



# Family Caring Trust

## Annual Report

For the year to 31<sup>st</sup> 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the potentially devastating effect of services no longer being available to families as a result of reduced or withdrawn funding."*<sup>1</sup>

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 22<sup>nd</sup> 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.

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



Family Caring Trust continues to enjoy a fairly good web presence, coming 6<sup>th</sup> 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<br>£     | 2015<br>£     |
|--|---------------|---------------|
| <b>Administrative expenses</b>                     |               |               |
| 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           |
|  | <b>19,491</b> | <b>27,814</b> |

## **Stock**

As of December 31<sup>st</sup> 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 31<sup>st</sup> 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,  | Allied Irish Banks, |
| 42-44 Hill Street, | Clanbrassil Street, |
| Newry,             | Dundalk             |
| Co. Down, BT34 1AU | Republic of Ireland |

#### 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 22<sup>nd</sup> 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 McKevitt 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."*

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