

OnePlusOne Marriage & Partnership Research

Annual Review 2018-19



Incorporating the report and financial statements
for the period ended 31 March 2019

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OnePlusOne Marriage and Partnership Research
Thinking relationships

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Foreword

2018-2019 Continuity and Change

In a fast moving, digitally driven world, the way we now work and interact with each other is unrecognisable from even five years ago. However, OnePlusOne's founding principles, articulated in the early 1970s (strengthening relationships by picking up problems early, equipping frontline practitioners to provide effective support and providing evidence-based 'do it yourself' support for the public) are still as relevant in 2019.

OnePlusOne remains strategically focused on the changing needs of our beneficiaries. In 2018-19, we refocused our well-honed research expertise on the design of digitally delivered content. This work is firmly rooted in: relationship science, behaviour modelling training and behaviour change theory. At every stage we test, evaluate and adapt the design ensuring quality and value for money. Our small highly skilled team can now draw on the specialist expertise of OnePlusOne Associates for specific projects too.

This approach has helped us to support the work of a growing range of partners - national charities, local authorities, practitioners, professional organisations and non- governmental bodies across the UK. The continuing uncertainty of funding made us scrutinise our cost base and resulted in some key decisions, for example, moving to a flexible work space and investing in technology to support virtual working. These decisions not only reduced costs but also enabled a greater range of partnership working. Our success in three major government funding opportunities, announced early in 2019, will consolidate further strategic partnerships.

Our work covers all areas of relationships, from getting together to separating, from couples to individual relationships with colleagues, friends and families. Relational Capability sits at the centre of what we do. It was developed by OnePlusOne in 2014 to provide people with the knowledge and skills needed to be 'relationally capable' – to make and maintain healthy relationships. We have been refining the approach over the last year, and will be publishing a paper in 2019. For parents going through separation, we have further tested our Emotional Readiness Tool. This work is due to be profiled in an international publication in late 2019.

In early 2019, Verity and I became Co-Directors. We have worked together to consolidate the best of OnePlusOne and we are confident that all decisions taken in 2018/19 equip us well for the year ahead. The OnePlusOne team have adapted with ease to our new way of working and fully embraced it. Our Board of Trustees have also continued to be immensely supportive over this year. They give up their time and we feel well supported. The significant shift that OnePlusOne has made this year could not have been achieved without the whole OnePlusOne team.

We are proud that our experienced charity is thriving and utilising the best technology available to strengthen relationships. OnePlusOne is as needed now as we were in any previous decade, perhaps even more so.

Penny Mansfield CBE
Verity Glasgow
Co-directors

About Us

OnePlusOne was founded in 1971 and we are renowned leading relationship experts. Our mission is to strengthen relationships in couples, families, communities and workplaces using evidence based training and digital resources.

We know that poor quality relationships can damage mental and physical health. Destructive and acrimonious parental conflict put children at greater risk of emotional problems such as depression and anxiety. As a further consequence of conflict, children may develop behavioural difficulties and underperform at school.

Healthy relationships can be learned, and early intervention is key to success. We reach couples, families and individuals as early as possible by training the professionals that they turn to for help with all issues in their lives, such as parenting or health. We seek to change the narrative of relationship support from an intervention at the point of crisis to a preventative measure. With new technology, we can now reach more people than ever. Even as society gets busier each day, we are placing relationship support and information in people's pockets to use at their convenience.

Our reputation means that our evidence based research and resources are called on by government, local government, teachers, court services and many other organisations. Our innovative resources have received extensive praise and are receiving highly commended status in medical professional awards.

Everything we do is based on the latest evidence. Our research builds the knowledge base on relationships and, by sharing what we know, we influence policy and the development of services that work.

We are a small nimble organisation with a unique expertise. Every member of the team is passionate about our mission. It is important to us that each member of the team uses all of their skills so they can grow and develop with the organisation.

Throughout the financial year 2018-19, we continued to hold weekly meetings with the whole organisation to discuss workloads, capacity, progress and opportunities that have arisen. We hold 'quick learn' sessions to improve knowledge on a new subject, using team exercises to push the imagination and assist with strategy. We have an open door policy for discussions at all levels.

See more information on our websites OnePlusOne.org.uk and clickrelationships.org

We work to strengthen couple and family relationships by:

- Providing digital services and tools to support couples and co-parents through platforms such as Click (formally thecoupleconnection.net and theparentconnection.org.uk)
- Training frontline practitioners and volunteers to help families with relationship issues.
- Promoting a culture that recognises the benefits of family and relationship support alongside individual debt, addiction and health treatments – at all stages of life.
- Building expert knowledge of how relationships are evolving to inform and improve family policies and services.

Mission statement

To strengthen relationships in couples, families, communities and workplaces using evidence based training and digital resources.

Our objectives for the public benefit are:

- To advance the education of the public in all aspects of committed relationships.
- To safeguard and protect the mental, physical, emotional and psychological health of people involved in committed relationships and their dependents.
- To prevent and relieve poverty, hardship and distress caused by relationship difficulties or the breakdown of committed relationships, for all involved.
- To further, according to the law of England and Wales, other such exclusively charitable purposes that the Trustees determine in their absolute discretion to assist those people who are in or who have been in committed relationships and their dependents.

Please note that 'committed relationships' refers to marriages, civil partnerships or an enduring family relationship whether recognised by law or otherwise and whether or not the relationship is conducted in the same household.

Report of the Trustees

OnePlusOne Marriage and Partnership Research - for the year ending 31 March 2019.

The trustees are pleased to represent their annual directors report together with the consolidated financial statements of the charity for the year ending 31 March 2019, which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, The Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1st January 2015).

Public benefit

All our charitable activities focus on providing a broad range of early interventions in support of relationships and are undertaken to further our charitable purposes for the public benefit. We work in partnership with other organisations and have established online services accessible to the general public. This allows us to greatly extend the reach of our services. The Trustees confirm that in exercising their powers and duties, they have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission.

In preparing this report, the Trustees have taken advantage of the small company's exemptions provided by section 415A of the Companies Act 2006.

Erica De'Ath OBE
Chair

A handwritten signature in black ink that reads "Erica De'Ath". The signature is written in a cursive, flowing style. The first name "Erica" is written in a larger, more prominent script, followed by "De'Ath" in a slightly smaller, similar script. The signature is positioned on a light-colored, textured background that appears to be a piece of paper or a card.

Aims and achievements 2018-19

Aim 1: Research

Provide a robust evidence base for OnePlusOne's services, resources, research digests, training and digital solutions. We seek to be at the forefront of detailed research into the most up to date issues that are affecting the relationships of individuals, couples and families.

Achievement: Our research team continue to closely monitor relationship studies and evidence from around the world and are highly sought after by partners. We led a re-focus of our skills internally and are committed to spending more time perfecting the evidence base that underpins the design of our digitally delivered programmes and partner content projects.

Aim 2: Funding

Utilise our expertise and the work we have already done in the digital sphere to create new income streams and commercial partnerships. We will implement our business plan which will allow us to trial new services which will allow us to create more commercial income streams.

Achievement: We are proud that investment in our digital capability and decades of experience with strategic partnerships mean that we have enjoyed being in pole position for a number of grants and innovation projects. This financial year also saw us trial crowd funding for a new concept, which served to widen our support.

