost of living crisis and continuing underfunding of statutory mental health provision, and it becomes clear why we are receiving many more enquiries than we are able to accept.

The past year has been an incredible one for connecting with community partners in all sectors and we look forward to growing this sense of community as we reach more children, young people and families over the next 12 months.

## **Statement of the Public Benefit Requirement**

In accordance with the requirements set out by the Charity Commission, Family Compass confirms that it operates for the public benefit, in line with its stated charitable purposes and in compliance with the Charities Act.

The trustees have had due regard to the Charity Commission's guidance on public benefit and have ensured that our activities, resources, and strategies are directed towards fulfilling our charitable objectives.



## Objectives

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

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.

In terms of organisational objectives, over 2023-24 we aimed to continue to strengthen the underpinning management and support structures around our team – we have done this by employing an administrator, introducing more robust safeguarding processes and continuing to improve the way we support team wellbeing.

## Safeguarding

Lucy Capron, Nominated Safeguarding Lead (NSL) continues to place safeguarding at the core of everything we do, embedding processes within team practice to ensure the safety and wellbeing of the children and families we support. Georgina Gratton is our lead safeguarding Trustee and has responsibility for the oversight of safeguarding processes.

We maintain robust systems, including the MyConcern reporting software and an annually updated safeguarding policy. A designated safeguarding lead is always available through our duty system to respond to any issues swiftly and appropriately.

### Key safeguarding priorities for 2023/2024

This year, we focused on improving communication and collaboration. We worked closely with young people and their families to ensure a clear understanding of our safeguarding responsibilities. As part of a multi-agency network, we prioritised building strong links with schools and professionals, especially in the area of early intervention, to offer timely support to families.

## Professional development

Our team's safeguarding knowledge is regularly updated through Level 3 safeguarding training every three years, alongside annual in-house sessions. All staff also participate in monthly clinical supervision and peer supervision opportunities to keep safeguarding a top priority.

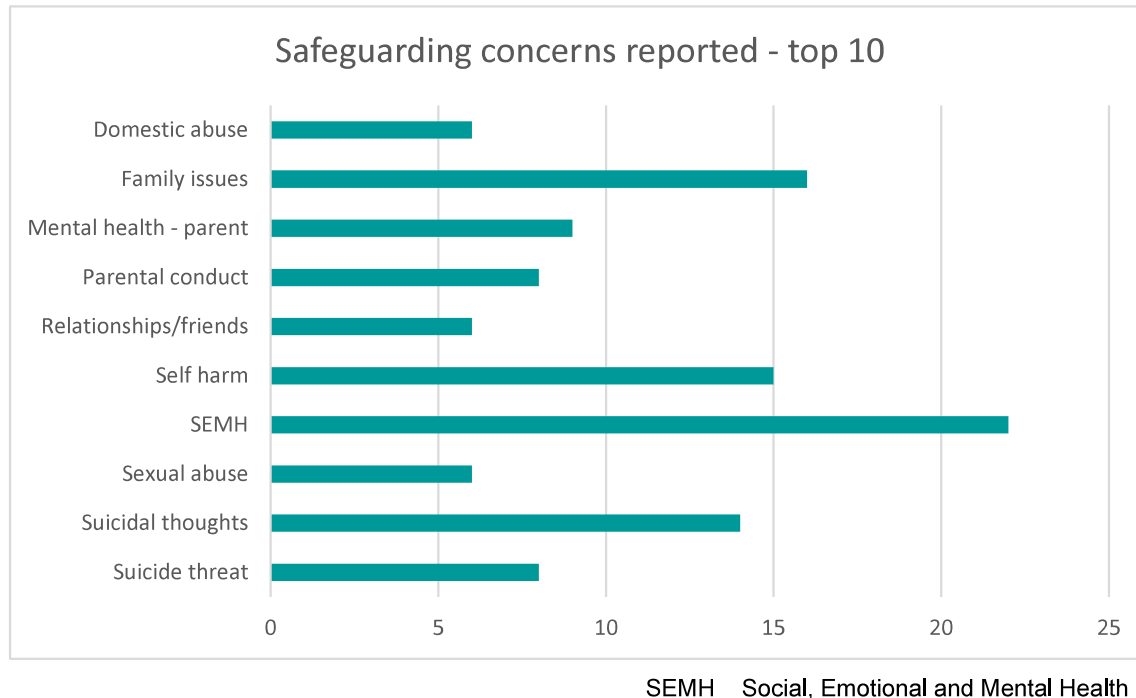
In 2023, we used insights from the MyConcern system to offer targeted training on:

- Self-harm
- Adolescents in Crisis
- ASIST Suicide Prevention

This has strengthened our team's confidence in managing crises and advocating for necessary statutory services.

## Safeguarding statistics

This year, we recorded 121 safeguarding concerns, with most being low-level. The number of concerns in our Inhale Exhale project was lower, as expected, due to the higher complexity of referrals in our contracted sessions. The top 10 concerns reported were consistent with previous years, mainly related to mental health, guiding our training for the next financial year.



## Youth involvement

Listening to young people is central to our safeguarding approach. We've established feedback systems to capture their experiences and aim to introduce a Youth Voice Panel next year to further embed their voices in our safeguarding practices.

## Strategic action plan

This year, we developed a Strategic Safeguarding Action Plan to continually enhance our safeguarding systems and respond to new challenges.

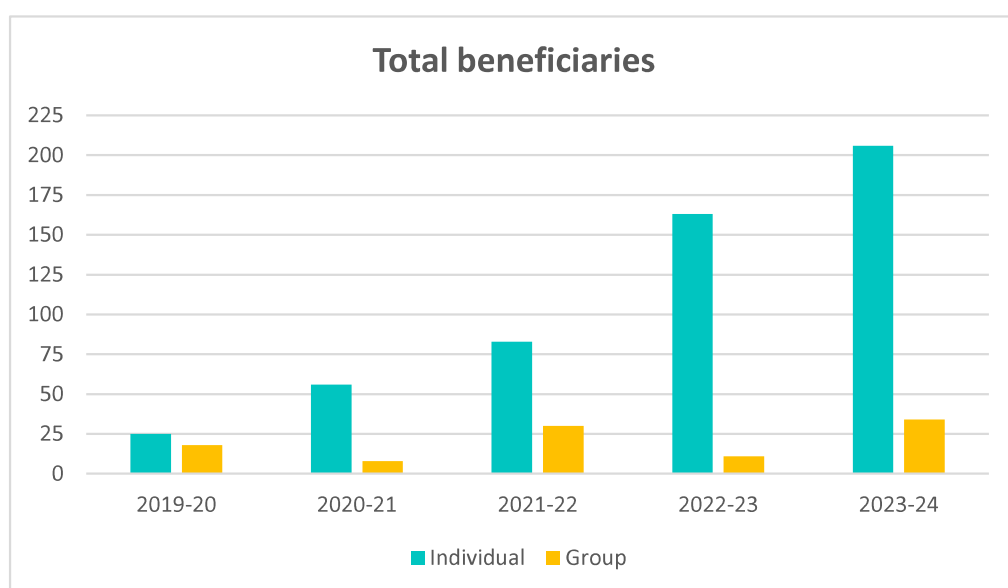
By focusing on continuous improvement, Family Compass is committed to maintaining high safeguarding standards and ensuring the wellbeing of all we support.

