

# **Little Forget Me Nots Trust**

## **TRUSTEES' REPORT**

for the financial year ended 1 April 2024

The trustees present their Trustees' Report and the unaudited financial statements for the financial year ended 1 April 2024.

The financial statements are prepared in accordance with the Charities Act (Northern Ireland) 2008, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

The Trustees' Report contains the information required to be provided in the Trustees' Annual Report under the Statement of Recommended Practice (SORP) guidelines. The trustees of the charity are also charity trustees for the purpose of charity law and under the charity's constitution are known as members of the board of trustees.

In this report the trustees of Little Forget Me Nots Trust present a summary of its purpose, governance, activities, achievements and finances for the financial year 1 April 2024.

The charity is a registered charity and although not obliged to comply with the Statement of Recommended Practice applicable in the UK and Republic of Ireland FRS 102, the organisation has implemented its recommendations where relevant in these financial statements.

### **Mission, Objectives and Strategy**

#### **Mission Statement**

We aim to provide an open door and opportunities for families either collectively or individually who have needs that have evolved as a result of the death of an infant or pre teen child in Northern Ireland and in the Republic of Ireland, where applicable. These needs may be emotional, mental or practical and the Trust will use resources to either provide direct access to services/counselling and therapies, including art based therapies or alternatively source and sign post to suitable and appropriate resources and services.

The Trust aims to provide a safe confidential space for family members to share and express their grief and experiences ensuring that appropriate emotional and practical support is at hand. The Trust also provides advocacy services where families and individuals require it, and to help develop policy around improving service provision for the bereaved from infant/pre teen child loss. The Trust also delivers educational support in schools and organisations to ensure that appropriate support is provided to bereaved families and individuals in community settings.

#### **Objectives**

The Trust aims to reach families right across Northern Ireland, supporting, guiding and empowering them through peer crafting sessions, fundraising events and social media.

### **Structure, Governance and Management**

#### **Structure**

The organisation is governed by its Trustees. All new Trustees go through an induction and training process and are appointed as and when required and based on their skills and experience. The Trustees do not retire on an annual basis.

The Trustees meet on a regular basis throughout the year to manage and control all aspects of the charity and also conduct regular risk assessments of the various operational risks impacting the charity and its projects at home and abroad.

### **Review of Activities, Achievements and Performance**

Establishment of Annual Fundraiser: The Darcy McKenna Basketball Tournament

- Introduction of the Darcy McKenna Basketball Tournament: This new annual fundraiser received tremendous community support, with 18 teams signing up and over 200 participants taking part. The tournament not only raised significant funds but also strengthened community bonds, honouring Darcy McKenna's memory through sport and camaraderie.

Annual Wave of Light Ceremony

- The Wave of Light event continued to be a cornerstone of remembrance, drawing over 100 people to participate in person. This moving ceremony provided a reflective space for families to come together, light candles, and honour the memories of their loved ones, fostering a shared sense of support and healing.

Development of Comprehensive Support Programmes

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- Just Be Me, Just Be Labs, and Just Be Moving: These seasonal programmes are now fully operational, offering tailored support to participants. Each programme has seen 8-10 participants engage per session, focusing on personal growth, creative expression, and physical well-being.
- One-to-One Art Therapy: Our dedicated art therapy sessions have supported 8 families during this period, offering a therapeutic outlet for grief and self-expression. Due to high demand, we now have a waiting list for the next round of sessions, highlighting the programme's impact and necessity.

### **Light up the Night and Walk with the Stars**

- The 2nd annual Light up the Night and Walk with the Stars event, hosted by a bereaved parent, brought together over 50 participants. This event offered a meaningful way for families and individuals to walk together in remembrance, underlining the strength found in collective support and community presence.

### **Just Be Social Initiative**

- The newly established Just Be Social segment provides a more flexible approach for community engagement, allowing participants to join on an ad hoc basis without long-term commitments. This initiative has been particularly effective in reaching those who may benefit from sporadic support and connection, offering them a chance to engage at their own pace.

