



**Circles Network
Annual Report of the Trustees and
Financial Statements
31st March 2019**

**Registered Charity Number: 1043601
Scottish Registered Charity Number: SC038068
Company Number: 2972700**

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Circles Network

Charity Information

Trustees:	Chair Treasurer Vice Chair Vice Chair	James Inglis James Hirons Andy Cater Andrea McTeare Tony McTeare Amiya Kagalwala Sue Woolnough Jane Harders Wendy Evans (Appointed 16 November 2018) Emma Sharp (Appointed 1 March 2019)
Honorary President:		Oliver Russell
Chief Executive Officer:		Mandy Neville
Charity Number:		1043601
Scottish Charity Number:		SC038068
Company Number:		2972700
Registered Office:		The Penthouse Coventry Road Cawston Rugby CV23 9JP
Auditor:		Mazars LLP 45 Church Street Birmingham B3 2RT
Bankers:		The Co-operative Bank PLC 16 St Stephen's Street Bristol BS1 1JR
Solicitors:		Anthony Collins Solicitors, LLP 134 Edmund Street, Birmingham. B3 2ES

Circles Network

Chief Executives Report

Annual Impact Report

Our 24th year has been a remarkable one in many ways. Couched within the pre-Brexit era, when no-one knew how the future looked for UK citizens, in a time when funding cuts within health and social services deepened and individualised funds for people we support were being slashed uncontrollably, we knew it would be an uncertain and fear-filled time of change. Our budgets have been stretched to accommodate the unremitting need and team members have provided their level best support to ensure consistency and certainty on such shaking ground. We have been fortunate in raising small grants and donations to supplement diminishing resources.

We are justifiably proud of a team of staff and volunteers who give more than can ever be asked of them and who are readily open to opportunities for training and personal growth. The key qualities we search for are Compassion, Care, Creativity, Integrity, Competence and Communication, coupled with the ability to live by the values of inclusion in every aspect of daily life. We are fortunate indeed to offer services and supports, founded and driven with the golden thread of inclusion woven throughout.

For me, personally, it has been a long time to remain at the helm. I know that without the support of an amazing Board of excellent Trustees and a wonderful team of staff and volunteers, I couldn't have stayed to drive this vision of inclusion through such choppy waters. Fortunately, every day dawns with new successes and we have evolved creatively to change our delivery in response to the needs of people in the communities served, keeping our approach fresh, pioneering and led with influence by the people we support.

The bigger changes undertaken this year have included: The setting up of alternative educational provision for children and young people who struggle to access mainstream schools and colleges; The development of a new Circles of Support programme in South Wales; The opening of a new arm of advocacy support for people with issues of alcohol and drug addiction in Moray, Scotland; The dynamic growth of resources, space and people supported through our community work in Peterborough and a new contract to provide mental health support in Warwickshire for school children struggling with anxiety and ill health. We have enjoyed the chance to re-structure teams, offer promotional opportunities to several in-house team members and the recruitment of new, skilled staff in several areas.

Overseas

We were able to reach out this year in support of a new and ambitious school for disabled children, set up in one of the poorest areas of Kenya. Paula Edmondson and myself visited Kimilli in November 2018 to offer pro-bono consultative support and coaching to the staff and Trustees. We took with us donations of essential resources and have begun an exchange of learning and sharing which is sure to span a number of years. Since our return, The World of Cars, our wonderful allie and corporate social responsibility partner, have provided and shipped out a seven seater car which will replace the schools extremely dangerous transport system for getting children from home to school and back. The vision of terrifying journeys for severely physically disabled children with no protective clothing, wobbling precariously three deep on the back of a motorbike on treacherous roads, is one that continues to haunt me. No-one will now be at such risk, nor will they be left behind if they are too heavy to cope with being lifted onto a bike. Instead they have the luxury of a comfortable car and a safe and wonderful vehicle for multiple uses.

Circles Network

Chief Executives Report (Continued)

End Notes

The benefits of learning and witnessing how people are empowered to make positive changes in their lives on a daily basis are enormous and I am ever grateful to have such a fulfilling, life affirming, passionate purpose in life. It doesn't always flow perfectly and hasn't been an easy year, even in my own optimistic imagination but it has been a successful one on every front.

Thank You.

Mandy Neville
Chief Executive Officer

Trustee's Report

This report on the activities of Circles Network describes the key events, highlights and concerns during this year. It contains a review of the significant activities undertaken by the charity to further our purposes for the public benefit.

Principal Activities

Circles Network is a UK-wide voluntary organisation, registered as a charity and a company limited by guarantee and governed by its Memorandum and Articles of Association. Established with an educational objective to build inclusive communities, Circles Network supports thousands of people each year.

The organisational aims are to support people who are either experiencing social exclusion or are at risk of being isolated through disability, long term illness or other disadvantage, to become included in community life. When we refer to disabled people we include people who have physical impairments, sensory impairments, learning difficulties or enduring mental health differences.

Our work takes us into every dimension of life. Childhood and parenting, disability and transition, criminality and employment, family dynamics and ethnicity, mental health, addiction and advocacy are just some of the areas of human experience in which we are involved. We work to build sustainable, inclusive communities where everyone belongs.

Circles Network also provides support, information, training and development opportunities to introduce and increase understanding about the concept of inclusion.

Across the UK work includes:

- Developing and sustaining Circles of Support
- Individualised support for disabled people and people with learning difficulties living in their own homes in the community using personalised funding mechanisms
- Unique support, coaching and advocacy for disabled parents in their parenting role
- Supporting people in the decisions they take around life's transitions – child to adult, relationships and parenting, marriage and bereavement
- Assisting people to plan for their life with individual Person Centred Planning tools and to build relationships and friendships
- Individualised support for people perceived as challenging who want to live in the community
- Innovative approaches supporting the inclusion of disabled and disadvantaged children and young people such as Equine Facilitated Learning, the Positive Praising Approach and Time Banking
- Unique support designed to seek ways for disabled and disadvantaged young people with complex physical and sensory impairments, associated learning difficulties, and those young people who have experienced trauma and loss, to plan for their life at the stages of transition

Trustee's Report (Continued)

- Providing advocacy opportunities for people living in a wide range of situations including secure units, prisons, community and hospitals
- Training, mentorship and support to professionals and others wishing to work in a person centred way
- Consultancy and training for statutory, voluntary and independent sector services and for parents, individuals and carers
- Support in community to ensure that people most vulnerable do not become isolated
- A wide-ranging programme of courses, conferences, workshops and events, open to anyone
- Partners in Policymaking – a programme designed to achieve policy and systems change involving disabled people and parents of school age disabled children
- Providing accessible materials such as plans, reports, DVDs, information leaflets and handouts, within our own organisation and for others
- Producing articles, publications and other learning materials, which promote the concept and practice of inclusion and equality.

The Organisation

Circles Network is a leading organisation in the development of Circles of Support, the development of a person centred approach of empowerment and advocacy and of the tools utilised to support this. Created in 1994 by Chief Executive Mandy Neville, and a loyal group of people who were involved in the construction of the first Circles of Support in the UK, the intention was to set up an organisation, which from their experience was different: an organisation that embraced the philosophy of social inclusion and where information, knowledge and practice leading to improved, self-determined lives, became widely shared, particularly amongst people who are vulnerable and lonely.

To date we have developed a number of unique and exciting specialisms in particular geographic areas and it is our intention, to develop these successfully tried and tested models in other areas of the UK and Ireland.

Our Vision

Our vision is to create social inclusion, promote the spirit of community and accomplish the acceptance of difference.

Trustee's Report (Continued)

Our Mission

Our Mission is to provide: elegant, empowering support

Circles Network exists to complement the efforts of people at risk of exclusion to become the architects of their own lives by:

- encouraging informed choice and individual control
- improving personal well-being and safety
- increasing confidence, respect and value
- fostering a variety of interdependent relationships
- developing gifts and competencies
- engaging in all aspects of community life

Our Strategic Objectives

Circles Network aims to support people who are either experiencing social exclusion, or are at risk of being isolated through disability, disadvantage and long term illness, to become and remain fully included in community life. Our strategic objectives are met through the provision of a wide range of projects and services delivered throughout the UK.

Our six strategic objectives are:

1. To promote Circles Network's values and beliefs in building inclusive communities.
2. To deliver and develop focused work to improve life chances for disabled and disadvantaged children, young people and their families.
3. To deliver and develop focused work to improve life chances for disabled and disadvantaged adults.
4. To deliver and develop community based learning opportunities with disabled and non- disabled parents and foster parents who are at risk of exclusion.
5. To drive forward the agenda of leadership and empowerment with disabled and disadvantaged people through a range of learning opportunities provided through The Academy for Inspiring Inclusion.
6. To strive for excellence in organisational development and resourcing.

Our Social Impact and Public Benefit

The fundamental purpose of Circles Network is to make a positive difference in the lives of disabled and disadvantaged people of all ages, living throughout the United Kingdom and Ireland. In order to find out how well we are achieving this purpose, we require robust systems of measuring and monitoring our social impact. Over the last 24 years we have improved our ability to measure the social return on investment (SROI) and the implications of setting up effective methods of evaluating the return on each area of the organisation's work.

Trustee's Report (Continued)

Clearly the wide diversity of programmes operating throughout Circles Network increases the challenges of creating effective systems. We have developed an evaluation framework, Measuring Up™, which offers broad implementation.

Importing, translating and developing the most transforming and empowering systems of support provides a fast paced flow of learning, informed by disabled and disadvantaged people. In disseminating this learning throughout the UK, we make a huge social impact, helping to shape services, policies and practice and expanding expectations and horizons. The public benefits we offer throughout our work are evident and explicit in every programme and project and are summarised throughout this report.

Our projects are designed to attract people either with a local, regional or national remit. We are always keen to open up opportunities, unless there are specific funding constraints, to benefit a whole range of people beyond the disabled and disadvantaged individuals who we are primarily available to. We find that through also supporting wider networks of family, friends, support staff and strategic practitioners, and by sharing the learning throughout our Academy and at conferences and workshops; we can multiply the public benefit through widening our reach.

In planning our activities the Trustees and management team keep in mind the Charity Commission's guidance on public benefit. We welcome all people regardless of personal background, faith, gender or personal circumstances and we believe this philosophy of openness to all enriches everyone through the sharing of skills, aptitudes and life experience. We are reliant on generating income through submitting bids and tenders or attracting donations. Equal access to our services is important to us and we currently monitor use of our services on behalf of our commissioners.

