



Family Caring Trust

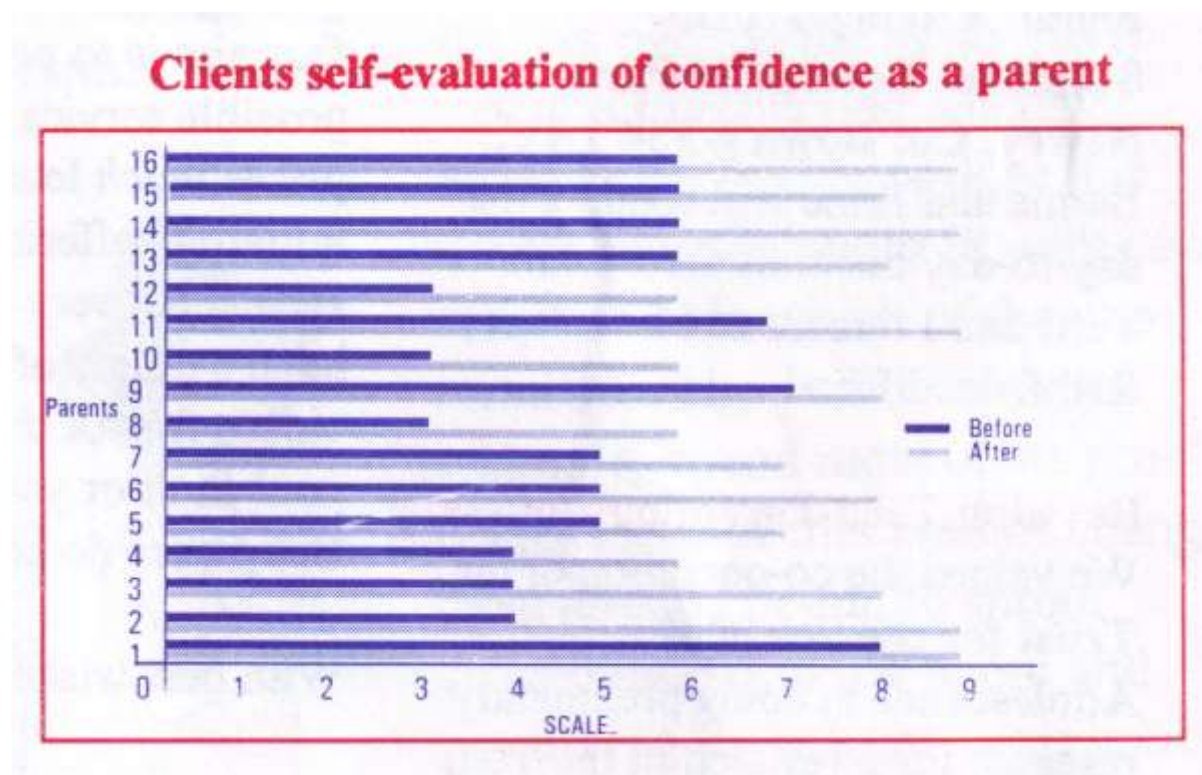
Annual Report

For the year to 31st December 2018

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

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

From the Archives (2012)



Contents

Achievements and Performance.....	5
Financial Review.....	5
Financial Performance	5
Income	5
Expenditure.....	5
Stock.....	6
Gifts and Support in Kind	6
Funds Materially in Deficit	6
Major Risks.....	6
Financial Management and Reserves Policy.....	6
Reference and Administrative Details	6
Charity Name	6
Principal Address.....	7
Charity Trustees as at December 31st 2018	7
Advisors.....	7
Structure, Governance & Management.....	7
Governing Document and Constitution	7
Trustee Selection and Management.....	7
Objectives and Achievements.....	7
Charitable Objects.....	7
Public Benefit Statement	8
Summary of Main Activities	8
Appendix 1: Client Feedback.....	9
Appendix 2: Research Reports to demonstrate Public Benefit	10



Achievements and Performance

In 2018 the decision was taken to close Family Caring Trust and therefore the total number of items sold or redistributed was 10,947 (compared to 1,530 in 2017), which includes handbooks, facilitator guides and DVDs.

The decision was taken during the summer of 2018 when barely any sales took place and there were insufficient funds to reprint our Teen-Parenting handbooks. The balance of remaining funds triggered the risk management strategy, forcing the Directors to commence a managed closure of the charity.

We informed our customer base of this sad decision and invited them to purchase remaining stock at much reduced prices. On the conclusion of the sale period an extension period offered stock at cost price. Finally, the remainder was given free of charge to the Mothers' Union (0-6 parenting programme and 5-12 parenting programme) and to the Roman Catholic dioceses of Cardiff and Leeds.

Office furnishings were disposed of locally to charitable and community interest organisations.

