

ACTIVE RESPITE

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

PERIOD ENDED 5 APRIL 2024

Charity number: 1201315

ACTIVE RESPITE

I N D E X

Period ended 5 April 2024

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ACTIVE RESPITE

GENERAL INFORMATION

Period ended 5 April 2024

Charity registration number	1201315
Trustees	Aaleyah Symons (appointed 13 December 2022) Deborah Bestwick (appointed 13 December 2022) Lucy Milner (appointed 13 December 2022) Nicola Hopwood (appointed 13 December 2022)
Registered office	4 Algar Close Costock Loughborough LE12 6AP
Independent examiner	Suzanne Rose Dixon Wilson 22 Chancery Lane London WC2A 1LS
Bankers	Rothschild & Co New Court St. Swithin's Lane London EC4N 8AL

ACTIVE RESPITE

T R U S T E E S ' A N N U A L R E P O R T

Period ended 5 April 2024

The trustees present their report and financial statements for the period ended 5 April 2024. The financial statements have been prepared in accordance with the accounting policies set out on pages 11 and 12 and comply with the Statement of Recommended Practice: Accounting and Reporting by Charities (SORP FRS 102, effective 1 January 2019). The general information presented on page 2 forms part of this report.

Active Respite is a charitable incorporated organisation (CIO) formed on 13 December 2022 under registered charity number 1201315.

Decisions are made by simple majority of votes cast at a meeting of the trustees where each member has one vote, save that in the event of an equality of votes the person who chairs the meeting has a second or casting vote. Decisions may also be made by written / electronic resolution agreed by a majority of all charity trustees.

Objects and activities for the public benefit

Active Respite's objective as set out in the Foundation Model Constitution are "to pay or apply the capital and income held by the CIO for, or towards the advancement of, the care, recreation and education of children who are in need by reason of financial hardship, mental or physical ill health, or other disadvantage with a view to supporting such children during out of school hours in such manner as the charity trustees may determine."

Active Respite's core activity is to connect children aged between 5 and 18 to third party activity providers and provide funding for them to access activities outside their home and school. These could range from after school sports or arts classes to longer term activities such as summer camps. The funding provided can take the form of payment for the child's class membership, equipment or tournaments.

This core activity enables the charity to meet its goal of supporting children in following their passion for activities they love, but which they may not have had the opportunity to try, whilst providing respite to families in difficult circumstances. The respite not only provides an opportunity for a parental break, but also the chance to seek support around their difficulties (e.g. domestic abuse support, financial aid, or parenting support).

Providing access to activities is also aimed at improving the health and wellbeing of children by giving them access to activities outside the home, with a view to alleviating stress and pressure within their home lives, whilst also reducing pressure on families and allowing time for family members to access support.

Active Respite primarily looks to support children who are 'children in need' (as defined by the Children Act 1989), or who are currently accessing the Early Help Team. Active Respite have also supported children who are 'Looked After Children' (as defined by the Children Act 1989). Referrals have also been received from the NHS by nutritionists who are concerned by a families' inactive lifestyle. Children who are on the 99th percentile are also subject to support by Active Respite to support the physical health of children with obesity. It has been found that most referrals from the NHS include children with additional needs such as autism and ADHD.

To measure the success of support for families, we enquire with the families every three months to review whether ongoing support is still beneficial. During reviews, feedback is taken from the families to establish whether the activity remains helpful for their circumstances. The professional who referred the family are also asked for feedback on whether the service is still beneficial for the family. When a family are discharged by the professional who referred them, this is seen as successful due to the family no longer requiring support from the local authority and Active Respite.