Our Environmental Impact

We are committed to reducing our negative impact on the environment. We see this as intrinsically linked to our social aims and the overall mission of our organisation. We currently focus on four broad areas – recycling, paper reduction, transport and energy savings. Most recently we have developed a partnership with Time Banks and fully support this community based exchange of skills and talents.

Recycling – We already recycle our paper and printer cartridges. At our offices we recycle cardboard, glass, plastic and paper. At our head office we also compost food waste, which is then used in our gardens. We also provide local allotment holders with manure from our horses and ponies. Paper that is shredded onsite is used to provide bedding for our horses.

Paper reduction – We operate a campaign to significantly reduce the amount of paper we use on a daily basis. We have installed paper light scanning procedures in our offices and this has had a dramatic impact. Storage facilities have also reduced as a result.

Trustee's Report (Continued)

Transport – We base our projects in local communities and seek to employ people who live there. We encourage them to use public transport or to walk whenever possible. Car use is kept to a minimum. We are currently researching a more environmentally friendly transport system. Our small fleet of pool cars are purchased on the basis of fuel efficiency.

Energy savings – We are encouraging all of the venues we work with to implement energy saving strategies such as energy-saving light bulbs and ensuring lights are switched off after use. We ask our team to conserve heat and reduce the temperature in our offices.

Time Banking – Our team has been introduced to and trained in the art of Time Banking, where local people are engaged in exchanging time, skills and talents with no cash involved. We have begun to set up our own Time Banking projects and will continue to raise the profile of this sustainable innovation.

Why We Are Unique

Critical to our success is the art of listening to people we support and valuing their lived experience of disability, disadvantage and discrimination. Based on what we have heard from individuals and families, our action research, and more than twenty four years' experience of working in this field, we have developed considerable expertise in certain specialist areas of work.

Those areas include:

1. The development and facilitation of Circles of Support and other forms of collective advocacy.
2. Our consultancy and training, through The Academy for Inspiring Inclusion, for statutory, voluntary and independent sector services on issues relating to inclusion, creativity and change and the coordination of a wide ranging programme of courses, conferences, workshops and events, open to anyone, which expand on the best global learning about inclusion.
3. The provision of individualised support for disabled people, people with learning difficulties, people with mental health differences, parents and carers who are at risk of isolation and exclusion and for people who have experienced trauma and loss.
4. Unique support for parents who have learning difficulties and other serious health issues and impairments that require assistance to parent their children at home.
5. The development and delivery of individual, independent professional advocacy opportunities for people isolated through disability, mental health differences, early childhood trauma, long term illness, addiction, age or caring responsibilities.
6. The development and implementation of approaches for children, young people and adults with high level support needs and complex impairments which offer the specific and in depth support necessary for real inclusion.
7. Support for young people leaving care to develop structures which promote and encourage full inclusion and citizenship in communities.

Trustee's Report (Continued)

8. Support for parents and carers of disabled children and adults and for foster parents looking after children who have experienced trauma and disadvantage.
9. Searching out people who are the hardest to reach, and potentially highly vulnerable in communities so that they may be offered opportunities to supportive links. We believe that our main keys to success include our:
 - Independent status
 - Specialist knowledge of disability and human rights
 - Un-shifting value base of inclusion and equality
 - Ability to draw alongside and engage with people at all levels
 - Effective acclaimed methods of delivery
 - Reputation for providing elegant services and support
 - Timely response to offer solutions in a range of complex situations
 - Person Centred approach.

Projects and Services

The person centred nature of our work means that our projects and services are extremely diverse. The following reports show an overview of our work during this financial year across the many projects and services that form our charity.

Policy on Reserves

It is the intention of the Trustees to build upon unrestricted general funds of at least six months running costs for the central work of the organisation. It is also necessary to accrue a bridging fund for externally funded projects should we encounter a reduction or sudden end to funding being available. This is increasingly difficult to achieve in such times of austerity. We have a buildings fund to provide an ideal site for an accessible central hub in the future. In addition we allocate a reserve fund for capital equipment and technology and a fund for the development of publications for dissemination of our work.

Policy on Investments

The income of the company comes principally from grants, which are sometimes received in advance of the expenditure being incurred. It is the company's policy to invest the unspent grant income in suitable investments whilst maintaining a prudent balance between security, profitability and liquidity.

Risk Review

The Trustees continue to review major risks to which the company is exposed and mitigate those risks through established systems. Our policies and procedures have been regularly updated to cover all known concerns. A risk register is closely maintained.

Trustee's Report (Continued)

Risk Review (continued)

Financial security for individual projects remains a risk whilst we are dependent on variable time limited funding grants. We have a current funding strategy linked to our business plan, and with our senior leadership team, work hard to secure continuation of financial support. Our training programmes and consultancy work also help to underpin endeavours. We aim to achieve full cost recovery for any new work undertaken. We have developed income generation through the creation of fee for service support and intend to develop the Academy. The sale of educational merchandise and related products will also increase our income. Creating a perpetual income stream in this way will reduce risk.

Recruitment and retention of key personnel has posed difficulties, especially as huge cuts in funding became implemented. Strengthening the management structure in the regions and the implementation of the business plan has enabled us to provide cover for some projects at risk.

Throughout the UK, with the impact of continued cuts in health and social work budgets, the implementation of Brexit and continued economic crisis, we are aware of intense pressure ahead for Circles Network. To mitigate the worst of the risks we anticipate we have diversified our scope and will continue to do so in the year ahead. Much of our funding has previously come through the public sector but we believe that 3D Community Support and our short breaks programme has potential throughout our operational territory to grow organically. Funding for this work comes directly through the personalisation agenda that is agreed by the government to be the future strategy for disabled and disadvantaged people. Having made a strong start, we will continue to develop and roll out this work.

In addition we have begun to attract new corporate sponsorship and will continue to seek out new funders.

The Board of Trustees

Members of the Board of Trustees (also the Directors for the purposes of Company Law) who served during the year and up to the date of this report are listed on page one. The Board of Trustees meet on a quarterly basis to review the work of the organisation and plan strategically. Trustees continue to operate a finance sub-committee which also meets quarterly to look in depth at the accounts and financial activity of the organization as well as our operational delivery.

The Board of Trustees is made up of ten individuals who collectively provide a wealth of expertise and experience. Included in the audit of skills are knowledge and expertise in the following areas:

- governance
- legal procedures
- philanthropic giving
- parenting of disabled family members
- safeguarding and wellbeing
- knowledge and expertise of further and higher education systems
- business and administration
- finance and human resources

Circles Network

- disability rights issues

Trustee's Report (Continued)

The Board of Trustees (continued)

- inclusion and the social model
- lived experience of disability issues
- health, social services and voluntary sector
- research and publications in relation to disability issues
- policy and practice in human services
- alternative therapies.

Regular skills audits are held to ensure that this group have the appropriate skills for purpose. Probationary and ongoing training is available to Trustees; we pride ourselves on being a learning organisation.

The Trustees of the charitable company guarantee to contribute an amount not exceeding £1 to the assets of the company in the event of it winding up. The total number of such guarantees at 31st March 2018 was eight. Trustees are indemnified with third party indemnity insurance.

Trustee Induction, Training and Recruitment

There have been two new Trustee appointments during this financial year. Trustees have received opportunities for training in Safeguarding.

Trustees Responsibilities

Charity regulations and company law require the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of the surplus or deficit for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently
- make judgements and estimates that are reasonable and prudent
- prepare financial statements on an ongoing basis unless it is inappropriate to presume that the company will keep operating.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the accounts comply with the Companies Act 2006 and with the 'Statement of Recommended Practice for Charities'. The Trustees 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 irregularities.

Statements as to disclosure of information to the auditor

In accordance with company law, as the charity's Trustees, we certify that:

- so far as we are aware, there is no relevant audit information of which the charity's auditor is unaware; and
- we have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant audit information and to establish that the charity's Auditor is aware of that information.

Trustee's Report (Continued)

Volunteers

Circles Network attracts several hundred people to volunteer every year in the following ways as:

- Trustees;
- Facilitators, Advocates and Project Assistants;
- Course contributors and presenters;
- Administrators, Events Organisers and Assistants;
- Circle of Support members and community builders
- Fundraisers and Donors;
- Performers at festivals and events;
- Consultants and contributors to plans and reviews.

Our organisation depends heavily on this huge contribution of skills, experience and time and we acknowledge the effectiveness of such significant support.

Relationship with other Charities and Organisations

Circles Network work closely with many other charities in the UK. In particular, the charity the Lifecare Charitable Trust receives management support directly from Circles Network. Some of our key charitable partners include:

- | | |
|---------------------------------------|---|
| • Age UK | • Leonard Cheshire Foundation |
| • All Wales People First | • Lincolnshire County Council |
| • All Wales Parent Carers Association | • McMillan Cancer Support |
| • Anglesey County Council | • Mentoring and Befriending Foundation |
| • Arc School, Napton | • MIND |
| • Aldingbourne Trust | • MDAC, Hungary |
| • Autism West Midlands | • M.S. Society |
| • Avon Park School, Rugby | • Norah Fry Research Centre |
| • BBC Children in Need- England | • Northgate School |
| • University of Brighton | • North Warwickshire Probation Service |
| • Conwy Connect | • Nuneaton Youth Justice Team |
| • Cartrefi Cymru | • Nyssadri, India |
| • Communitas, U.S.A. | • Odyssey |
| • Council of Disabled People | • Peterborough Council for voluntary services |
| • Cemex | • Peterborough City Council |
| • Ceredigion People First | • Pre-school Learning Alliance |
| • CHANGE | • Phoenix School, Peterborough |
| • CAMHS | • Queen Elizabeth School |
| • Cummins | • RDI |
| • Fife Council | • River House School, Henley in Arden |
| • Framework4change | • Royal National Institute for the Blind |
| • Guide Dogs Association | • Royal Association of the Deaf, |
| • Hyde Housing Association | • Rural Community Councils |
| • Impact Advocacy | • Rushey Green |
| • Jaguar Land Rover | • Round Oak School, Warwick |
| • K-Generation | • Royal National Institute for the Deaf |
| • KP Snacks | • Ryder Cheshire |
| • Learning Disability Wales | |

Circles Network

- Signposts Mid Sussex

Trustee's Report (Continued)

- Scope
- Sussex Partnership NHS Trust
- Sussex Oakleaf
- Partnership Mid and North Wales
- Signposts (Mid Sussex) Ltd
- The Welsh Assembly
- Timebanking UK
- United Nations, Moldova
- United Biscuits
- United Response
- University of Bath
- University of Coventry
- University of Reading
- Warwick Disability Forum
- Warwick District Borough Council
- Warwick University
- Warwickshire Care Services
- Warwickshire College
- Warwickshire County Council
- WCAVA (Warwickshire)
- Warwickshire Young Carers
- Working Links Ceredigion
- WRVS

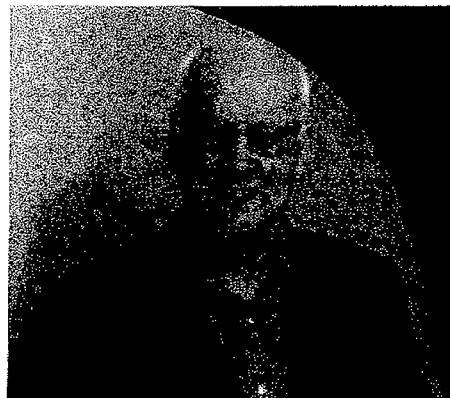
Auditor

The auditor, Mazars LLP, served during the year and will be proposed for reappointment at the AGM.