Aim 3: Digital

Continue to grow the community and user base for our new virtual support environment, Click Relationships. We will develop and implement our digital behaviour change strategy and our big data strategy.

Achievement: Our innovative virtual relationship support site, Click Relationships, has gone from strength to strength. The platform's pilots with partner organisations such as CAFCASS and Dame Kelly Holmes Trust proved popular, provided valuable evaluation and targeted support to their audiences. We apply a test and learn approach to programmes so that we are constantly adapting to users' needs.

Aim 4 – Training

Work in partnership with employers, the public, local authority staff, government departments and private sectors to develop relational capability, improve relationship wellbeing and reduce parental conflict. To include a blended approach of digital and face to face training with ongoing workforce development.

Achievement: Following our involvement with the government's Local Family Offer pilot around the country, local authorities continued to book our expert trainers to help front line practitioners reduce parental conflict for families in their care. We received requests to oversee and evaluate training programmes.

Some of our partnerships

Netmums
Dad.Info
The Student Room
The Mix
Carertrust
Contact
DWP
Debt Advice
NHS Northumberland Tyne & wear
Money Advice Service
Ministry of Justice
Innovation Unit
Adfam
CAFCASS
The Brain Tumour charity
Dame Kelly Holmes Trust
Nuffield Foundation
Cornwall Care
Imperial College Health partners
Relate
Tavistock
Marriage Care
AXA
John Lewis
BNP Paribas
Scott Bader
Viridian
OnlyMums
OnlyDads

Research and digital

OnePlusOne has long been the go-to place for research. We curated The Knowledge Bank for many years with input from Relate, Marriage Care and Tavistock Relationship. The online library covered core subject areas surrounding couple and family relationships. This has always contributed to the development of well informed balanced policy.

To be ahead of the fast paced digital age, we have refocused our relationship research skills. We continue to monitor the evolving evidence base in the UK and internationally. Yet, we now spend less time documenting reviews of research and curating information unless it is specifically required for a project. We focus on spending more time perfecting everything that goes into the evidence-based design of our programmes and the content that we create for strategic partners. For example, we have been enhancing testing and evaluation of programmes to constantly improve the behaviour change theory that underpins many of our interventions.

Our digital work enables us to be accessible to a wider audience and track user engagement to understand digital learning. We know what people using Click want to learn and read about and users have the ability to ask for topics to be covered. This combination guides our research and means we can improve the effectiveness of the relationship support we provide.

Culture Change

As part of the Department for Work and Pensions contract, OnePlusOne provided research-led messages for our digital partners and our own services. Each month, information is made available to new parents and young people to help them in their daily lives.

The key messages are created by assessing evidence based research from around the world and interpreting the evidence to provide practical easy to understand guidance. By reaching people through digital partners such as Dads.Info and Student Room we are able to provide support for people that we know will benefit from the information in a place that they are already accessing.

Maternity Transformation Programme Early Adopters

We were tasked to deliver qualitative data from interviews with midwives and service users. Our aim was to uncover how satisfied the service users were with the continuity of care model and learn more about their own experiences and observations.

We followed a structured sampling frame to make sure we achieved insights across different sites, continuity of care models (e.g. ante-intra-and post, ante-post), birthing options (home-, birth-centre, ward) and different service users (complex social needs, medical complexities). Once the data had been collected, we were required to report and draw links to the quantitative outcomes data.

Click Relationships articles

OnePlusOne is committed to finding new ways of reaching individuals, couples and families with evidence based relationship support. Our short evidence based articles on Click are popular and are frequently shared on social media. Examples of the articles are here: 3

Pornography: your questions answered

<https://click.clickrelationships.org/content/all-issues/pornography-your-questions-answered/>

Letting go of sibling rivalry

<https://click.clickrelationships.org/content/all-issues/letting-go-of-sibling-rivalry/>

How to stop your children arguing with each other

<https://click.clickrelationships.org/content/all-issues/how-to-stop-your-children-arguing-with-each-other/>

A lesser known risk of online first, meeting later

<https://click.clickrelationships.org/content/all-issues/a-lesser-known-risk-of-online-dating/>

Two approaches to online dating

<https://click.clickrelationships.org/content/all-issues/two-approaches-to-online-dating/>

Raising a baby after a breakup

<https://click.clickrelationships.org/content/all-issues/raising-a-baby-after-a-breakup/>

Government consultations and announcements

Relationships and Sex Education

Our submission was very well received by the Department for Education, the Prime Minister's team and relationship organisations. Once curriculum guidance is produced, OnePlusOne will seek to work with the Department and other organisations to deliver quality Relationship Education.

Transforming Young People's Mental health

Our response to the Department for Education and Department for Health and Social Care focused on the impact of parental conflict on young people. We have since attended a range of All Party Parliamentary Groups, together with various meetings with politicians and expert organisations to further the agenda link of relationships and mental health.

No Fault Divorce legislation

As referenced in our 2017/18 Annual Review, our expert researchers worked on the influential report called 'Finding Fault' with Exeter University and Professor Liz Trinder. We attended a number of events on this subject throughout the current financial year and in early April 2019, the government announced that 'no fault divorce' will become law. This is a great success for all involved.

Digital – Click Relationships

OnePlusOne's online services, The Couple Connection and The Parent Connection were successful over a nine year period with millions of users visiting the sites for relationship support. We received wide praise for the helpfulness, innovation and community building of the services. The services were unique, but they needed to evolve and improve to keep up with the fast moving digital space and users' lifestyles.

We created Click Relationships and held a launch party in January 2018. A group of OnePlusOne's oldest partners, recent collaborations and government agencies came together to hear about our virtual relationship support website.

You can visit the website here www.clickrelationships.org Click's goals are:

- To offer evidence based, helpful and interesting information about relationships.
- To give users an opportunity to chat with relationship professionals in a comfortable and anonymous way through a private chat room.
- To provide universally accessible relationship support to members of the public with a truly mobile first design.
- To pull together multiple support services from OnePlusOne in one place with a single registration.
- To test, learn and improve through a smarter collection of meaningful and significant user data.
- To give users a greater opportunity to become authors and share their own stories or questions.
- To provide a dip-in-dip-out experience for people and simultaneously allow others to go deeper through goal setting and personalised recommendations
- To equip users with knowledge allowing them to be mindful of and pinpoint external stressors, which can impact their relationship quality.
- To reach people in all areas of society and people who are not necessarily looking for relationship help.
- To equip users with skills enabling them to manage their relationship issues and resolve them effectively.
- To fill the sector gap in provision of widely accessible digital relationship support for those unable to access it via traditional face to face routes.
- To deliver a digital solution that fits and aligns with the overarching OnePlusOne strategy.
- For Click to serve as a recognisable brand for OnePlusOne.
- To maintain the attention of loyal users while reaching new ones.
- To form the Lego bricks that lay the foundation for future development.

Web development

As part of OnePlusOne's digital development the team worked on an overhaul of the charity's main website. This will be unveiled in Spring/Summer 2019.

Testimonials

The comments below are a good example of feedback we receive to our courses.