ACTIVE RESPITE

TRUSTEES' ANNUAL REPORT (continued)

Period ended 5 April 2024

Measuring the success of the activity is demonstrated differently depending on the family. For children with physical health needs, we receive feedback demonstrating a decrease in weight and an increase in active lifestyle. Many children referred to Active Respite have diagnosed mental health needs (i.e. ADHD and Autism). We have been able to measure the achievements and performance of these families based on the child's performance during the activity. Children with autism who are referred to us have historically been unable to participate in group activities, Active Respite has however proudly been able to progress every child with autism to group sessions in which they are comfortable and have developed the social skills for, many of whom have received rewards in swimming groups. Children with ADHD have often begun sessions by only participating for 5-10 minutes. With long-term exposure to activities, Active Respite have received feedback that this timespan has increased for children and supported them to maintain focus for longer.

The longer-term aims of Active Respite are to reduce the number of families who progress from Child in Need to Child Protection safeguarding levels within Nottingham City and Nottinghamshire local authorities. The families include foster families with Looked After children who often require support from the local authority due to the needs of the children. This is targeted by the short-term aims of providing guardians the time to seek support, whilst also giving the children an environment in which they can thrive mentally and physically. It is also hoped that Active Respite will support in the reduction of children suffering from obesity, and that Active Respite encourages families to engage in a more active lifestyle long-term. Long-term, Active Respite aims to continue increasing support provided to families across Nottingham and Nottinghamshire.

Public benefit

The Trustees, having regard to the Public Benefit guidance published by the Charity Commission in accordance with section 17 of the Charities Act 2011, consider that the purpose and activities of the charity as set out above and, in this report, satisfy the requirements of the public benefit test set out in section 4 of the same Act.

By connecting children to providers and supplying the requisite funding, this provides relief to families by creating opportunities for children with difficult home lives to participate in activities outside their home. This can improve the mental health and wellbeing of the children by reducing stress and providing social contact with other children in group activities. It will also advance physical health for those participating in active sports.

Achievements and performance

In total, since formation we have been able to provide over 140 membership payments for classes and clubs for children across Nottinghamshire. This includes music, swimming, dance, and trampoline lessons, monthly memberships to football clubs and gymnastics memberships. Active Respite has also supplied funding for equipment and clothing such as football kits and swimming costumes.

The charity is growing significantly with nearly 50 of these lessons and memberships being funded in March and April 2024. The initial target for Active Respite was to reach and maintain an average of 100 children supported annually through memberships or lessons. It has however become clear that we can support children to engage in activities at lower costs than anticipated. This cap will therefore be removed for the starting year of April 2024, and we will continue to grow further when we achieve our initial goal of supporting 100 children at once.

The first six months of Active Respite sought to grow the reputation of the charity within the area. Time was spent getting in contact with schools residing within the area, local authority social care teams, the NHS, and even the Education Project Support Officer for Nottingham and Nottinghamshire. As the year progressed, we managed to increase our social media presence on Instagram to increase our visibility directly to families and schools. Through networking, Active Respite also managed to achieve their own presence on the Health for Kids website (<https://www.healthforkids.co.uk/nottinghamshire/active-respite/>) in which we further increased our visibility to families.

ACTIVE RESPITE

T R U S T E E S ' A N N U A L R E P O R T (c o n t i n u e d)

Period ended 5 April 2024

Following all the work trustees put into handing out flyers, networking with employees of the local authority and schools and managing social media accounts, we saw a 58% increase in children we supported in January 2024 in which over 24 lessons were taking place weekly. This growth has continued as mentioned, with over 50 memberships being provided in March and April 2024. There is no longer a demand for advertising our services, as we received an average of 1 referral every 2 days in March, and this has continued to grow following the end of April 2024. It is very clear that the families we support benefit from this service, and that professionals see this in the families, as our returning referral rate from professionals is high. In March 2024, 6 of our referrals were from the same professional, along with another 4 that were from another professional within the same support team.

