

Coastal Family Hub

Charity number: 1198683



Supporting child mental health
In Whitstable, Herne Bay and
Reculver

**Trustees report and financial statements
For the period ended 31 March 2023**

Coastal Family Hub

Table of Contents

Reference and information page	1
Trustees report	2 - 6
Statement of Financial Activities	7
Statement of Financial Position	8
Notes to the accounts	9 - 14

Coastal Family Hub

Reference and administration details of the Charity For the period ended 31 March 2023

Trustees	Ms L StJohn	Chair	(appointed on 21 April 2022)
	Mrs C Fisk	Treasurer	(appointed on 21 April 2022)
	Rev R C Webbley	Trustee	(appointed on 21 April 2022)
	Mrs C Wilkholm	Trustee	(appointed on 21 April 2022, resigned on 5 October 2023)
	Mrs S Crossley	Trustee	(appointed on 5 October 2023)

Charity registered number 1198683

Registered office The Vicarage
28A West Cliff
Whitstable
CT5 1DN

Coastal Family Hub

Trustees' report (continued)

For the period ended 31 March 2023

The Trustees present their annual report together with the financial statements of the Charity. The Charity was registered on 21 April 2022, and as such the financial statements are prepared for the period 21 April 2022 to 31 March 2023.

Objectives and activities

a. Policies and objectives

The object of the Charity is the preservation and protection of mental health among children and young people within the Whitstable, Herne Bay and Reculver area, by A) enabling therapeutic and emotional support to be provided in schools by qualified counsellors and B) providing emotional support to children and their families, including parents and guardians.

In setting the objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a Charity (PB2)'.

Achievements and performance

a. Main achievements of the Charity

i) Background

Coastal Family Hub (The Charity) was first conceptualised from a meeting of local church ministers within the Herne Bay, Whitstable and Reculver area. During one of their meetings, it was identified that a significant need within our local area was *mental health support, particularly in children and teenagers*. On further investigation, and from speaking with a number of mental health professionals locally, it was identified that mental health support is primarily not offered early enough, with current "early help" in secondary schools being too late in a young person's development.

In Spurgeons (formally Fegans during the period), the Charity found a partner who was running services targeted at those in primary schools and from there the dream of the initial team became a plausible reality. Trustees were identified within the local community, offering a wide range of skills that would benefit the new charity, and as such Coastal Family Hub was created formally in April 2022.

The Charity has two main purposes, as detailed above. In line with those purposes, the Charity currently has two main areas on which its project work is focused, the first being counselling within Schools and the second being Support Work for Parents and Carers. Following the Charity's inception, the counselling was commenced in September 2022 to line up with the academic year, and the Parent Support Work element was commenced in January 2023.

Coastal Family Hub

Trustees' report (continued)

For the period ended 31 March 2023

ii) Inception of the Counselling programme

The Charity hit the ground running and through relationships with the Coastal Alliance Co-operative Trust (CACOT) of schools within the Herne Bay, Whitstable and Reculver area, was able to work together with our counselling partner Spurgeons (known as Fegans in the period) to ensure the counselling could go live in our local schools from September 2022.

The 13 schools within the Coastal Alliance Co-operative Trust were divided into two blocks, with each school then receiving access to a counsellor for two hours per week for their respective block of 18 weeks. It was at the individual school's discretion as to how this was allocated to their respective children in need.

First year to date

So far, the counselling program has been running for 3 half terms, and as such the first block of six schools has nearly completed their first course of counselling. During this period, 20 pupils have been seen by the counsellors, amounting to 178 sessions delivered to date. The sessions themselves had a 90% attendance rate.

Feedback and outcomes

Feedback has been extremely positive about how The Coastal Family Hub offer has helped children, families and schools.

'The child was originally very nervous to speak to staff but is a lot more open to talking about difficult feelings and memories and overall is a lot happier'

Primary School feedback about the outcomes for a Year 6 Child.

'The Counsellors provide amazing reports that allow the school scope to follow on.'

An Infant School comment about being able to build on the counselling sessions.

'The support of The Coastal Family Hub has enabled our children to access much needed counselling. This has helped children work through challenges before they become lifelong inhibitors to learning and development. It's about prevention not cure'

Liz Thomas-Friend, Executive Headteacher

A number of case studies have been collected from children who have been through the counselling process so far by the counsellors. Positive outcomes have been seen of children who have arrived with complex mental health issues and emotional difficulties. They have benefited from the sessions in that they have learnt skills such as coping mechanisms and communication tools, which allow them to speak more openly about their feelings. This in turn has helped them to manage their mental health more effectively, enabling them to engage more with peers and in turn integrate better into school - both from a learning and social perspective.