- *Great tips enjoyed it.*
- *It is a good course but both parents need to take it on board for it to be successful. It is definitely beneficial for building confidence in the child.*
- *Not a bad little to course to make you think and reflect. Hope it has the same effect on others too!!!*
- *Very good, made a lot of sense.*
- *Really good tips and very positive ways to work together as good parents for the children's benefit.*
- *Thank you. Well worth listening to, made me think of lots of situations where I could be handled things differently.*
- *This course was very good.*
- *Opened my eyes a lot.*
- *This course was very helpful, and everyone could learn from doing it.*
- *The course was very helpful, and I have learnt a lot through watching the videos.*
- *I really enjoyed this course and find it very beneficial for my own learning skills.*
- *Course gives good examples and tools to try and move forward.*
- *Very informative.*
- *This was very helpful and gave good ways of communicating to your ex-partner.*
- *This was very useful and raised some important facts that need to be considered and implemented to enhance our communication for all of our benefits.*
- *Well I have to say it all makes so much sense, even with red mist over my eyes sometimes, sticking to the rules will help.*

Reach

Providing evidence based bespoke programmes and content for other organisations, local authorities and non-governmental public bodies means that we reach an extensive range of our target audiences. It also ensures that we reach people earlier as our work is connecting with them in places and on sites that they are already using. Some examples of key programmes:

Emotional Readiness tool

The concept for designing an emotional readiness tool ('the tool') to assess the appropriate pathway for divorcing or separating couples originated from the 'Mapping Paths for Family Justice' (led by Professor Anne Barlow, Exeter University). As separations are a particularly difficult and stressful time, a certain degree of emotional readiness is required to manage the complexities of the separation (e.g., co-parenting arrangements, financial decisions) without being detrimental to both adults and children.

The tool provides three possible outcomes categories: high, medium, or low emotional readiness. Each indicates the most appropriate resolution pathway for the parent completing it. Emotional readiness refers to the degree of resolution of a person's emotional reaction to their separation that arises from a dynamic process of coping focused on adjusting to relationship dissolution. The anticipated outcome of emotional readiness is an improvement in the individual's capacity to engage with the pragmatic complexities of their separation, including co-parenting.

Parents who report a high-emotional readiness score are recommended to continue out of court dispute resolution pathways. Those with medium and low emotional readiness scores are referred to a range of further self-help support, or potentially to more structured professional support.

Four studies have been conducted to assess the validity of the 10-item tool, with the most recent being a usability study. This latter study not only sought clarification about the usability of the tool from the practitioners' perspective but also compared the emotional readiness tool to professional assessment by a court appointed mediator. We assessed whether the court mediator's classification of a client aligned to the client's 'scores' on the tool. The findings indicated a large correlation ($r=.70$) between professional mediator assessment of readiness to co-parent and emotional readiness on the tool. This suggests that the emotional readiness tool is strongly aligned with professional assessment.

The tool is also being piloted in the North-West of England by CAFCASS teams. It is hoped that the data could be compared to whether and how the Parenting Plans are completed. These data are in the process of being analysed with the expectation that two journal articles will be produced as a means to document the immense amount of work that has been undertaken.

CAFCASS

The Children and Family Court Advisory and Support Service (CAFCASS) were looking to trial a digital support package for parents that are in an out of court family law pathway. This partnership was not only about making use of OnePlusOne's virtual support environment, but also to use our specialist content and tools designed for separated parents.

We therefore created a CAFCASS branded 'white labelled' private digital site for parents who are going through separation. The information, programmes and resources available allow the parents to work on reducing parental conflict and improving communication with their ex-partner.

The site includes, behaviour modelling training, specialist measures for assessing readiness for separation, specialist content, goal setting, live chat functionality. Our above mentioned Emotional Readiness tool is a big part of the Cafcass site – they have renamed it the 'Readiness to co-parent tool' and we are proud of its development.

Alcohol project

There is strong evidence that the damaging effects of parental conflict on children is highest in families where there is alcohol misuse. Services for alcohol dependent parents sadly provide little targeted help in this respect though.

We are therefore working with expert alcohol organisations to address the gaps in existing services, using evidence that working with the couple is most effective in promoting individual change in service users (Couple Therapy for Depression; Dyadic Coping interventions).

This innovative project aims to improve outcomes for alcohol dependent parents who are experiencing relationship conflict and improve outcomes for their children. Through a combination of frontline and specialist drug and alcohol practitioner training, digital resources for practitioners, and the development of a digital self-help platform for parents based on Couples Coping Enhancement Training (CCET), we aim to support parents to manage their parental conflict and reduce the negative impact of conflict in families affected by alcohol misuse.

This is a pilot project with a multi-tiered service model encompassing:

- 1) A two-day skills training offered to 420 frontline practitioners (e.g. health and social care workers) who work with/come across alcohol non-dependant parents as part of their work. The training will be delivered in Leeds, Bristol and East London;
- 2) Advanced training (Behavioural Couples Therapy for Alcohol Dependence training) aimed at 30+ staff in alcohol and drug therapeutic work with parents;
- 3) A digital space using a OnePlusOne online platform containing training resources for practitioners and therapists, and offering an opportunity for knowledge sharing online; and
- 4) A user friendly digital space for parents containing self-help resources, tools and therapeutic programmes.

Training

A relationally capable workforce brings benefits to employees, employers and the wider society. We have extensively researched this field and worked with thousands of employees in a range of different employments.

Relationships also sit at the heart of good public services. They underpin a meaningful and respectful engagement between client and practitioner. Improved and effective relationships facilitate good outcomes. Increasingly, local authorities are recognising that improved relationships facilitate good outcomes and they are turning to OnePlusOne to train staff, increase skills. In particular, we are often recommended to other local authorities.

We fully evaluate each course so that we are constantly learning and developing our expertise.

Brief Encounters is an evidence based universal course designed to help practitioners identify relationship issues and give them the confidence and skills to recognise the signs of conflict. The course ensures that practitioners can respond appropriately, together with knowing when and where to refer to other services.

OnePlusOne has trained thousands of health practitioners, children service providers and many other teams with Brief Encounters.

How to Argue Better is particularly popular with early intervention teams, family support workers, health visitors, social workers and other family practitioners who have a front line role with parents or children. It is an in depth evidence based training programme is targeted at practitioners working with partners in conflict and was developed following a detailed review of conflict interventions.

Practitioners are equipped with knowledge and understanding about parental conflict, causes of conflict, the difference between constructive and destructive conflict, plus the impact of poorly managed conflict on children. They take away a toolkit that includes resources, visual relationship insights and practical activities and exercises to use with parents or couples.

Digital partnerships

OnePlusOne has operated a successful 'side doors' methodology for many years. This sees evidence based expert content, help and services distributed across a wide network of third party sites and channels without the quality being diluted. Click improves the side doors approach further as the evaluation is integral and continuous.

The design is also flexible. Bespoke and white labelled branding can be created for organisations if they choose and as services are digital, they can easily be scaled up.

Click is therefore an exciting resource and future source of income, together with advertising, training and research sale options.

OnePlusOne also co-creates products with selected digital partners, who enable us to further our reach to new partners, young people and parents of children with disabilities. A note of our partners is listed within this document.