Circles Network

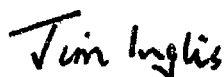
Chairman's Statement

Reading through this review of our various schemes and activities one cannot fail to be impressed by the sheer range of activities we are involved with and how much we are able to deliver to our vulnerable and disadvantaged clientele. What is even more impressive is the way in which each of our services has a direct impact on the individuals who access our schemes. For some people some simple advice or a little guidance is sufficient for them to be able to overcome a problem and they can then carry on with their lives without further support. But for others there is not a simple solution. Our equine facilitated learning scheme in Rugby and our youth groups for vulnerable people in the East midlands provide continuing support which for many of the participants are life changing.



The importance of the work done by Circles Network is that it helps individuals at their greatest time of need and in the most practical way. Whenever I meet the people who have been helped and their families I am deeply moved by the stories they tell of what a difference Circles Network has made to their lives.

I am most grateful to all our staff and volunteers who provide this vitally important help and for the enormous amount of effort and care they put into it. The enthusiasm and dedication they put into their work is of life changing importance to so many of the people we support and I sincerely thank them.



Jim Inglis
Chairman
Board of Trustees

Circles Advocacy

Advocacy in Fife

Introduction

Circles Network's team in Fife provide advocacy to the full Fife region and have a large remit which includes supporting individuals who experience mental health difficulties, dementia, disability, chronic illness, acquired brain injury and autism. The team can also provide advocacy support for children under 16 years who are subject to compulsory measures under the Mental Health (Care & Treatment) Scotland act 2003.

Outcomes

Circles Advocacy in Fife continues to deliver a high quality provision with no waiting lists. This year we provided support for 1580 separate advocacy issues, of which 1536 were from individuals re-requiring advocacy and 834 were from people new to our advocacy service.

We provide access to our service from three office bases in Kirkcaldy, Lochgelly and Stratheden Hospital. This ensures we are accessible to anyone throughout the Fife area who requires advocacy, it also supports the team to protect our no waiting list strategy.

The team continues to provide awareness sessions to professionals service providers, voluntary organisations and any other providers who want to know more about advocacy. This ensures we are building and sustaining good working relationships and importantly, providing advocacy learning, particularly around the many benefits it can deliver.

Developments

We received confirmation that our contract was coming to an end and would be put out to tender. As an organisation we all pulled together to allow the time required to create and submit our tender application. What seemed like a very long wait was actually only a few weeks until we received the great news that we had been awarded the contract to continue.

1580 Advocacy Issues

We have now introduced our new Advocacy Cab, an adapted vehicle which takes advocates into the most hidden and rural areas of Fife, eliminating barriers to our service delivery.

We have moved from our Dunfermline office to a new office in Lochgelly, our new office is more accessible and like our Kirkcaldy office is part of a Hub which allows us to work in partnership and build working relationships with services we have not worked with previously.

Story of Change – John

John introduced himself to the advocacy service. He had been having ongoing problems with his tenancy and local council. The advocate visited John to discuss the problems he was having and ways which these could be dealt with. John told the advocate he felt he was not adequately housed and that he had problems with drafts in his tenancy, worries about fire safety due to problems with his smoke alarms and electrical issues in his ceiling caused by a leak from upstairs. The advocate asked John if he would like set up a housing options review to discuss his application for a new house to raise his points and if John would like to write a complaint to his local council about the problems he is having. John agreed to this and the advocate went ahead and set up a review. The advocate attended the housing options review with John and the advisor went through his application with him to try and increase his chances of being rehoused. John had been unwilling to expand his choices but after discussion with the advisor John said he was willing to make changes to his application to enhance his housing options. The advocate asked on behalf of John about the electrical problems and about the drafts. The advisor explained they would contact the appropriate services to fix the repairs. Upon leaving the council office John thanked the advocate and said that things were looking a bit better now.

Story of Change – Doreen

Doreen asked the advocacy team if they could help her write a complaint to the NHS. Doreen was a little unsure of what exactly she wanted to put in her complaint and undecided if it was more of a letter expressing her experiences while in hospital. Doreen stated she had contacted the police regarding a sexual assault while she was in hospital nearly 25 years ago. However, the police explained she did not have any real evidence that they could act on. Doreen has accepted this and does not want to pursue it any further but would like someone to acknowledge her experience by presenting a statement/letter to the NHS. Doreen had stopped taking medication for her mental health a year or so ago (supervised by the consultant) and said that she was only now starting to remember everything good and bad. Doreen expressed feelings of anger at the way she had been treated by the abuser and betrayal by the staff in hospital she reported it to. Doreen was very happy that someone was actually taking time to listen to her and she now felt that she would like more time to reflect before making any decision. She decided she now felt fine with this and thanked the advocate for their time

Advocacy in Glasgow

Circles forensic mental health advocacy in Glasgow supports individuals who are detained under the Mental Health (Care and Treatment) (Scotland) Act 2003 and Criminal Procedure (Scotland) Act 1995 due to either, or a combination of, severe and enduring mental health difficulties, including mental illness, learning difficulties and personality disorder.

The Glasgow service is jointly funded by Greater Glasgow and Clyde Health Board and the West of Scotland Forensic Directorate. The service provides independent advocacy to individuals detained within Medium and Low secure psychiatric services in Glasgow and this support extends to three months post-discharge in the community.

Specialist Forensic Mental Health Advocacy Service

This year the Glasgow team have continued to have an active role in supporting individuals to express their views and assisting them in making informed decisions about their care and treatment. The service provided advocacy support for individuals open to the forensic process to attend 232 CPA meetings, 79 Mental Health Tribunals and 153 meetings with lawyers along with a variety of other formal proceedings such as; mental health officer meetings and interviews with external agencies such as support with mental welfare commission visits to Rowanbank Clinic and supporting individuals to engage with the independent review of learning disability and autism within the mental health act.

The Glasgow team are heavily

involved in supporting individuals undergoing criminal proceedings, often bridging the gap between the complex interactions of the criminal justice and mental health systems. This year, the team supported individuals with a total of 385 issues in regards to Criminal Proceedings and attended 31 Formal Criminal Court Proceedings.

The Glasgow service has extensive contact with the individuals whom we support, accumulating to a monumental 5009 meetings with individuals open to the forensic system this year. Across both in-patient sites, we carried out 965 ward drop-ins.

Circles forensic mental health advocacy in Glasgow supports individuals who are detained under the Mental Health (Care and Treatment) (Scotland) Act 2003 and Criminal Procedure (Scotland) Act 1995 due to either, or a combination of, severe and enduring mental disorder, including mental illness, learning difficulties and personality disorder. The Glasgow service is jointly funded by Greater Glasgow and Clyde Health Board and the West of Scotland Forensic Directorate. The service provides independent advocacy to individuals detained within medium and low secure psychiatric services in Glasgow and this support extends to three months post-discharge in the community.

The service also implemented it's annual service feedback review from both clinicians and individuals open to the forensic system. The feedback was overwhelmingly positive from individuals who utilise the service across the medium, low and community provisions. Staff feedback was also generally positive and provided constructive feedback

965 Ward Drop-Ins

which we have considered and incorporated into practice where applicable.

Story of Change – Patrick

Patrick was admitted to Rowanbank Clinic on a Transfer for Treatment Direction. Patrick was initially placed on special observations within the admission ward due to his presentation and behaviour. An advocate engaged with Patrick and explained the role of advocacy. Since the initial admission Patrick has required advocacy support on a weekly basis. Due to misinformation being communicated from the clinical team about Patrick's date of liberation from prison, the advocate was required to act quickly for Patrick. His appeal tribunal was merged with his tribunal for a CTO as the clinical team was of the view he required to remain in hospital after his date of liberation for further treatment. The advocate kept Patrick updated on developments with his case and spoke up for him at his tribunal as required. Patrick was able to speak up for himself predominantly which showed his self-determination as a result of having legal and advocacy representation at the tribunal and was fully able to utilise his rights when the first tribunal was adjourned on the advice of Patrick's legal representation as it gave further time for Patrick to prepare and for an independent psychiatric report to be attained. Patrick was included throughout the process and was able to make decisions based on input and support in relation to utilising his rights with regards to the mental health system. The outcome was Patrick was required to remain in hospital on a compulsory treatment order, however he felt listened to and included throughout the process.

Once Patrick was placed on a civil order he was entitled to benefits. His advocate supported Patrick to apply for Universal Credit, this was a challenging scenario due to the benefit being newly developed and not being fit for purpose for individuals in a medium secure setting. Through advocacy support, numerous phone calls to the DWP and developing relationships with local Jobcentres, Patrick managed to apply successfully. It emerged Patrick had a large amount of arrears for his tenancy and the local authority from which he came were looking to evict him.

The advocate provided support to access solicitors who specialise in housing and made contact with the local authority to see what options were available to Patrick. Patrick's hearing has taken place and he is able to retain his tenancy based on the requirement that he pays the arrears back; the advocate supported Patrick to update his UC application so he will have his housing costs paid for the next six months by the DWP. Patrick reported an increased level of happiness and wellbeing as a result of getting to keep his home.

Adam Ovington
Service Manager Glasgow

Advocacy in Inverclyde

Circles Advocacy in Inverclyde provides a free, independent advocacy service to individuals aged 16 and over who reside within the boundaries of Inverclyde. The service delivers advocacy to our four main towns of Greenock, Gourock, Port Glasgow and Kilmacolm, and to the outlying villages of Bridge of Weir, Inverkip, and Wemyss Bay; comprising a population of over 79,500. We deliver advocacy to our outlying communities by providing drop-in surgeries within community resources, and we offer home visits to individuals who are unable to access our main hub, which is situated in the heart of our community.

