

Connected Lives

Report and Accounts

Year ended 31 December 2020

Stewardship 
Active generosity

1 Lamb's Passage, London EC1Y 8AB
www.stewardship.org.uk

CONNECTED LIVES
LEGAL AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 DECEMBER 2020

ADDRESS FOR CORRESPONDENCE	255 Old Marylebone Road London NW1 5QT
GOVERNING DOCUMENT	CIO Constitution dated July 2019
CHARITY REGISTRATION NUMBER	1184376
TRUSTEES RESPONSIBLE FOR MANAGING THE CHARITY	Lindsey Hayward Anita Jones Nicola Morriss Margaret Sandilands Jonathan Sercombe
BANKERS	National Westminster Bank Plc
INDEPENDENT EXAMINER	Jaimée Young Stewardship 1 Lamb's Passage LONDON EC1Y 8AB

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CONNECTED LIVES
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2020

The Trustees have pleasure in submitting the Report and Accounts for the year ended 31 December 2020.

Objects of the charity

Connected Lives is an early intervention charity, governed by a constitution and is constituted as a charitable incorporated organisation. The charity's principal objects, as set out in its governing document is to benefit of the public in the advancement of education in relation to parenting, couple relationships, relational well being and childcare.

We run targeted support groups for parents/carers with their babies and children, groups for parents of teenagers and groups for couples. All the programmes we use are attachment-based, trauma-informed, evidence-based and have a strong preventative track record.

Summary of the charity's main activities and achievements

To further the above objects the charity's main activities and achievements were as follows:

In 2020, we supported over 1,200 people engagements. We were helped in this endeavour by a wonderful staff team and a remarkable team of volunteers (11 volunteers helped deliver and support groups on a regular basis).

Circle of Security Parenting Groups (Under 11's)

Circle of Security Parenting Groups run for 8 weeks at 1.5 hours per session. Over this period we experienced a five-fold increase in the numbers of parents who were referred to us from the perinatal mental health teams and early help teams. Through engaging additional facilitators, we were able to more than double the normal number of Circle of Security Groups that we delivered in 2020 by running 10 groups instead of our normal 4.

Circle of Security Parenting Groups Evaluation

96.4% of parents completed the course (this is very high compared to average)

81% of parents said that their stress levels had reduced as a result of being part of the group

79% said their relationship with their child had improved

100% said participation had improved their understanding of their 'parenting triggers'

60% - developed significantly (up 2 or more categories) increased parental reflective functioning

One thing we noticed from running the groups online was that it was more accessible to more vulnerable parents and we had a far greater 'success' in getting referred parents to come along to a group. So although the facilitators found it harder to work online there were huge benefits that we had not predicted or expected.

Circle of Security Parenting Groups (Teenagers)

We ran one group specifically for parents of teenagers (Sept-Nov 2020) many of these parents were struggling to cope with teenagers who were stuck at home, not able to attend school for large chunks of the time and who were understandably stressed and harder to handle. Through using the basic Circle of Security approach together with insights from neuroscience about adolescent development, the group were able to understand the strengths and struggles of their teenagers, and to, where needed, change their responses to their adolescents and take charge with a greater degree of 'firm, no nonsense kindness'. Parents reported back that their relationship with their teens had significantly improved. As a result of this work we are working with a child and adolescent psychiatrist, Dr Clare Gates, to devise a programme specifically for parents of teens to be developed and rolled out in 2021 (funding permitting).

Hold Me Tight Groups for Couples

We ran a Hold Me Tight Course online June-July 2020 (with final session at the beginning of Sept). 42 people joined the programme, which was supported by 4 trained couples therapists and two facilitators. The programme, developed by Dr Sue Johnson, founder of Emotionally Focused Therapy, helps couples understand how and why they get into negative patterns of relating and (more importantly) how they can understand one another and change their responses to each other. Having the therapists available to drop into the break out rooms and help couples where they were stuck enabled us to really support couples that were struggling.

All the couples completed the course. 93% rated the course and exercises they did as a couple as either good or excellent. 71% said they would recommend to other couples and 85% said they got the outcomes they were looking for.