Some examples of our co-created articles:

Loneliness for new parents of disabled children

<https://click.clickrelationships.org/content/all-issues/loneliness-for-new-parents-of-disabled-children/>

Parenting courses and disabled children

<https://click.clickrelationships.org/content/all-issues/parenting-courses-and-disabled-children/>

Children in hospital

<https://click.clickrelationships.org/content/all-issues/children-in-hospital/>

Resource

OnePlusOne continues to work with the dedicated Business Development Group made up of Trustees and the Senior Management team. The Group considers how to diversify the charity's funding base and secure regular income from existing and new products created.

In response to ongoing uncertainty about central government funding, we took steps to reduce operation costs. This included moving offices, working virtually, arranging for external hosting of digital functionality. The new flexible way of working reflects the charity's agility and has been a successful change for the team.

The Department for Work and Pensions led Culture Change contracts were scheduled to come to an end in March 2019. We worked to ensure we consolidated our knowledge and skills to be in a good position to bid for new contracts should they arise. We therefore hope to be able to provide ongoing digital services to millions of people throughout the country.

We received commissions to deliver training programmes beyond original contracts and research focused instructions from a range of institutions and organisations.

A detailed look at our finances and accounts are included within this document.

Crowd funding campaign

We decided to trial an innovative form of fundraising to reach new people and raise funds for an innovation project, How to Argue Better digital. We raised a total of £6,125 and this will be put towards the development of turning the training programme, How to Argue Better, into a digital programme that is easily accessible online.

The digital programme will teach couples how to communicate more effectively with each other, therefore directly influencing how their children relate to others too. We will work on raising the final amount from other sources.

Looking forward 2018-19

Mission

'To strengthen relationships in couples, families, communities and workplaces using evidence based training and digital resources.'

Aim 1: Research and digital

Grow our digital behaviour change evidence base. Developing and improving our digital behaviour change methodology, applying it in different contexts and refining it. This will strengthen OPO's position in the development of new products, responding to tenders and developing more strategic partners in different markets.

Aim 2: Resource

Prevention and early intervention means helping people to keep healthy for themselves. Our evidence of efficacy of existing products and relationship science expertise will aid us in developing an income generation strategy to develop products for this new growing market. A greater understanding of user needs within commercial markets, employers and traditional health and social care markets will be critical to this.

Aim 3: Reach

When people get on with others they get on in life. Our aim is to reach new audiences with this message to ensure this ambition is realisable for OPO.

We will draw on our strong reputation in the field and harness the environment of turning to self-efficacy services. This sets a whole new range of ways of reaching people, digital being an important mechanism for this. Our aim is to reach these new audiences with our products, new products and relationship know-how communications. Understanding how we reach out to these audiences and how they discover us will be critical to this.

Governance, legal and administration

Governance

OnePlusOne Marriage and Partnership Research was originally registered as a charity in 1971. It is now a charitable private company limited by guarantee, incorporated on 29th December 2000 and registered as a charity on 13th August 2001. It commenced activities on 1st January 2002 with the transfer of operations from the unincorporated charity.

The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association.

Trustees

The charity is governed by a board of Trustees, who are also directors under company law. The board consists of three to fifteen persons elected by the membership and up to five members co-opted by the Trustees. The charity has a policy that the members are all directors. The recruitment for the Trustees is conducted by the senior Trustees and the senior staff and is based on an evaluation of the skills required to govern the charity.

Newly appointed Trustees receive a letter of appointment and a pack of information about the charity, their fellow Trustees and their responsibilities as Trustees. They are invited to away days and additional training is provided as requested. Trustees are elected for a three year period and may be re-elected for further three year periods.

The Trustees and key management personnel serving during the year and since the year end were as follows:

Trustees and directors

Ms Ruth Kennedy

Ms Sarah Healey

Ms Katharine Landells

Mr Axel Heitmueller

Ms Erica De'Ath OBE (Chair)

Ms Josephine Richardson

Ms Elizabeth Mills (Treasurer)

Ms Emma Ries

Senior management team

Penny Mansfield CBE, Director – Research and Innovation

Verity Glasgow, Director – Operations and Strategy

Jonathan Devereux, Head of Finance and Company Secretary

Organisational structure

The board has an established sub-committee with specific terms of reference and functions delegated by the board and chaired by a Trustee:

- The finance sub-committee, which oversees all financial aspects of the charity's operations.

The Director and Head of Finance attend the main Trustee meetings. They also attend the finance sub-committee. *Minutes of these meetings are taken by the director's PA.*

The board can co-opt to the sub-committee additional expert members who are not Trustees should they see the need. The board has delegated the day to day running of the charity to the Directors, working with the Head of Finance.

Pay policy for senior staff

The directors of the charity are not remunerated. Details of director's expenses are contained at note 7 to the accounts. In line with the pay of all staff, the pay of senior staff is reviewed annually with the aim to maintain staff salaries between the top of the lower quartile and the median of market salaries compared to organisations of a similar size, nature and location. Trustees consider the rationale and affordability of any cost of living rise, or individual salary adjustment, annually in the light of benchmark reviews. No Pay award was made in 2018-19.

Financial Review

The results for the year are shown in the Statement of Financial Activities on page xx and the financial position is shown in the Balance Sheet on page xx.

Reserves Policy

It is the Trustees' general view that the desirable level of unrestricted reserves is three month's operating costs. Trustees regularly review the reserves policy and achieved their aim to hold at 31 March 2019 reserves which would cover three months operating costs.

This ensures the Charity can cash flow its activities without recourse to bank loans when there are delays in payment from funders and will allow current activities to continue in the short term. Three month's operating costs during 2018-19 were £216k. The free reserves are £150k at the year end, which is below target. The free reserves are calculated as comprising the expendable endowment fund and the general unrestricted funds (excluding the designated reserve). The charity however also possesses £197k designated reserves, £35k related to the balance held against the operating costs of service delivery and £116k for discretionary development spending, and £46k for core research.

The trustees will review the designation of reserves with a view to increasing free reserves to bring the Charity's reserve position back to being aligned with the reserve policy as a priority.

Principal Funding Sources

Source	Amount
Department for Work and Pensions – culture change	530,703
Department of Health S64 - alcohol project	52,704
Local Authority training	89,138
CAFCASS – Click licence	33,250
Imperial College Health Partnership	17,917

The charity's main sources of funding are listed above. While funding of the Culture Change Contract has continued for 2018-19 at reduced level, funding ceased at 31 March 2019. Funding was secured from wider sources during the year with a particular success in training delivered to local authorities, and sales arising from the development of Click Relationships. Funding into 2019-20 has switched to grants – the first, from the Department of Health partially recognised in the year, with two further grants from the Challenge Fund taking grant funding awarded inclusive of that recognised in 2018-19 to £595k through to 31 March 2020.

Financial Position

At the balance sheet date OnePlusOne had un-recognised grant commitments worth £545k for the period to 31 March 2020 and designated reserves of £197k. Cash flow from all grants commences from April 2019 with receipt of £76k.

Significant progress was made during 2018-19 to addressing the Charities cost base. These actions mean in terms of staff cost a reduction from £464k to £345k and for premises and office running costs from £106k to £67k. Together with a greater use of associates this means a flexible and responsive resource will be available to meet future delivery needs.

Statement of Trustees' Responsibilities

The trustees (who are also directors of OnePlusOne Marriage and Partnership Research for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources, including the income and expenditure, of the charitable company for the year. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether or not UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other regularities.