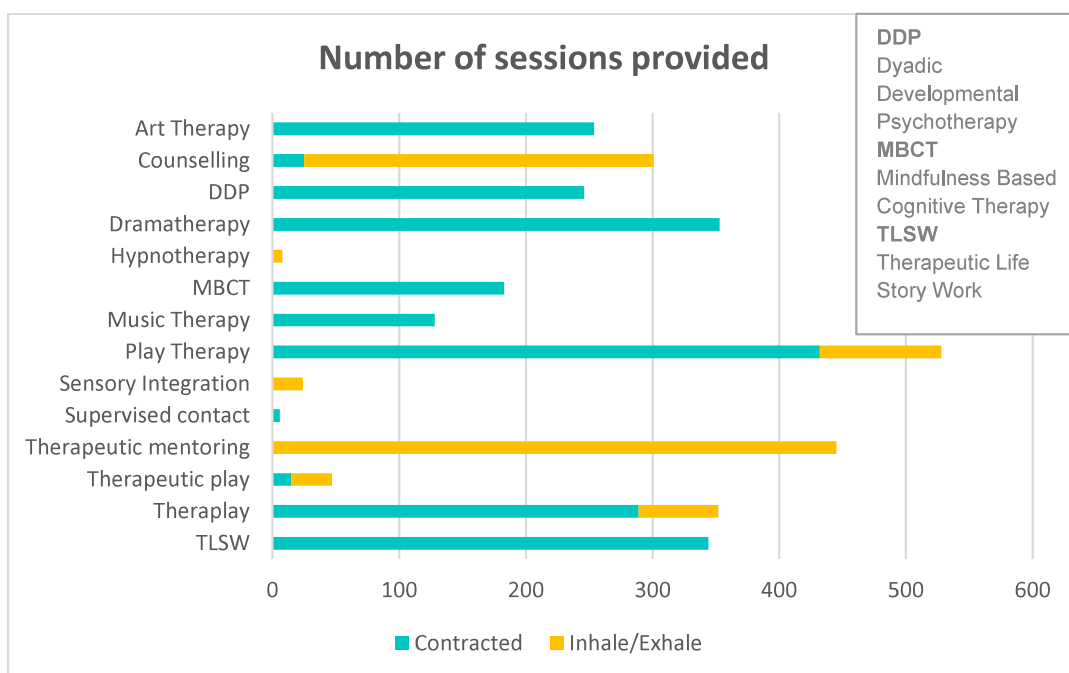
## Activities

The services we provide fall into two main categories – **funded community support** (our Inhale/Exhale project) and **contracted support**. We also sell and donate KiT (Keeping it Together) wellbeing boxes. 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.

## Number of beneficiaries/sessions

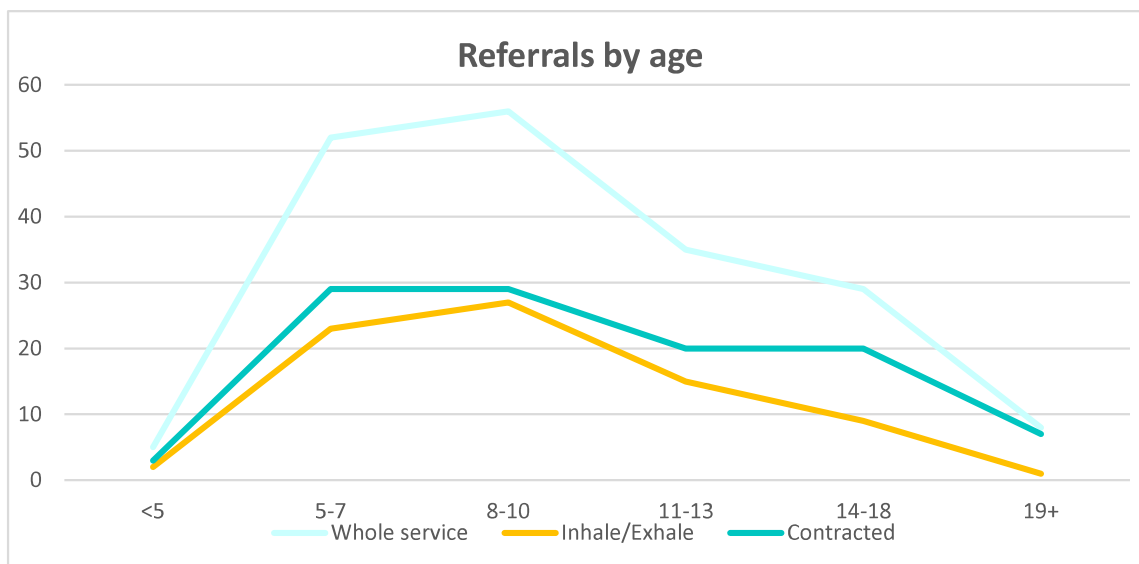
We provided a total of **3219** one-to-one therapeutic sessions and 80 sessions of group support to **240** children, young people and families in 2023-24. We also provided free KiT wellbeing boxes to 20 families.





## Age and gender

The average age of a child/young person referred to our contracted service was 10.75 years. For Inhale/Exhale it was 9.64 years. This difference may be due in part to the fact that Inhale/Exhale aims to provide support at an earlier stage.

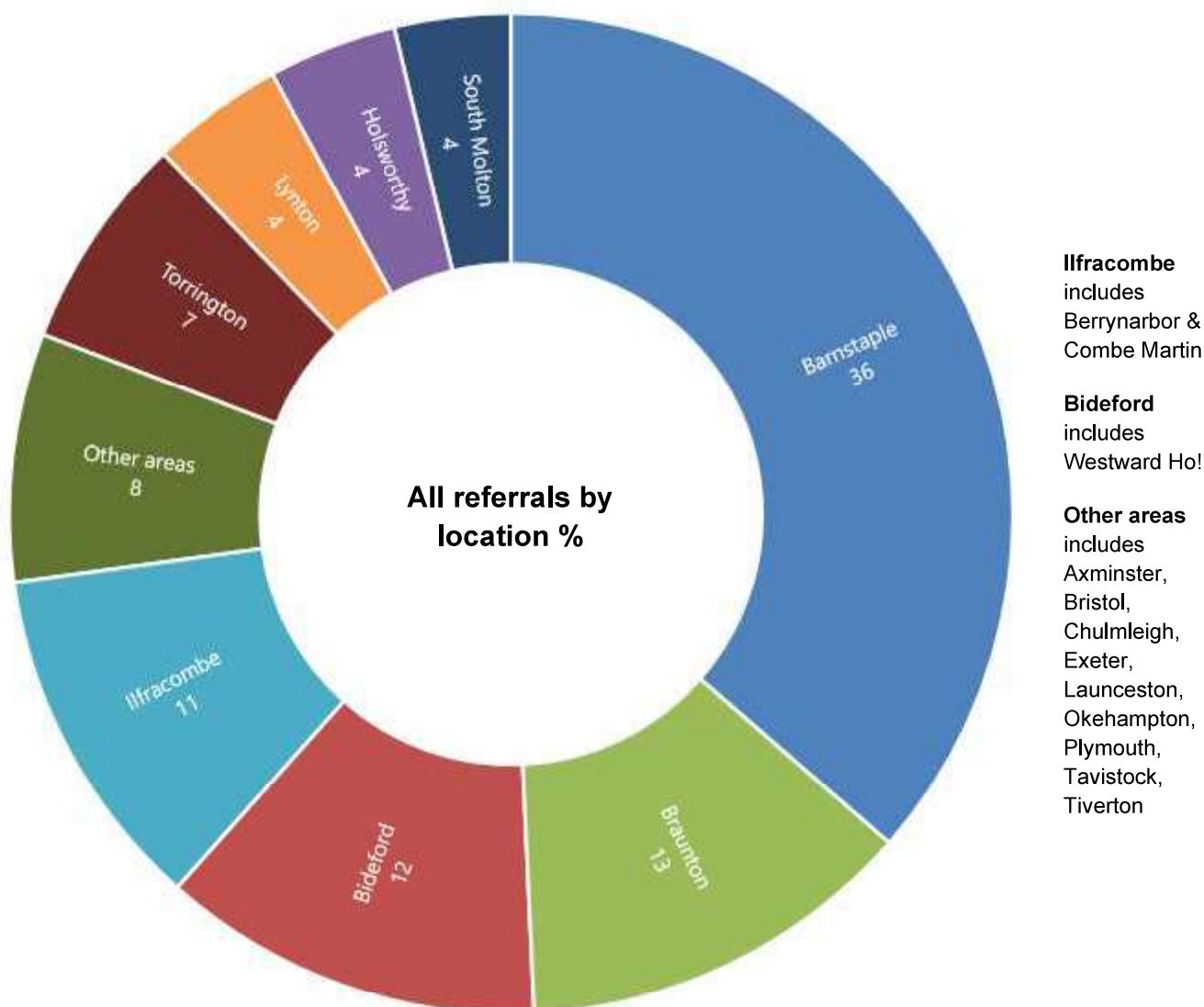


Almost exactly half of our referrals across our service were female, and half male (Inhale/Exhale – 49% male, 51% female; contracted – 51% male, 49% female). Interestingly, nearly all the referrals we received for Inhale/Exhale parent/carer counselling were from women. We are aware that this data is collected on referral, and does not necessarily reflect how a child or young person self identifies, something we will address in future.



## Location

The majority of our support is provided to families within North Devon and Torridge. It's worth bearing in mind that travelling from one end of North Devon to the other takes over an hour by car, and that many of the families we support do not have access to a car. Public transport, where it is available, can be infrequent and unreliable. Over the past year we have offered many sessions in schools and community settings to make it possible for children to get the support they need.