The service is generic and promotes equal opportunities for individuals who require advocacy from time to time with their issues. Being a generic service means that we support individuals who are: Elderly, Carers, Homeless, Individuals Detained under the Mental Health Act, Ethnic Minorities, Women in Refuge, Parental Rights, Prisoners, and those living with Learning Disabilities, Learning Difficulties, Autism, Physical Disabilities, Mental Ill Health, Acquired Brain Injury, Alcohol Dependency, Drug Dependency, Dementia and Long Term Health Issues.

We are jointly funded through the Health and Social Care partnership for the core service, and we receive further funding from the Scottish Government to deliver the Self-Directed Support Project.

Outcomes

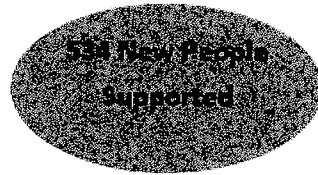
This year Circles Network in Inverclyde has continued to operate with a no waiting list policy delivering one to one advocacy to 534 new individuals whilst closing 529 issues throughout the year. 207 individuals resided within the main town of Greenock. We received 289 new introductions from hospitals and clinics with a further 46 new introductions from our local care homes. 16 new introductions were received from HMP Gateside and 269 new introductions from the community. 116 individuals introduced themselves to advocacy, with 96 being introduced by an HMO, 62 individuals were introduced by a third sector organisation, a further 36 introductions at our outreach hubs. 69 families introduced a family member and 58 carers introduced themselves to our service.

The service also attended 90 Mental Health Tribunals and supported 85 individuals who wished to challenge their detention under the Mental Health Care & Treatment (Scotland) Act 2003.

We have participated in 29 training and development courses and, we have continued to raise awareness of our service by providing 31 information talks to organisations on the benefits of independent advocacy. We provided four information stalls at other third sector events; we also delivered leaflets and posters to 57 different organisations within Inverclyde.

Development

Circles Advocacy, Inverclyde supported two social work student placements along with providing six information talks to new social workers based in Inverclyde. This enabled the students to learn about advocacy and how to introduce individuals to our service. We have been invited to join a number of forums across Inverclyde and we are now participating in partnership working with; Inverclyde Centre for Independence, The Autism Strategy, HSCP Inverclyde Advocacy Plan, and CVS Inverclyde Volunteers Forum.



Story of Change – Ruth

For most of Beth's adult life, she has lived in some form of care setting. For the past twenty years Beth has resided in a long-term hospital environment. This establishment was earmarked for closure. The multi-disciplinary team involved identified that the most suitable place for Beth was a nursing care setting and they had already identified a potential nursing home.

The Social Work team introduced Beth to our advocacy team. On our initial meeting with Beth we discussed the advocate's role and why it is extremely important for Beth to express her views on where she would like to move to. Beth explained that over the last twenty years she had struck up a friendship with another female and if possible they would like to stay together, and move to the same location. With Beth's permission the advocate provided the multi-disciplinary team with Beth's views.

As Beth and her advocate met over the next few months, Beth's views never changed. Several care homes were identified and each assessed Beth and her friend for dual suitability. Fortunately, one establishment accepted both Beth and her friend and they were both delighted and moved in shortly after acceptance. The advocate supported Beth at several meetings with the multi-disciplinary team prior to the closure of the hospital setting. The advocate is still involved with Beth with regards

**Moya Sweeney
Service Manager Inverclyde**

Self Directed Support in Inverclyde

The Self-Directed Support Project provides end to end independent support to individuals and carers, to ensure that their voice is heard throughout their journey. Everyone has the right to participate in decisions which affect their human rights; this can be active, free and meaningful, giving attention to issues of accessibility, and providing information in a form and language which the person can understand. The project supports people prior to their assessment process to gain a full understanding of what they wish to receive from their support package and what their circumstances are at that time. The person will be assisted to consider all parts of their care, or the care they provide to another person, to guarantee that this all features in the assessment. We support people to understand the process when faced with assessments, reviews or other changes in their life.

As the service is completely independent we are able to take the time to research and explain all options depending on the individual's preferences.

The SiRD project is funded by the Scottish Government to deliver the Self-Directed Support Project.



Outcomes

This year the project has delivered one to one meetings around Self Directed Support to 102 individuals seeking information and assistance with issues and assessments. Over the course of the year 83 issues were closed, 16 related to personal assistance, with a further 11 individuals obtaining option1, a further 14 gaining access to payroll services. The project trained 12 new volunteers who have participated in the six week SDS & Advocacy training course, along with shadowing our advocates and all have attended free training events throughout the year held by our health and social care partnership.

Development

The project secured further funding until 2021, allowing our project to develop. We have recruited a new Peer Group Organiser which will enable us to concentrate on the specific remit of building and maintaining four peer groups within the Inverclyde area. The new peer group organiser with the support of our volunteers, has held the first peer group session and a further one will take place in the coming months. The project recently updated its technology with four new laptops for the volunteers and staff members receiving new mobile smart phones.

Moya Sweeney
Service Manager Inverclyde

Story of Change – Jakki

Jakki moved to Scotland and did not have any family or contacts in this area, she required support to look into hiring a personal assistant and understanding Self-Directed Support, as she found that the systems in place in Scotland varied greatly from England.

Jakki was visited at home; the role of an advocate was explained along with SDS and how this could work for her. Following this Jakki took some time to read through some literature and to get to know her newly assigned social worker. Jakki was becoming frustrated with the systems in place and wished support to go through her assessment and think fully about what would work best for her.

Over the months that followed the advocate built up an excellent working relationship with Jakki. The advocate got to know more about her situation which helped her grow in confidence to voice her opinions and preferences when decisions were being made regarding her support. The advocate attended meetings with Jakki, helping her write down her support preferences and communicate with her social worker.

Once Jakki's budget had been confirmed the advocate worked on an in-depth basis with her to advertise for her personal assistant. The advocate supported her to write down interview questions, meet with potential employees and communicate with SPAEN to organise payroll for the appropriate worker beginning in their role.

Jakki's support has recently started with a personal assistant in place and agency for the additional amount of time allocated. In early 2019 Jakki wished to look at changing the agency that supports her and the advocate has provided her with a list of possible options to explore. Jakki has also asked us to support her with the review of her support, to ensure that her new personal assistant is offering the correct care and is meeting all of her needs.

Advocacy in South Ayrshire

Circles Network has been running the Advocacy Service for three and a half years. Jointly funded by the Health and Social Care Partnership, we deliver 'issue based, one to one advocacy, enabling us to assist individuals in making Informed decisions, supporting them to express their own needs and encouraging people to have as much control as possible over their own lives. We support individuals over 16 years of age, residing in South Ayrshire, who either experience; mental health difficulties, dementia, hearing, physical or sensory impairments, chronic illness, autistic spectrum disorders or risk of harm.

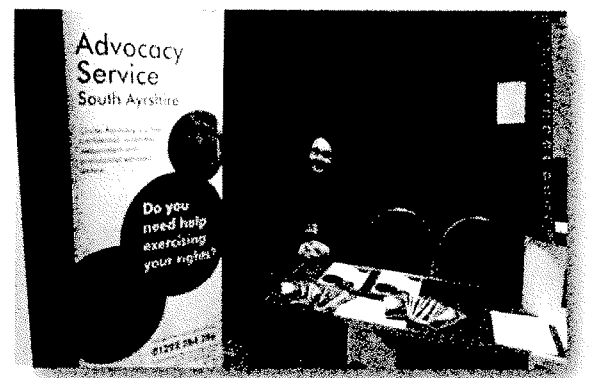
The primary partner group we support are those individuals affected by mental health difficulties. The most common issues we dealt with over the previous year were in relation to assessments completed by the Department of Work and Pensions, followed closely by assisting individuals in accessing support services.

Circles Advocacy, South Ayrshire remains highly responsive and operates with no waiting lists and we endeavour to make contact with individuals within three days of an initial introduction. We continue to actively promote our service through information awareness sessions, by participating in events and through working in partnership with a range of stakeholders, whilst recognising the underpinning values of social inclusion, equality and social justice.

The General Data Protection Regulation (GDPR) which came into effect on May 25, 2018 placed new responsibilities on Circles Network as an organisation. Giving control to individuals over their

personal data and on the free

movement of such data, this new regulation in European Union law on data protection ensures appropriate planning and safeguards were implemented on behalf of those individuals with whom we work.



Key Achievements

This year the South Ayrshire advocacy service has seen an increase in individuals supported to put forward their views, with a total number of 737, an increase of 74 from the previous year, of which 345 people were new to the service.

Circles Network were invited to provide input into the 12-month 'Carers Academy' pilot training event run in partnership with Ayrshire & Arran NHS Trust and the University of the West of Scotland, providing training to carers of people living with Dementia.

In partnership with the Learning Network, West, and Caledonian University, Scotland, South Ayrshire welcomed its first Social Work Student placement. This successful partnership provided valuable non-statutory experience in the training of future health and social care practitioners.

Circles Network has been integral to South Ayrshire Adult Support and Protection Pan- Ayrshire Council Officer training and recognised as a benchmark for future advocacy training in Ayrshire.

We were delighted to provide input into the planning of the South Ayrshire Health and Social Care Partnership Advocacy Strategy Writing Group, thereby having a voice in setting out future goals and objectives in advocacy service provision in South Ayrshire.

Due to the ongoing hard work and dedication of the Team in South Ayrshire a further two years' extension has been agreed by the South Ayrshire Health and Social Care Partnership.

Story of Change – Stuart

Stuart introduced himself to Circles Advocacy after his grandmother was removed from his care and residence by the local authority under Adult Support and Protection concerns. Stuart requested the support of an Advocate to attend subsequent Adult Support and Protection meetings, as his anxiety was prohibiting him to attend meetings independently. Having met with Stuart prior to meetings, an advocate assisted him to prepare by rehearsing the points that he wished to raise and providing opportunity to ask questions in relation to the Adult Support and Protection process. This relieved some of his anxiety on the day of meetings. The provision of information, such as who would be at the meetings and what would be expected of him, helped to increase his confidence and allowed him to participate more freely. Stuart has provided, and continues to provide, positive feedback in relation to the support of his Advocate and the empowerment that he has gained to participate in meetings to enable him to meet his maximum potential.