Statement of disclosures of information to the auditors

We the directors of the company who held office at the date of approval of these financial statements confirm so far as we are aware that:

- There is no relevant audit information of which the company's auditor are unaware; and
- We have taken all the steps that we ought to have taken as directors in order to make auditors aware of any relevant audit information and to establish that the company's auditors are aware of that information.

Independent Examiner's Report to the Trustees of One Plus One Marriage and Partnership Research (the 'company')

I report to the charity Trustees on my examination of the accounts of the company for the year ended 31 March 2019.

This report is made solely to the company's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the company's Trustees those matters I am required to state to them in an Independent Examiner's Report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the company and the company's Trustees as a body, for my work or for this report.

Responsibilities and Basis of Report

As the Trustees of the company (and its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the company's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the 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 can confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act;
or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than
any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of
an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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

Signed:


J Grimm FCA DChA (Senior Statutory Auditor)

Larking Gowen LLP, Chartered Accountants

King Street House, 15 Upper King Street, Norwich, NR3 1RB

Dated:

31 July 2019

Finance and legal

One Plus One Marriage and Partnership Research

Statement of Financial Activities (incorporating Income and Expenditure Account) period ending 31 March 2019

	note	Expendable endowment	Restricted Funds	Unrestricted Funds	2018-19 Total	2017-18 Total
		£	£	£	£	£
Incoming resources						
Grants and donations	3	-	59,863	804	60,667	31,883
Bank interest		-	-	1,367	1,367	1,121
Sales of training and resources		-	-	102,138	102,138	86,630
Sundry income		-	-	1,349	1,349	1,472
Incoming resources from charitable activities	4					
Building the knowledge base on relationships		-	-	44,597	44,597	136,836
Direct support to Couples & Parents		-	-	303,026	303,026	334,585
Encouraging a culture of relationship self help		-	-	101,571	101,571	26,032
Improving front line relationship support		-	-	128,883	128,883	134,665
Outreach & Marketing		-	-	4,030	4,030	19,410
Total incoming resources		-	59,863	687,765	747,628	772,634
Resources expended	5					
Cost of raising funds		-	-	15,101	15,101	55,314
Charitable activities	5					
Building the Knowledge base		-	20,802	80,720	101,522	187,044
Direct Support		-	-	412,145	412,145	423,062
Encouraging Relationship S&W Help		-	28,677	99,987	128,664	40,046
Improving Front Line Relationship Support		-	3,225	164,954	168,179	150,783
Out reach and Marketing		-	-	10,110	10,110	25,559
Governance costs		-	-	28,646	28,646	33,493
Total resources expended		-	52,704	811,663	864,367	915,301
Transfer between funds	13		-	-		
Net Movement in Funds		-	7,159	(123,898)	(116,739)	(142,667)
Reconciliation of Funds						
Funds brought forward at 1 April			136,239	2837	335,131	474,208
Funds Carried forward at 31 March	14		136,239	9,996	211,233	357,469

Prior year Income was £29,880 restricted grants and £742,754 unrestricted earnings and funding. Resources expended were £29,880 restricted and £885,421 unrestricted.

While the charitable activities are continuing the exact source and nature of funding will change dramatically from contracts to grants. One Plus One only applies for funding including restricted grant funding which enables it to further its charitable activities and objects. There are no recognised gains or losses other than those stated above.

Erica De'Ath - Chair



One Plus One Marriage and Partnership Research

Balance Sheet at 31 March 2019

	note	2018-19 £	2017-18 £	£
Fixed assets				
Intangible Assets	10	76,389	118,056	
Tangible assets	10	<u>2,209</u>	<u>6,867</u>	
			78,598	124,923
Current assets				
Debtors & Prepayments	11	123,748	121,708	
Cash on deposit		221,018	316,736	
Cash at bank and in hand		<u>2,025</u>	<u>2,000</u>	
		346,791	440,444	
Creditors: amounts falling due within one year	12	(67,920)	(91,159)	
Net current assets			<u>278,871</u>	<u>349,285</u>
Total funds		<u>357,469</u>	<u>474,208</u>	
Expendable endowment		136,239		136,239
Restricted funds		9,996		2,837
Funds	13/14			
Designated Fund		196,999		318,900
General funds		14,235		16,232
Unrestricted funds		<u>211,234</u>		<u>335,132</u>
Total funds		<u>357,469</u>		<u>474,208</u>

These accounts are prepared in accordance with the special provisions of part 15 of the Companies Act relating to small companies and constitute the annual accounts required by the Companies Act 2006, the Charity SORP 2015 and Financial Reporting Standard 102. The notes at pages 25 to 37 form part of these accounts.

Approved by the Trustees on 18th June 2019 and signed on their behalf by Erica De'Ath and Elizabeth Mills.

Erica De'Ath Chair of Trustees

Company No 04133340



Elizabeth Mills - Trustee and Treasurer

Charity No 1087994



One Plus One Marriage and Partnership Research

Cash flow statement for the year ended 31 March 2019	2018-19 £	2017-18 £
Net cash inflow (outflow) from operating activities	(92,707)	(84,418)
Interest received from returns on investment	327	1,621
Net cash inflow from investments	327	1,621
Capital Expenditure and financial investment		
Purchase of tangible fixed assets	(3,312)	-
Purchase of intangible fixed assets	-	(100,000)
Net cash Outflow from Capital Expenditure	(3,312)	(100,000)
Change in cash and cash equivalents in the reporting period	(95,693)	(182,797)
Cash and cash equivalents at beginning of year	318,736	501,532
Cash and cash equivalents at the end of year	223,043	318,735
Reconciliation of operating Deficit to net outflow from operating activities		
Increase (decrease) in cash	(95,693)	(182,797)
Operating surplus (deficit)	(116,739)	(142,667)
Depreciation Charges	49,637	16,439
Decrease/(increase) in debtors and prepayments	(2,040)	86,902
Increase/(decrease) in receipts in advance	(7,700)	7,700
Increase/(decrease) in creditors	(15,539)	(51,171)
(increase)/decrease in fixed assets	(3,312)	(100,000)
Net cash (outflow)/inflow from operating activities	(95,693)	(182,797)
Reconciliation of cash movement from operating activities		
Government Grants	-	-
Other grants and donations	7,963	31,883
Other cash receipts from contracts and trading	695,609	813,245
Payments to suppliers	(328,720)	(393,486)
Cash paid to and on behalf of employees	(467,559)	(536,060)
Net cash inflow (outflow) from operating activities	(92,707)	(84,418)