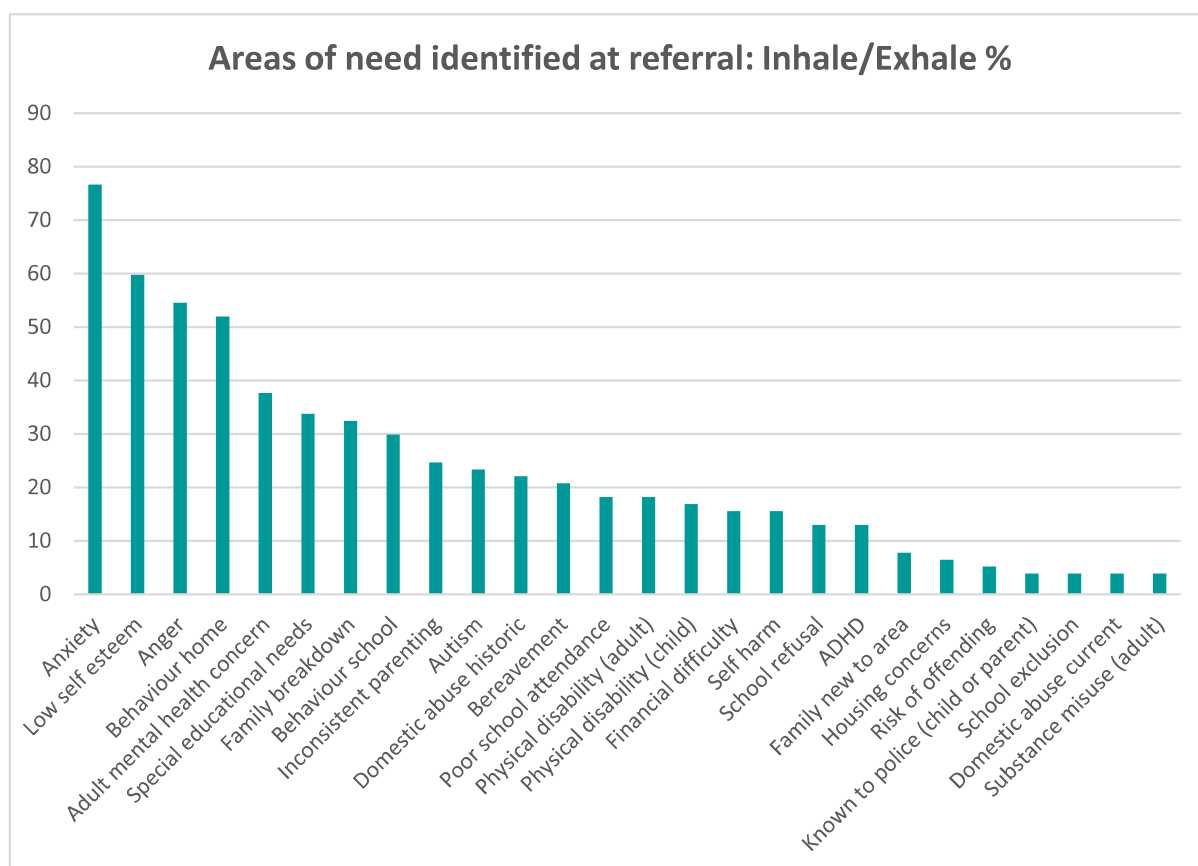


## Community support

Our **Inhale/Exhale** programme is funded by grants, donations, community fundraising and our reserves. These children are often referred directly by parents/carers, but are also signposted to us by professionals from education, health, social care and third sector organisations. 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.

Building a positive relationship with a child, young person or parent/carer and helping them find and value their strengths is at the heart of Inhale/Exhale, and our experienced team go the extra mile to achieve this. Sessions might be centred around art, being in nature, physical activity or music, alongside which there will be conversations and activities to help children develop the tools they need to improve their mental health and wellbeing.

We supported **102** children, young people and families through Inhale/Exhale in 2023-24, a significant increase on the previous year. Duration of support varied from 6 to 18 sessions. The number one referral criteria was anxiety (77%), which frequently co-existed with anger/aggression (55%). Low self-esteem was also frequently present (60%). The prevalence of family breakdown (32%), parental mental ill health (38%) and a history of domestic abuse (22%) 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, children in care or at risk of going into care, and other children with complex needs who do not meet the thresholds for statutory support, 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 **2275** sessions of contracted support over the period to **121** children, young people and parents/carers. Children are generally referred to us by professionals working with a family.

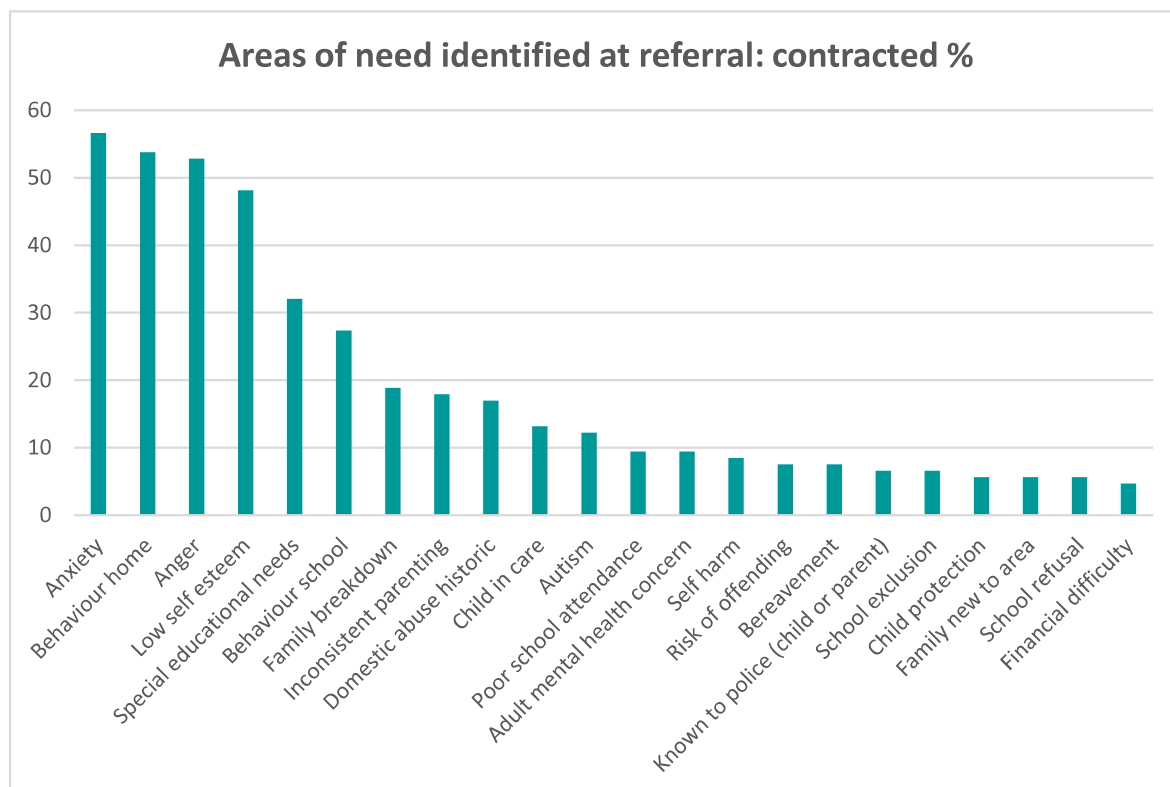
Sessions are provided by our therapeutic team and include:

- 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

This year we also developed and provided group programmes for Theraplay and PACE (Playfulness, Acceptance, Curiosity, Empathy - therapeutic parenting). These programmes focus on the relationship and attachment between parent/carer and child, and aim to make support more financially accessible while providing the key element of peer support.

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

The areas of concern for contracted referrals follow a similar profile to those for community support. The top four issues identified – anxiety, behaviour at home, anger and low self esteem – are the same as for Inhale/Exhale referrals. We find that generally professionals tend not to complete referrals in as much detail as parents.



## 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

The incredible results recorded this year continue to indicate that Family Compass services have a consistently positive impact on children, young people and families. For the 7<sup>th</sup> year running, the majority of those we support told us that things had improved between starting and completing a programme of support.

This year, as well as looking at the whole service, we have also separated out our contracted and community provision, giving us the opportunity to identify any differences in impact. It was heartening to see a similar picture of positive progress across the board, although the amount of change was slightly higher with our Inhale/Exhale provision for both improving confidence and self-belief and managing strong feelings effectively.

