

# FAMILY COMPASS

Alongside children and young people  
on their mental health journey



## ANNUAL REPORT 2025

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# A WORD FROM OUR CHAIR

*I am delighted to present this year's Annual Report*

which captures both the successes and challenges of the past twelve months. Throughout this period, we have remained steadfast in our mission: to support children and families in improving their mental health and wellbeing before reaching crisis point, ensuring our work continues to have a lasting impact.

This year has tested our resilience and adaptability. Grants and donations have been harder to come by, making cash flow a constant concern, but our commitment to therapeutic services has got us through this difficult period. Work was undertaken to try to reduce the number of missed sessions, and these changes are making a positive difference.

Looking forward, we recognise that the charity sector is becoming increasingly competitive. We are ready to embrace this evolving landscape, bringing strength with new fundraising expertise and some fantastic new team members, guided by clear strategic priorities and a bold vision for the future.

On behalf of the Board of Trustees, I extend heartfelt thanks to everyone who has contributed to our success this year. Your dedication and passion are the driving force behind our achievements. Together, we will continue to build on this progress and provide life-changing therapeutic services for many years to come.

**LUCY SCANLAN**  
**CHAIR OF TRUSTEES**



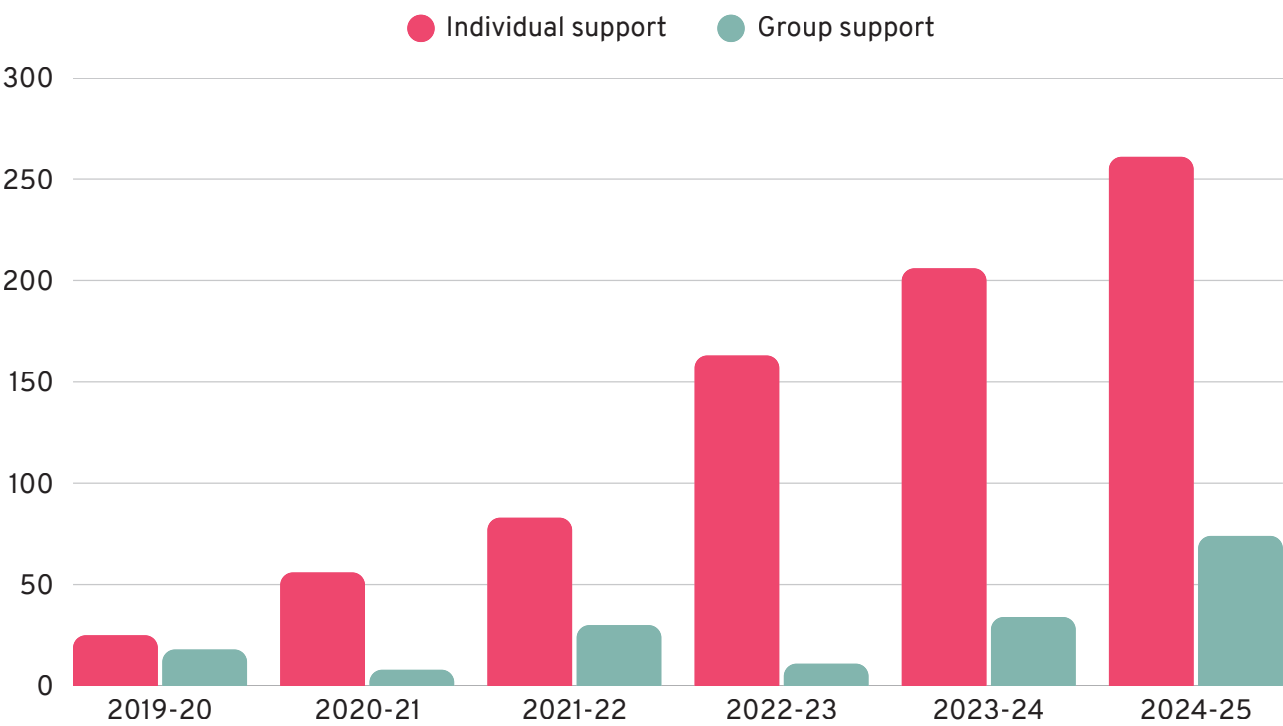
# INTRODUCTION

**Family Compass** is a trusted source of therapeutic mental health support for children, young people and families across **North Devon** and beyond. Our skilled team of therapists, social workers and mental health practitioners works with **care, creativity and kindness**, strengthening emotional resilience and supporting children and young people to rediscover their spark.

Now in our eighth year, we are proud to reflect on a year of steady and meaningful growth. We supported more children, young people and families than ever before - 335 - responding to rising need while staying true to our belief in early, compassionate intervention. Remarkably, this was achieved despite a reduction in funding from the Adoption and Special Guardianship Support Fund (ASGSF) in April 2025, and increasing competition for funding from Trusts and Foundations. These challenges have resulted in our commitment to stabilise provision from 2025 onwards, with our focus being on diversification of income and consolidating our financial position, rather than further growth.

Our commitment to our mission is unchanged: nationally, fewer than one in three children and young people with a diagnosable mental health condition receive timely support, and research shows that around half of all adult mental health difficulties begin before the age of 14. These figures reinforce what we see every day: **early help for mental health matters**.

## How many children, young people and families have we supported?



Pressures on families are intensifying. Despite its natural beauty, North Devon includes areas of significant deprivation, where financial hardship, domestic abuse, substance misuse and family breakdown are prevalent. The ongoing cost-of-living crisis, alongside continued underinvestment in mental health services, has led to a sharp rise in need.

In rural areas like North Devon, geographical isolation, limited infrastructure and overstretched statutory services make access to timely, specialist support even harder.

Our support extends to the age of 25, recognising the challenges many young people face when moving between children's and adult services. This flexibility allows us to be alongside young adults who may not yet be ready - or eligible - for adult mental health provision.

From our welcoming, central community base, we provide a safe and consistent therapeutic space for families who might otherwise go without support.

**Family Compass** exists because the scale - and the cost - of inaction is too great to ignore. Demand for mental health support is rising, but access to support is not keeping pace. And while children wait for support, their mental health is deteriorating further.

The financial impact is significant. While the bill for crisis intervention continues to rise, spending on early intervention has halved. We are fighting many fires which, with the right support, would never have started.

Family Compass focuses on **early, accessible support** for children, young people and families - reducing escalation, easing pressure on statutory services, and improving long-term outcomes.

76%

OF PARENTS REPORTED THEIR CHILD'S MENTAL HEALTH WORSENE WHILE AWAITING CAMHS SUPPORT  
([YOUNGMINDS.ORG.UK](https://www.youngminds.org.uk))



70%

OF CHILDREN AND ADOLESCENTS EXPERIENCING MENTAL HEALTH PROBLEMS HAVE NOT HAD APPROPRIATE EARLY INTERVENTIONS.  
(MENTAL HEALTH FOUNDATION)



OVER THE TEN YEARS BETWEEN 2010-11 AND 2020-21, INVESTMENT IN EARLY INTERVENTION SUPPORT BY COUNCILS IN ENGLAND FELL FROM £3.8BN TO £1.9BN (50%)  
(PRO BONO ECONOMICS)



BY 2020-21, 80% OF ALL LOCAL AUTHORITY SPENDING ON CHILDREN AND YOUNG PEOPLE WENT ON LATE INTERVENTION SERVICES, UP FROM 58% IN 2010-11  
(PRO BONO ECONOMICS)

# OBJECTIVES

## Our mission

We support children, young people and families to improve their mental health before a challenge becomes a crisis. Providing early, personalised, therapeutic support, we help children to grow in confidence, resilience and self-belief, to manage their big feelings and build positive relationships. Our aim is to help every child thrive, strengthening families and communities along the way.

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

## Strategic objectives

AREA	STRATEGIC GOAL
Sustainability	Diversify income streams to ensure financial stability and independence; streamline processes to increase efficiency.
Voice & governance	Strengthen young people's voices in shaping services and improve board effectiveness; ensure the Board of Trustees has the knowledge and skills to effectively govern.
Community & profile	Raise awareness of our services and develop stronger networks and partnerships.
Reach	Stabilise the number of children and families supported at around 250 annually.
Quality	Continuously improve the quality, diversity, and effectiveness of our therapeutic offer.
Capacity	Improve efficiency to match demand achieved in 2024-25 from restructuring, changes to staffing levels and management support to be consolidated in 2025-2026.