Note 1

Accounting policies

- a) Basis of Preparation. The financial statements in accordance with the Financial Reporting Standard FRS 102 (applicable 2015) and the Companies Act 2006. They follow the recommendations in the Statement of Recommended Practice, Accounting and Reporting by Charities (issued in January 2015). One Plus One meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historic or transaction costs unless otherwise stated in the relevant accounting policy notes. All transactions are reported in pounds sterling (£) to the nearest £.
- b) In preparing the accounts Trustees have considered whether in applying FRS102 and the SORP the requirement to recognise the employee benefit to paid annual leave leads to a potential liability for annual leave due but not taken at 31st March on a leave year commencing on 1st January. Any liability would arise only in the event of closure without notice in all other circumstances leave would be expected to be taken during any notice period. Trustees carefully monitor cash reserves held to ensure these meet the full potential liabilities at all times.
- c) Preparation of accounts on a going concern basis. The accounts are prepared on the basis that the Charity remains a going concern. At the balance sheet date reserves were £357k, with £223k held as cash. All year end debtors had paid in full within terms by May 2019. Reserves together with grant income awarded due in 2019-20 of £575k gross, continuing contracts and training income, delivers a platform from a newly reset base cost to sustain the Charity at a similar level of activity through 2019-20. That financial position excludes the opportunities for further funding arising during the year ahead from any Government Comprehensive Spending Review and means the Charity remains able to meet liabilities as they fall due and deliver on grant agreement obligations.
- d) Voluntary income is received by way of donations and gifts and is included in full in the statement of financial activities when receivable. Donated goods and services are recognised as an incoming resource at an estimate of the value of the contribution to the charity, where this can be quantified. Volunteer time is not included in the financial statements.
- e) Grants, including grants for the purchase of fixed assets, are recognised in full in the statement of financial activities in the year in which they are received or receivable whichever is the earlier unless:
- The donor specifies that the grant or donation must only be used in future accounting periods; or
 - The donor has imposed conditions which must be met before the company has unconditional entitlement.

- f) Resources expended are recognised in the period in which they are incurred and include any irrecoverable VAT. Resources expended are allocated to the particular activity where the cost relates directly to that activity.

Support costs, consisting of staff costs and other overheads are allocated between activities on the basis of staff time or a base appropriate to the specific support cost.

Governance costs include the management of the charity's assets, organisational management and compliance with constitutional and statutory requirements.

- g) Depreciation is provided at rates calculated to write down the cost of each asset over its expected useful life. The depreciation rates in use are as follows:

Office equipment	3 years straight line
Office furniture and fittings	3 years straight line
Intangible assets	3 years straight line

Items of equipment are normally capitalised where the purchase price exceeds £1,000, or where it is clear that future economic benefits will be derived from equipment purchases of a lower value which should be recognised against future activity. Depreciation costs are allocated to activities on the basis of the use of the related assets in those activities. Assets are reviewed for impairment if circumstances indicate their carrying value may exceed their net realisable value and value in use.

Intangible assets are recognised where their creation is reasonably expected to result in future revenue generation with the value of direct development cost forming the basis of valuation excluding research and design or staff costs applied to create and manage the assets development. Intangible assets are depreciated once brought into use having reached the stage of minimum viable product. Further enhancements to the assets through development are added to the asset value reported.

- h) Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.
- i) Designated funds are funds set aside by Trustees from unrestricted reserves to meet specific purposes they may define from time to time. Funds are designated to develop activities which are essential to the sustainability of the organisation's capacity to deliver its objectives.
- j) Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.
- k) The expendable endowment fund is for unrestricted funding purposes which will be approved by the trustees when appropriate.
- l) The cost of generating funds relates to the costs incurred by the charitable company in raising funds for the charitable work.
- m) Exceptional items are recognised in the accounts where they are material to the understanding of financial statements in relation to continuing activities. They are reported

in notes to the accounts so as to highlight within a relevant cost category exceptional activity during the reporting period.

- n) Trade and other debtors are recognised at the settlement date due less and trade discounts offered. Prepayments are valued at the amount pre-paid net of any trade discounts due.
- o) Creditors and provisions are recognised where the charity has a present obligation as a result of a past event that will probably result in the transfer of funds to a third party and the settlement obligation can be reliably measured or estimated. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due. It is the charity's aim to pay creditors within agreed terms where there is no dispute over liability.
- p) Cash at bank relates to cash held in instant access no penalty accounts net of any credit card liabilities.
- q) Cash on deposit relates to cash held in 90 day access accounts where depending on the notice period given there may be a loss of interest on sums withdrawn.
- r) Pension contributions are made at 6% where staff opt to join the money purchase scheme One Plus One operates through AEGON. New staff are entitled to join the scheme after a three month delay period. From February 2017 all staff not in the existing pension scheme are auto enrolled into a basic pension scheme operated by AEGON and compliant with the terms and rates specified by auto enrol requirements. There were not contribution arrears at the balance sheet date.
- s) Operating leases are limited to office printing equipment, the title for which remains with the lessor, with rental charges charged on a straight line basis over the five year economic life. Note 15 to the accounts follows FRS102 requirements to show the remaining liability under this lease. The lease is charged to allow for a guaranteed level of use with excess charges made for exceeding usage level. The remaining commitment is based on the outstanding minimum payments due under the terms of the lease.
- t) The company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2. Legal status

One Plus One Marriage and Partnership Research is a company limited company number 04133340 with the working name One Plus One and is also a registered Charity No. 1087994.

The registered office is Central Working Shoreditch, 6-8 Bonhill Street, Shoreditch, London, EC2A 4BX.

3 Grants and donations

	Endowment	Restricted	Unrestricted	2018/19 £	2017/18 £
DoH Section 64 Alcohol Project		52,704		52,704	-
CAFCASS		-	-	-	-
Big Potential		-	-	-	29,880
General donations, incl Gift aid		7,159	804	7,963	2,003
Total grants and donations	-	59,863	804	60,667	31,883

Bank Interest			1,367	1,367	1,121
Sales of training and resources			102,138	102,138	86,630
Sundry Income			1,349	1,349	1,472

4 Incoming resources from charitable activities

	Endowment	Restricted	Unrestricted	2018/19 £	2017/18 £
DWP Culture Change contract			530,940	530,940	585,703
CAFCASS			33,250	33,250	12,500
Dame Kelly Holmes Trust			-	-	9,028
ICHCT			17,917	17,917	6,250
Exeter University - No Fault Divorce			-	-	37,047
National Children's Bureau - LEAP project			-	-	1,000

Total Incoming Resources from Charitable activities	-	-	582,107	582,107	651,528
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TOTAL INCOMING RESOURCES	-	59,863	687,765	747,628	772,634
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One Plus One Marriage and Partnership Research



5. Total Resources expended	Building the Knowledge base	Direct Support	Encouraging Relationship Self Help	Fundraising	Governance	Improving Front Line Relationship Support	Out reach and Marketing	2018/19 £	2017/18 £
Staff costs (note 8)	46,866	187,090	99,825	2,558	19,024	103,459	5,292	464,114	540,828
Exceptional costs - Staff	7,620	-	-	-	-	7,620		15,240	-
Project expenses	6,953	158,704	19,980	3,669	387	24,915	441	215,049	184,873
Travel, recruitment and training	1,304	1,041	224	131	127	7,370	135	10,332	15,672
Premises and office costs	25,965	44,070	6,021	5,872	4,251	16,781	2,855	105,815	148,703
Telephone, postage and stationery	509	875	142	116	103	348	58	2,151	4,720
Legal and professional fees	3,199	4,587	572	611	3,386	1,842	294	14,491	15,696
Depreciation	11,999	21,328	2,574	2,839	1,795	7,736	1,366	49,637	16,439
Recovered VAT	(2,893)	(5,550)	(674)	(695)	(427)	(1,892)	(331)	(12,462)	(11,630)
Total resources expended	101,522	412,145	128,664	15,101	28,646	168,179	10,110	864,367	915,301

