

Family Caring Trust

Northern Ireland · Charity number 100404

Details

Status Overdue

Registered 2014-08-08

Register [View on the Charity Commission for Northern Ireland register](#)

Contact

Address 25 Holly Grove
Wolverhampton.
Wv3 7dx

Phone 01902 451772

Email office@familycaring.co.uk

Website www.familycaring.co.uk

Activities

Purposes: The purposes of Family Caring Trust are stated at clause 3(i) of their Memorandum of Association: The Company is established to advance public education in family life by promoting interest and helping to forward its development within the Community at national, local and individual levels.

What the charity does: The advancement of education

How the charity works: Community development, Education/training, Research/evaluation

Who the charity helps: Adult training, Parents, Voluntary and community sector

Finances

Period end	Income	Expenditure	Assets	Employees
2018-12-31	£10,897	£17,444	£0	1

Trustees

Name	Role	Appointed
Mr Martin Butterfield		
Mr Paul Butterfield		

Family Caring Trust

Northern Ireland - Charity number 100404

Accounts

FAMILY CARING TRUST
Company Limited by Guarantee
Unaudited Financial Statements
Year ended
31 December 2018

K.JENNINGS & CO.

Chartered accountant
40 GREENAN ROAD
NEWRY
CO.DOWN
BT34 2PZ

FAMILY CARING TRUST
Company Limited by Guarantee
Financial Statements
Year ended 31 December 2018

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FAMILY CARING TRUST
Company Limited by Guarantee
Directors' Report
Year ended 31 December 2018

The directors present their report and the unaudited financial statements of the company for the year ended 31 December 2018.

Directors

The directors who served the company during the year were as follows:

Paul Butterfield
Martin Butterfield

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

This report was approved by the board of directors on 31 July 2019 and signed on behalf of the board by:



Paul Butterfield
Director



Martin Butterfield
Director



Paul Butterfield
Company Secretary

Registered office:
44 RATHFRILAND ROAD
NEWRY
CO DOWN
BT34 1LD

FAMILY CARING TRUST
Company Limited by Guarantee
Statement of Income and Retained Earnings
Year ended 31 December 2018

	Note	2018 £	2017 £
Turnover		10,897	14,714
Cost of sales		<u>10,093</u>	<u>1,940</u>
Gross profit		804	12,774
Administrative expenses		<u>17,444</u>	<u>13,332</u>
Operating loss		(16,640)	(558)
Loss before taxation		<u>(16,640)</u>	<u>(558)</u>
Tax on loss		<u>—</u>	<u>—</u>
Loss for the financial year and total comprehensive income		<u>(16,640)</u>	<u>(558)</u>
Retained earnings at the start of the year		16,688	17,246
Retained earnings at the end of the year		<u>48</u>	<u>16,688</u>

All the activities of the company are from continuing operations.

The notes on pages 4 to 6 form part of these financial statements.

FAMILY CARING TRUST
Company Limited by Guarantee
Statement of Financial Position
31 December 2018

	Note	2018 £	£	2017 £
Current assets				
Stocks		-		10,093
Debtors	7	48		774
Cash at bank and in hand		-		8,300
		<u>48</u>		<u>19,167</u>
Creditors: amounts falling due within one year	8	-		<u>2,479</u>
Net current assets			<u>48</u>	<u>16,688</u>
Total assets less current liabilities			<u>48</u>	<u>16,688</u>
Net assets			<u>48</u>	<u>16,688</u>
Capital and reserves				
Profit and loss account			<u>48</u>	<u>16,688</u>
Members funds			<u>48</u>	<u>16,688</u>

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

For the year ending 31 December 2018 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements were approved by the board of directors and authorised for issue on 31 July 2019, and are signed on behalf of the board by:


Paul Butterfield
Director


Martin Butterfield
Director

Company registration number: NI19317

The notes on pages 4 to 6 form part of these financial statements.

FAMILY CARING TRUST
Company Limited by Guarantee
Notes to the Financial Statements
Year ended 31 December 2018

1. General information

The company is a private company limited by guarantee, registered in N IRELAND. The address of the registered office is 44 RATHFRILAND ROAD, NEWRY, CO DOWN, BT34 1LD.

2. Statement of compliance

These financial statements have been prepared in compliance with Section 1A of FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland'.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through profit or loss.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Revenue recognition

Turnover is measured at the fair value of the consideration received or receivable for goods supplied and services rendered, net of discounts and Value Added Tax.

Revenue from the sale of goods is recognised when the significant risks and rewards of ownership have transferred to the buyer (usually on despatch of the goods); the amount of revenue can be measured reliably; it is probable that the associated economic benefits will flow to the entity; and the costs incurred or to be incurred in respect of the transactions can be measured reliably.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other comprehensive income and accumulated in equity, except to the extent it reverses a revaluation decrease of the same asset previously recognised in profit or loss. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other comprehensive income to the extent of any previously recognised revaluation increase accumulated in equity in respect of that asset. Where a revaluation decrease exceeds the accumulated revaluation gains accumulated in equity in respect of that asset, the excess shall be recognised in profit or loss.

FAMILY CARING TRUST

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2018

3. Accounting policies *(continued)*

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Equipment - 25% straight line

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the company are assigned to those units.

Stocks

Stocks are measured at the lower of cost and estimated selling price less costs to complete and sell. Cost includes all costs of purchase, costs of conversion and other costs incurred in bringing the stock to its present location and condition.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as a finance cost in profit or loss in the period in which it arises.

4. Company limited by guarantee

The company is limited by guarantee with the liability of each member limited to one pound sterling.

FAMILY CARING TRUST

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2018

5. Employee numbers

The average number of persons employed by the company during the year amounted to 1 (2017: 1).

6. Tangible assets

	Equipment £	Total £
Cost		
At 1 January 2018 and 31 December 2018	<u>29,921</u>	<u>29,921</u>
Depreciation		
At 1 January 2018 and 31 December 2018	<u>29,921</u>	<u>29,921</u>
Carrying amount		
At 31 December 2018	<u>—</u>	<u>—</u>
At 31 December 2017	<u>—</u>	<u>—</u>

7. Debtors

	2018 £	2017 £
Trade debtors	—	507
Other debtors	<u>48</u>	<u>267</u>
	<u>48</u>	<u>774</u>

8. Creditors: amounts falling due within one year

	2018 £	2017 £
Other creditors	<u>—</u>	<u>2,479</u>

9. Related party transactions

No transactions with related parties were undertaken such as are required to be disclosed.

FAMILY CARING TRUST
Company Limited by Guarantee
Management Information
Year ended 31 December 2018

The following pages do not form part of the financial statements.