# SAFEGUARDING

**Effective safeguarding** is our highest priority. We maintain comprehensive safeguarding systems, including:

- MyConcern software for secure, centralised safeguarding reporting and monitoring
- An annually reviewed safeguarding policy
- A clear duty system, ensuring a Designated Safeguarding Lead is always available to respond promptly and appropriately to concerns
- Clear communication with the Trustee lead for safeguarding.

In November 2024, Lucy Capron formally handed over the role of Designated Safeguarding Lead (DSL) to Emma Nobes, with Grace Flavell appointed as Deputy Safeguarding Lead. Both Emma and Grace successfully completed Level 5 Safeguarding training in October 2024, equipping them with the advanced knowledge and skills required for strategic safeguarding leadership.

Emma and Grace have continued to place safeguarding at the heart of our practice, embedding robust processes across the team to ensure the safety and wellbeing of the children, young people, and families we support.

## Safeguarding priorities 2024 - 2025

This year, we focused on:

- Strengthening the team's understanding of what constitutes a safeguarding concern
- Ensuring appropriate and timely referrals are made to statutory services when required
- Enhancing multi-agency collaboration, building on our existing relationships with external partners to ensure coordinated support for vulnerable children and families.



## Professional development

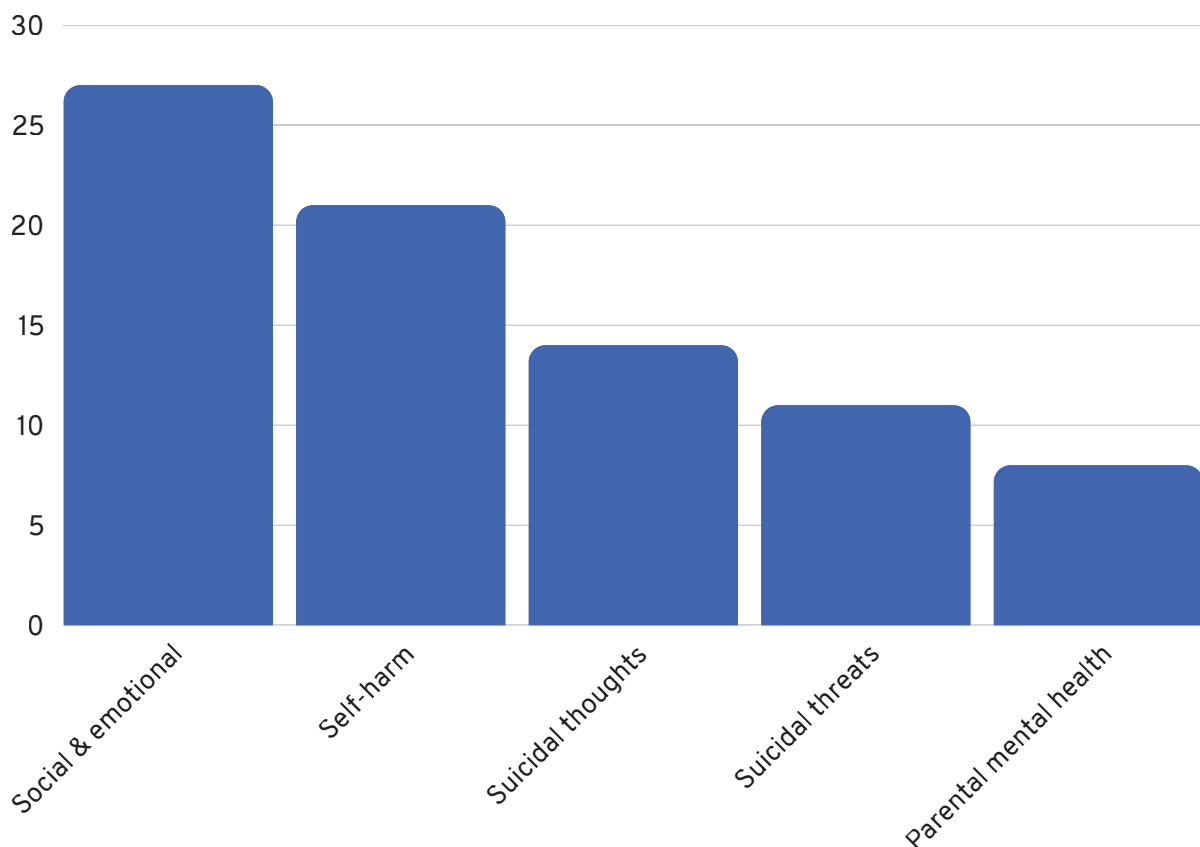
We are committed to ensuring that all staff and volunteers have the training and confidence to uphold our safeguarding responsibilities. Our current training framework includes:

- Level 3 Safeguarding (updated every three years) for therapists and practitioners delivering contracted support
- Level 2 Safeguarding for therapeutic mentors and volunteer counsellors working on our community-based projects
- Annual in-house safeguarding refreshers for all staff, reinforcing best practice and keeping the team up to date with relevant policy and procedural changes
- All staff also engage in regular reflective practice and supervision, where safeguarding is a standing agenda item.

## Safeguarding statistics

This year, we recorded 193 safeguarding concerns relating to 49 individual children and young people. The most frequently reported concerns were consistent with previous years, mainly relating to mental health. This guides our training needs - over the period we obtained grant funding to provide both ASIST suicide prevention training and training in the risk assessment of children and adolescents in crisis to our team, as well as community partners.

### Most frequently reported safeguarding concerns





# ACTIVITIES

The services we provide fall into two main categories – funded **community support** (our Inhale/Exhale project) and **contracted support**.

## 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.

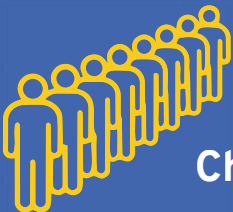
This is funded in a variety of ways, including through the Adoption and Special Guardianship Support Fund, local authorities, schools, private fostering agencies or other private funding streams. Children are generally referred to us by professionals working with a family.



**2125**  
One to one or  
family sessions



**42**  
Group sessions



**173**  
Children and young  
people supported

**CONTRACTED**



**151**  
Reports and  
reviews

Sessions are provided by our experienced 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
- Group programmes

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.