Included in the above are support costs which have been apportioned across the work of the charity as set out below (and as described in note 1f):

Support	14,217	53,757	6,923	3,260	2,465	15,827	1,301	97,750	100,970
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One Plus One Marriage and Partnership Research

6 Support costs are made up of	2018/19	2017/18
	£	£
Staff Costs	83,356	99,948
Premises and Office costs	8,763	912
Project Costs	953	38
Travel, recruitment and training	217	33
Legal and professional fees	953	27
Telephone, postage and stationery	190	27
Depreciation	4,430	60
Recovered VAT	(1,112)	(75)
	97,750	100,970

7 Net incoming resources are stated after charging	2018/19	2017/18
	£	£
Depreciation	49,637	16,439
Trustees' expenses	36	252
Auditors' Fee	-	10,518
Auditors' - other services	1,621	1,555
Independent examination	3,000	-
Operating lease rentals on property	-	-
Operating lease rentals on equipment	6,120	7,740

The charity pays any expenses of Trustees who attend meetings and events on behalf of the charity. During the year 8 Trustees could have claimed expenses or had expenses paid by the charity directly. One Plus One are grateful to Withersworldwide who for the greater part of 2018-19 hosted Trustee meetings. There were no expense claims submitted by Trustees for expenses during the year.

8 Staff costs and numbers

Staff costs were as follows:-

	2018/19 £	2017/18 £
Salaries	414,904	475,224
Social security costs	37,855	41,379
Pension contributions	26,595	24,225
Temporary Staff	-	-
	479,354	540,828

During 2018-19 no employees received remuneration exceeding £60,000 (2017-18 none).

	2018/19 £	2017/18 £
Key management team employee remuneration	189,850	205,697
Exceptional costs	15,240	0
Total employee benefits key management team	205,090	205,697

The key management team comprises: the Co-Directors and the Head of Finance. One member of the management team reduced their paid hours during the year.

Two members of the management team were made redundant in January 2019 and paid statutory redundancy payments. These costs are shown as Exceptional costs in the table above.

All staff are able to join a defined contribution scheme for pension provision. The employer contribution is set at 6% provided the employee contributes a minimum of 3%. At the balance sheet date contributions of £346 were on hold for one starter - paid during April at the end of the deferral period.

	2018/19 fte	2017/18 fte
Charitable activities		
Building the Knowledge base on Relationships	2.2	3.7
Improving frontline relationship support	1.4	1.5
Encouraging a culture of relationship self help	0.4	0.7
Direct support to couples and parents	3.7	3.9
Outreach and marketing	0.3	0.3
Cost of generating funds	0.5	1.1
Governance	0.3	0.9
	8.8	12.1

On average 12.2 (15.2) people were employed during the year 5.0 (7.9) full time and 7.2 (7.3) part time.

One Plus One Marriage and Partnership Research

9 Taxation

There is no corporation tax charge as all the charity's income falls under charitable tax exemptions where income is applied for charitable purposes.

10 Fixed assets

	Intangible	Tangible		Total
		Furniture and fittings £	Equipment £	£
Cost				
At 31 March 2018	125,000	15,003	44,161	184,164
Additions	-		3,312	3,312
Cost of disposals		(15,003)	(31,330)	(46,333)
Period Ending 31 March 2019	125,000	-	16,143	141,143
Depreciation				
At 31 March 2018	6,944	10,989	41,308	59,241
Charge for the year	41,667	4,014	3,956	49,637
On disposals	-	(15,003)	(31,330)	(46,333)
Period Ending 31 March 2019	48,611	-	13,934	62,545
At 31 March 2019	76,389	-	2,209	78,598
At 31 March 2018	118,056	4,014	2,853	124,923

Intangible Asset

The intangible digital asset relates to Click, for which a designated fund was established during 2014-15 from free reserves. Expenditure not capitalised relating to design, research and content amounted to £66,489 (2015-16) and £93,765 (2016-17).

Development of the intangible asset began in December 2016 with £25,000 capitalised by the year end 31 March 2017, and a further £100,000 during 2017-18 to complete delivery of a minimum viable product, in line with accounting policy (1 h.). Click delivers in particular on Aims 1, 2 and 3 set out in our 2015-16 annual report.

Depreciation commenced once a minimum viable product was launched in February 2018 which contributed to delivery of income flow from a variety of sources. Click will be further developed as funding becomes available to improve gathering of research data and to open up new markets and funding streams. There are no current plans for this asset to be used as security for any long term finance.

Disposals

Disposals relate to asset values where the asset is no longer serves a useful purpose and has been fully depreciated over time. All remaining furniture and fittings fixed assets were disposed of as part of the move to a remote working model in September 2018.

Equipment asset values relate to servers facilitating remote working. Most disposals are either gifted to Charity or scrapped and in both cases entail a charge for removal. In some cases a nominal donation was secured for assets on disposal.

One Plus One Marriage and Partnership Research

	2018/19	2017/18
	£	£
11 Debtors		
Trade debtors	62,892	80,607
Grants receivable	52,704	0
Other debtors	2,783	17,840
Accrued Income	1,040	0
Prepayments	4,329	23,261
	123,748	121,708

	2018/19	2017/18
	£	£
12 Creditors		
Trade creditors	30,129	34,536
Pre-paid income	-	7,700
Accruals	3,339	9,071
PAYE and NIC	9,096	12,687
Other Creditors	346	18
VAT	25,010	27,147
	67,920	91,159

One Plus One Marriage and Partnership Research

13 Movements in funds

	At 31 March 2018	Incoming resources	Resources expended	Transfers	At 31 March 2019
	£	£	£	£	£
Expendable endowment	136,239	-	-	-	136,239
Restricted funds					
CAFCASS	125	-	-	-	125
DoH Section 64 Alcohol Project	-	52,704	52,704	-	-
Appeal Fund (Digital Platform)	-	7,159	-	-	7,159
Edith Dominican Memorial Fund	2,712	-	-	-	2,712
Total restricted funds	2,837	59,863	52,704	-	9,996
Designated Funds					
Building the evidence base	43,979	-	-	1,664	45,643
Click Development and content	58,971	-	-	57,517	116,488
Development and delivery of services	215,950	-	-	(181,082)	34,868
	318,900	-	-	(121,901)	196,999
General Funds					
On-line Services	-	-	33,067	33,067	-
Digital Platform	-	-	115,045	115,045	-
DWP - Culture change contract	-	530,940	327,060	(203,880)	-
CAFCASS	-	33,250	31,501	(1,749)	-
Imperial College Health Partnership	-	17,917	16,253	(1,664)	-
Training Sales	6,375	102,138	106,306	-	2,207
Bank Interest	4,246	1,367	-	-	5,613
Donations	5,611	804	-	-	6,415
General Fund balance	-	1,349	182,431	181,082	-
General Funds	16,232	687,765	811,663	121,901	14,235
Unrestricted Funds	335,132	687,765	811,663	-	211,234
Total funds	474,208	747,628	864,367	-	357,469

Transfers to designated reserves are in line with the accounting policy (Note 1 j.) of setting aside resources for the sustainability of contract services through surpluses generated in contract delivery. Transfers to restricted funds relate to the match funding brought to restricted activity from the general reserve.