FAMILY CARING TRUST
Detailed Income Statement
Year ended 31 December 2018

	2018 £	2017 £
Turnover	10,897	14,714
Cost of sales		
Opening stock - resale	10,093	12,033
Closing stock - resale	—	10,093
	<u>10,093</u>	<u>1,940</u>
Gross profit	<u>804</u>	12,774
Overheads		
Administrative expenses	17,444	13,332
Operating loss	<u>(16,640)</u>	<u>(558)</u>
Loss before taxation	<u>(16,640)</u>	<u>(558)</u>

FAMILY CARING TRUST

Notes to the Detailed Income Statement

Year ended 31 December 2018

	2018	2017
	£	£
Administrative expenses		
Wages and salaries	9,162	8,400
Staff pension contributions	882	756
Light and heat	505	–
Insurance	–	217
Travel and subsistence	727	–
Telephone	421	314
Office expenses	1,788	–
Computer Costs	1,560	570
Printing postage and stationery	1,713	1,969
Sundry expenses	–	118
Accountancy fees	443	780
Bank charges	243	208
	<u>17,444</u>	<u>13,332</u>

Family Caring Trust

Northern Ireland - Charity number 100404

Accounts

FAMILY CARING TRUST
Company Limited by Guarantee
Unaudited Financial Statements
Year ended
31 December 2017

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Chartered accountant
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FAMILY CARING TRUST
Company Limited by Guarantee
Financial Statements
Year ended 31 December 2017

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FAMILY CARING TRUST
Company Limited by Guarantee
Directors' Report
Year ended 31 December 2017

The directors present their report and the unaudited financial statements of the company for the year ended 31 December 2017.

Directors

The directors who served the company during the year were as follows:

Paul Butterfield
Martin Butterfield
Peter Butterfield

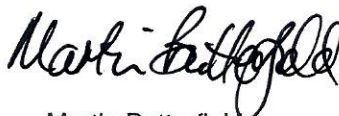
Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

This report was approved by the board of directors on 17 July 2018 and signed on behalf of the board by:



Paul Butterfield
Director



Martin Butterfield
Director

Paul Butterfield
Company Secretary

Registered office:
44 RATHFRILAND ROAD
NEWRY
CO DOWN
BT34 1LD

FAMILY CARING TRUST
Company Limited by Guarantee
Statement of Income and Retained Earnings
Year ended 31 December 2017

	Note	2017 £	2016 £
Turnover		14,714	17,715
Cost of sales		<u>1,940</u>	<u>4,559</u>
Gross profit		12,774	13,156
Administrative expenses		<u>13,332</u>	<u>19,491</u>
Operating loss		(558)	(6,335)
Loss before taxation	6	<u>(558)</u>	<u>(6,335)</u>
Tax on loss		<u>—</u>	<u>—</u>
Loss for the financial year and total comprehensive income		<u>(558)</u>	<u>(6,335)</u>
Retained earnings at the start of the year		17,246	23,581
Retained earnings at the end of the year		<u>16,688</u>	<u>17,246</u>

All the activities of the company are from continuing operations.

The notes on pages 4 to 6 form part of these financial statements.

FAMILY CARING TRUST
Company Limited by Guarantee
Statement of Financial Position

31 December 2017

	Note	2017 £	£	2016 £
Current assets				
Stocks		10,093		12,033
Debtors	8	774		866
Cash at bank and in hand		8,300		7,010
		<u>19,167</u>		<u>19,909</u>
Creditors: amounts falling due within one year	9	<u>2,479</u>		<u>2,663</u>
Net current assets			16,688	17,246
Total assets less current liabilities			16,688	17,246
Net assets			16,688	17,246
Capital and reserves				
Profit and loss account			16,688	17,246
Members funds			16,688	17,246

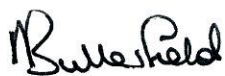
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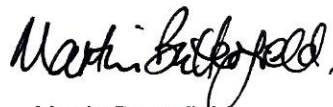
Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements were approved by the board of directors and authorised for issue on 17 July 2018, and are signed on behalf of the board by:



Paul Butterfield
Director



Martin Butterfield
Director

Company registration number: NI19317

FAMILY CARING TRUST
Company Limited by Guarantee
Notes to the Financial Statements
Year ended 31 December 2017

1. General information

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2. Statement of compliance

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Basis of preparation

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Revenue recognition

Turnover is measured at the fair value of the consideration received or receivable for goods supplied and services rendered, net of discounts and Value Added Tax.

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FAMILY CARING TRUST

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2017

3. Accounting policies *(continued)*

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Equipment - 25% straight line

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

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Stocks

Stocks are measured at the lower of cost and estimated selling price less costs to complete and sell. Cost includes all costs of purchase, costs of conversion and other costs incurred in bringing the stock to its present location and condition.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as a finance cost in profit or loss in the period in which it arises.

4. Company limited by guarantee

The company is limited by guarantee with the liability of each member limited to one pound sterling.

FAMILY CARING TRUST

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2017

5. Employee numbers

The average number of persons employed by the company during the year amounted to 1 (2016: 2).

6. Profit before taxation

Loss before taxation is stated after charging:

	2017 £	2016 £
Depreciation of tangible assets	—	3,230

7. Tangible assets

	Equipment £	Total £
Cost		
At 1 January 2017 and 31 December 2017	29,921	29,921
Depreciation		
At 1 January 2017 and 31 December 2017	29,921	29,921
Carrying amount		
At 31 December 2017	—	—
At 31 December 2016	—	—

8. Debtors

	2017 £	2016 £
Trade debtors	507	697
Other debtors	267	169
	774	866

9. Creditors: amounts falling due within one year

	2017 £	2016 £
Other creditors	2,479	2,663

10. Related party transactions

No transactions with related parties were undertaken such as are required to be disclosed under FRSSE.

FAMILY CARING TRUST
Company Limited by Guarantee
Management Information
Year ended 31 December 2017

The following pages do not form part of the financial statements.

FAMILY CARING TRUST
Detailed Income Statement
Year ended 31 December 2017

	2017 £	2016 £
Turnover	14,714	17,715
Cost of sales		
Opening stock - resale	12,033	12,046
Purchases	—	4,546
	<u>12,033</u>	<u>16,592</u>
Closing stock - resale	10,093	12,033
	<u>1,940</u>	<u>4,559</u>
Gross profit	12,774	13,156
Overheads		
Administrative expenses	13,332	19,491
Operating loss	<u>(558)</u>	<u>(6,335)</u>
Loss before taxation	<u>(558)</u>	<u>(6,335)</u>

FAMILY CARING TRUST

Notes to the Detailed Income Statement

Year ended 31 December 2017

	2017	2016
	£	£
Administrative expenses		
Wages and salaries	8,400	10,957
Staff pension contributions	756	1,088
Rent	–	600
Insurance	217	229
Telephone	314	264
Computer Costs	570	510
Printing postage and stationery	1,969	946
Sundry expenses	118	164
Accountancy fees	780	1,300
Depreciation of tangible assets	–	3,230
Bank charges	208	203
	<u>13,332</u>	<u>19,491</u>