**Brenda Morrison
Service Manager South Ayrshire**

Advocacy in Moray

Circles Advocacy, Moray has now completed its second full year of advocacy, providing a range of independent, professional, issue based advocacy support throughout Moray, to individuals over the age of 18. This includes those affected by mental health issues, learning disabilities, personality disorders, physical disabilities, acquired brain injury, dementia, autistic spectrum disorders, chronic illness, those who are unable to safeguard their own wellbeing, rights, care or other interests and, most recently, those with alcohol and substance difficulties.

Impact of the Service

Over the last year, we have supported 305 issues. The majority have been for partners with Mental Health difficulties covering a range of subjects but predominantly Mental Health Care e.g. CTO's and child care.

We now have a volunteer co-ordinator, with six volunteers in place and a further four in the process of being recruited and inducted. Volunteers have development plans to ensure their needs are met, whilst also meeting the needs of Circles Network and supporting the provision of Advocacy in Moray.

The service has provided input into the HSCP Adult Protection training for staff and for the ASP Committee.

Training in advocacy has also been provided for carers, parents and staff in third sector organisations, including specific training in peer and self advocacy.

Developments

The NHS Grampian Mobile information Bus is being used to increase awareness of advocacy in Moray's communities, especially those in remote and rural locations whose population may not be able to access services easily. This operates on a monthly basis.

The service has been part of the redesign of mental health facilities in Grampian, to ensure that the voice of those with mental health difficulties is heard.



Story of Change – Talula

Talula has complex needs; she experiences many physical ailments as well as Schizoaffective Disorder. The Local Authority has guardianship and she was also under a CTO. She had been placed in a care home where they did not appear to have much understanding of legislation or what choices she was able, or unable, to make and this was having a detrimental effect on her health. Her wish was to remain in the area so that her family could visit her.

Several care homes refused to accept Talula because of her complex needs and it seemed she may be placed out of area. An advocate repeatedly supported her to put forward her wish to stay in Moray. The staff are aware of the support she requires to keep her well but at the same time treat her with respect and listen to her wishes. There is a more homely feeling, she has good relationships with many of the staff and there are often activities for the residents.

**Anne Pendery
Service Manager Moray**

Circles Community

3D Community Support – East of England

3D Community Support

Project Description

The 3D Community Support project in Peterborough has an excellent reputation for providing high quality direct support. The project enables the support of children, young people and adults on a one to one basis.

Those we work alongside are disadvantaged by disability or are social isolated. We are often called up on to provide support to people who don't "fit" into other services. Our approach is truly person centred and grounded in the organisation's values of inclusion.

People have their support delivered at a time and place of their choosing, this could be in their own home, in the community or at The Hub which is located close to the city centre and is on a main bus route.

The Hub is a registered location by the Care Quality Commission and is the base for the registered manager. The service was inspected by the Care Quality Commission on 28th August 2018 and was rated "Good" against all five key lines of enquiry with an overall rating of "Good".

The experienced team of facilitators and lead facilitators value the people they support and seek to enable individuals to reach their potential and meet their unique aspirations. Recipients of 3D community Support work towards a diversity of distinct outcomes that are important to them.

The project has facilitated success in supporting the development of friendships, employment, fitness, health, accommodation, independence and education.

The project is funded on a fee for service basis and charges for every hour of support that is delivered. Each person receives the amount of support they require which ranges from two hours per week up to 24 hours per day. The service is funded by a variety of income resources, the majority of people are funded by their local authority or health trust and some people fund their support themselves.

3D Community Support in Peterborough continues to be a valuable and popular service providing 1:1 facilitation to children, young people and adults.

The team that delivers 3D community support are based from The Hub which is situated approximately a mile from Peterborough City Centre. The Hub is the registered location with the Care Quality Commission and Caroline Hunte is the registered manager. The Care Quality Commission inspected the service on 28th and 29th August 2018. The outcome of the inspection was that the service was "Good" with regard to all five key lines of enquiry.

New Developments

We have now secured a further 100sq foot of space at The Hub. This has enabled us to expand our facilities including a new kitchen, a fully accessible changing space with a hoist and changing table, a sensory room and a music room.

The additional resources broadened our offer of support to more people at the same time, and we can provide a wider range of experiences in a safe environment.

The team of facilitators has grown to meet the demands of the project. Team members have been given the opportunity to enrol on courses to develop professionally including Health and Social Care Level 3, Business Management Level 3 and Team Leadership Level 2.

The introduction of a web based software system, "Nurse Buddy", has improved efficiency, transparency and productivity. Nurse Buddy was founded in 2012 and was created by four enthusiastic people in Finland who are passionate about how technology can improve the care and support of people. The system is a paperless mobile technology that supports care notes, billing, payroll and financial reporting. The company boasts they are world class in their data protection and compliancy. The system automatically schedules staff rotas which are easily viewed by using the application, therefore improving efficiency. Families have their own login giving them insight into the quality of care and support of their loved ones.

The project has been fortunate to have had support from local organisations and businesses during 2018. In October 2018 The Peterborough School presented Circles Network with over £5000 at an event in Peterborough Cathedral. Buckles Solicitors donated £2000 and Persimmon Homes donated £1000. Members of the staff team and volunteers took part in a sponsored cycle from Peterborough to Norfolk, the groups cycled 150 miles over two days and raised over £800.

Successes to Note

Children, young people and adults have challenged themselves throughout the year. We have supported seven young adults to have paid and voluntary work placements. Six people have been supported to have a holiday without their parents for the first time. All of those people that Circles Network have worked alongside have sampled new activities, foods and friendships!

Top Achievement Statistics

We have delivered 14462.33 hours of 1:1 support

We have supported 45 individuals on a 1:1 basis

The team that delivers 3D Community Support consists of 22 employees

The team have fundraised over £9000 this year.

**Caroline Hunte
Project Manager**

Circles Community

Phoenix Youth Club – East of England

The Phoenix Youth Club

Project Description

Phoenix Youth Club has been taking place every Wednesday for the past six years. It has been based at The Phoenix School in Peterborough. The project is funded by Peterborough City Council as part of their Community Short Breaks portfolio, this year has been the final year of the project due to the change in how Community Short breaks will be commissioned going forward.

The club is open from 7pm- 9pm to children and young people that attend The Phoenix School and those who have previously attended the school. The School is a special educational provision for children and young people with profound and multiple disabilities.

The club is based at the school to provide the children and young people with a familiar environment. Circles Network have benefitted from many specialist resources available at the school, as well as number of teaching assistants who work alongside the Circles Network team. The staff are familiar with the variety of needs and abilities of those who attend. The Circles Network team works alongside the school, organising activities that children and young people take part in during the evening.

They also facilitate non- disabled young people into the group.

Story of Change – Dave

Circles Network has worked alongside Dave for the past four years. When he was first introduced he was very low in confidence and self-esteem. Circles Network have advocated tirelessly for Dave to ensure that he has been listened to by those in authority and also his family members. Others expected that Dave would instantly lift in mood once he commenced his support with Circles Network, but we knew that it would take time and compassion. It has been a rocky road for Dave over the past few years. He has made a decision to change his education focus from childcare to administration and made the big decision to move out of the family home to live independently. Dave's story is a real life example of the strength and outcomes that "walking alongside" someone can create. Dave is now working in a voluntary capacity as a receptionist at the local hydro therapy pool. He is also engaged in a Level 2 IT course. Dave got the keys to his own bungalow in December 2018 and has an interview in February 2019 to embark on a career in CCTV monitoring. He is so happy now and has a circle of friends that he can socialise with and trust. He has maintained a relationship with his family and they now feel proud of his achievements.

Developments

During the year Circles Network staff take time to consult with children and young people and they aim to provide a wide range of activities in line with the children's preferences. This includes regular disco evenings; pamper sessions, cooking, rebound therapy, hydrotherapy, sound bath and more.

Top Achievement Statistics

30 children attend the yourh club

39 youth club sessions were held this year.



Story of Change – T

Taani has been attending Phoenix Youth Club for the past four years. When she first started attending she was very shy and relied on staff who knew her well as she was unable to use any formal communication. Over the years Taani's confidence has grown greatly.

A turning point was notable when she was encouraged to take part in a karaoke session, which some people though was inappropriate as she is unable to vocalise words. It was explained that she can vocalise sounds still, which she did, and when everyone clapped at the end it was wonderful to see how much joy and confidence she gained, she couldn't wait to have another go!

Caroline Hunte
Project Manager

Circles Community

Fun United – East of England

Fun United

Project Description

2018/2019 was the second consecutive year that Circles Network has been commissioned to run the youth group. The group is commissioned by Peterborough City Council as part of its Community Short Breaks portfolio and is aimed at children and young people whose ages range from 11 - 25 years. All those children and young people who attend the group live in Peterborough and have a diagnosis of disability.

This was the last year that the group would be commissioned by the local authority and, in light of that we had to undergo some changes during the year to prepare participants and families of the group for the transition ahead.

It was our intention to lower the average age of the cohort of children and young people and to support older members to move onto other community groups in the city as and when it was appropriate for each individual. We were successful in welcoming new members to the group and lowering the average age to sixteen years. In September 2018 we declared the group full to capacity as we were becoming oversubscribed due to the growing popularity.

The group is open on Wednesday evenings during term time from 19:00 - 21:00. The members of the group are offered additional time during the school holidays for a total of 26 sessions

per year. During the first quarter of the year we held two consultation sessions with parents to enable us to make sure the group works well for members and their families.

We were told that families would prefer the consistency of two days per week for six weeks during the summer holiday rather than three days for four weeks and we were able to put this in place. Families and young people were able to help us think about some of the resources we needed and about new safety measures we have now put in place such as restricted access to the main building, installing a new kitchen and new ideas for the school holiday activities.

The school holiday sessions have been incredible this year. We have had up to 25 children or young people at each session and they have participated in a wide range of activities including a trip to the sea side, a theme park, pumpkin picking, tobogganing, making a recording in Chime music studios, performances written and produced by the group and of course, lots of cooking since the kitchen was fitted. The most astonishing observation is that we have had no incidents of behaviour between the group members, they have shown to have respect and kindness for each other which could be a direct result of the role modelling the staff team provide in the setting.

67 Youth Group Sessions

Top Achievement Statistics

The youth club has 48 registered members whose ages range from 11 years to 25 years

The team has delivered 67 youth group sessions

**48 Registered
Attendees**



Story of Change – Hannah

Hannah is a young person who recently joined the youth club in May 2018. Until then she had never had the opportunity to socialise with her peers outside of school. Hannah uses a wheelchair to get around and relies on others to assist her with her personal care and so she has always been turned away from mainstream organisations and events.