Restricted Funds

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

DoH Section 64 - Department of Health restricted grant funding of the impact of Alcohol dependency on family relationships.

Appeal Fund - specific campaign to raise funds for development costs of the digital platform - Click.

Edith Dominican Memorial Fund - funds restricted to the delivery of a memorial lecture.

Designated funds

Trustees review formally the opportunity to designate funds from resources available and at least annually specify in the light of known funding for at least the next twelve months, what designations to make for future aims and objectives. At the balance sheet date these were as shown below.

Building the evidence base - a reserve designated to allow OPO to continue conducting original research following the ending of specific funding in March 2015.

Click development and content - reserve to allow for refreshing digital products expected to be used once the digital platform has been implemented.

Funding gap for on-line service - A reserve set up allowing core digital services to continue at a time in March 2015 when specific funding was ended. Available to support the operating costs of click.

Development and delivery of services - recognising the need to maintain core costs for existing services while seeking new funding, and develop those services in response to contract opportunities which arise, together with the cost of submitting bids.

13 Movements in funds Comparatives

	At 31 March 2017	Incoming resources	Resources expended	Transfers	At 31 March 2018
	£	£	£	£	£
Expendable endowment	136,239	-	-	-	136,239
Restricted funds					
Big Potential	-	29,880	29,880		-
CAFCASS	125	-	-		125
Edith Dominican Memorial Fund	2,712	-	-		2,712
Total restricted funds	2,837	29,880	29,880	-	2,837
Designated Funds					
Building the evidence base	59,446			(15,467)	43,979
Click Development and content	151,746			(92,775)	58,971
Development and delivery of services	254,373			(38,423)	215,950
	465,565	-	-	(146,665)	318,900
General Funds					
On-line Services	-	9,028	28,680	19,652	-
Digital Platform	-	-	73,123	73,123	-
DWP - Culture change contract	-	585,703	463,049	(122,654)	-
CAFCASS	-	12,500	11,480	(1,020)	-
Exeter University - No Fault Divorce	-	37,047	40,194	3,147	-
Imperial College Health Partnership	-	6,250	6,199	(51)	-
National Children's Bureau - LEAP	-	1,000	-	(1,000)	-
Brain Tumour Charity	-	-	296	296	-
Training Sales	-	86,600	80,225	-	6,375
Core unfunded charitable activity	-		14,095	14,095	-
Bank Interest	3,125	1,121	-		4,246
Donations	3,607	2,004	-		5,611
General Fund balance	5,501	1,502	168,080	161,077	-
General Funds	12,233	742,755	885,421	146,665	16,232
Unrestricted Funds	477,798	742,755	885,421	-	335,132
Total funds	616,874	772,635	915,301	-	474,208

Transfers to designated reserves are in line with the accounting policy (Note 1 j.) of setting aside resources for the sustainability of contract services through surpluses generated in contract delivery. Transfers to restricted funds relate to the match funding brought to restricted activity from the general reserve.

Restricted Funds

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these **Trust Funding** - Garfield Weston Trust supported the development costs of the digital platform - Click.

Edith Dominican Memorial Fund - funds restricted to the delivery of a memorial lecture.

Designated funds

Trustees review formally the opportunity to designate funds from resources available and at least annually specify in the light of known funding for at least the next twelve months, what designations to make for future aims and objectives. At the balance sheet date these were as shown below.

Building the evidence base - a reserve designated to allow OPO to continue conducting original research following the ending of specific funding in March 2015.

Click development and content - reserve to allow for refreshing digital products expected to be used once the digital platform has been implemented.

Funding gap for on-line service - A reserve set up allowing core digital services to continue at a time in March 2015 when specific funding was ended. Available to support the operating costs of click.

Development and delivery of services - recognising the need to maintain core costs for existing services while seeking new funding, and develop those services in response to contract opportunities which arise, together with the cost of submitting bids.

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One Plus One Marriage and Partnership Research

14 Analysis of net assets between funds

-

2018-19	Endowment funds	Restricted funds	Designated funds	Unrestricted funds	2018/19 Total Funds
	£	£	£	£	£
Intangible Fixed Assets	-	-	76,389	-	76,389
Tangible Fixed assets	-	-	-	2,209	2,209
Net current assets	136,239	9,996	120,610	12,026	278,871
	136,239	9,996	196,999	14,235	357,469

2017-18	Endowment funds	Restricted funds	Designated funds	Unrestricted funds	2017/18 Total Funds
	£	£	£	£	£
Intangible Fixed Assets			118,056		118,056
Tangible Fixed assets	-	-	-	6,867	6,867
Net current assets	136,239	2,837	200,844	9,365	349,285
	136,239	2,837	200,844	16,232	474,208

15 Obligations under operating leases

	2018/19	2017/18
	£	£

At 31 March 2019, the Charity had outstanding commitments under operating leases as set out below:-

Operating leases for office equipment

Expiring within 1 year	6,120	8,163
Expiring between 2 and 5 years	9,180	19,726
	15,300	27,889

The office equipment lease reflects the current and projected cost for the renegotiated lease to 22 September 2021. The lease cost in the year was £6,120.

16 Related Party Transactions

There were no emoluments paid to Trustees in the period (2017/18: nil). Trustees and the Senior Management Team declare annually any business interests they have. During 2018/19 there was no spend with an organisation where a business interest was declared.

17 Post balance sheet events

One Plus one was successful in two Challenge Fund grant partnerships effective from April 2019 worth in total £479k.

An April cash receipt of £76k relates to the Department of Health Section 64 Alcohol Project worth in total £116k, eligible expenditure within 2018-19 was recognised as grants receivable.

One Plus One Marriage and Partnership Research

Acknowledgements

Trustees are listed within the legal details section on page 19.

Our staff during 2018/19

Penny Mansfield CBE

Christina Fletcher (Left September 2018)

Jan Mitcheson

Dr Debbie Braybrook

Verity Glasgow

Kate Nicolle

Jonathan Devereux

Jimi Odell

Dr Lester Coleman (left January 2019)

Chantal Savignon

Siobhan Baillie

Catherine Houlston

Jolanta Kaczmarek

Shannon Hurst (Joined January 2019)

Dean Wilson

OnePlusOne associates and consultants

Mark Weber

Jenny Reynolds

Dr Abigail Millings

Professor Janet Reibstein

Dr Angharad Rudkin

Pat Joseph

Beverley Haynes

Jane Joseph

Christine Johnson

Bernie Davis

Iria Lopez

Janet Breeze

Our funders

Department for Work and Pensions
University of Exeter
Essex County Council
London Borough of Camden
CAFCASS
Cheshire West and Chester Council
Dame Kelly Holmes Trust
Dorset County Council
Croydon Council
Hertfordshire County Council
Imperial College Health Partners
Gateshead Council
Torfaen County Borough Council
Ceredigion County Council
Wrexham County Borough Council
Caerphilly County Borough Council
Rhondda Cynon Taf County Borough Council
Gwynedd Council
Vale of Glamorgan Council
Carmarthenshire County Council
City of Westminster
Conwy County Borough Council
National Children's Bureau
Leicestershire Partnership NHS Trust
Amicable