Family Caring Trust

Northern Ireland - Charity number 100404

Annual report



Family Caring Trust

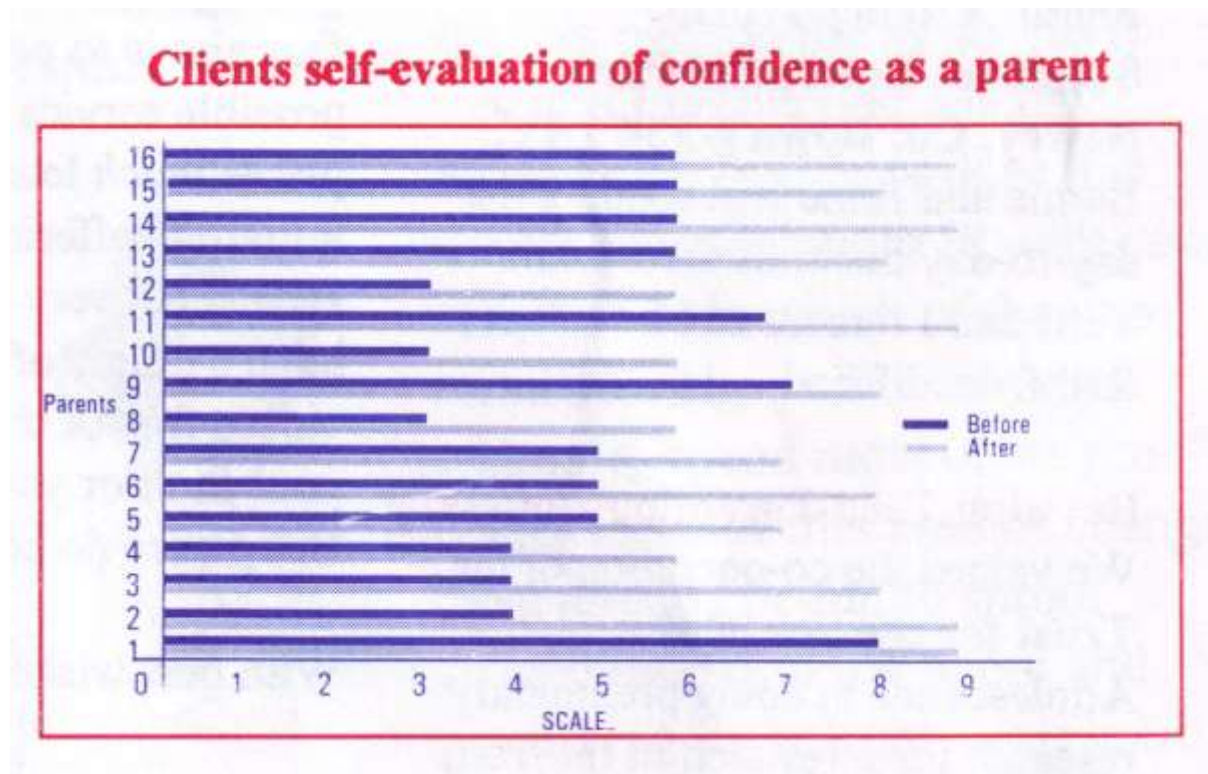
Annual Report

For the year to 31st December 2017

Registered in Northern Ireland. Charity no 100404. Company no 19317M.

Registered office: 44 Rathfriland Road, Newry, BT34 1LD, Co. Down

From the Archives (2012)



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Sorry, Gran, he says he's busy parenting.

Achievements and Performance

In 2017 the total number of items sold was 1,530 (compared to 1,765 in 2016), which includes handbooks, facilitator guides and DVDs. In 2017 we sold 1,286 handbooks compared to 1,327 in 2016. We sold 108 leader's guides in 2017 compared to 193 in 2016. We use handbook sales to measure the number of parents reached. We use the number of facilitator handbooks as a measure of new potential customers. Clearly the sales of parent guides compared to 2016 shows the demand, and therefore the reach, is remaining more or less stable. Of greater concern this year is the decline in the sales of leader's guides. In 2016 our volunteer Training Coordinator delivered a greater number of facilitator training courses compared to 2017 which could account for some of the decline.



We continue to have enquiries for facilitator training which are forwarded to our volunteer Training Coordinator. Three facilitator trainings took place this year in Yorkshire this year, in Leeds in May, Bradford in September and Wakefield in November. Nineteen new individuals have registered with us as facilitators via these trainings and via our website, compared to six in 2016.

We have also continued to promote the Family Communication Scale and the Family Satisfaction Scale to clients to use as standardised pre- and post-evaluative measures for their parenting programmes. Data supplied to us by one group in Harrogate, north Yorkshire illustrates the value of these measures and therefore of our programmes.

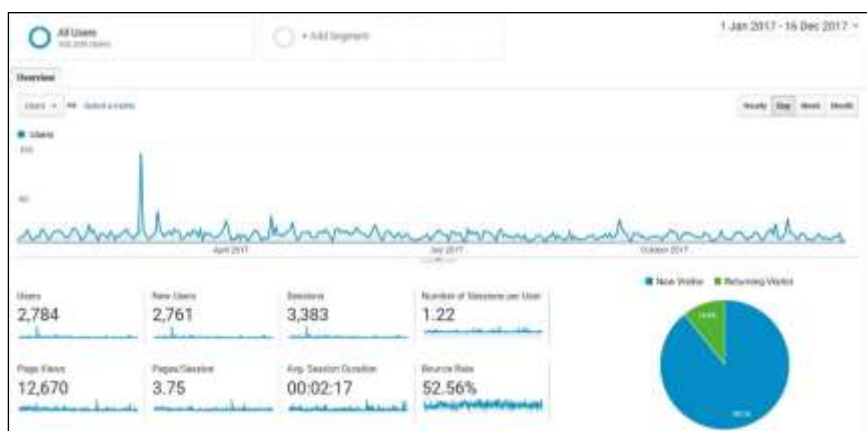
Seven parents, with 16 children between them ages 4 to 12, following the primary age course in January, measured an average increase in satisfaction of 26.5%. In pre-programme assessments all of these measured as 'moderate' on the Family Satisfaction Scale. In post-programme assessments one measured as 'moderate' but at a higher rating, six measured as 'high' and one measured as 'very high'.

Four parents, with 12 children between them ages 2 to 21, following the primary age course in November, measured an average increase in satisfaction of 17.5%. In pre-programme assessments all of these measured as 'high' satisfaction. In post-programme assessments all were more satisfied with their family life, all moving from a high rating to a 'very high' rating.

"Family satisfaction is defined as the degree to which family members feel happy and fulfilled with each other. The operational definition includes the three dimensions that are related to the Circumplex Model—cohesion, flexibility and communication. So items in the family satisfaction scale assess the satisfaction in all three of these dimensions." (Olson)¹

¹ <http://facesiv.com/>

Family Caring Trust continues to enjoy a fairly good web presence, coming 2nd in a google-search for universal parenting programmes. The analytics for 2017 suggest a regular stream of visitors to our website most of whom remain new to the site.



We also have a Facebook page and Twitter account through which our customers can connect to us and feed their work into.

In 2017 we granted rights to small charities working in Brazil and Poland for translation and distribution of our materials.

Financial Review

Financial Performance

Financial performance in the year to December 31st 2017 continued to reflect a declining pattern of sales; however, an operating loss of £558 compared to losses of £6,335 in 2016 and £12,731 in 2015 show that the charity has considerably improved its efforts to balance its books over the year. This was achieved principally through staff cuts and a renegotiation of rent and energy bills with the landlord.