### Outcome 1: confidence and self-belief

	Average starting score	Average ending score	Average change
<b>Contracted</b>	5.88	7.37	+1.49
<b>Inhale/Exhale</b>	5.20	7.27	+2.07
<b>All</b>	5.60	7.33	+1.73

### Outcome 2: positive relationships with others

	Average starting score	Average ending score	Average change
<b>Contracted</b>	5.80	7.71	+1.91
<b>Inhale/Exhale</b>	6.11	7.75	+1.64
<b>All</b>	5.93	7.72	+1.79

### Outcome 3: managing strong feelings effectively

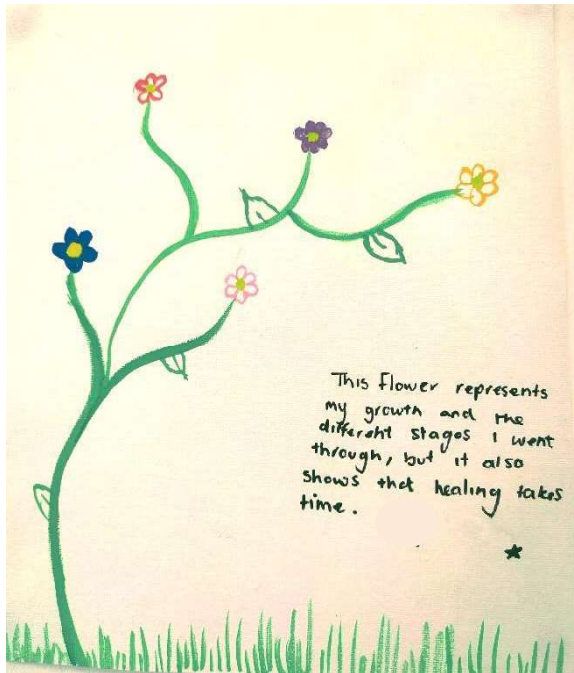
	Average starting score	Average ending score	Average change
<b>Contracted</b>	5.78	7.26	+1.48
<b>Inhale/Exhale</b>	4.02	6.70	+2.68
<b>All</b>	5.07	7.04	+1.97

For all our support, **93%** of children and young people who responded indicated that they had made progress in at least one of our three outcomes areas; **82%** felt that they had made progress in two or more areas. These figures were slightly higher for those receiving Inhale/Exhale support. It is possible to theorise that one of the reasons for this, and the overall larger increase in several outcome areas, may be that supporting families with their mental health challenges earlier, before they become entrenched, results in a greater positive impact. We will need to review the data over the years to come to assess whether this holds true.

After a review, this year we have stopped using the Goodman Strengths and Difficulties Questionnaire and have begun to use Goal Based Outcomes which better reflect children's individual goals and experiences. We will be able to report on these next year.

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 and referrers for whom the support offered by Family Compass has made a life-changing difference.

## Feedback from children



*“This flower represents my growth and the stages I went through, but it also shows that healing takes time”*

“I have a better mood and am a bit more chill. I’m less anxious, because we’ve talked about my story.”

“Whenever I feel scared now I know what to do.”

“I definitely can control things when I’m angry or sad now.”

*“Not all cakes are perfect, but all cakes are yummy”*



## Feedback from parents

“We feel he’s come a long way, and your sessions have been an important part of that progress. You made him feel so safe. We know there will be ups and downs but your time with him has been invaluable, especially as you actually ‘saw’ him as an individual.”

“A has been struggling with emotions, self-esteem and confidence, and finding school difficult particularly. He’s been able to self-regulate more with breathing, and has been able to talk about his emotions. These sessions have helped him understand and talk about things more.”

“B is happier in herself and getting on better at school.”

“It has been an absolute pleasure to have D work with you. He has such a great admiration for you, and we both feel buckets of admiration for your hard work. Your words are truly inspiring, and I might need a few days before I’m able to read your poem without crying, but will do so with love and pride. You have helped D on so many levels and he has finally found his voice. Words cannot express how proud I am.”

“It’s been incredible to see F’s progress; it has been so inspiring to see how her confidence and ability to articulate her thoughts have improved over the weeks since she started coming to see you. The art has clearly been a huge influence. I wish there was something similar for adults!”

### **Feedback from referrers**

“Just thank you...C’s support worker has been a pleasure to work with. The level of support Family Compass have provided has been invaluable to improving C’s wellbeing and access to school.”

“Thank you again. Schools are limited in how much they can support parents at home, so having a service that acknowledges that the needs of the child cannot be separated from the needs of the family has been so powerful.”

“S is much more regulated at school and home. She has begun to name emotions and understand herself more. She has an improved ability to build relationships with others.”

## **Achievements**

### **Team Wellbeing**

Continuing to focus on team wellbeing, 2023 saw our supervision offer to our team grow to include peer supervision and Therapeutic Life Story Work supervision. Led by our Therapeutic Lead, Grace Flavell, we also recognised the need for our team to be supported personally as well as professionally and implemented an employee assistance programme through Health Assured. This ensures that our team can reach out for independent advice and support when needed.



## Training

Training ensures that we are able to meet the needs of children, young people and families, keep practice current and creative, meet and exceed our statutory obligations and help us to feel inspired and motivated. Over the year we have received training in a range of areas, including:

- Understanding autism
- Dyadic Developmental Psychotherapy
- Supervision skills
- CAPA sensory attachment integration
- Assessment of risk in adolescents
- ASIST suicide prevention
- Sleep talkers SEN

We have also provided in-house training on self-harm, child development, menopause and sensory integration.

## Events

Beginning what we hope will be an annual event, our inaugural **Walk for Wellbeing** took place in May and was a real community event. Staff, beneficiaries and supporters joined together to highlight children's mental health, and we received an amazing response from members of the public who tooted their horns and cheered us on.







We also joined North Devon Against Domestic Abuse on their **Reclaim the Night** event, and held a fantastic **open day** where we welcomed many members of our lovely community to share tea and cake, play some games and have a look around our building.

## **Partnerships**

We continue to make and build connections with many local partners from the Voluntary, Community and Social Enterprise (VCSE) sector. Interestingly, our location in Barnstaple town centre has become something of a hub for third sector organisations, with several more taking on premises along the same road, including Families in Grief, Sunrise Diversity, the Youth Enquiry Service and Beaford Arts. There are also buildings in need of new tenants which are looking to be occupied by other community ventures in the near future. We love the idea that a child or young person in need could find a service to meet that need by walking along a single street.

## **Grants and fundraising**

One of our key priorities for this year was again to increase capacity in our Inhale/Exhale programme to try and meet the need in our community. This was primarily achieved through successful grant applications and fundraising.

The grants we receive are largely used to fund our Inhale/Exhale community support, with the exception of a few small grants for resources and training.

2023-24 was the 2<sup>nd</sup> year of our Thriving Minds grant, funded by the Julia and Hans Rausing Trust and administered by UK Youth. This unrestricted grant primarily funded our Inhale/Exhale support, but also enabled us to provide supervision and training for our team.

Other organisations who provided vital funds to us over the period are:

**Bideford Bridge Trust**

**The Davie Barnstaple Trust**

**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

**North Devon Community Councillors**

**North Devon Plus (Business Boost)**

**NHS (Mental Health Crisis Training)**

**Tesco Community Grants**

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.

Over the 2023 calendar year we were extremely lucky to be chosen as local construction company **TCi GB**'s charity of the year. This resulted in some amazing events, including scaling Mount Kilimanjaro, doing a skydive, a Scandinavian style swim/run, a triathlon and more. They really embraced the challenge, putting their hearts and souls into supporting us, and raising more than £12,000. The Evans family, who received support from Family Compass, decided to walk, bike or run 2,500 miles to raise funds for us...an epic achievement.

We have also been supported by numerous individuals, some of whom are beneficiaries, with every single penny raised helping us to continue to offer Inhale/Exhale support to families. We received very welcome donations of much needed resources and equipment, often unrequested and out of the blue, from incredibly kind and thoughtful members of our community. It warms our hearts that so many people see the benefit of our work and want to support us.



Joining our local lottery of good causes provides a small but consistent income which we hope to build on over the next 12 months; we also designed (with the help of some of the wonderful children we support) and sold Christmas cards, something we will repeat this year.