These initiatives underscore LFMNT's commitment to offering diverse and meaningful support options, fostering a compassionate community, and ensuring that bereaved families have access to the care and remembrance opportunities they need.

### **Financial Review**

The results for the financial year are set out in the Statement of Financial Activity and Balance Sheet. Income has increased on the previous year to £70,548, while overall expenditure has also increased from £26,322 to £66,966. This is as a result of additional staffing costs as well as a significantly increased level of programme costs. The Trustees are satisfied with the overall surplus of £3,582 for the year.

### **Results and Dividends**

At the end of the financial year the charity has assets of £43,510 (2023 - £39,631) and liabilities of £1,248 (2023 - £951). The net assets of the charity have increased by £3,582.

### **Reserves Position and Policy**

As a charity, LFMNT is entirely dependent on fundraising income and grant income. Due to the uncertainty of both of these income streams, it is prudent to aim to hold unrestricted free reserves of £30,000 to fund six months operating costs together with a contingency for other unexpected costs.

This amount shall be built up within the first number of years of the Trust's work and maintained at the agreed level.

### **Compliance with Sector-Wide Legislation and Standards**

The charity engages pro-actively with legislation, standards and codes which are developed for the sector. Little Forget Me Nots Trust subscribes to and is compliant with the following:

- The Charities SORP (FRS 102)

### **Public Benefit Statement**

In planning and directing the work of the Trust, the trustees have considered and understand both elements of the public benefit requirement i.e. that there are direct benefits which are identifiable and are available to the public or a section of the public.

Ensuring that the emotional needs of the bereaved are met by the services of the Trust directly impacts in a positive way on the mental and physical health and well being of the beneficiaries, therefore also improving family life and relationships. Better community and organisational education and knowledge in how to best support family members who have been bereaved by infant and pre-teen child loss is vital in ensuring that maximum care is taken to not exacerbate the emotional suffering of the bereaved and help them to adapt to the changed circumstances in their every day settings. Beneficiaries can avail of support/counselling and therapies such as art and craft work in a safe space assisting with grief management and improving their emotional and physical well being. Bereaved families sharing their experiences in a safe space including the unique consequences of losing an infant or pre-teen child helps better equip society and other grieving families to deal with the needs of those suffering. Improved emotional and physical welfare and health of those directly benefitting from the Trust services, allowing the bereaved to adapt and move forward in their grief. Improved and enhanced community education and understanding of the unique

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needs and suffering of those who have suffered from infant and pre-teen child-loss. Improved service provision by statutory bodies and other agencies for those who have suffered bereavement from the loss of an infant / pre-teen child as a result of advocacy and input from the Trust No harm arising. Bereaved family members who have suffered the loss of an infant/child or pre-teen who are directly affected by grief. Schools and organisations in the community where bereaved family members attend by educating those dealing with the bereaved in how to specifically address the needs of those who have lost an infant/pre-child family member. A sense of improved well being for those working with the Trust many of whom have suffered the loss of an infant or pre-teen child.

Approved by the Board of Trustees on 7 January 2025 and signed on its behalf by:



Nuala Toman  
Trustee



Mary McAlinden  
Trustee

**Little Forget Me Nots Trust**  
**STATEMENT OF TRUSTEES' RESPONSIBILITIES**  
for the financial year ended 1 April 2024

The trustees are responsible for preparing the financial statements in accordance with applicable law and regulations.

The law applicable to charities in Northern Ireland requires the trustees to prepare financial statements for each financial year which give a true and fair view of the assets, liabilities and financial position of the charity as at the financial year end date and of the surplus or deficit of the charity and otherwise comply with the Charities Act (Northern Ireland) 2008.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP
- make judgements and accounting estimates that are reasonable and prudent;
- state whether the financial statements have been prepared in accordance with applicable accounting standards, identify those standards, and note the effect and the reasons for any material departure from those standards; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees confirm that they have complied with the above requirements in preparing the financial statements.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act (Northern Ireland) 2008. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Board of Trustees on 7 January 2025 and signed on its behalf by:

  
Nuala Toman  
Trustee

  
Mary McAlinden  
Trustee