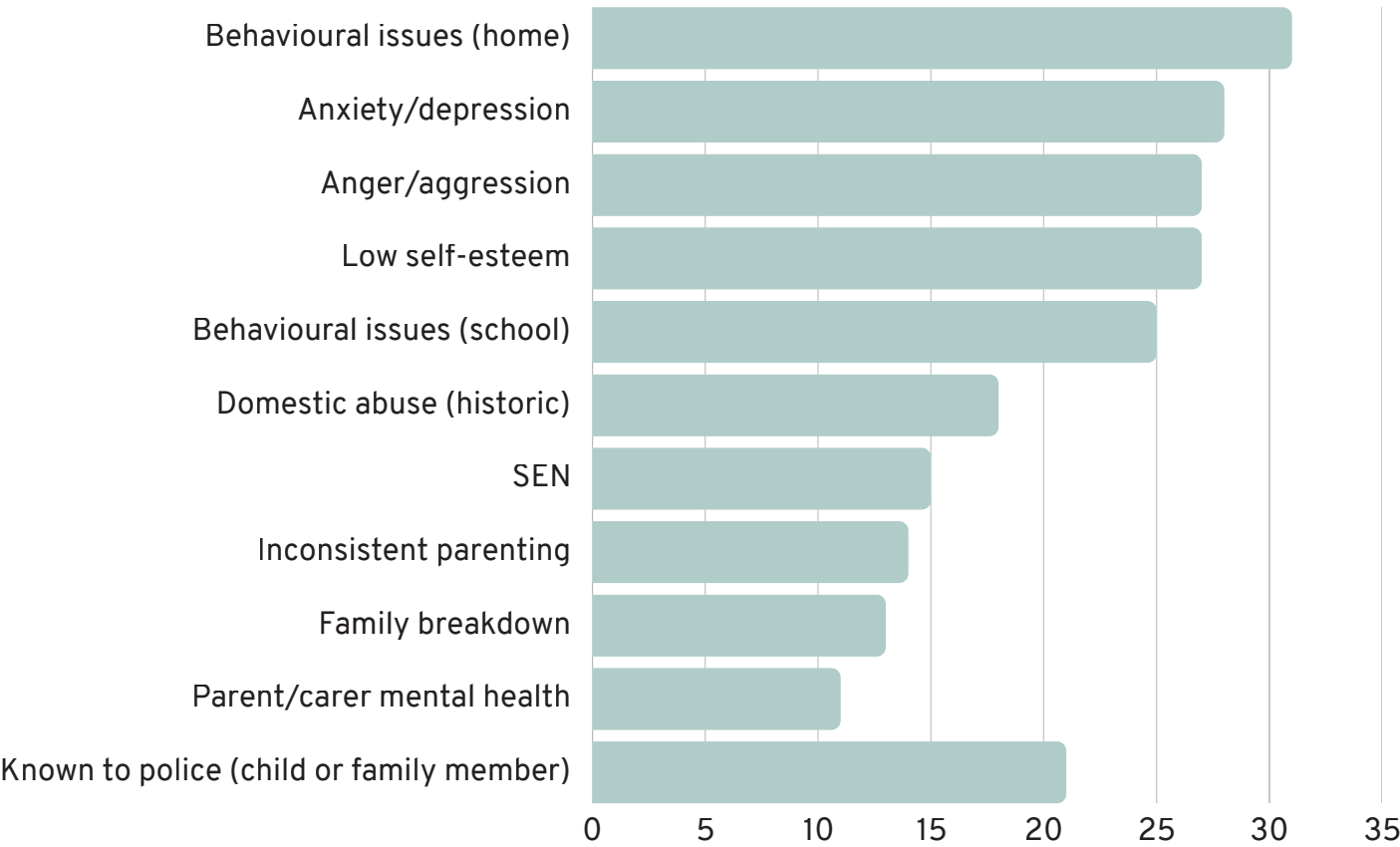
## About our contracted referrals

Analysis of referrals within our contracted services shows that children are typically presenting with a combination of behavioural, emotional and family-related challenges. Behavioural difficulties were the most frequently recorded concern, with around a third of referrals identifying behavioural issues at home and a quarter identifying behavioural difficulties in school. Emotional wellbeing needs were also prominent, with over a quarter of children experiencing anxiety or low mood, alongside similar levels of anger, aggression and low self-esteem.

In many cases, behaviour is the visible expression of underlying emotional distress, meaning that what initially presents as behavioural difficulty often reflects deeper emotional needs. A range of family pressures were evident within referrals, including historic domestic abuse, family breakdown and inconsistent parenting, while around one in ten cases involved parent mental health concerns. Educational needs were also present, with a number of children identified as having special educational needs or additional learning support requirements.

Taken together, the data shows that many children are navigating multiple pressures across home and school, highlighting the value of coordinated support that can respond to these interconnected challenges.

### Contracted referral criteria - % frequency



## Community Support

Our **Inhale/Exhale community project** is funded through grants, donations, community fundraising and reserves, enabling us to provide vital support to children and young people who are referred by parents and carers or signposted by professionals across education, health, social care and the voluntary sector. The project aims to provide free help directly to families when mental health challenges first emerge, rather than waiting for a crisis to develop.

Support is primarily delivered through one-to-one sessions with therapeutic mentors or therapists, alongside targeted group work funded by specific grants. We also offer placements to counselling students in the final stages of their training, expanding our reach while strengthening the future workforce.

At the heart of Inhale/Exhale is the belief that strong, trusting relationships unlock potential. Our experienced team helps children, young people and parents/carers to recognise and build on their strengths. Through creative, nature-based, physical and music-focused activities - combined with therapeutic conversations - we equip children with practical tools to improve their mental health and wellbeing.



**120**

Children and young people supported

**4**

Group programmes

Move Play Grow  
Artful Minds  
Theraplay  
The Nest

**COMMUNITY**



**776**

One to one or family sessions

**60**

Group sessions



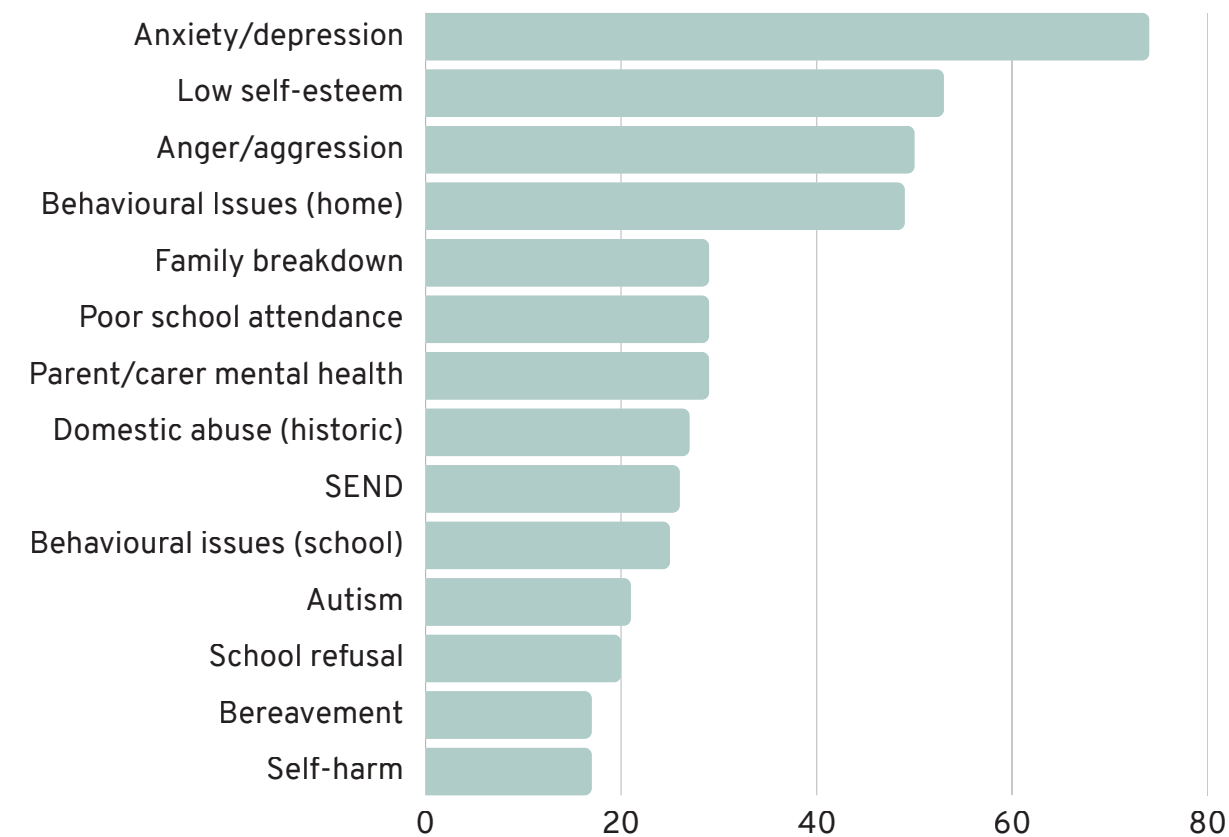
## About our community referrals

This year’s referrals to our community project show just how complex the needs of local children and families continue to be. The most common concerns, as in previous years, were around emotional wellbeing, with nearly three quarters of children experiencing anxiety or low mood. Over half were struggling with low self-esteem, and around half were showing anger or behavioural difficulties at home.

These challenges rarely appeared on their own - many children were dealing with several overlapping issues at the same time. Family pressures were also a significant factor, with around a third of referrals involving parent/carers mental health difficulties, family breakdown, or experiences of domestic abuse. Difficulties were often affecting school life too, particularly attendance.

Overall, the picture is one of children managing a combination of emotional distress, behavioural challenges and wider family stress, underlining the importance of providing joined-up, trauma-informed support for the whole family as soon as possible.

### Community referral criteria - % frequency





# OUR IMPACT IN 2024-25

Family Compass continues to use a multi-dimensional approach to capture both the tangible and personal impacts of our work. These include:

- **Goal Based Outcomes** (GBO) – to ensure child-centred, goal-led practice.
- **Outcomes Compass** – our bespoke visual tool for measuring progress.
- **Creative evaluation** – drawings, stories, recordings and other child-led reflections.
- **Case studies** – in-depth tracking of change.
- **Stakeholder feedback** – children, families, schools and other referring organisations.

This flexible approach supports shared decision-making, enables personalised support, and is tailored to the emotional and mental health needs of each child or young person. It provides a robust measure of the difference our services make.