In the past, Hannah would have been considered as "having a high level of need" and would not have met the criteria for the club. Circles Network have torn up the rule book and given Hannah the opportunity to attend!

Hannah has had a very positive impact on other members of the club, they love to be around her, to impress her and make her smile. At first they worried about her unique sounds but now they know that she is happy and they encourage her to be herself and include her. Hannah's mum says "she just loves it!" Hannah is now using an application on her iPad as a communication method. For the first time she is self-advocating and truly has a voice and an opinion

**Caroline Hunte
Project Manager**

Circles Community

3D Community Support - Midlands

Project Description

Circles Network Midlands team offers 3D Community Support in Coventry, Warwickshire, Staffordshire and Northamptonshire and supports a core group of people throughout the week at the Rugby and Leamington Spa Hubs and throughout the community. People are supported individually and in groups with person centred planning and individualised approaches. Support is tailored around each person's goals and aspirations and the overall aims are to reduce isolation, promote inclusion and personal development through a range of activities and community access.

Activities have included; volunteering at shops, archery classes, shopping, eating out, trips to water parks and other places of interest, accessing local clubs and classes; local museums and attractions and accessing the local community. During 2018-19 we have expanded across the region and we have increased the support we offer in particular to children and young people. Many participants now access more than one Midlands project.



We work collaboratively with commissioners, parents, carers and other stakeholders and funding for the support we offer comes from the following funding streams:

Self-funded options

Local Authority Short Breaks scheme

Direct Payments

Social Services teams

Schools

Summary of Achievements

This year 3D Community Support has provided 4691 hours of support. The number of people receiving a 3D service has grown from 19 in April 2018 to 29 at the end of March 2019.

In addition to the growth in 3D support, some participants have also accessed support through our other projects; Alternative Education and Equine Facilitated Learning.

The Project Manager for 3D Community Support left his post to take up a new career opportunity and another manager was appointed together with an experienced new Lead facilitator.

Several Clubs have continued through 2018-19 and are well attended. These include Cookery Club, Gaming Club and Enrich Your Day (EYD). Cookery Club in particular has become increasingly popular and is now full most weeks. Enrich Your Day regularly supports five people offering a combined total of 30 hours of support each Thursday. Several people have attended over the last year for taster days and events. We held our first Coffee and Chat event; raising over £50 for the Circles Network charity and we hosted our first open day which was well received and generated new introductions.

Positive feedback is regularly received from the people we support and their families and carers. During the last year, one participant referred to our support as "a life line" and another has said we make a "true difference" to their life. Some individuals are vulnerable to isolation and without the support that we are able to offer they would be isolated from their communities. Through person centred planning and bespoke support, we have successfully helped people to achieve personal goals important to them; including increased independence, interdependence and respite for the person and their carers. Always striving to "go the extra mile", we are an integral part of many of our participant's lives.

Story of Change – Bob

Bob has been attending EYD for more than three years and enjoys his time within the group setting. Bob is a great man who takes pride in his appearance. He is sociable and enjoys joking, chatting and playing games with the other people in the group. Over the last year, Bob's mobility deteriorated and he began to appear less well presented. His facilitators became concerned and with Bob's consent they sourced additional personal support for Bob.

Through partnership working with Bob, his sister and the care agency helping with his morning routine, adjustments were made to preserve Bob's dignity and implement a secure routine to support him to continue to enjoy his social activities such as the EYD group, whilst offering him and his main carers respite. Secure in the knowledge that the people around him understand his changing needs and are able to adapt accordingly, Bob has been supported by Circles Network to lead a fulfilling life.

Bengi O'Reilly
Project Manager

Circles Community

3D Community Support – South East

Project Description

3D Community Support in the South East is based mainly in Crawley, Burgess Hill and surrounding towns. It is designed to support children, young people and adults to engage and be included in a wide range of community based activities with the appropriate assistance to enable empowerment, fulfilment and purpose.

Top Level Statistics

During this last year, the South East team have supported 17 individuals with a total of 5,408 hours of direct assistance.

During the year several people were assessed by the local authority to require less hours of support than previously agreed, this made a reduction of hours which we responded flexibly to.

We did however attract some newcomers to the group of people supported, particularly in the 18-30 age group.

We have supported people in a wide and eclectic range of pursuits... from shopping and taking care of chores to sports and social events, arts and crafts, to banking and eating out. Some of the newer activities have been based around a health theme involving some educational input on staying safe, eating healthily, weight reduction and staying mentally well. We have held groups on mindfulness and meditation and taken up walking, gym session as and spending time in green spaces.

We involved the Crawley Well-being team who arranged for people to have health MOT's which led to accessing a 12 week health programme for several young people.

Three people have enrolled into the local college, with our support and have improved literacy and numeracy skills.

Volunteering has also been popular and we have assisted people to help out at a pet care organisation, charity shops and local schools.

Examples of the Difference Made

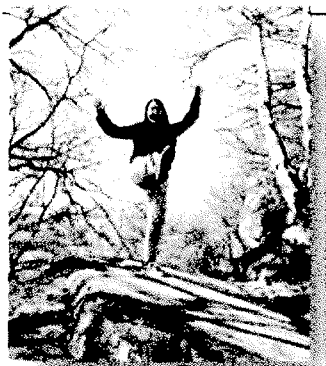
Frank requested to go to the beach as he has only been once before.



Lucy is managing to attend college, have a volunteer job and look after her new flat. She is also developing meaningful friendships.



You would never guess this young lady to have had very little confidence; she has emerged from not wanting to leave her house to taking part in many events in the community. She is now also attending a choir.



As we enter another year, we look to increase the support we provide. We would like to provide additional evening and weekend support as these are often lonely spots. We have been given the opportunity to join a local disco which takes place once a month.

It has been a great joy to the team, parents, carers and individuals to see how far each person has developed and how wide many of the circles of support have grown in this year.

Stan became 21! He stopped attending school at 13 and had not mixed with people his own age since. He has now spent time with eight different people through Circles Network and loves it. In his last review, the social worker could not believe the change.



**17 Individuals
Supported**

**5408 Hours of
Support**

**Claire Oak
Project Manager**

Circles Community

Hub on the High Street – South East

Over 2600 people have visited and benefitted from The Hub on the High Street in Crawley this year and many more pop in to find out what Circles Network is all about. Having a High Street location has been an enormous privilege in reaching out to the general public, seeking to offer support to people who may need our help.

Relationships with other partner agencies have always been important to us, 'Together we offer more!' Our closest partners include:

- The probation team
- Sussex Oak Leaf
- The DWP
- Community Police
- Paramedics
- NHS Mental Health Services
- Social Services Departments

We have also worked with local homeless services and with Disability Teams and have offered meeting space and space for people to belong.

The Hub is a place where friends and connections are made within the wider community. We have celebrated difference and embraced people of all nationalities and backgrounds. Our work at the Hub has served to often be the catalyst in people's lives to encourage their move forwards to overcome isolation and poor self-esteem and discover what they have to offer others.

Eating and drinking together is an essential ingredient for communities to flourish and we have received gracious support from Sage, the Vegan Café opposite the Hub, who have provided hundreds of meals and snacks and borne those costs themselves. We have cooked, shared recipes and sampled food from many parts of the world and held classes to help people learn how to prepare food.

Participants at the Hub have taken part in quizzes, games, conversations, table tennis, knit and natter groups, snooker and arts and craft. We also have had our resident tortoises to look after and bathe.

Story of Change

This story of change has been written by a social worker about a gentleman who attends the Hub on the High Street.

"I was very concerned for Pete as he spent all of his time in a very hostile environment with his uncle and father. I have tried for several years to get him to go to different activities and places. I have been delighted that he joined the activities at the Hub on the High Street. He attends each week on his own, which has astounded me. I am so grateful for all that Circles Network has done for Pete. The support he has received has opened up other opportunities to him. He has always wanted to do things but felt afraid to do so. I have been along to the Hub myself and everyone is so accepting, positive and kind. I can see it really sets people up for the week ahead".

Local Social Worker.



**Claire Oak
Project Manager**



Circles Community

My Network Plus – South East

We have supported 15 individuals on The My Network Plus, West Sussex Framework. My Network Plus is a referral only service through West Sussex County Council's Community Learning Disability Teams. People with learning disabilities are eligible if they have a tenancy and have been assessed by West Sussex Community Learning Disability Teams as not being eligible for social care services.

Over the past year, we have been supporting individuals in renewing bus passes; paying utility bills and changing energy suppliers; completing benefit forms; housing maintenance and repairs; medical appointments; well-being appointments and shopping for food and other needed items. We have facilitated people to be able to go on holiday with their friends and have brought families together.

We have supported a number of individuals gain control of their financial situations.

We have been able to set up a pop-up shop in the Burgess Hill area where people can meet and where we sell items to raise money and awareness. Every Wednesday we have a Lunch Club for anyone who wants to attend on My Network Plus. This has proved to be a very enjoyable time for everyone. We have helped people arrange to meet up together at other times in the week to prevent isolation and loneliness.

Mabel's, the organisation where we hold our pop- up shop, host many community events. We always encourage people to go along and to be part of activities happening there. The more people's faces become familiar, the greater their connections and bigger the circle of support becomes around them.

The Future

Sadly, our time of running the My Network Plus Project comes to an end in August. We are working to make sure that changes are communicated well and with great care. We can confidently say that we have enjoyed and are proud of the work we have done and to witness how 15 individuals, all of whom are wonderful, can move forward in life.



Story of Change

"I am a worrier; I find my thoughts are everywhere and then I don't know what I am doing. It is good to have fun and it helps lift my mood and takes my mind off my worries. With Circles Network I know that if I am worried I can just call Claire or Bernadette and they will help me. Sometimes I think I'm a nuisance, but they always tell me I am not. They have helped me get the help I need and made me believe in myself. I can now do far more things for myself. I like going to the Lunch Club, and I like helping with the shop. I go to lots of things now, and I feel a lot happier. Thank you."

Participant on My Network Plus

Tree

When something is in the way
Grow around it
Grow
When seasons change
Adapt
When flattened by the storm
Grow back
Stronger
Plant roots deep
Strong roots
Roots
Grow like tree
Grow
Adapt
Stronger
Roots
Tree
Be always growing
Be always adapting

Sarah Dunion

Claire Oak
Project Manager

Circles Community

Saturday Club – South East

Saturday Club Lewes runs each fortnight and has 15 members. This has increased during the year with consistent attendance.