The year ended with a fund balance of £16,688 (compared with £17,246 for the same date last year). Detailed accounts are included in a separate report.

Income

Income receipts for the year totalled £14,714, a decrease of £3001 on 2016 (compared with a decrease of £11,312 on 2015). The only income in 2017 arose from sales of products.

Expenditure

Expenditure through the year amounted to £13,332 £19,491 which includes staff, printing, despatch and office overhead costs (see illustration). This is a decrease of £6,159 on 2016 when it totalled £19,491.

FAMILY CARING TRUST

Notes to the Detailed Income Statement

Year ended 31 December 2017

	2017 £	2016 £
Administrative expenses		
Wages and salaries	8,400	10,957
Staff pension contributions	756	1,088
Rent	–	600
Insurance	217	229
Telephone	314	264
Computer Costs	570	510
Printing postage and stationery	1,969	946
Sundry expenses	118	164
Accountancy fees	780	1,300
Depreciation of tangible assets	–	3,230
Bank charges	208	203
	<u>13,332</u>	<u>19,491</u>

Stock

As of December 31st 2017 the Trust held stock of books and CD's with a resale value of £10,093.

Gifts and Support in Kind

In assessing the finances and assets of the Trust it must be noted that the pro-bono Chair gave generously of her time, which is valued at £40 per hour by her current employer. The directors wish to place on record their recognition of and gratitude for her contribution.

Funds Materially in Deficit

As at December 31st 2017 the Trust had no funds in material deficit.

Major Risks

Family Caring Trust is an infrastructure charity in the sense that it does not directly work with individuals or families but sells materials to others for use in their work with individuals and families. The major risk to the Trust therefore is that insufficient material purchases will be made.

The Directors have reviewed this risk and noted the following points:

- The customer base, though declining, remains relatively strong. Though the total number of individuals and organisations which ordered materials in 2017 is 116 this has not declined substantially since 2016 when we had 139 customers.
- The price point of Family Caring Trust and the 'off the shelf' approach mean that its materials are within reach of charities which are also financially challenged. Kits sell for £55 and handbooks for £8.50. Training is strongly encouraged but not a requirement. There are few practical obstacles to using Family Caring Trust resources.
- Credibility within the Catholic community in particular is long and well-established. The Catholic Church is currently undergoing a renaissance in its family ministry following two World Synods of bishops on the family. In 2018 the World Meeting of Families will take place in Dublin, with the possibility that this might help us promote our work.

Unfortunately an approach made in 2016 to a larger family charity with a view to a merger was rejected in early 2017.

The considerable reduction in total operating losses in 2017 to just over £558 compared to losses of £6,335 in 2016 and £12,731 in 2015 demonstrates the financial viability of Family Caring Trust and that the Directors are addressing financial challenges effectively. Looking forward the goal is to turn an operating loss into a profit.

Financial Management and Reserves Policy

The Trust maintains a policy of holding three months' operating costs in reserve to enable a managed closure should the need arise.

Reference and Administrative Details

Charity Name

Family Caring Trust

Charity Number

Registered Charity in Northern Ireland no 100404

Principal Address

44 Rathfriland Rd, Newry, Co. Down BT34 1LD

Charity Trustees as at December 31st 2017

Martin Butterfield	<i>Chair</i>
Paul Butterfield	<i>Secretary</i>

Advisors

Banking: First Trust Bank, 42-44 Hill Street, Newry, Co. Down, BT34 1AU and Allied Irish Banks, Clanbrassil Street, Dundalk

Insurance broker and Underwriter: Royal and Sun Alliance Insurance PLC, St Marks Court, Chart Way, Horsham, West Sussex, RH12 1XL

Accountants: Kevin Jennings and Co Chartered Accountants, 40 Greenan Road, Newry, Co. Down, BT34 2PZ

Structure, Governance & Management

Governing Document and Constitution

Family Caring Trust is a Company limited by Guarantee and not having a Share Capital. It is governed by a (revised) Memorandum and Articles of Association dated 22nd August 1986.

The Company was incorporated on 28 March 1986, and was accepted under Section 360 (3) of the I.C.T.A. 1970 as a charity on 18 April 1986. The Trust registered with the Charity Commission for Northern Ireland in 2015 when our charity number changed from XN73838 to NIC100404. The business continues to function in the sale of books, DVDs, and related materials for Parent and Family Education. The Company is Limited and has no share capital. No dividends will be paid, and any surplus for the period is to be transferred to reserves.

The Trust is run almost entirely by the part-time office staff supported by the pro-bono Chair. Throughout 2017 we had staff member working 12 hours a week.

Trustee Selection and Management

The Directors have been in post since 2011 and have been due for replacement since 2014. One Director, Peter Butterfield, resigned in 2017. The Trainer body has proven to be a useful source of direction and information in previous years but has not met this year, partly in an effort to keep operating costs low.

Objectives and Achievements

Charitable Objects

Family Caring Trust is a charitable company, registered in Northern Ireland, established in 1986 for the purpose of advancing public education in family life, by promoting interest and forwarding its development within the community at national, local and individual levels. The main way it has continued to do this over the years is by developing, publishing and distributing programmes for the preventative care of family life at different stages, primarily in the area of parenting.

Public Benefit Statement

The Directors of Family Caring Trust confirm that they have complied with their duty to have regard to the Charity Commission's guidance on public benefit under section 4(b) of the Charities Act.

In evaluating public benefit the Directors note the most recent sample of evaluations (see p5) using standardised measures provided by facilitators in 2017, which demonstrates the continued efficacy of Family Caring Trust parenting programmes. This confirms the continued public benefit established over many years and reflected in a series of published articles and reports (see Appendix). The Directors also note the continued adherence to a low-cost methodology which enables all members of the public to have access to the materials. Training is available and a list of Approved Trainers is available on our website as well as a list of Registered Facilitators.

Summary of Main Activities

The main activities of Family Caring Trust are the sale of books, DVDs and kits which enable small community groups to provide self-help programmes in support of family relationships to parents, couples and young adults.

Secondary activities are to enable facilitators to register with us and to access training through a network of contacts provided on our website. During 2016 there has not been capacity to convene the trainer body.

Elizabeth Davies
Pro-bono Chair 16.12.18


Martin Butterfield, Chair


Paul Butterfield, Secretary

Appendix: Research Reports to demonstrate Public Benefit

East Berkshire NHS/University of Reading

An evaluation of the use of the 0-6 and 5-15 Programmes was carried out in co-operation with the Dept of Community Studies at the University of Reading by Chris Petford, Parenting Project Co-ordinator for East Berkshire Community Trust. 33 health visitors and 10 school health sisters co-operated with the action research project involving 13 courses run within the project timeframe. The main findings were that the courses were effective in meeting parents' expectations and needs. Parents liked the fact that the courses were part of a universal service and thus not stigmatising. The referral through health visitors and school health sisters added to this acceptance of the 'normal.' Issues around time and crèche facilities did cause problems, but both health visitors and school health sisters found that the courses provided an effective and valuable tool to help them in their health promotion role.