We've had several achievements from the families we work with, all different due to their needs. Statistically, we have been able to place all children except one in group classes. Despite children we support having experienced rejection from numerous clubs, including a child who was turned down by two holiday clubs due to his ADHD, we have managed to find group clubs which meet the children's needs. Many of these children have gone on to receive achievements (i.e. stages in swimming progression, their first football goal, and their first dance show). The only child we have been unable to find a suitable group setting for is instead settled in a 1-2-1 drumming session in which behaviours that are dangerous if unsupervised are appropriately managed by a music teacher trained in sufficient safeguarding. This child has seen an increase in their ability to focus on their lesson from 2 minutes to 20-minute segments during their lesson without interruption.

During our involvement with children in need, we have had children move out of area to reside with other family members. We have however always received a request for lessons within the new area from the new family member, but unfortunately we are currently unable to offer our support outside Nottingham City and Nottinghamshire County. There is still a very clear need for our support within the area, and despite reserves being high, the growth of Active Respite has increased every month. We have not been informed of any of the families we work with having increased in safeguarding concern and have instead only been notified of a child being placed in the care of the local authority during our referral process. We proceeded to offer support to the child under the eligibility of a Looked After child, along with the agreement of working with the family should the child ever return to their birth family. Many of the families we have worked with have however been stepped down from Child in Need to the Early Help Team.

Financial review

The charity received income in the period of £452,895 which included income from donations of £437,500. Expenditure on charitable activities totalled £36,100 and unrestricted reserves on 5 April 2024 were £416,795.

The principal funding source for the charity is donations from one of the trustees.

In line with the guidance issued by the Charity Commission, the trustees have examined the charity's requirements for reserves in the light of the main risks of the organisation. The charity initially planned expenditure of £100,000 annually. However, the trustees are confident that due to positive relationships with many clubs, the expenditure for support will continue to be lower than anticipated. For the year 2024-2025, the target is to reach an expenditure of £60,000 – this will then continue to grow gradually year on year until a review is completed at reaching £100,000 per annum. The trustees are confident that the current level of reserves is sufficient to keep the charity operating in the short term with the core level of activity in the event of a significant drop in funding.

Plans for the future

Active Respite plans to increase the number of children it supports within 2024-2025. There has not been a month in which less children have been supported than previously, and it is hoped that this will continue as the charity grows. By the end of April 2025, Active Respite has a target of supporting 100 children with monthly memberships.

ACTIVE RESPITE

TRUSTEES' ANNUAL REPORT (continued)

Period ended 5 April 2024

Due to an increase in time for trustees due to less advertising being required, it is also planned that a tool be developed within 2024 to be provided to families and professionals during review. This will allow for statistical feedback to be provided within the next trustee report at a more quantitative level alongside the qualitative feedback from families.

The trustees intend to continue meeting quarterly and to review changes where necessary.

Structure, governance, and management structure of board of trustees

Active Respite is governed by a board of trustees, who meet quarterly for trustee meetings to discuss the charity's strategy including the charity's activities, performance, funding, risks and risk management, policies and procedures. The four trustees were appointed on 13 December 2022 and are listed on page 2, and the day-to-day management and decisions are undertaken by the trustees. The board continues to benefit greatly from the broad professional experience of its trustees and their passion for the objective of the charity.

All trustees give their time voluntarily and receive no remuneration or benefits from the charity.

Recruitment, appointment and training of the trustees

New trustees may be appointed by Aaleyah Symons (existing trustee), having regard to the skills, knowledge and experience required for the effective administration of the charity. New trustees are provided with guidance on best practice in charity governance, information about Active Respite and guidance as to their responsibilities from existing trustees.

Risk management

The trustees have considered the major risks to which the charity is exposed and have reviewed those risks and established procedures and systems to manage those risks.

Trustees' responsibilities in relation to the financial statements

The Trustees are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards. 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 the incoming resources and application of resources of the charity 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;
- make judgements and accounting estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The Trustees are responsible for keeping accounting records that disclose with reasonable accuracy 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 for taking reasonable steps for the prevention and detection of fraud and other irregularities.