Coastal Family Hub

Trustees' report (continued)

For the period ended 31 March 2023

Beyond the counselling

Our partner Spurgeons, who employ the front-line counsellors, are engaged with the Safeguarding Leads' within Schools, the local authorities and local statutory services such as CAMHS to ensure that any safeguarding concerns or complex needs are then disclosed and addressed by the appropriate services, to ensure the children are able to access any further services required to allow them to thrive. Spurgeons report to Coastal Family Hub annually on the progress of the counselling, as well as to update on safeguarding procedures.

iii) Inception of the Parent Support programme

In January 2023, the Parent Support programme commenced within the CACOT area, upon the employment of the Parent Support Worker. The intention of this programme is to provide further support to families, particularly for families whose children may have been identified as needing the counselling service.

First year to date

So far, the Parent Support Worker is engaged with 3 families in the area, with a further 6 on the waiting list. This level of interest after just 3 months shows the clear need for this type of service within the area.

Future plans

Expanding into 2023-24 and beyond, the Parent Support Worker has continued to build on the initial success of the programme, and has been reaching more of the families on the waiting list. To expand the offering they can provide, the Parent Support Worker has been actively recruiting and training volunteers, who will then be able to assist running support groups and other group services. The Parent Support Worker has connected with local schools, but also with local doctors surgeries, libraries, churches and other community groups, to ensure that the programme is reaching the widest variety of people.

Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

b. Reserves policy

The Trustees have established a policy whereby free reserves (defined as the amount held as current assets less current liabilities in the general fund) of the Charity should be maintained at approximately six months of annual expenditure, equating to approximately £500.

Coastal Family Hub

Trustees' report (continued)

For the period ended 31 March 2023

Reserves policy (continued)

As at 31 March 2023, the unrestricted reserves stood at £9,211. The Charity is therefore exceeding its reserves policy target. This is due to a number of "start-up" donations being gifted to the Charity to allow the Charity to prioritise its charitable aims. It is anticipated that the Charity may run at a deficit in future years as it builds up its local profile.

As at 31 March 2023, the Charity holds restricted reserves of £4,510.

c. Results for the period

During the period, the Charity received restricted income of £11,530 and unrestricted income of £10,128. The Charity had restricted expenditure of £7,020 and unrestricted expenditure of £917. This gave a restricted surplus of £4,510 and an unrestricted surplus of £9,211.

The total surplus was £13,721.

Structure, governance and management

a. Constitution

The Charity registered with the Charity Commission on 21 April 2022, as a charitable incorporated organisation. It's constitution was adopted on 4 April 2022.

b. Method of appointment or election of Trustees

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Constitution.

Statement of Trustees' responsibilities

The Trustees are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS102);
- make judgements and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

Coastal Family Hub

Trustees' report (continued)

For the period ended 31 March 2023

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the constitution. They are also responsible for safeguarding the assets of the Charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees and signed on their behalf by:

A handwritten signature in black ink, appearing to read 'L. StJohn', with a long horizontal stroke extending to the right.

Ms L StJohn

Chair of Trustees

Date: **29.1.24**

Coastal Family Hub

Statement of Financial Activities For the period ended 31 March 2023

		Restricted funds 2023 £	Unrestricted funds 2023 £	Total funds 2023 £
	Note			
Income from:				
Donations and legacies	3	1,000	10,128	11,128
Charitable activities	4	10,530	-	10,530
Total income		11,530	10,128	21,658
Expenditure on:				
Charitable activities	5	7,020	917	7,937
Total expenditure		7,020	917	7,937
Net movement in funds		4,510	9,211	13,721
Reconciliation of funds:				
Total funds brought forward		-	-	-
Net movements in funds		4,510	9,211	13,721
Total funds carried forward		4,510	9,211	13,721

The Statement of financial activities includes all gains and losses recognised in the year.

The notes on page 9 to 13 form part of these financial statements.

Coastal Family Hub

Balance Sheet As at 31 March 2023

		Restricted funds 2023 £	Unrestricted funds 2023 £	Total funds 2023 £
	Note			
Current assets				
Debtors	7	5,670	183	5,853
Cash at bank and in hand		683	9,218	9,901
		<u>6,353</u>	<u>9,400</u>	<u>15,754</u>
 Creditors: amounts falling due within one year	8	1,843	190	2,033
		<u>4,510</u>	<u>9,211</u>	<u>13,721</u>
Net current assets				
		<u>4,510</u>	<u>9,211</u>	<u>13,721</u>
Total net assets		<u>4,510</u>	<u>9,211</u>	<u>13,721</u>
 Charity funds	9	<u>4,510</u>	<u>9,211</u>	<u>13,721</u>

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



Ms L StJohn

Chair of Trustees

Date **29.1.24**

The notes on page 9 to 13 form part of these financial statements.

Coastal Family Hub

Notes to the financial statements

For the period ended 31 March 2023

1 General information

Coastal Family Hub is a registered charitable incorporated organisation with the charity number 1198683, registered with The Charity Commission on 21 April 2022, and is registered in England and Wales. The Charity's registered address is The Vicarage, 28A West Cliff, Whitstable, CT5 1DN.