Webinars

Webinars replaced our regular evening events for parents. We ran a series of webinars throughout 2020 looking at issues such as: Helping your teen cope with big emotions; Leaving Lockdown, how to help children re-integrate back into school; Love in a time of Covid, Raising confident teens in an anxious world and Parenting in a pandemic. Contributors included Dr Sue Johnson (author of Hold Me Tight and founder of Emotionally Focused Couples Therapy); Glen Cooper (Originator of Circle of Security Parenting); Louise Bomber (trauma specialist and author of Know me to teach me); Dr Bettina Hohnen (clinical psychologist and author of The Incredible Teenage Brain). Over 690 either joined in 'live' or watched these webinars later.

Online Toddler Time and Mammaccino groups

Through the webinars and groups we ran we became aware of the stress on new parents. Parents who gave birth on or around the first lockdown had to contend with financial insecurity, health anxiety, a very different experience of labour (partners often not allowed to be present until the very end, if at all) and the first vulnerable precious weeks being alone, unable to get the support of friends and family. This caused an understandable rise in levels of maternal anxiety and depression.

One of the preventative factors was being able to meet with groups of parents in a similar situation and so we launched a visiting programme, Mum-to-Mum, Mammaccino and pappaccino sessions for parents with babies under 12 months and online Toddler Time for children aged 0-3 years in the Autumn.

In planning the activities the Trustees have applied the guidance on public benefit issued by the Charity Commission.

Financial review

2020 was Connected Lives' first year of operation as an independent Charity. During the year, our total income was £88,400 and total expenditure was £72,400. As a result the cash held by the charity increased by £16,000, to £19,500, of which £15,600 is unrestricted and can be used for any charitable purpose. The £3,800 restricted funds is for HonC (hands on the circle), a project that has been under Connected Lives umbrella since September 2020.

Reserves policy

The trustees have determined that the charity should aim to hold unrestricted cash of no less than three months' salary expenditure (£12,200) so that the charity could continue to operate should income and / or expenditure vary adversely. At the year end, the charity held unrestricted cash of £15,600 and the charity is complying with its reserves policy.

COVID-19

Covid-19 affected all our in person activities. We shut down our weekly Toddlers and bumps and babies groups. Two of our main pre-booked in person Circle of Security Facilitators trainings got cancelled and this had a significant cashflow impact on the budget. One member of staff had to be furloughed, and we had to restructure all our training and move them online as the rest of the team worked from home.

Family life and wellbeing has been significantly impacted by Covid-19 and as a frontline charity we saw a significant rise in demand for our programmes. Our groups were full of parents finding it hard to respond well to their children and couples struggling to connect and care for one another.

We needed funding to help us support more families by delivering these programmes online and to increase the number of groups offered. We initially hoped to impact 400 people, but we are delighted to be able to report that we supported over 1,000 people. Even though it was a challenging year, we are grateful to God for the generosity of our donors as well as the Westminster Foundation grant that enabled us to deliver the much needed help.

Governance

Responsibility for setting policy and for making operating decisions rest with the trustees who meet regularly to monitor the activities of the charity. Responsibility for the day to day operation of the charity has been delegated to Connected Lives Director Jenny Peters. New trustees are recruited and appointed by the existing trustees, by a majority vote.

Relationships with other charities and related parties

We have an existing relationship with St Mary's Church Bryanston Square, where we originally started as a family project and we are grateful for their continued support and relationship.

Risk statement

The charity is exposed to various risks - be they operational, financial or reputational. The trustees review the charity's activities regularly to identify significant risks and, where possible, they take appropriate measures to mitigate those risks.

Responsibilities of trustees

Charity law requires us as Trustees to prepare financial statements for each accounting year which record the receipts and payments of the charity for the year.

We are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable us to ensure that the financial statements comply with the Charities Act 2011.

We also have a responsibility to safeguard the assets of the charity and to take reasonable steps to prevent fraud or any other irregularities.