ACTIVE RESPITE

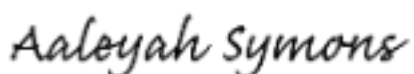
TRUSTEES' ANNUAL REPORT (continued)

Period ended 5 April 2024

Conclusion and thanks

In the first 15 months since Active Respite has been incorporated, it has steadily grown, and we are proud that it has been able to support so many children in having access to outside activities and clubs. The trustees wish to sincerely thank the clubs we have collaborated with, as well as the parents of those children who have attended clubs and lessons. We know that Active Respite will continue to grow and play a key role in the lives of children, their families and support networks.

Approved by the Trustees on 24 January 2025 and signed on its behalf by



Aaleyah Symons
Trustee

ACTIVE RESPITE

I N D E P E N D E N T E X A M I N E R ' S R E P O R T

Period ended 5 April 2024

Independent examiner's report to the trustees of Active Respite

I report to the Trustees on my examination of the accounts of the Charitable Incorporated Organisation (CIO) for the period from 13 December 2022 to 5 April 2024.

Responsibilities and basis of report

As the charity Trustees of the CIO you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act'). You are satisfied that an audit is not required for this year under charity law and that an independent examination is needed.

I report in respect of my examination of the Trust'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.

An independent examination does not involve gathering all the evidence that would be required in an audit and consequently does not cover all the matters that an auditor considers in giving their opinion on the accounts. The planning and conduct of an audit goes beyond the limited assurance that an independent examination can provide. Consequently, I express no opinion as to whether the accounts present a 'true and fair' view and my report is limited to those specific matters set out in the independent examiner's statement.

Independent examiner's statement

I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales.

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 the 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 applicable 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no 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.



Suzanne Rose ACA CTA
Dixon Wilson
22 Chancery Lane
London WC2A 1LS

24 January 2025

ACTIVE RESPITE**STATEMENT OF FINANCIAL ACTIVITIES****Period ended 5 April 2024**

	Note	Unrestricted 2024 £	Total 2024 £
Income and endowments from:			
Donations and legacies	3	437,500	437,500
Other	4	15,395	15,395
Total income and endowments		<u>452,895</u>	<u>452,895</u>
Expenditure on:			
Charitable activities	5	36,100	36,100
Total expenditure		<u>36,100</u>	<u>36,100</u>
Net income		<u>416,795</u>	<u>416,795</u>
Net movement in funds for the period		416,795	416,795
Total funds brought forward		-	-
Total funds	10	<u>416,795</u>	<u>416,795</u>

The statement of financial activities includes all gains and losses in the period. All income and expenditure derives from continuing activities.

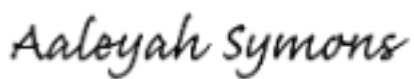
B A L A N C E S H E E T

At 5 April 2024

	Note	2024 £
Current assets		
Cash at bank		428,802
		<u>428,802</u>
Creditors: amounts falling due within one year	8	(12,007)
Net current assets		<u>416,795</u>
Total net assets		<u>416,795</u>
Represented by:		
Unrestricted fund		416,795
Total funds	10	<u>416,795</u>

24 January

The financial statements on pages 9 to 14 were approved by the Trustees on 24 January 2025 and signed on their behalf by:



Aaleyah Symons
Trustee

The notes on pages 11 to 14 form part of these financial statements.

ACTIVE RESPITE

NOTES TO THE FINANCIAL STATEMENTS

Period ended 5 April 2024

1. General information

Active Respite is a charitable incorporated organisation (CIO) incorporated in England and Wales.

The address of the registered office is:

4 Algar Close
Costock
Loughborough
LE12 6AP

2. Accounting policies

Basis of preparation and assessment of going concern

The financial statements have been prepared in accordance with applicable accounting standards, the Statement of Recommended Practice "Accounting and reporting Charities" applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (SORP FRS 102) and the Charities Act 2011. The particular accounting policies adopted are described below.