Down-Lisburn NHS Trust/University of Ulster

The results of the standardised tests used by the Dept of Psychology at the University of Ulster show a significant decrease in both clinical anxiety and depression in parents attending the 5-15 course. There was also an increase in coping strategies, parents shouted less, and they were calmer and had more energy by the end of a course. Further testing 3 and 9 months later confirmed that these changes were internalised by parents. One negative result, however, was that there was no significant change in how parents saw themselves or in their enjoyment of parenting. This is not surprising because, unlike the 0-6 and 'Parenting Teenagers' courses, there had been little emphasis in the 5-15s course on parents taking care of themselves. That emphasis on parents' own needs is now included in the revised Handbook and the Planning section at the end of each session also now focuses on adults as well as on children.

University of Leeds/Barnardo's South Lakeland Family Support Service 2001

The University of Leeds School of Continuing Education conducted an independent evaluation of the Barnardo's South Lakeland Family Support Service (which uses the Family Caring Trust courses) in 2001. The before and after surveys revealed a marked increase in parental confidence after completing a course, and this was also supported by qualitative responses. Parents reported improvement in their parenting and a reduction in stress. A strong recommendation was to make the provision of parenting support much more widespread and cost effective by providing training and support to new volunteers.

West Lothian Primary Care Trust Validation Study 2006

In January 2006 a new validation of the Family Caring Trust 'Noughts to Sixes Parenting Programme' was begun by two Chartered Child Psychologists, Dr Ion Wyness (West Lothian Primary Care Trust) & Dr Elise Kearney (NHS Lothian), beginning with questionnaires administered six weeks before and then immediately before a course (to rule out the possibility of the changes happening before the course began), and again at the end of the course and three months after the courses finished. The three short questionnaires were the Child Behaviour Checklist for ages 18 months to 5 years; The Parent Stress Index; and HAD – Hospital Anxiety & Depression Score.

Eight 6-week courses were run by trained facilitators between March and November 2006 – 80% Mums (4% Ethnic Minority) and 20% Dads. The last follow-up questionnaires were administered in Feb. '07, with analysis then done by Dr Wyness and Dr Kearney. The final draft report was submitted to the Childcare Health & Development Journal in January 2008. *The report states that "the FCT 'Pram to Primary School' parenting programme significantly reduced parenting stress and child behavioural difficulties. These positive effects were shown to have been maintained at three-month follow-up, and child behaviour problems continued to decrease. These results have important implications for practice. They demonstrate that Health Visitors can have a significant impact on*

parenting practices and improving children's behaviour in the pre-school years. This is extremely important given the rising levels of children's behavioural problems. The '0-6' programme is a short intervention, which is relatively inexpensive to purchase and implement. With time and resource at a premium in services, this is an encouraging outcome for those working with parents in primary care."

Caution naturally needs to be exercised in applying these results to the general population, and it would also be interesting to continue testing at six months and a year after completion of the courses, but it should be borne in mind that this course has already been popular for well over a decade throughout Britain and Ireland with parents from all socio-economic groups, and it is obvious from the research findings detailed above that the results of other evaluations confirm these findings.

The report continues, *"The current research is very promising in that it suggests that the 0-6 programme is a cost effective and easily implemented programme for primary care workers, with the potential to be an effective intervention for increasing parental well-being and decreasing children's behavioural problems in the area of primary care health promotion. It has also demonstrated an ability to significantly reduce parenting stress for parents experiencing stress within the clinical range.*

Select Bibliography

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Hillen, P., 2004. Qualitative Research: The meaning of 'parenting' and the impact of groupwork. Community Practitioner, 77 (11): 422-425

Long, A., McCarney, S., Smyth, G., Magorrian, N., & Dillon, A., 2001. The effectiveness of parenting programmes facilitated by health visitors. Journal of Advanced Nursing 34(5): 611-620

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Petford, C. & Howkins, E., 1998. Parenting programmes: parents and professionals working together. University of Reading, 1998.

Family Caring Trust

Northern Ireland - Charity number 100404

Annual return

Independent examiner's report to the charity trustees of 'Family Caring' Trust

I report on the accounts of the Trust for the year ended 31 December 2017, which are set out on pages 1 to 6.

Respective responsibilities of charity trustees and examiner

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the Charities Act (Northern Ireland) 2008.

It is my responsibility to:

- examine the accounts under section 65 of the Charities Act
- follow the procedures laid down in the general Directions given by the Commission under section 65(9) (b) of the Charities Act
- state whether particular matters have come to my attention.

Basis of independent examiner's report

I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65 (9) (b) of the Charities Act.

My examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

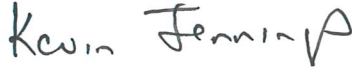
My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 63 of the Charities Act
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of the Charities Act
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.

Kevin Jennings
Chartered Accountant
40 Greenan Road
Newry
Co Down
BT34 2PZ



Date 17 July 2018

K JENNINGS & CO
CHARTERED ACCOUNTANT
40 Greenan Road
Newry
Co Down
BT34 2PZ

Family Caring Trust

Northern Ireland - Charity number 100404

Accounts

FAMILY CARING TRUST
Company Limited by Guarantee
Unaudited Financial Statements
Year ended
31 December 2016

K.JENNINGS & CO.

Chartered accountant
40 GREENAN ROAD
NEWRY
CO.DOWN
BT34 2PZ

FAMILY CARING TRUST
Company Limited by Guarantee
Financial Statements
Year ended 31 December 2016

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Statement of financial position	3
Notes to the financial statements	4
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Detailed income statement	9
Notes to the detailed income statement	10

FAMILY CARING TRUST
Company Limited by Guarantee
Directors' Report
Year ended 31 December 2016

The directors present their report and the unaudited financial statements of the company for the year ended 31 December 2016.

Directors

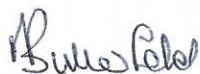
The directors who served the company during the year were as follows:

Paul Butterfield
Martin Butterfield
Peter Butterfield


Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

This report was approved by the board of directors on 14 August 2017 and signed on behalf of the board by:



Paul Butterfield
Director



Martin Butterfield
Director

Paul Butterfield
Company Secretary

Registered office:
44 RATHFRILAND ROAD
NEWRY
CO DOWN
BT34 1LD

FAMILY CARING TRUST
Company Limited by Guarantee
Statement of Income and Retained Earnings
Year ended 31 December 2016

	Note	2016 £	2015 £
Turnover		17,715	29,027
Cost of sales		<u>4,559</u>	<u>13,944</u>
Gross profit		13,156	15,083
Administrative expenses		<u>19,491</u>	<u>27,814</u>
Operating loss		(6,335)	(12,731)
Loss before taxation	6	<u>(6,335)</u>	<u>(12,731)</u>
Tax on loss		<u>—</u>	<u>—</u>
Loss for the financial year and total comprehensive income		<u>(6,335)</u>	<u>(12,731)</u>
Retained earnings at the start of the year		<u>23,581</u>	<u>36,312</u>
Retained earnings at the end of the year		<u>17,246</u>	<u>23,581</u>

All the activities of the company are from continuing operations.

The notes on pages 4 to 7 form part of these financial statements.