## GOAL BASED OUTCOMES ARE UNIQUE TO EVERY CHILD & FAMILY...



I understand how my  
behaviour impacts  
others

I can put how I  
feel into words

I feel more confident  
meeting new people

I can tell when I need a sensory break

I understand my  
sadness

I help my son to feel safe and have a sense of security to  
us when he has an emotional outburst

I recognise my triggers  
and know how to manage  
them

I understand why I  
can't live with my  
birth family

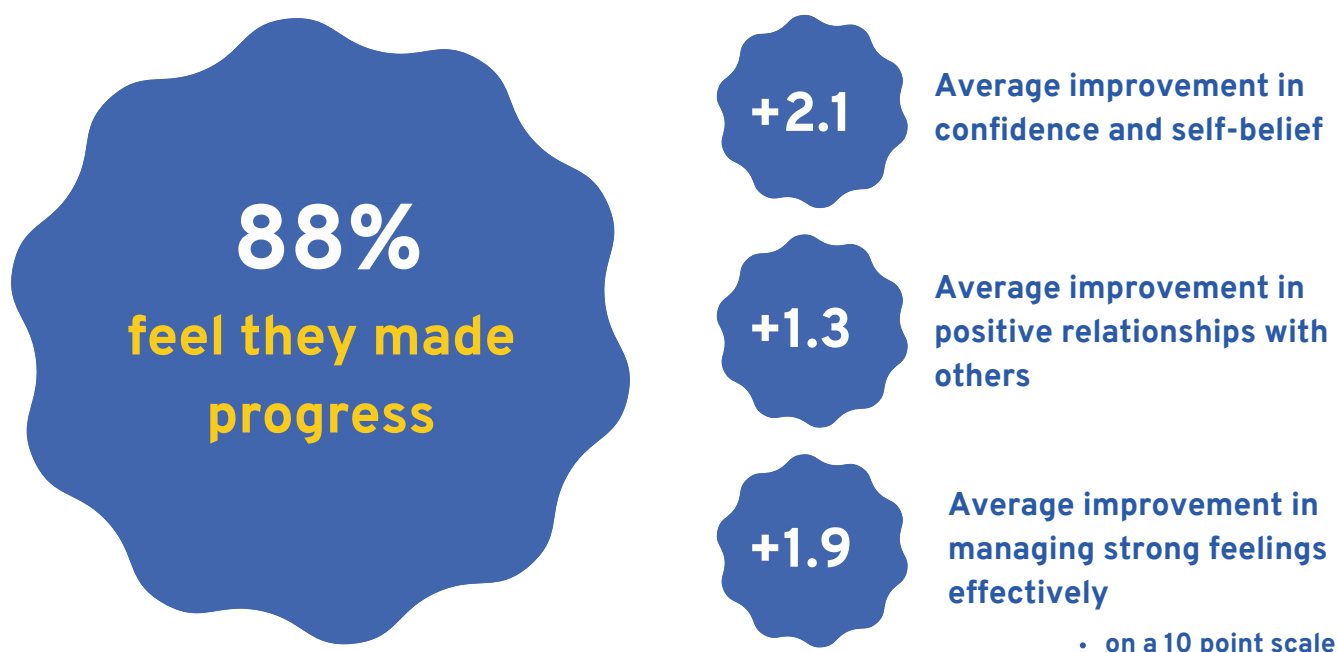
I am more open  
about my thoughts  
and feelings



Our **Outcomes Compass** helps children, young people and families record the distance they travel in three key areas:

- I am confident and believe in myself
- I have positive relationships with others
- I can manage my strong feelings effectively

Where we have completed starting and ending outcomes, the data collected across our services showed consistently strong positive change for the majority of participants.



### Contracted Services

Our commissioned services work with families experiencing more complex or longer-term difficulties. Despite these challenges, outcomes remain very positive. 84% of participants with ending outcomes improved in at least one area, and 76% improved in two or more areas. These results demonstrate the value of sustained, structured support for families facing higher levels of need.

### Community Services

Families accessing our community programmes experienced particularly strong outcomes. 93% of participants showed improvement in at least one outcome area, with 79% improving in two or more areas. These results highlight the effectiveness of accessible, early support within communities, enabling families to make meaningful changes before challenges escalate.

### Overall Impact

Across our services, the large majority of participants experienced measurable improvements in wellbeing. Many children and families showed progress across multiple outcome areas, demonstrating the significant positive difference our services make in helping children to manage the mental health challenges they are facing.

## A parent's view...

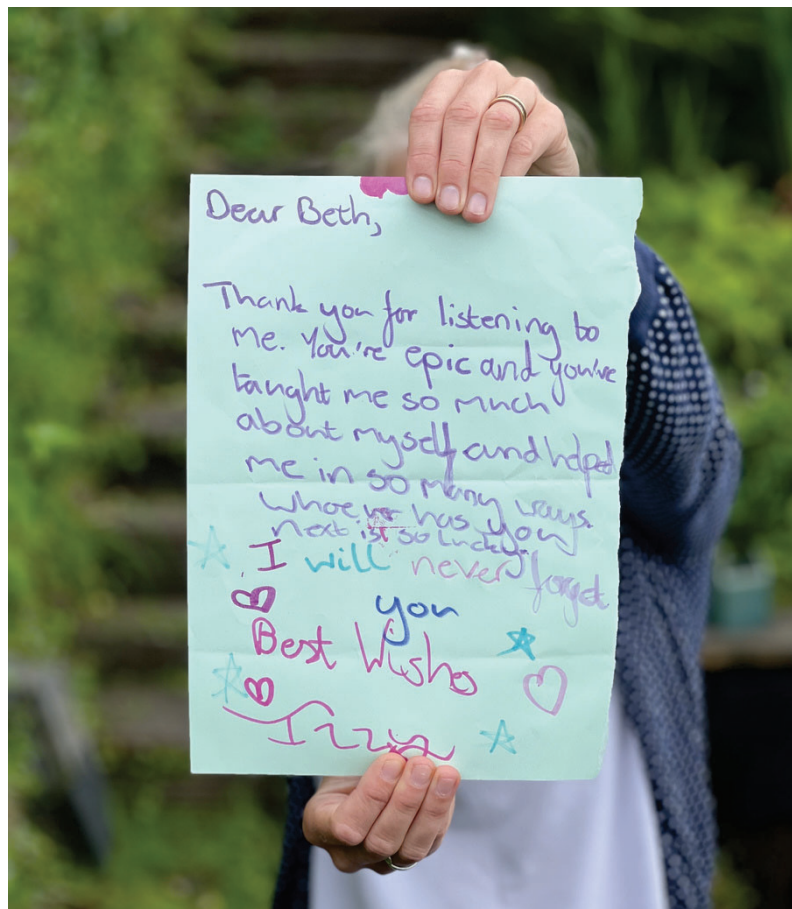
“

My son was referred during primary school as he struggled with anxiety and attending school.

He was assigned a mentor who picked him up from home or from school and spent time with my son to build confidence and to create relationships. My son is now in year 10 and making smart and safe choices.

His mentor changed my boy's perspective of school and of life. He gave him the confidence to be in school all day every day. He also taught him self worth. He is now doing his best. As a family we will always be grateful for the time and effort Family Compass invests into young lives.

”



## Feedback from children, young people and families...



**I feel better to step up, be myself and have more confidence in what I'm doing**

I don't quite have the words to express how grateful and appreciative I am for you, your time and all that you have done for me during our time together. Your patience, understanding and encouragement during the time cannot be overstated. You are truly brilliant at what you do and I feel very privileged to have met you and had the opportunity to open up and be seen. Thank you for everything!

**One young person fed back how much warmth and safety they had felt during their time at Family Compass that made it easy for him to open up. This applied to everyone they came in contact with at Family Compass**

Thank you so much for your support over the most difficult months of our lives. I will take away many fond (and difficult) conversations and laughs we've had but most of all your overwhelming and understanding support. There will be many times I'm sure I'll have you on my shoulder guiding! I'm sure I can also speak for our children when I say thank you as it's been really helpful in turn for them in a big way

**You helped me understand anxiety and dyslexia**

D's mentor helped him to understand the feelings he was experiencing from his anxiety and how to manage and overcome what he's going through. They also communicated with the school to help them understand why D is having the struggles he is and suggesting strategies that could help him. D's mentor had a gentle approach toward D and a true passion to help D overcome his struggles