The Charity constitutes a public benefit entity as defined by FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

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

The financial statements are presented in Sterling which is the financial currency of the Charity and rounded to the nearest pound.

Accounting convention

The financial statements are prepared under the historical cost convention.

Cash flow statement

The financial statements do not include a cash flow statement because the charity, as a small reporting entity, is exempt from the requirement to prepare such a statement under FRS 102.

Income

All income is recognised in the statement of financial activities when Active Respite has entitlement to the income, it is probable that the income will be received and the amount of the income can be measured reliably.

All donations are recognised when the Charity has entitlement to the income.

Interest on funds held at the bank are included when receivable and when the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by FRS 102 or SORP FRS 102.

Expenditure and liabilities

Liabilities are recognised as soon as there is a legal or constructive obligation committing the Charity to the expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis, and is inclusive of irrecoverable VAT.

ACTIVE RESPITE

NOTES TO THE FINANCIAL STATEMENTS

Period ended 5 April 2024

2. Accounting policies (continued)

Financial instruments

The Charity accounts for basic financial instruments on initial recognition as per paragraph 11.7 SORP FRS 102.

Direct charitable expenditure

Direct charitable expenditure includes all expenditure incurred in pursuance of the Charity's objective and relate to expenditure made under the Charity's criteria.

Funds

All funds received are considered unrestricted funds for the general purpose of the Charity.

3. Donations and Legacies

	2024
	£
Donations	350,000
Gift Aid	87,500
	<u>437,500</u>

Donations and gift aid in the year relate to a single donation of £350,000 made by one of the trustees. The donation and gift aid are both attributable to the unrestricted income fund.

4. Other income

	2024
	£
Bank interest	13,304
HMRC repayment interest	2,091
	<u>15,395</u>

Bank interest and repayment interest in the year are attributable to the unrestricted income fund.

5. Charitable activities

	2024
	£
Child memberships	6,390
Child equipment	271
Support costs (note 6)	15,703
Governance costs (note 7)	13,736
	<u>36,100</u>

Charitable activity costs are attributable to the unrestricted income fund.

ACTIVE RESPITE

NOTES TO THE FINANCIAL STATEMENTS

Period ended 5 April 2024

6. Support costs	2023
	£
Legal and professional fees	15,338
Website costs	278
Printing, postage, and stationary	51
Telephone costs	36
	<u>15,703</u>

Support costs are allocated 100% to charitable activities and are attributable to the unrestricted income fund.

7. Governance costs	2024
	£
Accountancy fees	11,936
Independent examination	1,800
	<u>13,736</u>

Governance costs are attributable to the unrestricted income fund.

8. Creditors: amounts falling due within one year	2024
	£
Other creditors	5,407
Accruals	6,600
	<u>12,007</u>

9. Taxation

As a charity, Active Respite is exempt from tax on income and gains to the extent these are applied to its charitable objects.

ACTIVE RESPITE

NOTES TO THE FINANCIAL STATEMENTS

Period ended 5 April 2024

10. Analysis of net assets between funds

	Unrestricted £	Total £
Funds as at 5 April 2024 are represented by:		
Cash at bank and in hand	428,802	428,802
Creditors	(12,007)	(12,007)
	<u>416,795</u>	<u>416,795</u>

11. Trustees' remuneration and related party transactions

During the period, donations of £350,000 were received from one trustee without conditions attached.

The Trustees receive no remuneration for their services and did not receive any reimbursement of expenses incurred in fulfilling their duties as Trustees.

One Trustee paid £5,407 on behalf of the charity in relation to initial legal fees incurred in setting up the charity. At the Balance Sheet date, the charity owed the Trustee £5,407.

12. Financial instruments

	2024 £
Financial assets measured at amortised cost	428,802
Financial liabilities measured at amortised cost	<u>(12,007)</u>

Financial assets measured at amortised cost comprise cash at bank.

Financial liabilities measured at amortised cost comprise creditors and accruals.