2 Accounting policies

2.1 Basis of preparation of financial statements

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

Coastal Family Hub meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

The financial statements are presented in British Sterling and are rounded to the nearest Pound.

2.2 Going concern

The Trustees assess whether the use of going concern is appropriate i.e. whether there are any material uncertainties related to events or conditions that may cast significant doubts on the ability of the Charity to continue as a going concern. The Trustees make this assessment in respect of a period of at least one year from the date of authorisation for issue of the financial statements and have concluded that the Charity has adequate resources to continue in operational existence for the foreseeable future and there are no material uncertainties about the Charity's ability to continue as a going concern, thus they have continued to adopt the going concern basis of accounting in preparing the financial statements.

2.3 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Grants are included in the Statement of financial activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance sheet.

Notes to the financial statements

For the period ended 31 March 2023

2 Accounting policies (continued)

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probably that a transfer of economic benefits will be required in settlement and the amount of obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with use of resources.

Expenditure on charitable activities is incurred directly on undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.6 Cash at bank and in hand

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

2.7 Debtors

Debtors are recognised at the settlement amount. Prepayments are valued at the amount prepaid.

2.8 Creditors

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount that it has received as advance payments for the goods or services it must provide.

2.9 Financial instruments

The Charity only has financial assets and liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

Notes to the financial statements

For the period ended 31 March 2023

2 Accounting policies (continued)

2.10 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

3 Income from donations and legacies

	Restricted funds 2023 £	Unrestricted funds 2023 £	Total funds 2023 £
Donations from individuals	-	925	925
Donations from organisations	-	9,020	9,020
Grants	1,000	-	1,000
Tax recoveries	-	183	183
	<u>1,000</u>	<u>10,128</u>	<u>11,128</u>

4 Income from charitable activities

	Restricted funds 2023 £	Unrestricted funds 2023 £	Total funds 2023 £
Contributions from schools	-	-	-
Contributions from CACOT	10,530	-	10,530
	<u>10,530</u>	<u>-</u>	<u>10,530</u>

Coastal Family Hub

Notes to the financial statements

For the period ended 31 March 2023

5 Analysis of expenditure of activities

	Activities undertaken directly 2023 £	Support costs 2023 £	Total funds 2023 £
Charitable activities	7,728	209	7,937
	<u>7,728</u>	<u>209</u>	<u>7,937</u>

Analysis of direct costs

	Activities 2023 £	Total funds 2023 £
Counselling service costs	7,373	7,373
Parent support worker costs	355	355
	<u>7,728</u>	<u>7,728</u>

Included within counselling service costs is restricted expenditure of £7,020, which relates to the portion of the counselling costs paid for by the schools or local schools trust.

Analysis of support costs

	Activities 2023 £	Total funds 2023 £
Postage	51	51
Subscriptions	13	13
Sundry	9	9
Trustees expenses	136	136
	<u>209</u>	<u>209</u>

Notes to the financial statements

For the period ended 31 March 2023

6 Trustees' remuneration and expenses

During the period, no Trustees received any remuneration or other benefits.

During the period, 3 Trustees received re-imbursement for expenses totalling £136. These expenses related to safeguarding training, DBS costs and other sundry expenditure.

7 Debtors

	Restricted funds 2023 £	Unrestricted funds 2023 £	Total funds 2023 £
Due within one year			
Other debtors	5,670	-	5,670
Tax recoverable	-	183	183
	<u>5,670</u>	<u>183</u>	<u>5,853</u>

8 Creditors: Amounts falling due within one year

	Restricted funds 2023 £	Unrestricted funds 2023 £	Total funds 2023 £
Other creditors	1,843	178	2,021
Accruals	-	12	12
	<u>1,843</u>	<u>190</u>	<u>2,033</u>

Notes to the financial statements
For the period ended 31 March 2023

9 Statement of funds - current year

	Income	Expenditure	Balance at 31 March 2023
	£	£	£
Unrestricted funds			
General funds	10,128	(917)	9,211
Total Unrestricted funds	10,128	(917)	9,211
Restricted funds			
Counselling fund	10,530	(7,020)	3,510
Colyer Ferguson Stabilising fund	1,000	-	1,000
Total Restricted funds	11,530	(7,020)	4,510
Total funds	21,658	(7,937)	13,721

Purpose of restricted funds

Counselling fund - represents contributions recieved from the schools and/or the local schools co-operative trust, in relation to the fee charged to them for the counselling provision. The counselling provision is discounted by the Charity, with the Charity paying the remaining balance.

Colyer Ferguson Stabilising fund - represents a grant received to assist the Charity with initial set up costs. The balance not spent in the period will be fully utilised in the following year.

10 Related party transactions

During the period, the Charity received income of £10,530 from Coastal Alliance Co-operative Trust (CACOT), of which Ms L StJohn is also a director. This income was in relation to the schools portion of the counselling costs and is therefore deemed to be a market-rate transaction. The amount outstanding from CACOT at the period end was £5,670.

The Charity did not enter into any other related party transactions during the period.