FAMILY CARING TRUST
Company Limited by Guarantee
Statement of Financial Position

31 December 2016

	Note	2016 £	£	2015 £
Fixed assets				
Tangible assets	7		-	3,230
Current assets				
Stocks	8	12,033		12,046
Debtors	9	866		1,170
Cash at bank and in hand		<u>7,010</u>		<u>9,979</u>
		19,909		23,195
Creditors: amounts falling due within one year	10	<u>2,663</u>		<u>2,844</u>
Net current assets			<u>17,246</u>	<u>20,351</u>
Total assets less current liabilities			<u>17,246</u>	<u>23,581</u>
Net assets			<u>17,246</u>	<u>23,581</u>
Capital and reserves				
Profit and loss account			<u>17,246</u>	<u>23,581</u>
Members funds			<u>17,246</u>	<u>23,581</u>

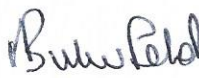
These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.


For the year ending 31 December 2016 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements were approved by the board of directors and authorised for issue on 14 August 2017, and are signed on behalf of the board by:


Paul Butterfield
Director


Martin Butterfield
Director

Company registration number: NI19317

The notes on pages 4 to 7 form part of these financial statements.

FAMILY CARING TRUST
Company Limited by Guarantee
Notes to the Financial Statements
Year ended 31 December 2016

1. General information

The company is a private company limited by guarantee, registered in N IRELAND. The address of the registered office is 44 RATHFRILAND ROAD, NEWRY, CO DOWN, BT34 1LD.

2. Statement of compliance

These financial statements have been prepared in compliance with the provisions of FRS 102 Section 1A, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland'.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through profit or loss.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Transition to FRS 102

The entity transitioned from previous UK GAAP to FRS 102 as at 1 January 2015. Details of how FRS 102 has affected the reported financial position and financial performance is given in note 12.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Revenue recognition

Turnover is measured at the fair value of the consideration received or receivable for goods supplied and services rendered, net of discounts and Value Added Tax.

Revenue from the sale of goods is recognised when the significant risks and rewards of ownership have transferred to the buyer (usually on despatch of the goods); the amount of revenue can be measured reliably; it is probable that the associated economic benefits will flow to the entity; and the costs incurred or to be incurred in respect of the transactions can be measured reliably.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

FAMILY CARING TRUST

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2016

3. Accounting policies *(continued)*

Tangible assets *(continued)*

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other comprehensive income and accumulated in equity, except to the extent it reverses a revaluation decrease of the same asset previously recognised in profit or loss. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other comprehensive income to the extent of any previously recognised revaluation increase accumulated in equity in respect of that asset. Where a revaluation decrease exceeds the accumulated revaluation gains accumulated in equity in respect of that asset, the excess shall be recognised in profit or loss.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Equipment - 25% straight line

Stocks

Stocks are measured at the lower of cost and estimated selling price less costs to complete and sell. Cost includes all costs of purchase, costs of conversion and other costs incurred in bringing the stock to its present location and condition.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as a finance cost in profit or loss in the period in which it arises.

4. Company limited by guarantee

The company is limited by guarantee with the liability of each member limited to one pound sterling.

5. Staff costs

The average number of persons employed by the company during the year, including the directors, amounted to 2 (2015: 2).

FAMILY CARING TRUST

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2016

6. Profit before taxation

Loss before taxation is stated after charging:

	2016	2015
	£	£
Depreciation of tangible assets	<u>3,230</u>	<u>859</u>

7. Tangible assets

	Equipment £
Cost	
At 1 Jan 2016 and 31 Dec 2016	<u>29,921</u>
Depreciation	
At 1 January 2016	26,691
Charge for the year	<u>3,230</u>
At 31 December 2016	<u>29,921</u>
Carrying amount	
At 31 December 2016	—
At 31 December 2015	<u>3,230</u>

8. Stocks

	2016	2015
	£	£
Raw materials and consumables	<u>12,033</u>	<u>12,046</u>

9. Debtors

	2016	2015
	£	£
Trade debtors	697	1,097
Other debtors	<u>169</u>	<u>73</u>
	<u>866</u>	<u>1,170</u>

10. Creditors: amounts falling due within one year

	2016	2015
	£	£
Trade creditors	—	106
Other creditors	<u>2,663</u>	<u>2,738</u>
	<u>2,663</u>	<u>2,844</u>

FAMILY CARING TRUST

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2016

11. Related party transactions

No transactions with related parties were undertaken such as are required to be disclosed under FRSSE.

12. Transition to FRS 102

These are the first financial statements that comply with FRS 102. The company transitioned to FRS 102 on 1 January 2015.

No transitional adjustments were required in equity or profit or loss for the year.

FAMILY CARING TRUST
Company Limited by Guarantee
Management Information
Year ended 31 December 2016

The following pages do not form part of the financial statements.

FAMILY CARING TRUST
Detailed Income Statement
Year ended 31 December 2016

	2016 £	2015 £
Turnover	17,715	29,027
Cost of sales		
Opening stock - resale	12,046	20,592
Purchases	4,546	5,398
	16,592	25,990
Closing stock - resale - type 7	12,033	12,046
	4,559	13,944
Gross profit	13,156	15,083
Overheads		
Administrative expenses	19,491	27,814
Operating loss	(6,335)	(12,731)
Loss before taxation	(6,335)	(12,731)

FAMILY CARING TRUST

Notes to the Detailed Income Statement

Year ended 31 December 2016

	2016	2015
	£	£
Administrative expenses		
Wages and salaries	10,957	16,530
Staff pension contributions - defined contribution	1,088	978
Rent	600	1,800
Light and heat	–	667
Insurance	229	330
Travel and subsistence	–	2,058
Telephone	264	917
Computer Costs	510	928
Printing postage and stationery	946	863
Staff training	–	18
Sundry expenses	164	331
Accountancy fees	1,300	1,300
Depreciation of tangible assets	3,230	859
Bank charges	203	235
	<u>19,491</u>	<u>27,814</u>

Family Caring Trust

Northern Ireland - Charity number 100404

Annual report



Family Caring Trust

Annual Report

For the year to 31st December 2016

Registered in Northern Ireland. Charity no 100404. Company no 19317M.

Registered office: 44 Rathfriland Road, Newry, BT34 1LD, Co. Down



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Achievements and Performance

In 2016 the total number of items sold was 1,765, which includes handbooks, facilitator guides and DVDs. In 2016 we sold 1327 handbooks compared to 2300 in 2015. We sold 193 leader's guides in 2016 compared to 197 in 2015. We use handbook sales to measure the number of parents reached. We use the number of facilitator handbooks as a measure of new potential customers. Clearly the drop in sales of parent guides is of great concern but the continued strength of sales of leader guides is a source of optimism. Nevertheless the decline of public sector funding for parenting support together with an emphasis on targeted rather than truly universal interventions indicates a need for future caution. Politically 2016 was a year of upheaval from which few charities have escaped unscathed. June saw the European Referendum and the resulting Brexit decision. But even before that the third sector was still experiencing the result of months of government cutbacks. As Jeremy Todd, Chief Executive of Family Lives, writes in their annual report 2015-16:

"The voluntary sector has faced financial challenges in recent years and we recognise the potentially devastating effect of services no longer being available to families as a result of reduced or withdrawn funding."¹

In fact, one of our long-standing clients has been among those services to have been hit by the withdrawal of funding, as evidenced in this email dated 22nd March 2016:

"After 15 years of delivering FCT courses in our part of Essex, we have sadly decided to close our charity. We have had hundreds of parents who have attended our courses, but now find that funding is only given to the most vulnerable of families and also parents seem reluctant to commit to a course these days anyway. They don't know what they don't know and how much our courses can help. We have had wonderful comments over the years and recently, saying how we helped them raise their families. Best wishes to all of you who are continuing the good work! Thank you for your support and help and to all the staff at FCT."