Approval

This report was approved by the trustees and signed on their behalf by:

Anita Jones

Date: 07 July 2021

INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF
CONNECTED LIVES

I report to the trustees on my examination of the accounts of Connected Lives ('the charity') for the year ended 31 December 2020 on pages 7 to 9 following.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in accordance with section 130 of the 2011 Act; or
2. the accounts do not accord with the accounting records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Jaimée Young

Stewardship
1 Lamb's Passage
LONDON
EC1Y 8AB

Date: 14 July 2021

CONNECTED LIVES
RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 31 DECEMBER 2020

Notes	Unrestricted Funds		Restricted Funds	Total 2020	Total 2019
	General Funds	Designated Funds			
	£	£	£	£	£
Income receipts					
Donations	37,232	-	2,752	39,984	3,495
Government grants	4,302	-	-	4,302	-
Other grants	33,486	-	3,990	37,476	-
Income from charitable activities	6,634	-	-	6,634	-
Total receipts	81,654	-	6,742	88,396	3,495
Payments					
Payments in relation to charitable activities undertaken directly	69,505	-	2,908	72,412	-
Total payments	69,505	-	2,908	72,412	-
Net of receipts / (payments) before transfers	12,149	-	3,834	15,984	3,495
Transfers between funds	-	-	-	-	-
Net movement in funds	12,149	-	3,834	15,984	3,495
Cash funds as at last year end	3,495	-	-	3,495	-
Cash funds at this year end	15,644	-	3,834	19,479	3,495

The notes on page 9 form part of these accounts.

CONNECTED LIVES

STATEMENT OF ASSETS AND LIABILITIES

Unrestricted Funds

A Cash funds

B Other monetary assets

C Liabilities

Falling due within one year:

PAYE/NIC due	665	-	-	665	-
Pension due	120	-	-	120	-
Fee for Independent Examination	870	-	-	870	-
	<u>1,654</u>	<u>-</u>	<u>-</u>	<u>1,654</u>	<u>-</u>

D Assets retained for charity's own use

The charity does not own any assets.

E Guarantees and secured debts

The charity has not given any guarantees and has not provided its assets as security for any liabilities.

The accounts were approved by the trustees and signed on their behalf

by Anita Jones date 07 July 2021

The notes on page 9 form part of these accounts.

CONNECTED LIVES
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2020

1 Accounting policies

The accounts have been prepared on a receipts and payments basis and comprise a statement that shows the charity's receipts and payments, a statement that summarises the charity's assets and liabilities and related notes. The accountancy profession have determined that only accounts prepared in accordance with applicable accounting standards present a 'true and fair' view and, as these receipts and payments accounts have not (and cannot) be prepared in accordance with accounting standards, these accounts do not present (and are not intended to present) a 'true and fair' view of the charity's financial activities and state of affairs.

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity. Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. Restricted funds are donations which are to be used in accordance with specific restrictions imposed by donors; they include donations received from appeals for specific activities or projects.

	<u>Unrestricted Funds</u>		Restricted Funds	Total 2020	Total 2019
	General funds	Designated funds			
	£	£	£	£	£
2 Payments in relation to charitable activities undertaken directly					
Employment costs	61,713	-	-	61,713	-
Staff training	1,800	-	-	1,800	-
Direct project costs	2,477	-	997	3,475	-
Bursaries	161	-	1,680	1,841	-
Insurance	301	-	-	301	-
Professional fees and subscriptions	967	-	230	1,197	-
IT software and consumables	1,223	-	-	1,223	-
Administration and support	863	-	-	863	-
	<u>69,505</u>	<u>-</u>	<u>2,908</u>	<u>72,412</u>	<u>-</u>

3 Transactions with related parties

No remuneration was made to any trustee or persons connected to them.

4 Movement of funds

	Balance at 31Dec2019	Receipts	Payments	Transfers	Balance at 31Dec2020
	£	£	£	£	£
General funds	3,495	81,654	(69,505)	-	15,644
	<u>3,495</u>	<u>81,654</u>	<u>(69,505)</u>	<u>-</u>	<u>15,644</u>
Restricted funds					
Hands on the Circle [HonC]	-	6,742	(2,908)	-	3,834
	<u>-</u>	<u>6,742</u>	<u>(2,908)</u>	<u>-</u>	<u>3,834</u>
Total funds	<u>3,495</u>	<u>88,396</u>	<u>(72,412)</u>	<u>-</u>	<u>19,479</u>