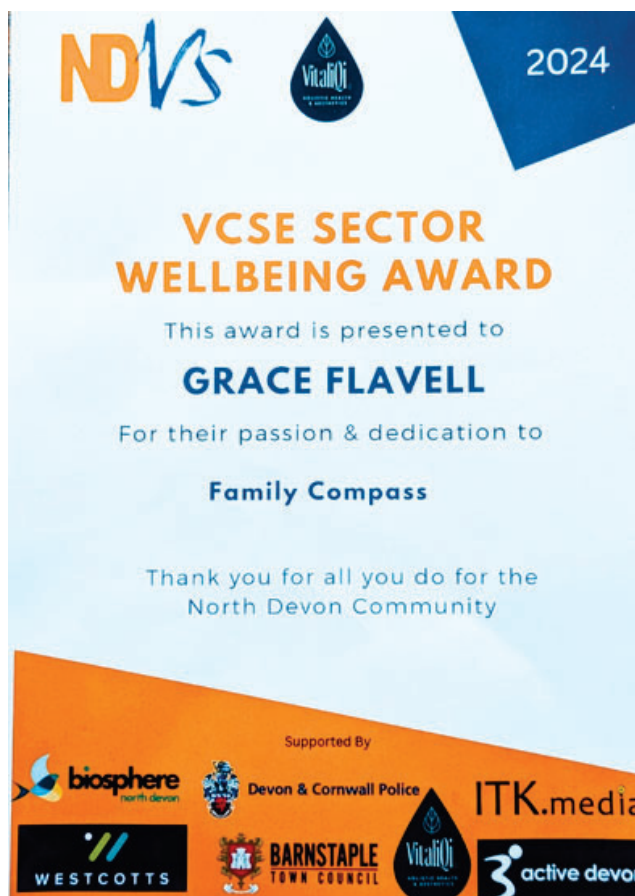
# ACHIEVEMENTS

## Expanding our commitment to team wellbeing

Building on the progress made in 2023–24, we further strengthened our commitment to the wellbeing and professional development of our team during 2024–25. Recognising that a thriving team is a well-supported one, we expanded our supervision and wellbeing resources to provide a comprehensive framework of support.

Alongside Individual Clinical Supervision, we continued to develop Peer Group Supervision and Therapeutic Life Story Work Supervision. These sessions provide valuable opportunities for professional growth, reflective practice and collaborative learning, creating safe spaces for the team to share experiences, best practice and support one another.

We also maintained our commitment to personal wellbeing through the continued rollout of our Employee Assistance Programme (EAP) and the Wisdom App. These confidential resources provide independent support for a range of personal and professional challenges.



Our Therapeutic Lead, Grace Flavell, has played a key role in facilitating peer group supervision sessions, which explore themes such as burnout, mindfulness, creativity and the use of metaphors in practice. In recognition of her work supporting community wellbeing, Grace received a North Devon Voluntary Services Community Wellbeing Award in November 2024.

While our therapeutic work is deeply rewarding, it is also emotionally demanding. Increasing caseloads have required significant resilience from our team, and we remain incredibly grateful for their dedication. We continue to encourage staff to prioritise self-care and wellbeing, recognising that this is essential to sustaining both our team and the services we provide.

## Training

Ongoing training and professional development are central to maintaining high-quality practice and ensuring that we continue to meet the needs of children, young people, and families. Training enables staff to keep practice current and evidence-based, meet statutory requirements, and remain motivated and engaged in their work.

During the year, staff participated in a broad programme of training and development, including:

- Therapeutic Life Story Work
- Supervision skills
- ASIST suicide prevention
- Introduction to Dialectical Behaviour Therapy (DBT)
- Safeguarding training at varying levels
- APT Risk Assessment of Adolescents

This comprehensive training programme has strengthened staff confidence, enhanced service delivery, and ensured compliance with statutory and best practice standards.

## Fundraising & events

This year we continued to grow the capacity of our Inhale/Exhale programme to meet increasing demand within our community, largely through successful grant applications and fundraising.

Grant funding remains vital to sustaining our work. Alongside smaller grants supporting resources and training, we were grateful for a generous grant from the Screwfix Foundation which enabled us to refurbish our premises and create safe storage for the many artworks produced by young people on their therapeutic journeys.

2024 marked the final year of the Thriving Minds grant, funded by the Julia and Hans Rausing Trust and administered by UK Youth. This funding supported the delivery of Inhale/Exhale as well as staff supervision and training. We were also pleased to receive a legacy grant to pilot a new therapeutic drop-in service for young people in partnership with local organisations.

In July 2024, we were delighted to receive confirmation of a three-year £160,000 grant from the Henry Smith Foundation's Improving Lives Fund, providing vital stability for the continued delivery of Inhale/Exhale.

We are also deeply grateful to the many organisations, community groups, volunteers and individuals who supported us through donations and fundraising activities throughout the year. These included sponsored challenges, our first London Marathon, community events, charity partnerships and a studio art sale, celebrating the creativity of the young people we support alongside local artists.

While our services remain free at the point of access, optional donations from families, alongside generous community support, help us reach even more children and families in need.

Community engagement remained a key focus, with events such as our second Walk for Wellbeing, an open day for partners and supporters, and participation in local initiatives including Reclaim the Night. These events strengthened connections across our community and highlighted the importance of supporting children and young people's mental health.



# CHALLENGES AND FUTURE PLANS

## **Long-term financial stability**

The restructuring and changes within the team and outlined above are now being embedded in our day to day operations. As we do so, other areas of efficiency and improved systems are identified and changes made. Over the next 12 months we will continue to focus on income generation – both contracted, and voluntary. We will also review and bring clarity to our media, image marketing and communications. This will ensure more people and organisations are aware of what we do, inspiring others to support us and raise funds, as well as professionals outside the statutory services to use us to support the young people in their care.

We are confident this will ensure we meet our commitment to our community support, while also strengthening and diversifying our contracted services.

Our 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 at least the next 12 months.

## **Streamlining processes**

For some time we have recognised that the way we manage our data needed to change. This year we introduced Upshot, a UK-based Community Interest Company platform widely used by charities to monitor sessions and outcomes. Upshot enables us to record and securely store information and data, improving the way we manage, monitor, and evidence our work. The team has adapted well to the new system, which is already enhancing efficiency and reporting. By the time we reach the end of our 2025-26 financial year we will, for the first time, have a complete year of data available on Upshot, which will make evidencing our work, reporting and monitoring much simpler.

## **Website development**

While our current website remains functional, it requires significant updating to meet the diverse needs of our audiences more effectively. We plan to undertake a comprehensive redesign over the next 12–24 months and will seek grant funding or sponsorship to support this important project.



# FINANCIAL REVIEW

## Summary

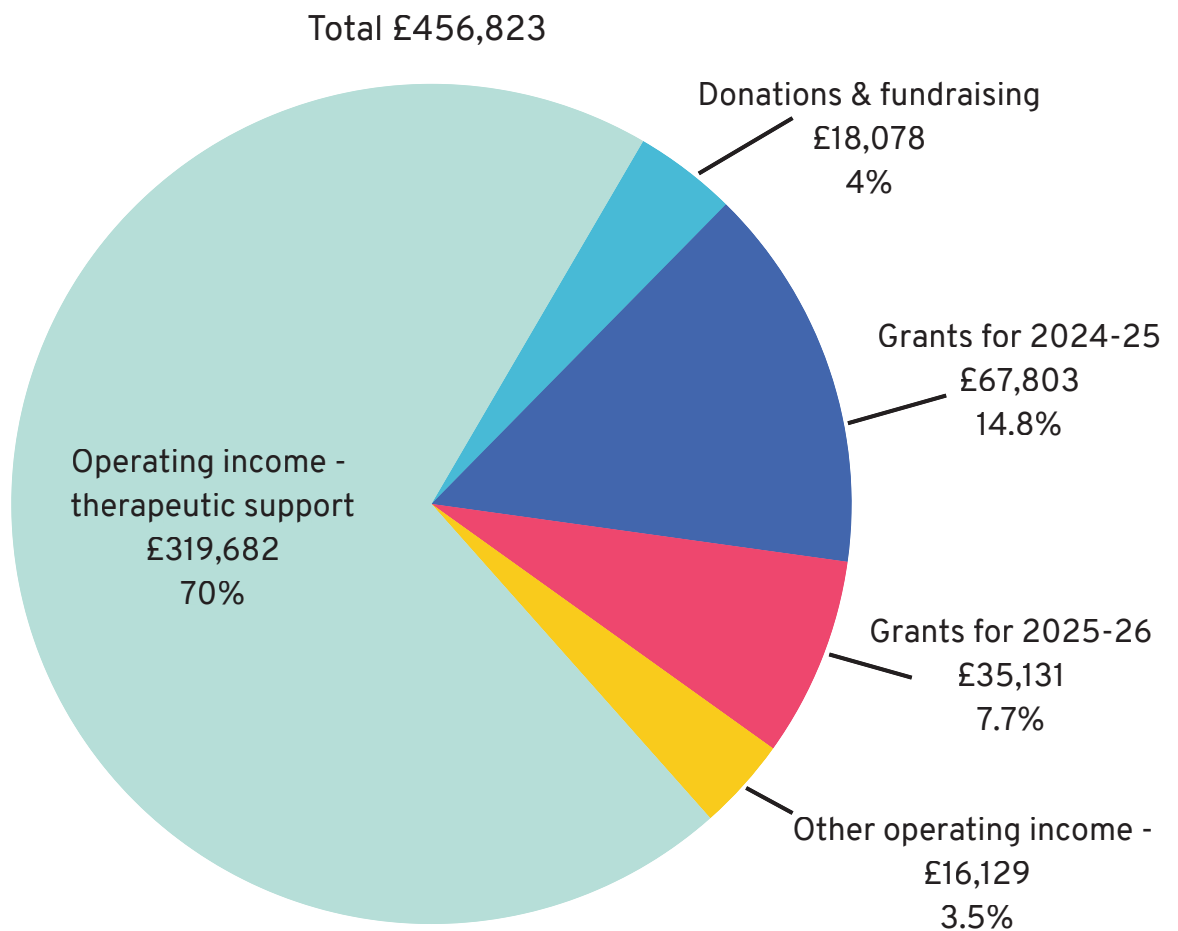
It has been a particularly challenging year for Family Compass. Although the Statement of Financial Activities shows a shortfall, we have faced each challenge, reflected, changed the way we work and believe we are in a stronger position than ever to continue supporting more young people and families in the future.