We continue to have enquiries for facilitator training which are forwarded to our volunteer Training Coordinator. Six new individuals have registered with us as facilitators via our website this year.

We have also continued to promote the Family Communication Scale and the Family Satisfaction Scale to clients to use as standardised pre- and post-evaluative measures for their parenting programmes. Data supplied to us by one group in north Yorkshire illustrates the value of these measures and therefore of our programmes. Across four separate courses with a total of 12 parents, the average increase in satisfaction or communication was 13.5%. Only one parent evidenced no progress. One parent achieved a 44% increase in family satisfaction after following our programme for parents of children ages 5-12 years.

19 parents following the primary age course in two further groups (one in the London Borough of Hillingdon) have measured an average increase in satisfaction of just under 17%. In pre-programme assessments, 15 of these measured as 'very low satisfaction'. In post-programme assessments all were more satisfied with their families, with three moderately so – a substantial change of at least 22% on this scale.

¹ <https://www.familylives.org.uk/about/annual-accounts-and-reports/>



Family Caring Trust continues to enjoy a fairly good web presence, coming 6th in a google-search for universal parenting programmes. The analytics for 2016 suggest a regular stream of visitors to our website most of whom are new to the site.

We also have a Facebook page and Twitter account through which our customers can connect to us and feed their work into.

Financial Review

Financial Performance

Financial performance in the year to December 31st 2016 has been broadly consistent with expectations and an already declining pattern of sales; an operating loss of £6,335 was incurred compared to a loss of £12,731 in 2015.

The year ended with a fund balance of £17,246 (compared with £23,581 for the same date last year). Detailed accounts are included in a separate report from.

Income

Income receipts for the year totalled £17,715 – a decrease of £11,312 on 2015. The only income in 2016 arose from sales of products.

Expenditure

Expenditure through the year amounted to £19,491 which includes staff, printing, despatch and office overhead costs (see illustration). This is a decrease of £8323 on 2015 when it totalled £27,814.

Notes to the Detailed Income Statement

Year ended 31 December 2016

	2016 £	2015 £
Administrative expenses		
Wages and salaries	10,957	16,530
Staff pension contributions - defined contribution	1,088	978
Rent	600	1,800
Light and heat	–	667
Insurance	229	330
Travel and subsistence	–	2,058
Telephone	264	917
Computer Costs	510	928
Printing postage and stationery	946	863
Staff training	–	18
Sundry expenses	164	331
Accountancy fees	1,300	1,300
Depreciation of tangible assets	3,230	859
Bank charges	203	235
	<u>19,491</u>	<u>27,814</u>

Stock

As of December 31st 2016 the Trust held stock of books and CD's with a resale value of £12,033.

Gifts and Support in Kind

In assessing the finances and assets of the Trust it must be noted that the pro-bono Chair gave generously of her time, which is valued at £40 per hour by her current employer. The directors wish to place on record their recognition of and gratitude for her contribution.

Funds Materially in Deficit

As at March 31st 2015 the Trust had no funds in material deficit.

Major Risks

Family Caring Trust is an infrastructure charity in the sense that it does not directly work with individuals or families but sells materials for others to use in their work with individuals and families. The major risk to the Trust therefore is that insufficient material purchases will be made.

The Directors have reviewed this risk and noted the following points:

1. The customer base, though declining, remains relatively strong. Though the total number of individuals and organisations which ordered materials in 2016 is 139, the number between January 2013 and July 2016 is 535 (not every small charity or group will run a programme each year). These include those who work for Action for Children, Barnardo's, the Mothers Union and Spurgeons as well as a good list of schools, some local authorities and family centres.
2. The price point of Family Caring Trust and the 'off the shelf' approach mean that its materials are within reach of charities which are also financially challenged. Kits sell for £55 and handbooks for £8.50. Training is strongly encouraged but not a requirement. There are few practical obstacles to using Family Caring Trust resources.
3. Credibility within the Catholic community in particular is long and well-established. The Catholic Church is currently undergoing a renaissance in its family ministry following two World Synods of bishops on the family.

Nevertheless, the decline in sales during 2016 prompted the Directors to approach a larger family charity with similar charitable objectives with a view to a merger.

This decision was made to mitigate the other major risk, a lack of management resources which has nullified our capacity to fundraise, market materials, more actively maintain contact with existing customers and generate enthusiasm and a sense of community among our network. A pro-bono rather than paid Chair released enough funds in 2015 for the update of one programme but cannot dedicate the time and energy needed to promote our work, fly the flag for Family Caring Trust, attend workshops or convene facilitators. Family Caring Trust needs a lot more time and attention if any potential for growth is to be exploited.

Financial Management and Reserves Policy

The Trust maintains a policy of holding three months' operating costs in reserve to enable a managed closure should the need arise.

Reference and Administrative Details

Charity Name

Family Caring Trust

Charity Number

Registered Charity in Northern Ireland no 100404

Principal Address

44 Rathfriland Rd, Newry, Co. Down BT34 1LD

Charity Trustees as at December 31st 2016

Martin Butterfield *Chair*
Paul Butterfield *Secretary*
Peter Butterfield

Advisors

Banking :

First Trust Bank, 42-44 Hill Street, Newry, Co. Down, BT34 1AU	Allied Irish Banks, Clanbrassil Street, Dundalk Republic of Ireland
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Insurance broker and Underwriter:

Royal and Sun Alliance Insurance PLC

Accountants:

Kevin Jennings and Co., Chartered Accountants,
40 Greenan Road,
Newry,
Co. Down, BT34 2PZ

Structure, Governance & Management

Governing Document and Constitution

Family Caring Trust is a Company limited by Guarantee and not having a Share Capital. It is governed by a (revised) Memorandum and Articles of Association dated 22nd August 1986.

The Company was incorporated on 28 March 1986, and was accepted under Section 360 (3) of the I.C.T.A. 1970 as a charity on 18 April 1986. The Trust registered with the Charity Commission for Northern Ireland in 2015 when our charity number changed from XN73838 to NIC100404. The business continues to function in the sale of books, DVDs, and related materials for Parent and Family Education. The Company is Limited and has no share capital. No dividends will be paid, and any surplus for the period is to be transferred to reserves.