### Our identity

This year we received a grant which enabled us to work with local marketing agency Roots Creative to develop a clearer, more consistent message, helping us to convey what we do to



children, families, professionals, community and corporate partners, and funders. They've also helped us create a newsletter template and a statement for potential corporate sponsors – we hope that all this will help to build on the great things achieved this year.

## **Challenges and plans for the future**

### **Long-term financial stability**

After reviewing our management structure, and prioritising the need for financial stability, we are planning to focus more time over the next 12 months on income generation – both contracted, and voluntary. This is particularly important as we reach the end of our 3 year Thriving Minds grant in 2024-25. This will be achieved through a change in existing management roles and recruitment into the more operational team manager role. We are confident that this will ensure that we meet our objectives to grow our community offer while strengthening and diversifying our contracted services.

The trustees keep the financial position under constant review, particularly looking at what lies ahead, and will continue to do so. The trustees are satisfied that the charity has sufficient reserves to continue in operation for a least the next 12 months.

### **Streamlining processes**

We recognise that many of our processes are admin-heavy and in areas duplicated, which can be frustrating and time consuming. After much deliberation, and after trialling several systems, we will be introducing a new software system in 2024, Upshot. Upshot is a UK based Community Interest Company who work with many charities to monitor sessions and outcomes. Although implementation will be time consuming, we believe that it will pay dividends in terms of simplifying systems for the team, as well as improving monitoring and reporting, ultimately saving time and expense in the longer term. We will also be bringing day to day operational responsibility under the management of a single team member, making things more straightforward for our team.

### **Space**

Despite moving into much larger premises, we are already sometimes finding that we are short on space! We are looking into the possibility of converting a couple of unused rooms at the south end of our building, however this will require significant funding and take time, particularly as it is a listed building.

### **Website**

Although our website serves its purpose, we really need to update it so that it better meets the needs of its many audiences. We plan on doing this over the next 12-24 months, and will need to obtain grant funding or sponsorship to do so.



## **Supporter network**

We often need help with a variety of activities, from events to DIY to weeding and everything in between. We are keen to build a network of supporters – ‘Friends of Family Compass’ – who will be committed to helping out when needed, and being part of our community.

## **Financial Review**

We were fairly ambitious in what we set out to achieve within this financial year. With a clearer structure in place and a strong team of inspiring people we were able to make a significant increase in the level of support provided to families and young people.

As with all organisations, we are operating in a difficult economic environment. Budgets of large organisations are being cut and, combined with the cost of living increases, this means many families cannot afford to access the support they desperately need. Grant making bodies are receiving more applications for funds than they can afford to support. The level of funding available from statutory bodies to provide support needed by young people within the sector we operate has not increased in ten years. All these issues reduce the income available to us and increase demand.

Alongside this, we have to pay commercial rates for our own costs without a commercial level of income to pay for them. This always remains a challenge for us but, by continually looking at ways to work differently or more efficiently, we strive to support the people that need our help.

Our Statement of Financial Activities shows a surplus of £11,988, compared with a surplus of £94,734 for the 2023 year. However, right at the end of the last financial year we received restricted funds of £18,955 which were used in the current year, along with £44,600 from Thriving Minds, which was designated and used for our Inhale/Exhale programme this year.

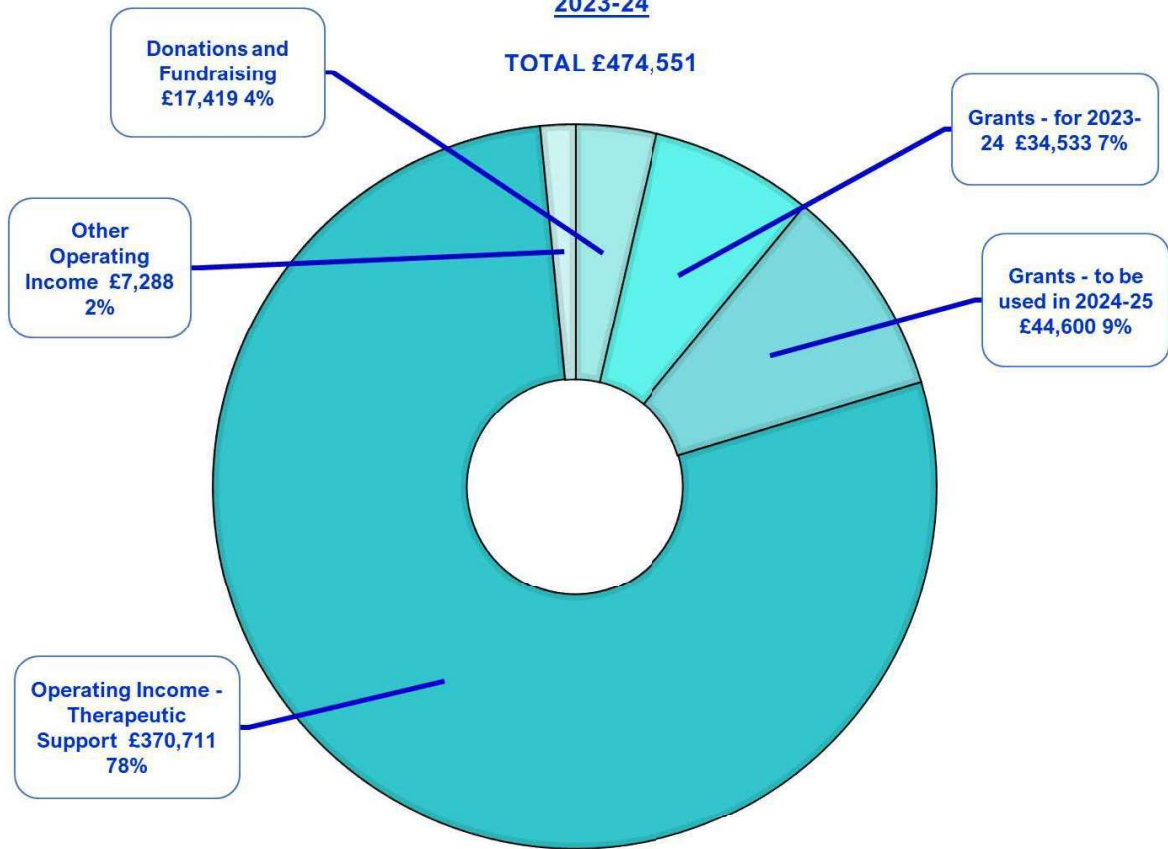
The Thriving Minds grant has been fundamental to add stability and enable us to grow. The third year of the grant has been accrued for in these accounts, but was received in June 2024 for use in the 2024-25 year. We are truly grateful for the support from Thriving Minds and all our other donors and supporters.

## **Income**

Our total income grew from £366,024 in 2023 to £474,551 in 2024, an increase of just over 29%. This compares with an increase of 37.9% in the number of sessions and 36.8% in the number of young people and families we supported