There are a wide variety of activities planned each session with the input of the individuals and the team. The activities range from having a drive, which two people really enjoy because they find it calming, going on buses, visiting local cafés, seeing an attraction in Brighton, going bowling or visiting the cinema. The group members have wonderful empathy with each other; It is a delight to experience. Everyone has very different needs, both physically and emotionally and yet they know each other very well and are quick to ask for assistance should anyone require it.

The team are actively involved and provide a framework that encourages independence and engagement. The centre where we meet has good facilities which enable group work, craft making, conversation, games and teamwork. We have also enjoyed baking and have even cooked a full roast dinner.

Parents are involved in the activities and show support for the club. This year the annual garden party raised over £1000 for the Saturday group, helping to make many activities affordable.



Story of Change – Helen and Robert

Helen and Robert are siblings in their 40's and were still living with their parents until recently. When their parents felt the time was right, they arranged for Helen and Robert to move into supported accommodation. Although Robert was the younger sibling, he was more confident and able, so settled first into a supported (24hour) group home nearby. When it came to Helen moving, things were a bit more difficult as she needed a level of care which was not so readily available locally. Helen moved to Polegate, a fair distance from her parents' home in Seaford, and even further from Lewes. She was no longer able to attend the day centre, which she had been attending for years and therefore had to adjust to major changes. She continued to attend our Saturday club, which became a fixed point of continuity for her. The Saturday club offered her the high level of one to one attention she needed, which had become less available in her new home in Polegate. The Saturday club helped to cushion the impact of the major changes she was experiencing and contributed to the success of her move.

Circles Community

Wales Circles of Support

Project Description

A Circles of Support project, designed to support disabled people with older parents or carers. This project will support disabled people to build a network of people to enable them to have continued informal support should their main family carer be unable to fulfil their role due to ill health or other unforeseen circumstance.

After several years of supporting disabled people through an alternative day service provision in Newport, due to changes in funding strategy from Newport Council, this work is no longer to continue. The individuals supported will go on to be supported in community settings throughout the area. Circles Network has been successful in becoming an approved provider through the local Framework and this means that we do have the option to continue to deliver support through our 3D Community Support programme. At present we have decided to focus on building other projects within the area and ensuring our continued presence within Wales. Once we have other projects established within the region then we will be in a strong position to continue.

We are excited to have been successful in securing funding for a small Circles of Support project within the Newport Area. Funding is being provided by the Big Lottery, Awards for All -Wales and will fund a part-time role for a Facilitator.

The Facilitator will work with individuals and their families and friends to build a network of people which will support the 'focus person' to make decisions, plan and ensure that they are in control of their life and their future. We know that all too often people do not plan for anything happening to their carer, meaning that should an issue arise through ill-health or death, the disabled person would likely be put into emergency accommodation and not have a plan in place to ensure that they remain in control and have choice.

We are excited to welcome a new member of staff to the team, Viv Leach, who brings experience from a wide range of roles and knowledge of the local area to her new role. She has started off well and her feet have not touched the ground as she has started to build connections and partnerships with other organisations and groups supporting disabled people and adults.



Carrie Musselwhite
Project Manager

Circles Equine

Taking the Reins

Circles Equine offers Equine Facilitated Learning (EFL) through a suite of projects including; Taking the Reins (TTR), Taking The Lead (TTL), Ready Steady Go and Horses4Courses. It has been a busy year and we have expanded to support some people through another year whilst also welcoming many new faces. There were some staff changes in quarters three and four and the Equine Manager, who had been in post for eight years, left her post in December 2018. She continues to support the Circles Equine team by volunteering for the charity on many occasions. A new Area Manager for the Midlands commenced in post on April 1st 2019.

Taking the Reins

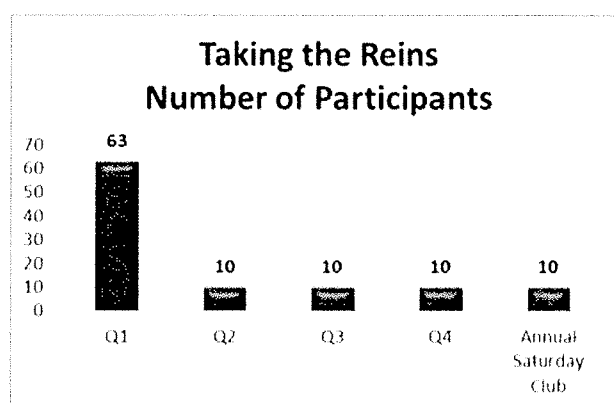
Taking the Reins is an Equine Facilitated Learning (EFL) project offering therapeutic sessions to disabled and disadvantaged children and young people from across the UK. The project is supported by a grant from BBC Children in Need and funding came to an end in October 2018. A new application was made by the Circles Network Team and in December we learned that we were successful in our bid and have been awarded funding for a further three years from November 2018.



The reporting year for Taking the Reins runs from November – October and the Equine team successfully met and exceeded the target of 150 children and young people supported. The graph below shows the numbers for part of that year.

Quantitative Outcomes

The number of children supported through the Taking the Reins project in the 2018-19 financial year part of the full funded year).



The Equine team have continued to offer high quality EFL sessions to children with a variety of difficult personal circumstances, including physical, sensory and mental health needs; additional learning needs or traumatic lived experiences. Whilst the programme follows a structure, sessions are tailored to meet the specific needs of a person or small group and this has allowed the project to continue to be phenomenally successful; building on the existing good reputation earned.

Outcomes for the children who attended have included learning how to build stronger relationships and improved communication skills. Children have developed friendships; some of which have continued outside the project. The safe and calm environment, together with the support of the wonderful ponies and skilled facilitators has helped many children understand their thoughts, feelings and emotions better; enabling them to recognise and regulate these in everyday life and build resilience. The programme has helped to provide some much needed relaxation and fun and has helped children improve confidence and self-esteem.

In addition to the ongoing sessions Taking the Reins runs a regular Saturday Club and holiday activity days to continue the fusion of fun, learning and therapy. The team at Taking the Reins has been busy developing the fairy garden space as we have seen it transform in 2018-19, into a Mythical and Magical garden complete with Harry Potter themed additions. This was completely child and young person led following a shared interest that a large number of participants had with Harry Potter and wizardry. Taking the Reins pulled together a willing group of volunteers including staff from across the

organisation to create this amazing

space which was showcased during the visit from our Children in Need grants officer and her colleague.

The Equine Team regularly receive positive feedback from participants and their families. One child commented; "Mummy I know what to do now, if I'm calm like I am around the horses, people will like me". Her mum commented; "She has never opened up before, this is massive".

The Equine team have reviewed the many wonderful outcomes over the three year project; cataloguing journals and using the data and vast learning to plan ahead for the new project. The objectives of the programme have been slightly altered in response to this and will now include the outcome of building resilience. New materials, exercises and training are currently under development and the team are excitedly looking forward to 2019-20.

Bengi O'Reilly
Project Manager

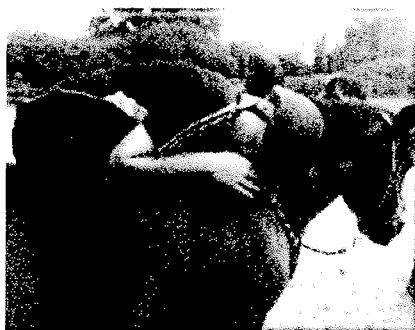
Circles Equine

Story of Change – Reducing Anxiety

Whilst facilitating a small group of four young people aged between 13 - 16 years old to work with the ponies, we found the young people apprehensive to attend as they had each experienced social anxiety which negatively affected their day to day lives. Jason, was not attending school due to this anxiety and his mum was concerned that he may not feel able to join the group but said he was willing to give it a try. Initially all teens were quiet however, as soon as they were in the field and with the ponies, their anxiety seemed to drift away and within the very first session, friendships began to form.

All four young people had at least one pony approach them from across the field and through working with the herd, the children were able to reflect on their own personalities and communication styles whilst the facilitator discussed the personalities of the ponies and they all observed how the ponies interacted.

Jason and Bridie seemed to get on really well. Jason was not attending school due to his mental health challenges and Bridie's attendance was reducing due to hers. They both seemed very comfortable around each other and their facilitator even struggled to explain the activities as they were so keen to talk to each other and catch up from week to week. The teenagers began to arrive slightly earlier before each session to catch up and they each reported that they had made a positive friendship, something they had not experienced before.



Taking the Lead project offers sessions on an individual or group basis at a subsidised rate during the week and during school holidays and joins the children's club every Saturday. Funding is obtained individually by those who attend and comes from a variety of sources including; Local Authority, schools, direct payments and individuals who self fund.

The Equine Team consists of a manager, paid facilitators and volunteers and we have been fortunate in 2018-19 to receive practical support from local organisations such as Rugby School. We worked collaboratively with Rugby School in 2018-19 and they placed a number of A-level students with us to volunteer twice a week during term time across the projects. These young people have built valuable relationships with children and young people and one student, Iona, led a fund raising campaign for Circles Network, raising £500.

In addition our Corporate Social Responsibility (CSR) partner offer their services on a voluntary basis. This has supported us greatly with maintenance and upkeep of the land based work and in particular the Equine areas. We welcomed a generous £500 donation from Cummins as they selected Circles Equine as their chosen charity for a fundraising football match event.

Building on much of the Equine Facilitated Learning that is achieved through the Taking the Reins project, Taking the Lead allows additional time and opportunity to explore positive interactions, relationship building skills and communication skills whilst working on understanding and regulating emotions and building self-worth.

This helps us to enable the people we support to feel more included and to empower them to achieve more fulfilled lives through better interdependence, productivity, self-determination, happiness and well-being.

Achievements

Through Taking the Lead, the Equine Team facilitated a fully inclusive equine summer scheme in conjunction with Warwickshire's Special Educational Needs Department (SEND) commissioners, including our annual residential summer camp. In addition, Circles Network Equine Team have been visibly represented in the local community; attending Kenilworth Show, Husbands Bosworth Equine show and hosting a stall at Clifton upon Dunsmore summer fete. We work with many local charities and groups in partnership, opening our approach to young carers, specific disability organisations, schools, colleges and youth projects.