Income from the sale enabled us to retain an office presence for winding down purposes until January 2019. However, Family Caring Trust formally closed on December 31st 2018.

With the closure of the website we retain a Facebook page for the use of clients wishing to exchange information and ideas.

We include in this final report (Appendix 1) a number of comments made by our clients, which testify to the public benefit of our work.

Financial Review

Financial Performance

As stated above financial performance in the year to December 31st 2018 reflected a critical decline in the pattern of sales. With the decision taken to wind down, the accounts show an operating loss of £16,640 compared to a loss of £558 in 2017. The 2017 figure was achieved principally through staff cuts and a temporary renegotiation of rent and energy bills with the landlord. In 2018 rent and energy payments were resumed. The large operating loss stems principally from a disposal of remaining stock at cost or near cost value or indeed free of charge.

The year ended with a fund balance of £48 (compared with £16,688 for the same date last year). Detailed accounts are included in a separate report.

Income

Income receipts for the year totalled £10,897, a decrease of £3,817 on 2017 (compared with a decrease of £3001 on 2016). The only income in 2018 arose from sales of products.

Expenditure

Expenditure throughout the year amounted to £17,444 which includes staff, computing, despatch and overhead costs (see illustration). This is an increase of £4,112 on 2017 when it totalled £13,332.

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>

Stock

As of December 31st 2018 the Trust held no further stock of books and CD's. These were sold off at reduced price and cost value or distributed free of charge.

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 2018 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 reviewed this risk in June 2018 and determined that the charity ought to close down while it still had funds to do so. Remaining assets (stock) were distributed to existing clients on the basis of reduced cost, cost, and free of charge.

Financial Management and Reserves Policy

The Trust maintained a policy of holding three months' operating costs in reserve to enable a managed closure should the need arise. This proved sufficient to enable the charity to manage a successful closure.

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 2018

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 2018 we had 1 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. The Trainer body has proven to be a useful source of direction and information in previous years but has not met since 2016, 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.

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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 feedback from clients (see Appendix 1) on hearing news of the closure of Family Caring Trust, which demonstrates the continued efficacy of our parenting programmes in 2018. This reinforces the continued public benefit established over many years and reflected in a series of published articles and reports (see Appendix 2). The Directors also note the continued adherence to a low-cost methodology which enabled all members of the public to have access to the materials.

Summary of Main Activities

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

Secondary activities were to enable facilitators to register with us and to access training through a network of contacts provided on our website.

Elizabeth Davies

Pro-bono Chair 5.8.2019



Martin Butterfield, Chair



Paul Butterfield, Secretary

Appendix 1: Client Feedback

"It is with considerable sadness that I read of your imminent closure. Although I fully understand the reasons behind this difficult decision, I am most upset that such a wonderfully altruistic and dedicated, caring organisation has had to finish its work when we as a society, and parents in particular, so obviously and so desperately need the skills and values for which FCT stands tall." AP Cheshire

"I am very, very sorry to hear that you will be closing - I have used your materials for years within my role as home school community link worker and my role in parenting education." TM Oxfordshire

"I was fortunate to do the programme in 1992 when my youngest child of 3 was 2 years old. It transformed how I parented and for that I will be eternally grateful. I parented by trusting that my children were able to take responsibility for their decisions from a young age this helped them to become the amazing adults they are today. Having the enlightenment that came with my experience of your programme I wanted to spread the word so I became a facilitator for many years which helped other local parents." JC Ireland

I have been running groups for over 5 years now, and have had so many wonderful comments from parents on how much it has changed their family lives, and how grateful they are. There was the mum who had asked for a referral from the GP about her son's behaviour. She came on a course, and said her relationship with her son had been transformed, and she no longer needed that referral. Other comments included:

'The course has made me far more aware of the way I parent and the way I speak to my children.'

'I learned that children can do a lot more than we give them credit for and that responsibility and involvement in decisions is vital to their development into adults.'

'I have learned that my children are constantly watching us for behaviour cues. Less shouting since the course began.'

'Have learned lots of skills and techniques that help our family to be happy together.'

'My approach is calmer, I have found ways of coping with issues.'

'We are talking more. I am listening better.'

'These courses should be available before your child is born!'

'Have been given the confidence to tackle concerns in all my relationships.'

'I have fallen in love with my family.'

'The course has exceeded my expectations, lots of new ideas.'

'A new insight into the way I parent, and each week has been fantastic in teaching me new techniques. We are a much happier family and my children seem much more confident.'

'It has really opened my eyes and enabled me to be so much more patient, which has resulted in a house of calm (well, most of the time!) Seeing things from a child's point of view has been enlightening.'

And this is just a sample. Everyone seemed to benefit, and said they would definitely recommend the groups. It is wonderful to know how much difference has been made to so many families. It is all down to the hard work of the Family Caring Trust, its founders and all its staff." VP Yorkshire

Appendix 2: 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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