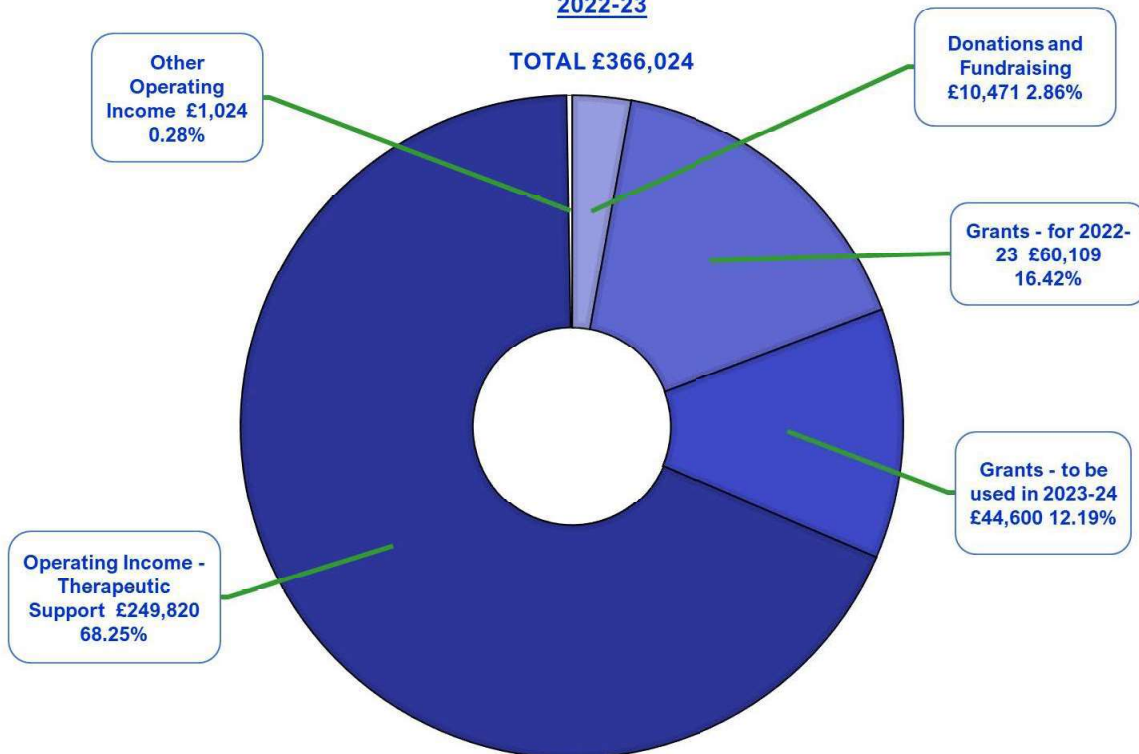
**SOURCES OF INCOME  
2023-24**

**TOTAL £474,551**



**SOURCES OF INCOME  
2022-23**

**TOTAL £366,024**





## Funded support and operating income

Our income from providing therapeutic support increased from £248,142 in 2023 to £370,711 in 2024. This enabled us to reach more families and young people who needed support. It included some external training, supervision and support for other professionals, enabling them to adapt how they work when they respond to the needs of young people.

The increase was more than we had anticipated and was achieved by the committed and dedicated team at Family Compass. Further growth in 2024-25 is not planned to be as strong as we focus more on generating voluntary income. ‘

Room hire increased significantly from £837 to £6,171. By hiring rooms to other organisations working in a similar field, when they are not in use by us, we are subsidising the running costs of the Old Town Station and maximising the use of the building.

## Voluntary income

A total of £96,552 of voluntary income was received in the year, down from £115,180 in the previous year.

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Donations and fundraising	17,419	10,471
Grants	<u>79,133</u>	<u>104,709</u>
<b>Total</b>	<b><u>96,552</u></b>	<b><u>115,180</u></b>

The drop in grant income is not so significant when we consider that grants received last year included £28,068 for the capital expenditure on our new building, along with £44,600 which was received at the year end and designated for use in the 2023-24 year which has just ended.

The substantial growth in donations and fundraising is largely due to corporate support from TCi, a local construction company, who voted us as their charity of the year. Their phenomenal support included, not only funds but, also, donations of other items such as Easter eggs for the young people we support and other provisions. These figures include many smaller donations, all of which count. They do not include the generous donations in kind of others, which include anything from a table tennis table and art resources to the more mundane items like tea, coffee, printer paper, etc., which we need every day and would otherwise use up our precious funds.

Voluntary income is critical. We use it to support young people, helping them to build resilience and improve mental wellbeing so they don't need help later in their lives. It enables us to deliver the type of support people need and be more flexible, tailoring the



support to meet their individual needs, without the restrictions and rigid constraints which can sometimes be tied to funded support.

Every donation of time, money or gifts in kind makes a real and direct difference to those we support. We are truly grateful and thankful for them all.

We aim to grow our voluntary income far more in the current year, 2024-25, and have changed how we focus our time on this area. Plans are in place to increase awareness of Family Compass in the community and to seek out and work with those organisations who can give the support we need.

## Expenditure

Our direct costs of providing therapeutic support increased by 27.4% to £315,289 (2023 £247,614). In contrast, the numbers of families we supported and the number of sessions we provided grew by far more than this, supporting nearly 37% more families and providing nearly 38% more sessions.

Direct support costs, which enable the therapeutic support to take place, rose by 65.7%. This reflects a full year of the changes in the structure which took place part way through the last financial year. 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. Safeguarding is always a key and critical part of our role and we must dedicate sufficient time and resources to ensure this is effective.

## Reserves

At the end of the year our reserves had increased by £11,988 to £106,723.

	2024		2023	
	£	£	£	£
<b>Restricted funds</b>		15,688		18,955
<b>Unrestricted funds</b>				
Designated				
Book value of fixed assets	20,903		27,624	
Thriving Minds	<u>44,600</u>		<u>44,600</u>	
		65,503		72,224
Free Reserves		<u>25,532</u>		<u>3,555</u>
<b>Total Funds</b>		<b>£ 106,723</b>		<b>£ 94,734</b>

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 to £19,632 from £63,033 in 2023. This was as we had forecast having used the funds received from Thriving Minds at the end of the previous financial year.

We have a forecasting system in place to look ahead and ensure we have adequate cash resources to meet future needs.



## **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 1<sup>st</sup> February 2022. Our governing document is the Family Compass CIO constitution.

### **Governance**

Members of our Trustee Board are appointed in accordance with our 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 one trustee with expertise in education and safeguarding. Four trustees stepped down due to other commitments. All other trustees remained in post or were re-appointed.

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**

Aside from the appointment of an experienced administrator to support the team, there have been few changes to the structure of Family Compass during the period, as we focus on stabilising the organisation. 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 charity.



## Reference and Administrative Details

**Charity Name:** Family Compass

**Registered Charity Number:** 1197742

**Charity Address:** Old Town Station, North Walk, Barnstaple, Devon EX31 1DF

### Trustees

The following individuals served as trustees during the financial year:

Trustee Name	Appointment Date	Resignation Date (if applicable)	Reappointment Date (if applicable)
Lucy Scanlan	15/09/2022		11/12/2024
Conor Warren	01/05/2022		11/12/2024
Louise Round	01/02/2022		11/12/2024
Helen Fothergill	01/05/2022		11/12/2024
Rebecca Goss	04/11/2022		11/12/2024
Georgina Gratton	19/09/2023		
Bridie Downing	01/05/2022	13/03/2024	
Nicola Poole	01/02/2022	21/04/2024	
Elizabeth Clifford	01/02/2022	28/11/2023	
Lucy Howard	01/02/2022	28/11/2023	

Please note: we are aware that trustees who were in post more than 2 years should have been nominated for re-appointment several months prior to their actual re-appointment. We have taken steps to ensure that future re-appointments happen in a timely manner. We have also requested a change to our constitution from the Charity Commission to enable Trustees to remain in post for a maximum of 4 years before needing to seek re-appointment.

### Any changes to the trustee board after the year-end:

Stuart Young was appointed on 25/06/2024.

### Independent Examiner

Sarah Twist  
A C Mole LLP  
Stafford House  
Blackbrook Park Avenue  
Taunton  
Somerset  
TA1 2PX

### Bankers

HSBC Ltd.  
250-251 High St  
Exeter  
EX4 3PZ



## Declarations

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

**Signed on behalf of the charity's trustees:**

**Signature** 

**Full name** Lucy Scanlan

**Position** Chair of Trustees

**Date** 24/03/2025

**Family Compass CIO**  
**Independent Examiner's Report to the trustees of Family Compass CIO**

I report to the trustees on my examination of the accounts of Family Compass CIO for the year ended 31 May 2024, which are set out on pages 27 to 42.

**Responsibilities and basis of report**

As the charity trustees of Family Compass CIO you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Family Compass CIO's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's statement**

Since Family Compass CIO'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 ICAEW, which is one of the listed bodies.

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

1. accounting records were not kept in respect of Family Compass CIO as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Sarah Twist FCA DChA  
A C Mole LLP  
Stafford House  
Blackbrook Park Avenue  
Taunton  
Somerset  
TA1 2PX

Date: 25<sup>th</sup> March 2025



**Family Compass CIO**  
**Statement of Financial Activities for the Year Ended 31 May 2024**

	<b>Note</b>	<b>Unrestricted funds £</b>	<b>Restricted funds £</b>	<b>Total 2024 £</b>
<b>Income</b>				
Donations and legacies	2	17,419	-	17,419
Charitable activities	3	421,881	34,408	456,289
Other trading activities		238	-	238
Investment income		605	-	605
Total income		440,143	34,408	474,551
<b>Expenditure</b>				
Charitable activities	4	(424,888)	(37,675)	(462,563)
Total expenditure		(424,888)	(37,675)	(462,563)
Net income/(expenditure)		15,255	(3,267)	11,988
Net movement in funds		15,255	(3,267)	11,988
<b>Reconciliation of funds</b>				
Total funds brought forward		75,780	18,955	94,735
Total funds carried forward	14	91,035	15,688	106,723
	<b>Note</b>	<b>Unrestricted funds £</b>	<b>Restricted funds £</b>	<b>Total 2023 £</b>
<b>Income</b>				
Donations and legacies	2	10,471	-	10,471
Charitable activities	3	299,904	55,649	355,553
Total income		310,375	55,649	366,024
<b>Expenditure</b>				
Charitable activities	4	(323,895)	(14,221)	(338,116)
Total expenditure		(323,895)	(14,221)	(338,116)
Net (expenditure)/income		(13,520)	41,428	27,908
Gross transfers between funds		28,068	(28,068)	-
Net movement in funds		14,548	13,360	27,908
<b>Reconciliation of funds</b>				
Total funds brought forward		61,232	5,595	66,827
Total funds carried forward	14	75,780	18,955	94,735

All of the charity's activities derive from continuing operations during the above two periods.