Our Statement of Financial Activities shows a shortfall of £43,269, compared with a surplus of £11,988 for the 2024 year. However, right at the end of the last financial year we received unrestricted funds of £44,600 from Thriving Minds, which was designated and used for our Inhale/Exhale programme this year.

## Income

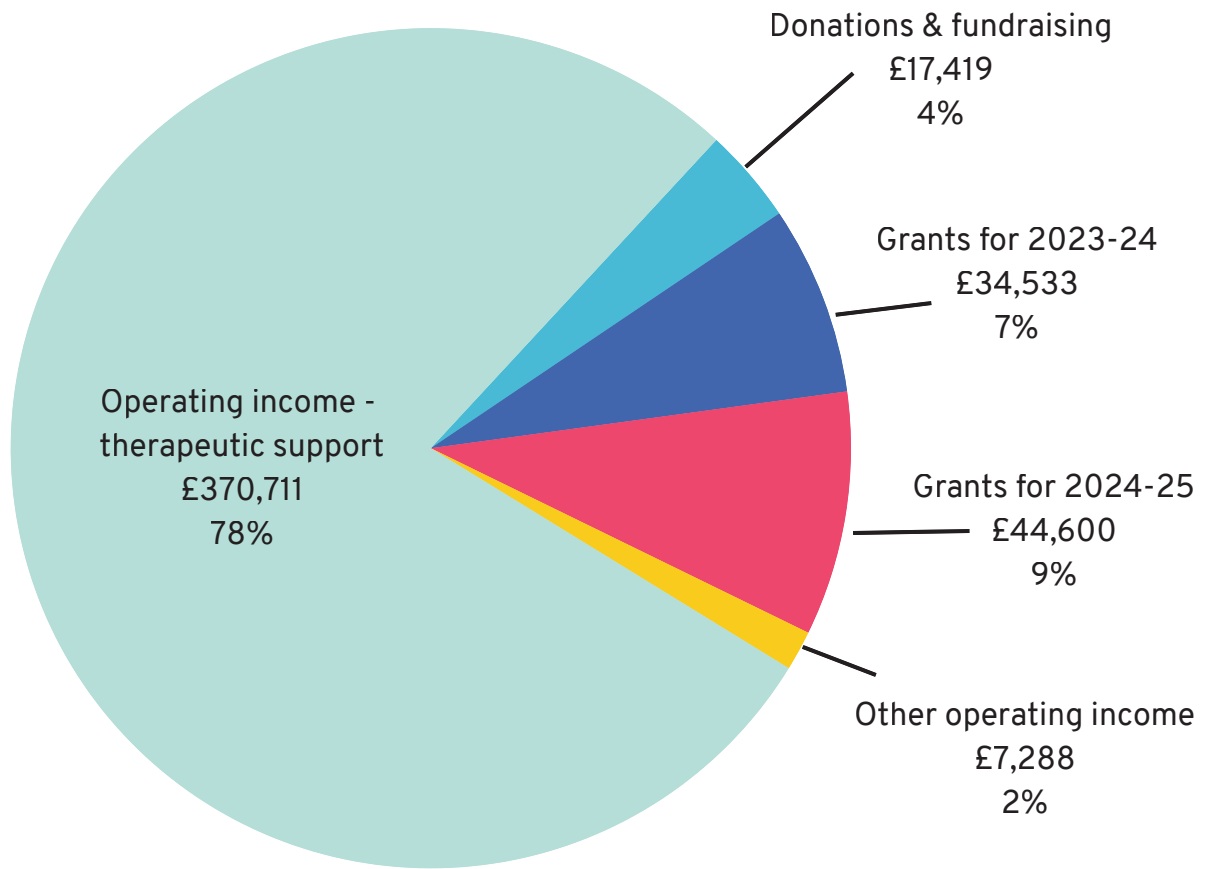
Our total income for the year was £456,823, down £17,728 on the previous year due to the drop in contracted income as outlined out below.

### Sources of income 2024-25



## Sources of income 2023-24

Total £474,551



## Contracted Income

As the year progressed, uncertainty increased over the future of funding for post adoption support via the Adoption and Special Guardianship Support Fund, which forms a large part of our contracted income. The lack of clarity and communication affected the whole sector and regional adoption agencies were unable to plan ahead beyond 31<sup>st</sup> March 2025. Consequently, they were unable to confirm the much needed support to be given to families and young people. No support could extend beyond the end of March and they were unable to issue contracts starting much before that point.

Confirmation that support would continue in April 2025 and beyond was not made until 1<sup>st</sup> April, but the form of that support had still not been decided that point. This meant many families who were still unable to obtain support had been waiting several months for a decision and no contracts for new or continuing support could be issued.

On 14<sup>th</sup> April the Government announced the reduction of the "fair access limit" for therapy from £5,000 (the level since 2016) to £3,000 per child per year, the removal of the separate £2,500 allocation for specialist assessments, and the discontinuation of the match-funding for exceptional/complex cases. This has had a serious impact, and inevitably reduced the support available for families.

The timing and content of the announcement, which was not known by adoption agencies until that point, meant existing applications for support had to be withdrawn, reviewed and re-submitted, with agencies needing time to consider how they could adapt moving forward. In one key agency, the decision was made not to issue any further contracts until June 2025, three months into their financial year, to give themselves time to adjust, plan the way forward and then approach the backlog of applications for family support.

While we had been preparing for a change at some point, and were working to diversify and develop other income streams supporting families and young people, the delay in decisions being made and the size of the reduction in funding by, effectively, 60% per child, was unexpected by us and by others in the sector. As a consequence, our contracted income was significantly below the targets set out in our budget for the year.

We have adapted, restructured and built in more flexibility to respond to the changes that lie ahead. Alongside this we have continued to diversify, developing other sources of income and promoting our work to the wider sector. Good progress has been made in this.

Other income rose from £7,288 to £16,129. This is largely due to an increase in the income from hiring out therapy rooms when the space is unused. This now covers virtually all our premises costs.

## **Voluntary Income**

With hard work, we are delighted we made more progress developing streams of voluntary income. 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.

Voluntary income is critical. We use it to support young people, helping them to build resilience and improve mental wellbeing so they survive future challenges and 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 contracted support.

	2025	2024
<b>Donations and fundraising</b>	£18,078	£17,419
<b>Grants</b>	£102,934	£79,133
<b>Total voluntary income</b>	<b>£121,012</b>	<b>£96,552</b>

The climate for grants and fundraising has been bleak. Most organisations are facing increased costs, and grant funders are receiving unprecedented numbers of applications for support. Some have also decided to close and spend down their funds. Individuals are faced with an ongoing cost of living crisis which impacts donations. Despite this, our voluntary income grew significantly this year.

Further details of our grants and the support they enable us to provide are set out in the notes. We are so grateful to all those funders, without whose backing many families would not be able to receive the support they desperately need.

We are particularly grateful to The Henry Smith Foundation, who are providing critical funding in 2024-2027, and to the Julia and Hans Rausing Trust which provided the Thriving Minds grant (administered by UK Youth), over the previous three years. Receiving multi-year funding makes a huge difference to us, bringing certainty and confidence. It means we will be able to support more young people and families in the years ahead and the funding received has greater impact.