The Trust is run almost entirely by the part-time office staff supported by the pro-bono Chair. In June we were very sorry to lose a long-standing member of staff, our office manager Anne Coughlan, who retired early through ill-health leaving Jacqueline McKeivitt to take her place. Because of our

declining financial situation we decided not to replace Anne and to bring in alternative ways to manage the office outside opening hours. A new mobile telephone number was introduced. So at the end of 2016 we had one part-time member of staff remaining, working 12 hours a week.

Trustee Selection and Management

The Directors have been in post since 2011 and have been due for replacement since 2014. The Trainer body has proven to be a useful source of direction and information in previous years but has not met in 2016, largely due to the ill-health of the pro-bono Chair.

Objectives and Achievements

Charitable Objects

Family Caring Trust is a charitable company, registered in Northern Ireland, established in 1986 for the purpose of advancing public education in family life, by promoting interest and forwarding its development within the community at national, local and individual levels. The main way it has continued to do this over the years is by developing, publishing and distributing programmes for the preventative care of family life at different stages, primarily in the area of parenting.

Public Benefit Statement

The Directors of Family Caring Trust confirm that they have complied with their duty to have regard to the Charity Commission's guidance on public benefit under section 4(b) of the Charities Act.

In evaluating public benefit the Directors note the most recent sample of evaluations (see p5) using standardised measures provided by facilitators in 2016, which demonstrates the continued efficacy of Family Caring Trust parenting programmes. This confirms the continued public benefit established over many years and reflected in a series of published articles and reports (see Appendix). The Directors also note the continued adherence to a low-cost methodology which enables all members of the public to have access to the materials. Training is available and a list of Approved Trainers is available on our website as well as a list of Registered Facilitators.

Summary of Main Activities

The main activities of Family Caring Trust are the sale of books, DVDs and kits which enable small community groups to provide self-help programmes in support of family relationships to parents, couples and young adults.

Secondary activities are to enable facilitators to register with us and to access training through a network of contacts provided on our website. During 2016 there has not been capacity to convene the trainer body.

Elizabeth Davies
Pro-bono Chair 8.10.18

Martin Butterfield, Chair

Paul Butterfield, Secretary

Appendix: Research Reports to demonstrate Public Benefit

East Berkshire NHS/University of Reading

An evaluation of the use of the 0-6 and 5-15 Programmes was carried out in co-operation with the Dept of Community Studies at the University of Reading by Chris Petford, Parenting Project Co-ordinator for East Berkshire Community Trust. 33 health visitors and 10 school health sisters co-operated with the action research project involving 13 courses run within the project timeframe. The main findings were that the courses were effective in meeting parents' expectations and needs. Parents liked the fact that the courses were part of a universal service and thus not stigmatising. The referral through health visitors and school health sisters added to this acceptance of the 'normal.' Issues around time and crèche facilities did cause problems, but both health visitors and school health sisters found that the courses provided an effective and valuable tool to help them in their health promotion role.

Down-Lisburn NHS Trust/University of Ulster

The results of the standardised tests used by the Dept of Psychology at the University of Ulster show a significant decrease in both clinical anxiety and depression in parents attending the 5-15 course. There was also an increase in coping strategies, parents shouted less, and they were calmer and had more energy by the end of a course. Further testing 3 and 9 months later confirmed that these changes were internalised by parents. One negative result, however, was that there was no significant change in how parents saw themselves or in their enjoyment of parenting. This is not surprising because, unlike the 0-6 and 'Parenting Teenagers' courses, there had been little emphasis in the 5-15s course on parents taking care of themselves. That emphasis on parents' own needs is now included in the revised Handbook and the Planning section at the end of each session also now focuses on adults as well as on children.

University of Leeds/Barnardo's South Lakeland Family Support Service 2001

The University of Leeds School of Continuing Education conducted an independent evaluation of the Barnardo's South Lakeland Family Support Service (which uses the Family Caring Trust courses) in 2001. The before and after surveys revealed a marked increase in parental confidence after completing a course, and this was also supported by qualitative responses. Parents reported improvement in their parenting and a reduction in stress. A strong recommendation was to make the provision of parenting support much more widespread and cost effective by providing training and support to new volunteers.

West Lothian Primary Care Trust Validation Study 2006

In January 2006 a new validation of the Family Caring Trust 'Noughts to Sixes Parenting Programme' was begun by two Chartered Child Psychologists, Dr Ion Wyness (West Lothian Primary Care Trust) & Dr Elise Kearney (NHS Lothian), beginning with questionnaires administered six weeks before and then immediately before a course (to rule out the possibility of the changes happening before the course began), and again at the end of the course and three months after the courses finished. The three short questionnaires were the Child Behaviour Checklist for ages 18 months to 5 years; The Parent Stress Index; and HAD – Hospital Anxiety & Depression Score.

Eight 6-week courses were run by trained facilitators between March and November 2006 – 80% Mums (4% Ethnic Minority) and 20% Dads. The last follow-up questionnaires were administered in Feb. '07, with analysis then done by Dr Wyness and Dr Kearney. The final draft report was submitted to the Childcare Health & Development Journal in January 2008. *The report states that "the FCT 'Pram to Primary School' parenting programme significantly reduced parenting stress and child behavioural difficulties. These positive effects were shown to have been maintained at three-month follow-up, and child behaviour problems continued to decrease. These results have important implications for practice. They demonstrate that Health Visitors can have a significant impact on*

parenting practices and improving children's behaviour in the pre-school years. This is extremely important given the rising levels of children's behavioural problems. The '0-6' programme is a short intervention, which is relatively inexpensive to purchase and implement. With time and resource at a premium in services, this is an encouraging outcome for those working with parents in primary care."

Caution naturally needs to be exercised in applying these results to the general population, and it would also be interesting to continue testing at six months and a year after completion of the courses, but it should be borne in mind that this course has already been popular for well over a decade throughout Britain and Ireland with parents from all socio-economic groups, and it is obvious from the research findings detailed above that the results of other evaluations confirm these findings.

The report continues, *"The current research is very promising in that it suggests that the 0-6 programme is a cost effective and easily implemented programme for primary care workers, with the potential to be an effective intervention for increasing parental well-being and decreasing children's behavioural problems in the area of primary care health promotion. It has also demonstrated an ability to significantly reduce parenting stress for parents experiencing stress within the clinical range."*

Select Bibliography

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Family Caring Trust

Northern Ireland - Charity number 100404

Annual return

Independent examiner's report to the charity trustees of 'Family Caring' Trust

I report on the accounts of the Trust for the year ended 31 December 2016, which are set out on pages 1 to 6.

Respective responsibilities of charity trustees and examiner

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the Charities Act (Northern Ireland) 2008.

It is my responsibility to:

- examine the accounts under section 65 of the Charities Act
- follow the procedures laid down in the general Directions given by the Commission under section 65(9) (b) of the Charities Act
- state whether particular matters have come to my attention.

Basis of independent examiner's report

I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65 (9) (b) of the Charities Act.

My examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 63 of the Charities Act
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of the Charities Act
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.

Kevin Jennings
Chartered Accountant
40 Greenan Road
Newry
Co Down
BT34 2PZ



Date 14 August 2017

K JENNINGS & CO
CHARTERED ACCOUNTANT
40 Greenan Road
Newry
Co Down
BT34 2PZ