The notes on pages 29 to 42 form part of these financial statements.

**Family Compass CIO**  
**(Registration number: 1197742)**  
**Balance Sheet as at 31 May 2024**

	Note	2024 £	2023 £
<b>Fixed assets</b>			
Tangible assets	8	20,903	27,624
<b>Current assets</b>			
Stocks	9	139	283
Debtors	10	99,933	39,054
Cash at bank and in hand	11	19,632	63,033
		<u>119,704</u>	<u>102,370</u>
<b>Creditors: Amounts falling due within one year</b>	12	<u>(31,735)</u>	<u>(31,407)</u>
<b>Net current assets</b>		<u>87,969</u>	<u>70,963</u>
<b>Total assets less current liabilities</b>		108,872	98,587
<b>Creditors: Amounts falling due after more than one year</b>	13	<u>(2,149)</u>	<u>(3,852)</u>
<b>Net assets</b>		<u>106,723</u>	<u>94,735</u>
Unrestricted funds		25,532	3,556
Designated funds		65,503	72,224
Restricted funds		<u>15,688</u>	<u>18,955</u>
<b>Total funds</b>	14	<u>106,723</u>	<u>94,735</u>

The financial statements on pages 27 to 42 were approved by the trustees, and authorised for issue on ..... and signed on their behalf by:

25/03/2025

  
.....  
Rebecca Goss (Treasurer)  
Trustee

The notes on pages 29 to 42 form part of these financial statements.

**Family Compass CIO**  
**Notes to the Financial Statements for the Year Ended 31 May 2024**

## **1 Accounting policies**

### **Statement of compliance and basis of preparation**

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless stated otherwise within these notes. 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) (issued October 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102), and the Charities Act 2011.

Family Compass CIO meets the definition of a public benefit entity under FRS 102.

### **Going concern**

To ensure its survival Family Compass has to rely upon securing adequate funding and managing the costs for provision of the related services. At the time of this report the Company has been successful in obtaining sufficient contracts and funds to ensure its continuance for at least the next 12 months. The Trustees therefore consider it appropriate to prepare these accounts on a going concern basis. The trustees have kept the financial position under constant review and will continue to do so.

### **Income**

All income is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

### **Grants and donations**

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured.

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

### **Investment income**

Dividends are recognised once the dividend has been declared and notification has been received of the dividend due.

### **Expenditure**

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that 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.

All resources expended are inclusive of irrecoverable VAT.

### **Charitable activities**

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

**Family Compass CIO**  
**Notes to the Financial Statements for the Year Ended 31 May 2024 (continued)**

**Support costs**

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

**Governance costs**

Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

**Irrecoverable VAT**

The charity is not registered for VAT. All expenditure is stated inclusive of VAT. Irrecoverable VAT is charged against the expenditure heading for which it was incurred.

**Taxation**

The charity is a registered charity and is, therefore, exempt from liability to taxation on its income and capital gains, to the extent that they are applied for charitable purposes.

**Tangible fixed assets**

Individual fixed assets are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

**Depreciation**

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

<b>Asset class</b>	<b>Depreciation method and rate</b>
Computer & Other Equipment	25% Straight Line
Office Furniture & Equipment	25% Straight Line
Leasehold Improvements	Over the remaining term of the lease

**Stock**

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

**Cash and cash equivalents**

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

**Fund structure**

Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

Designated funds are unrestricted funds set aside for specific purposes at the discretion of the trustees.

**Family Compass CIO**  
**Notes to the Financial Statements for the Year Ended 31 May 2024 (continued)**

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

### **Financial instruments**

#### ***Classification***

The charity only enters into basic financial instruments that result in the recognition of financial assets and liabilities such as trade and other debtors and creditors together with loans to related parties. Debt instruments, such as trade debtors and creditors, are initially measured at transaction price and subsequently measured at amortised cost.

Financial assets are assessed at the end of each reporting period for objective evidence of impairment. If objective evidence of impairment is found, an impairment loss is recognised in the income statement.

### **Critical Accounting Estimates and Judgements**

The preparation of the financial statements in conformity with FRS 102 requires management to make judgements, estimates and assumptions that affect the application of policies and reported amounts of assets and liabilities, income, and expenses.

Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

The company makes estimates and assumptions concerning the future. The resulting accounting estimates will, by definition, seldom equal the related actual results. The Trustees consider that there are no following critical accounting estimates and judgements have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year.

### **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.

### **Pensions**

Employees of the charity are entitled to join a defined contribution pension scheme. Pension contributions in relation to defined contribution schemes are recognised as an expense in the Statement of Financial Activities as incurred.

**Family Compass CIO**  
**Notes to the Financial Statements for the Year Ended 31 May 2024 (continued)**

**2 Income from donations and legacies**

	Unrestricted funds £	Restricted funds £	Total funds £
Total donations and legacies	17,419	-	17,419
<b>Total for 2024</b>	17,419	-	17,419
Total donations and legacies	10,471	-	10,471
<b>Total for 2023</b>	10,471	-	10,471

**3 Income from charitable activities**

	Unrestricted funds £	Restricted funds £	Total funds £
KiT box sales	173	-	173
Services	370,711	-	370,711
Other income	6,272	-	6,272
Grants	44,725	34,408	79,133
<b>Total for 2024</b>	421,881	34,408	456,289
KiT box sales	1,678	-	1,678
Services	248,142	-	248,142
Other income	1,024	-	1,024
Grants	49,060	55,649	104,709
<b>Total for 2023</b>	299,904	55,649	355,553



**Family Compass CIO**  
**Notes to the Financial Statements for the Year Ended 31 May 2024 (continued)**

	<b>Unrestricted funds £</b>	<b>Restricted funds £</b>	<b>Total 2024 £</b>	<b>Total 2023 £</b>
Fullabrook CIC	-	4,000	4,000	4,000
Devon Community Foundation - PCC Safer Communities	-	9,967	9,967	-
Bideford Bridge Trust	-	2,000	2,000	-
Davie Barnstaple Trust	-	2,000	2,000	-
ND Community Councillor Grants	-	675	675	-
NHS Mental Health Crisis Training	-	9,471	9,471	-
Groundworks (Tesco)	-	4,625	4,625	-
North Devon +	-	1,500	1,500	-
UK Youth - Thriving Minds	44,725	-	44,725	49,060
National Lottery Community Fund	-	-	-	9,980
Rotary Club of Barnstaple	-	-	-	300
Early Help	-	-	-	900
Devon Community Foundation	-	-	-	9,975
DCC - Growing Communities Fund	-	-	-	944
The Voice	-	-	-	250
The Fore Trust	-	-	-	21,800
Enterprise Development Programme	-	-	-	7,500
Smaller grants	-	170	170	-
	<u>44,725</u>	<u>34,408</u>	<u>79,133</u>	<u>104,709</u>

**Family Compass CIO**  
**Notes to the Financial Statements for the Year Ended 31 May 2024 (continued)**

**4 Expenditure on charitable activities**

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 2024 £	Total 2023 £
<b>Direct cost of charitable activity</b>				
Staff costs	239,614	32,647	272,261	196,914
Independent therapists	39,584	-	39,584	46,245
Other direct costs	1,921	1,520	3,441	4,455
	<u>281,119</u>	<u>34,167</u>	<u>315,286</u>	<u>247,614</u>
<b>Direct support costs</b>				
Staff costs	112,785	1,187	113,972	63,919
Marketing and development	407	1,650	2,057	431
Premises and facilities	12,767	395	13,162	11,847
IT and communications	3,809	-	3,809	3,670
Administration and insurance	2,790	276	3,066	2,141
Finance and depreciation	8,066	-	8,066	4,957
	<u>140,624</u>	<u>3,508</u>	<u>144,132</u>	<u>86,965</u>
<b>Governance costs</b>				
Organisational development	-	-	-	1,200
Independent examiners fees	1,800	-	1,800	-
Independent examiners fees - predecessor firm	1,225	-	1,225	2,174
Interest costs	120	-	120	163
	<u>3,145</u>	<u>-</u>	<u>3,145</u>	<u>3,537</u>
<b>Total</b>	<u>424,888</u>	<u>37,675</u>	<u>462,563</u>	<u>338,116</u>
<b>Support costs</b>				

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

**Family Compass CIO**  
**Notes to the Financial Statements for the Year Ended 31 May 2024 (continued)**

**5 Trustees remuneration and expenses**

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year. (2023 - None)

No trustee expenses were paid during the year. (2023 - None)

**6 Staff costs**

The aggregate payroll costs were as follows:

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Gross pay	341,944	174,678
Employers NI	21,139	69,324
Pensions (Defined Contribution Scheme)	9,266	5,814
	<u>372,349</u>	<u>249,816</u>

The average number of employees, including directors, during the year was 18 (2023: 13).