We were delighted our application to the National Lottery was also successful, resulting in a further grant of £20,000 being received in May 2025 to underpin our community project.

We received the final instalment of £44,600 for the grant from Thriving Minds in May 2024 and designated that for use in this financial year, 2024-25. Similarly, part of the grants received from the Henry Smith Foundation and the National Lottery, which were received in February and May 2025, have been designated for use in the next financial year and will continue to support the work we do to help young people and families.



Unlike in 2023-24, we did not have a significant key corporate supporter raising funds for us; but awareness of Family Compass has started to grow, and we were supported in many ways by the wider community.

The hard work and determination of all those individuals and families who undertook challenges - ran a marathon, staged a music event, ran every day for a month, took part in the Croyde Ocean Triathlon, supported our art sale - and so many other events to raise much needed funds for us, along with those individuals who made one off donations and organisations who named us as beneficiaries of their fundraising, all helped to ensure more families and young people received the support they desperately need.

## **Expenditure**

Total expenditure rose from £462,563 to £500,092. This is partly a result of being able to use the grant funding received in May 2024 to support young people during the current year (2024-25).

The direct costs of providing therapeutic support increased by 2% to £321,294 (2023-24: £315,286). In contrast, the number of families we supported and the number of sessions we provided grew by far more than this, supporting over 40% more families.

Our direct support costs, which enable the therapeutic support to take place rose from £147,277 to £178,798. 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. They include the appointment of a new team manager and other restructuring costs to enable Family Compass to build resilience for the future. As highlighted elsewhere in this report, we also invested in training and new software to contain our data safely in one place, record sessions, outcomes and other details. This also enables us to record data and produce reports to assess our impact more easily.

Safeguarding is a key and critical part of our operation, and we must dedicate sufficient time and resources to ensure this is effective.

In April, the increased costs of national insurance contributions (NIC) came into effect. This, combined with a reduction in the earnings threshold (the level earnings are charged), is estimated to cost Family Compass more than £10,000 annually. Our utility costs are also rising due to wider economic and environmental factors beyond our control. We are so grateful to both the Henry Smith Foundation and Thriving Minds who increased their level of grant to help charities like Family Compass absorb the additional costs imposed upon us.

## Reserves

As a result of the deficit, at the end of the year our reserves had fallen from £106,723 to £63,454.

	2025 £	2024 £
<b>Restricted funds</b>	36,876	15,688
<b>Unrestricted funds</b>		
Designated funds:		
Book value of fixed assets	14,343	20,903
Thriving Minds	–	44,600
Total designated funds	14,343	65,503
Free reserves	12,235	25,532
Total unrestricted funds	26,578	91,035
<b>Total funds</b>	<b>63,454</b>	<b>106,723</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.

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

- The working capital we need to operate. This covers the time period from when support is provided before the external agency or body can be charged, along with a provision for the time taken for invoices to be paid. This has increased with statutory bodies increasing the terms on which they will pay, about which we have little control;

- The risk of significant income streams ending to cover the period of adjustment and, possible closure. Having visibility of future income streams is a key part of assessing that risk;
- Other contingencies, uncertainties and events, assessed on a risk basis;
- Continuity of funding for our Inhale/Exhale support, ensuring help is there for all who need it. Again, this is assessed on a risk basis;
- The investment in equipment and assets which we use on a day to day basis to deliver support, recognising those reserves cannot be spent without the sale of the underlying assets.

Grants received in the final months of the financial year may also 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.

While we have not yet reached this, the level of reserves we aim to build in the future comprises:

The book value of investment in fixed assets	£14,343
Working capital	£70,000
Risk based reserve	£97,300
<b>Total reserves</b>	<b>£181,643</b>

### Cash balances

At the end of the year, our cash balances had dropped slightly from £19,632 to £17,541.

We have a forecasting system in place to look ahead and ensure we have adequate cash resources and bank facilities 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 must retire and may seek re-appointment. No trustees are remunerated for their service. There must be a minimum of three trustees; there is no maximum.

There were two new appointments to the Trustee board during the period. Three trustees, including the treasurer, stepped down after the end of the period. One new trustee, with expertise in HR and finance, was appointed after the end of the period.

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 a strong Team Manager to lead the team and become the Designated Safeguarding Lead, there have been few changes to the structure of Family Compass during the period, as we focus on stabilising the organisation.

On the 1<sup>st</sup> June 2025 (after the end of the period), our co-founders and CEO's, Lucy Capron and Keda Johnstone, stepped back from their management roles. This decision is a powerful testament to the value of personal wellbeing, a principle they have woven into the fabric of our organisation. Lucy continued to provide direct support to children and families, while Keda retained responsibility for fundraising, aiming to return as CEO in January 2026. Their vision and dedication have built a strong foundation and the Family Compass team are proud to carry on the values and mission they so passionately instilled. Emma Nobes, Team Manager, took on the role of interim CEO, with the management team all carrying additional responsibilities. We are indebted to them for always going over and above what is required of them. The team remain fully committed to ensuring that Family Compass maintains its ethos as a strengths-based, child-centred charity.

# 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.

## 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.  
Appointments/resignations after the period are also recorded.

Name	Appointed	Resigned
Lucy Scanlan (Chair)	15/09/2022	
Rebecca Goss (Treasurer)	04/11/2022	28/01/2026
Helen Fothergill	01/05/2022	
Georgina Gratton	19/09/2023	08/03/2026
Louise Round	01/02/2022	
Conor Warren	01/05/2022	05/03/2026
Stuart Young	25/06/2024	
Thomas Sprinks	13/03/2025	
Lisa Knowles	28/01/2026	



**Independent Examiner**

Sarah Twist FCA DChA  
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' annual report above.  
Signed on behalf of the charity's trustees:

**Signature** *Lucy Scanlan*  
**Full name** Lucy Scanlan  
**Position** Chair of Trustees  
**Date** 22/03/2026



**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 2025, which are set out on pages 32 to 47.

**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: 22 March 2026

**Family Compass CIO**  
**Statement of Financial Activities for the Year Ended 31 May 2025**

	<b>Note</b>	<b>Unrestricted funds £</b>	<b>Restricted funds £</b>	<b>Total 2025 £</b>
<b>Income</b>				
Donations and legacies	2	18,078	-	18,078
Charitable activities	3	350,393	87,474	437,867
Other trading activities		-	-	-
Investment income		878	-	878
Total income		369,349	87,474	456,823
<b>Expenditure</b>				
Charitable activities	4	(433,806)	(66,286)	(500,092)
Total expenditure		(433,806)	(66,286)	(500,092)
Net (expenditure)/income		(64,457)	21,188	(43,269)
Net movement in funds		(64,457)	21,188	(43,269)
<b>Reconciliation of funds</b>				
Total funds brought forward		91,035	15,688	106,723
Total funds carried forward	14	26,578	36,876	63,454

	<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

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

The notes on pages 34 to 47 form part of these financial statements.

**Family Compass CIO**  
**(Registration number: 1197742)**  
**Balance Sheet as at 31 May 2025**

	Note	2025 £	2024 £
<b>Fixed assets</b>			
Tangible assets	8	14,343	20,903
<b>Current assets</b>			
Stocks	9	-	139
Debtors	10	59,960	99,933
Cash at bank and in hand	11	17,541	19,632
		<hr/> 77,501	<hr/> 119,704
<b>Creditors: Amounts falling due within one year</b>	12	<hr/> (27,986)	<hr/> (31,735)
<b>Net current assets</b>		<hr/> 49,515	<hr/> 87,969
<b>Total assets less current liabilities</b>		63,858	108,872
<b>Creditors: Amounts falling due after more than one year</b>	13	<hr/> (404)	<hr/> (2,149)
<b>Net assets</b>		<hr/> 63,454	<hr/> 106,723
Unrestricted funds		12,235	25,532
Designated funds		14,343	65,503
Restricted funds		<hr/> 36,876	<hr/> 15,688
<b>Total funds</b>	14	<hr/> 63,454	<hr/> 106,723

The financial statements on pages 32 to 47 were approved by the trustees, authorised for issue on 22/03/2026 ..... and signed on their behalf by:

*Lucy Scanlan*

.....  
 Lucy Scanlan (Chair)  
 Trustee

The notes on pages 34 to 47 form part of these financial statements.

**Family Compass CIO**  
**Notes to the Financial Statements for the Year Ended 31 May 2025**

## **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**

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

### **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 2025 (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 2025 (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 2025 (continued)**

**2 Income from donations and legacies**

	Unrestricted funds £	Restricted funds £	Total funds £
Total donations and legacies	18,078	-	18,078
<b>Total for 2025</b>	18,078	-	18,078
Total donations and legacies	17,419	-	17,419
<b>Total for 2024</b>	17,419	-	17,419

**3 Income from charitable activities**

	Unrestricted funds £	Restricted funds £	Total funds £
KiT box sales	136	-	136
Services	319,546	-	319,546
Other income	15,251	-	15,251
Grants	15,460	87,474	102,934
<b>Total for 2025</b>	350,393	87,474	437,867
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

**Family Compass CIO**  
**Notes to the Financial Statements for the Year Ended 31 May 2025 (continued)**

**Grants**

	<b>Unrestricted funds £</b>	<b>Restricted funds £</b>	<b>Total 2025 £</b>	<b>Total 2024 £</b>
The Henry Smith Charity - Improving Lives	-	50,000	50,000	-
Bideford Bridge Rotary	-	2,000	2,000	2,000
Groundworks (Tesco)	-	375	375	4,625
National Lottery Community Fund	-	20,000	20,000	-
Northbrook Community Trust	-	7,500	7,500	-
Norman Family Charitable Trust	-	2,500	2,500	-
Braunton Rotary	-	200	200	-
Ilfracombe Rotary	-	599	599	-
Screwfix Foundation	-	4,300	4,300	-
UK Youth - Thriving Minds	15,460	-	15,460	44,725
Devon Community Foundation – PCC				
Safer Communities	-	-	-	9,967
Davie Barnstaple Trust	-	-	-	2,000
ND Community Councillor Grants	-	-	-	675
NHS Mental Health Crisis	-	-	-	9,471
Fullabrook CIC	-	-	-	4,000
North Devon +	-	-	-	1,500
Smaller grants	-	-	-	170
	15,460	87,474	102,934	79,133

**Family Compass CIO**  
**Notes to the Financial Statements for the Year Ended 31 May 2025 (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 2025 £	Total 2024 £
<b>Direct cost of charitable activity</b>				
Staff costs	241,341	53,891	295,232	272,261
Independent therapists	23,363	-	23,363	39,584
Other direct costs	1,347	1,352	2,699	3,441
	<u>266,051</u>	<u>55,243</u>	<u>321,294</u>	<u>315,286</u>
<b>Direct support costs</b>				
Staff costs	133,457	9,328	142,785	113,972
Marketing and development	1,880	-	1,880	2,057
Safeguarding and compliance	1,833	-	1,833	
Premises and facilities	11,510	940	12,450	13,162
IT and communications	6,617	406	7,023	3,809
Administration and insurance	2,271	156	2,427	3,066
Finance and depreciation	10,187	213	10,400	11,211
	<u>167,755</u>	<u>11,043</u>	<u>178,798</u>	<u>147,277</u>
<b>Total</b>	<b><u>433,806</u></b>	<b><u>66,286</u></b>	<b><u>500,092</u></b>	<b><u>462,563</u></b>

**Governance costs included above**

Independent examiners fees	1,890	213	2,103	1,800
Independent examiners fees - predecessor firm	-	-	-	1,225
Interest costs	76	-	76	120
	<u>1,966</u>	<u>213</u>	<u>2,179</u>	<u>3,145</u>

**Support costs**

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 2025 (continued)**

**5 Trustees remuneration and expenses**

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year. (2024 - None).

No trustee expenses were paid during the year. (2024 - None).

**6 Staff costs**

The aggregate payroll costs were as follows:

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Gross pay	392,095	341,944
Employers NI	24,931	21,139
Pensions (Defined Contribution Scheme)	8,851	9,266
	<u>425,877</u>	<u>372,349</u>

The average number of employees, including directors, during the year was 22 (2024: 18).

No employee received emoluments (excluding employer pension costs) of more than £60,000 during the year (2024: 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 £47,662 (2024: £61,752).

**Family Compass CIO**  
**Notes to the Financial Statements for the Year Ended 31 May 2025 (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 2024	24,078	5,756	3,853	33,687
At 31 May 2025	24,078	5,756	3,853	33,687
<b>Depreciation</b>				
At 1 June 2024	6,420	3,780	2,584	12,784
Charge for the year	4,883	1,036	641	6,560
At 31 May 2025	11,303	4,816	3,225	19,344
<b>Net book value</b>				
At 31 May 2025	12,775	940	628	14,343
At 31 May 2024	17,658	1,976	1,269	20,903

**9 Stock**

	<b>2025 £</b>	<b>2024 £</b>
Stocks	-	139

**10 Debtors**

	<b>2025 £</b>	<b>2024 £</b>
Trade debtors	40,419	27,476
Prepayments	3,198	715
Accrued income	16,343	71,742
	59,960	99,933

**Family Compass CIO**  
**Notes to the Financial Statements for the Year Ended 31 May 2025 (continued)**

**11 Cash and cash equivalents**

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Bank current account	4,038	8,434
Bank deposit account	13,210	10,584
PayPal	186	397
Cash on hand	107	217
	<hr/> 17,541	<hr/> 19,632

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

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Trade creditors	-	4,910
Bank loans due within one year	1,691	1,691
PAYE and social security	5,579	6,062
Accruals and deferred income	10,634	8,990
Other short term loans	10,082	10,082
	<hr/> 27,986	<hr/> 31,735

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

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Bank loans due after more than one year	<hr/> 404	<hr/> 2,149

**Family Compass CIO**  
**Notes to the Financial Statements for the Year Ended 31 May 2025 (continued)**

**14 Funds**

	Balance at 1 June 2024 £	Income £	Expenditure £	Balance at 31 May 2025 £
Unrestricted funds	25,532	369,349	(382,646)	12,235
<b>Designated</b>				
Designated funds	65,503	-	(51,160)	14,343
<b>Total unrestricted funds</b>	91,035	369,349	(433,806)	26,578
<b>Restricted funds</b>				
Inhale/Exhale	750	82,974	(51,148)	32,576
NHS Mental Health Crisis Training	4,971	-	(4,971)	-
Devon Community Foundation - PCC Safer Communities	9,967	-	(9,967)	-
Braunton Rotary for books	-	200	(200)	-
Screwfix Foundation	-	4,300	-	4,300
	15,688	87,474	(66,286)	36,876
<b>Total funds</b>	106,723	456,823	(500,092)	63,454

**Family Compass CIO**  
**Notes to the Financial Statements for the Year Ended 31 May 2025 (continued)**

	Balance at 1 June 2023 £	Income £	Expenditure £	Balance at 31 May 2024 £
Unrestricted funds	3,556	395,194	(373,218)	25,532
<b><i>Designated</i></b>				
Designated funds	72,224	44,949	(51,670)	65,503
<b>Total unrestricted funds</b>	75,780	440,143	(424,888)	91,035
<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)	-
	18,955	34,408	(37,675)	15,688
<b>Total funds</b>	94,735	474,551	(462,563)	106,723



**Family Compass CIO**  
**Notes to the Financial Statements for the Year Ended 31 May 2025 (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.

Screwfix Foundation

The award is a contribution to the costs of refurbishment of the Old Town Station to ensure it remains a welcoming place for families and young people.

Braunton Rotary grant for books

This was awarded to fund the costs of books and resources

**Designated Funds**

Thriving Minds - The Thriving Minds grant of £44,600 was received in June 2024 but included in the accounts for May 2024 to comply with statutory disclosures. It was intended for and designated for the year to May 2025 and has 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

**Family Compass CIO**  
**Notes to the Financial Statements for the Year Ended 31 May 2025 (continued)**

**15 Analysis of net assets between funds**

	<b>Unrestricted funds</b>		<b>Restricted funds</b>	<b>Total funds at 31 May 2025</b>
	<b>General</b>	<b>Designated</b>		
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Tangible fixed assets	-	14,343	-	14,343
Current assets	40,625	-	36,876	77,501
Current liabilities	(27,986)	-	-	(27,986)
Creditors over 1 year	(404)	-	-	(404)
Total net assets	12,235	14,343	36,876	63,454

	<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

**16 Operating Lease Commitments**

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

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Less than one year	8,000	8,000
One to five years	13,333	21,333
	<u>21,333</u>	<u>29,333</u>

**Family Compass CIO**  
**Notes to the Financial Statements for the Year Ended 31 May 2025 (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>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Keda Johnstone	8,817	8,817
Lucy Capron	1,265	1,265
	<u>10,082</u>	<u>10,082</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 affordability. The loans and advances may be repaid in full or in part at any time at the option of Family Compass.