No employee received emoluments (excluding employer pension costs) of more than £60,000 during the year (2023: None)

The key management personnel of the Charity includes the Chief Executive Officer, Team Manager and Safeguarding Lead. The total employee benefits of the key management personnel were £61,752 (2023: £37,755)

**Family Compass CIO**  
**Notes to the Financial Statements for the Year Ended 31 May 2024 (continued)**

**7 Taxation**

The charity is a registered charity and is therefore exempt from taxation to the extent that such income or gain is applied to charitable purposes.

**8 Tangible fixed assets**

	<b>Land and buildings £</b>	<b>Office furniture and equipment £</b>	<b>Computer and other equipment £</b>	<b>Total £</b>
<b>Cost</b>				
At 1 June 2023	24,078	5,756	3,504	33,338
Additions	-	-	349	349
At 31 May 2024	24,078	5,756	3,853	33,687
<b>Depreciation</b>				
At 1 June 2023	1,605	2,425	1,684	5,714
Charge for the year	4,815	1,355	900	7,070
At 31 May 2024	6,420	3,780	2,584	12,784
<b>Net book value</b>				
At 31 May 2024	17,658	1,976	1,269	20,903
At 31 May 2023	22,473	3,331	1,820	27,624

**9 Stock**

	<b>2024 £</b>	<b>2023 £</b>
Stocks	139	283

**10 Debtors**

	<b>2024 £</b>	<b>2023 £</b>
Trade debtors	27,476	15,628
Prepayments	715	1,690
Rent deposit	-	1,650
Accrued income	71,742	20,086
	99,933	39,054

**Family Compass CIO**  
**Notes to the Financial Statements for the Year Ended 31 May 2024 (continued)**

**11 Cash and cash equivalents**

	<b>2024</b> <b>£</b>	<b>2023</b> <b>£</b>
Bank current account	8,434	7,752
Bank deposit account	10,584	54,577
PayPal	397	704
Cash on hand	217	-
	<hr/> 19,632	<hr/> 63,033

**12 Creditors: amounts falling due within one year**

	<b>2024</b> <b>£</b>	<b>2023</b> <b>£</b>
Trade creditors	4,910	4,910
Bank loans due within one year	1,691	1,691
PAYE and social security	6,062	5,735
Accruals and deferred income	8,990	3,990
Other short term loans	10,082	15,081
	<hr/> 31,735	<hr/> 31,407

**13 Creditors: amounts falling due after one year**

	<b>2024</b> <b>£</b>	<b>2023</b> <b>£</b>
Bank loans due after more than one year	<hr/> 2,149	<hr/> 3,852

**Family Compass CIO**  
**Notes to the Financial Statements for the Year Ended 31 May 2024 (continued)**

**14 Funds**

	<b>Balance at 1 June 2023 £</b>	<b>Income £</b>	<b>Expenditure £</b>	<b>Balance at 31 May 2024 £</b>
Unrestricted funds	3,556	395,194	(373,218)	25,532
<b>Designated</b>				
Designated funds	72,224	44,949	(51,670)	65,503
<b>Total unrestricted funds</b>	<b>75,780</b>	<b>440,143</b>	<b>(424,888)</b>	<b>91,035</b>
<b>Restricted funds</b>				
Inhale/Exhale	8,980	13,470	(21,700)	750
NHS Mental Health Crisis Training	-	9,471	(4,500)	4,971
Devon Community Foundation - PCC Safer Communities	-	9,967	-	9,967
Ukraine Wellbeing	9,975	-	(9,975)	-
North Devon + (Marketing)	-	1,500	(1,500)	-
<b>Total restricted funds</b>	<b>18,955</b>	<b>34,408</b>	<b>(37,675)</b>	<b>15,688</b>
<b>Total funds</b>	<b>94,735</b>	<b>474,551</b>	<b>(462,563)</b>	<b>106,723</b>

**Family Compass CIO**  
**Notes to the Financial Statements for the Year Ended 31 May 2024 (continued)**

	<b>Balance at 1 June 2022 £</b>	<b>Income £</b>	<b>Expenditure £</b>	<b>Transfers £</b>	<b>Balance at 31 May 2023 £</b>
Unrestricted funds	16,632	238,151	(279,295)	28,068	3,556
<b><i>Designated</i></b>					
Designated funds	44,600	72,224	(44,600)	-	72,224
<b>Total unrestricted funds</b>	<b>61,232</b>	<b>310,375</b>	<b>(323,895)</b>	<b>28,068</b>	<b>75,780</b>
<b>Restricted funds</b>					
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)	-
Ukraine Wellbeing	-	9,975	-	-	9,975
Early help	-	900	(900)	-	-
<b>Total restricted funds</b>	<b>5,595</b>	<b>55,649</b>	<b>(14,221)</b>	<b>(28,068)</b>	<b>18,955</b>
<b>Total funds</b>	<b>66,827</b>	<b>366,024</b>	<b>(338,116)</b>	<b>-</b>	<b>94,735</b>

**Family Compass CIO**  
**Notes to the Financial Statements for the Year Ended 31 May 2024 (continued)**

The specific purposes for which the funds are to be applied are as follows:

**Restricted funds**

**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.

**NHS Mental Health Crisis Training** - As part of the NHS ambition to expand the mental health services for people in crisis, a grant was provided to increase the skills of our team in this area.

**Devon Community Foundation - PCC Safer Communities** - This fund was awarded to provide therapeutic support for young people who have been referred for anti-social behaviour. Although awarded in the 2023-24 financial year, the planning has been undertaken and support is being provided in the 2024-25 financial year.

**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 the previous financial year during the planning process and was fully used in 2023-24.

**North Devon + (Marketing)** - As part of the Business Boost Small Business Grant Scheme this grant contributes to the cost of marketing support to raise awareness of Family Compass.

**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.

**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.

**Designated Funds**

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

The final tranche of £44,600 was received in June 2024 and designated for the subsequent financial year. 2024-25

**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



**Family Compass CIO**  
**Notes to the Financial Statements for the Year Ended 31 May 2024 (continued)**

**15 Analysis of net assets between funds**

	<b>Unrestricted funds</b>		<b>Restricted funds</b>	<b>Total funds at 31 May 2024</b>
	<b>General</b>	<b>Designated</b>		
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Tangible fixed assets	-	20,903	-	20,903
Current assets	59,416	44,600	15,688	119,704
Current liabilities	(31,735)	-	-	(31,735)
Creditors over 1 year	(2,149)	-	-	(2,149)
Total net assets	25,532	65,503	15,688	106,723

	<b>Unrestricted funds</b>		<b>Restricted funds</b>	<b>Total funds at 31 May 2023</b>
	<b>General</b>	<b>Designated</b>		
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Tangible fixed assets	-	27,624	-	27,624
Current assets	38,815	44,600	18,955	102,370
Current liabilities	(31,407)	-	-	(31,407)
Creditors over 1 year	(3,852)	-	-	(3,852)
Total net assets	3,556	72,224	18,955	94,735

**16 Operating Lease Commitments**

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

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Less than one year	8,000	6,667
One to five years	21,333	29,333
	<u>29,333</u>	<u>36,000</u>

**Family Compass CIO**  
**Notes to the Financial Statements for the Year Ended 31 May 2024 (continued)**

**17 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:

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Keda Johnstone	8,817	11,316
Lucy Capron	1,265	3,765
	<hr/> 10,082	<hr/> 15,081

As Co-founders, funds were kindly 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.