Bengi O'Reilly
Project Manager

Circles Equine

Taking the Lead

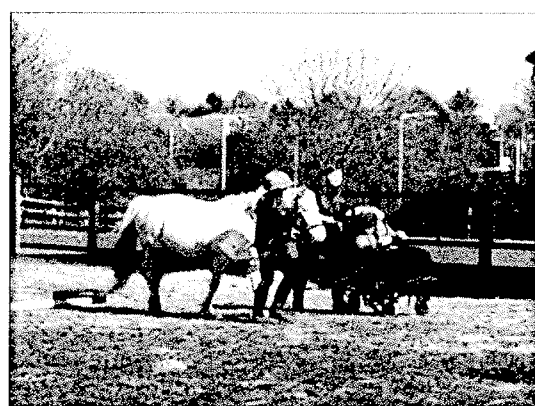
Friendship and inclusion are key aims and outcomes for the Taking the Lead project and the weekly Saturday Club, in conjunction with Taking the Reins, has been thriving with many children regularly attending.



School Holidays are always particularly busy when a variety of activities and excursions are offered. This year, eight very excited campers attended the annual residential summer camp. Some had camped before whilst some were new to the idea and slightly apprehensive. Through fun filled activities, the Equine Team enabled the children to experience the independence of sleeping away from home and all the children demonstrated positive relationship building and communication skills. The event was successful with positive feedback from participants and their families and it was wonderful to see the friendships blooming throughout the week.

In December 2018, Circles Network received the positive news that our bid to be on the Warwickshire Mental Health In School Children's Framework was successful.

This is due to go live on 1st April 2019 and Circles Network are one of just eight providers across the county who will be offering early therapeutic support to school children with mental health issues. This will be done through our Taking the Lead Equine project.



We progressed our work with local schools who have attended throughout the year bringing groups of children to access the therapeutic Equine Facilitated Learning on offer. It is hoped that we can maintain and further develop these relationships in 2019-20 whilst also working with some new schools.



Story of Change – Dylan

Dylan is a boy with attachment difficulties who started with Circles Equine on our Taking the Reins project. Dylan is a bright boy with high energy levels and sensory needs. His sessions needed to be tailored to his intelligence as well as his need to move on to the next activity, swiftly mixed in with deep pressure sensory activities in order for him to be able to learn, concentrate and keep his body regulated.

Dylan moved on to Taking the Lead and it was decided to try some bare back sensory work on lead mare, Jenna. There was an almost instant change in Dylan! He stopped feeling like he had to talk to dampen his anxieties and high energy levels, he was still for the first time since we had met him and he listened and followed instructions carefully. During this silence and stillness Dylan became close to tearful as he was processing his first experience of true relaxation followed by a wonderful smile. When asked to give a number out of 10 for how he felt during this moment – 1 being not good, 10 being the best ever – Dylan gave a 10. Once the activity finished and Dylan was no longer on Jenna he remained quiet and calm. The following week it was reported to us that Dylan had been a different boy in class and had done the most and best writing his teacher had ever known him to do!



Bengi O'Reilly
Project Manager

Circles Equine

Ready, Steady, Go

Ready Steady Go is an innovative programme for families with children aged between 0-5 years who may have additional needs; offering structured play sessions with ponies or other animals to prepare children for their first years at pre-school or school. Ready Steady Go was initially funded partly through Warwickshire Smart Start and following this Circles Network funded the project which successfully ran last year and this.

Quantitative Outcomes

Ready Steady Go supported four children from three different families in Q1; in addition to welcoming back three children who came along before.



Achievements

The Ready, Steady, Go project helped the pre-school children we supported with their personal, social and emotional development. Using expressive arts, singing, storytelling, puppetry, play and a number of other creative activities with the ponies, the children were supported and encouraged to explore their understanding of the world. The activities helped build their communication and language skills as well as supporting their physical development, literacy and mathematics skills.



Story of Change – Dale

Dale has a diagnosis of Autistic Spectrum Condition. He is very bright and quite chatty, however, when he was introduced to Circles Network his autism was preventing him from being able to interact with others, especially with new peers, adults and professionals. This was leading to social isolation as Dale's difficulties were preventing him from joining activities and he withdrew in order to cope with feelings of overwhelm.

Several strategies were used by the facilitator to support Dale and help him overcome his challenges. These included using the safety bar as a boundary and using the 'first, next' technique in order to engage Dale in the activities. Using a motivator of interest allowed Dale to overcome the challenge of wearing a riding hat and joining the rest of the group.

It was discovered during the first session that Dale loved water due to the visual pleasure and stimulation he got from watching it move, drip, run and pour and he became rigid with sensory bliss! Using water to include Dale in the group and aid in transferring his attention over to new activities began to work. After a number of sessions the water activities were reduced and Dale began to enjoy the ponies with the group when up until that point he would not acknowledge them at all.

By the end of the programme, Dale was able to be in the field amongst the herd; helping to put out the hay, make the bucket feeds; participating in turn taking with his peers, following instructions and now interacting with the facilitator; including eye contact and touch. These were huge steps forward for Dale who found accessing the world around him so difficult.



Bengi O'Reilly
Project Manager

Circles Academy

Midlands

Circles Academy is a practical alternative educational project which evolved as a new project in Q4 from the previous Horses4Courses Project run under the Equine umbrella. Historically the Equine Team offered stable management, rural education, literacy and numeracy courses for young people and adults from across the UK through the Horses4Courses programme, Whilst this is still offered, during the last quarter of 2018-19, Circles Academy in the Midlands has developed. This includes pre-existing education programmes as well as a variety of ASDAN accredited short courses and GCSE Maths and English. Fees and donations fund the opportunities for adults.

Quantitative Outcomes

The number of hours of educational support offered has increased dramatically in the second half of the year. The number of participants has varied from 5 – 15 throughout the year and new students have enrolled, whilst other students have continued to receive educational support or have moved on to attend new organisations once their courses at Circles Network ended. We are pleased to be developing Circles Academy for children and young people. In December 2018 the charity learned that we had been successful in applying to be included on the new Warwickshire Alternative Provision Framework alongside several other providers in Warwickshire.

The aims of the framework are to create a central system monitored by Warwickshire County Council in order to track children's progress; identifying and responding in a timely way to those children who are having difficulty accessing a mainstream curriculum.

Through delivery of the alternative education programme in 2018-19, Circles Network has built strong links with some Warwickshire schools and it is hoped that the team can build on this in 2019-20 working towards the charities goal of becoming a registered school one day in the years to come.



The ASDAN short courses have been very popular, especially the Animal Care course and there has been positive feedback from children who are receiving part of their education at Circles Network. In some instances it has been a valuable stepping stone to give students the confidence and motivation to learn again and one student returned to a mainstream College after working with the Circles Network team building her self- esteem, whilst learning new vocational skills.

The team has strengthened links with local commissioning teams and other stakeholders and it is hoped that this will be developed further in the next financial year. We are currently commissioned by the following organisations:

- Warwickshire Area Behaviour Partnership
- Avon Park School
- Bilton High School
- Quest Academy
- Exhall Grange Specialist School
- Flexible Learning Team
- Local Authority Warwickshire

All of our students have a range of diagnoses or challenges which they face daily which include: Attachment Difficulties; Trauma; Mental Health challenges; Autism; Anxiety; ADHD; ill Health; Permanent exclusion from main stream school; Bereavement; Behavioural differences; Physical and sensory impairments.

Students are encouraged to recognise their own personal qualities and are not defined by labels and diagnoses. Pupils have gained a sense of belonging and self-worth through the education project, allowing the opportunity to make and sustain friendships with the animals and other young people.

Story of Change – Bethan

Bethan is a teenager with complex needs, including Aspergers and severe dyslexia. She originally accessed Circles Network for therapeutic support last year following traumatic experiences within mainstream education where she struggled to access the curriculum and was bullied. Bethan now has an Education and Health Care Plan (EHCP) and has secured a place at a specialist school, but due to social anxiety she is still struggling to access a traditional school environment. The school approached Circles Network with a request for part of Bethan's education to be facilitated by us whilst she attends school on other days.

Bethan initially found some of the reading and writing a challenge but by adopting more creative ways of learning and highlighting Bethan's skills and strengths, our facilitators have empowered her to achieve several credits of her Animal Care ASDAN. Bethan enjoyed her ASDAN so much that she independently approached the team and requested to undertake an additional ASDAN qualification which her registered school agreed to. For her second ASDAN, she is comfortably working alongside another pupil and they chose the subject together.

Bethan is progressing well academically and has reported a sense of pride and achievement in the qualifications she is working towards.

**Bengi O'Reilly
Project Manager**

Circles Academy

South East

Over the last quarter, we have continued to work with 41 young attendees on a regular basis. Most of these young people were not coping in mainstream school settings and were home educated or deprived of educational opportunities. Nineteen students have learning difficulties and associated conditions. These figures are testimony that the Arts Award funding has enabled us to provide an environment where individual needs are attended to, challenges are overcome and children feel comfortable, cared for and ready to learn.

We received a grant to work with children and young people and to use art as a therapeutic activity. We have been working with the Arts Council to provide opportunities for children and young people, not currently accessing mainstream education, to not only enjoy creative art but to work towards gaining accredited qualifications. We have delivered this programme through our art group 'Squiggles' which has become well known in Crawley.

We embarked on a new type of art which involved us using hammers and nails to form some nail art. It was a noisy activity, but with rubber matting and ear defenders, the concentration and total engagement was fantastic. There are four young men who have found it very challenging to stay focused on any task for longer than two minutes, sometimes less, but have become immersed totally in the activity and have continued with this art at home, making new designs.

We then moved on to using the colour wheel and labelling colours after emotions, each week individuals moved pots of acrylic paints onto a happy table or a sad table to open discussions about emotional impact and resilience. They learnt about abstract art and made whatever 'mood painting' they wished. We then progressed to painting landscapes, sun sets and underwater themes using the blending methods which we shared as a learning outcome.

One activity involved collecting pine cones, acorns and leaves in an array of colours, shapes and sizes. The children used whatever medium they wished to design their very own autumnal picture. In the end, they created beautiful clay work, leaf rubbings and paintings. With the pine cones and twigs, they created mini-camps of imaginary creatures. 100% of the group members were fully engaged for the whole programme.



We made fire! Before you become too alarmed, it was not real! Using tissue paper and pastels we looked at ways to make our work stand out. One of my favourite pieces was from a young man who struggles to be still. He rolled up brown paper for logs, and splatted paint over them and blew the paint around with a straw. He left thrilled with the outcome which his immeasurably proud Mum gave much praise for. We also had a bubble-tastic time, blowing bubble towers, making them pop, and learning how to draw and paint reflections.

I hope this conjures a picture of how very different some of these sessions were. There were no shortage of ideas, all very much led by the young people, who became increasingly immersed in the beauty of each activity.

Billy aged 12. *"The Arts Award has offered me many opportunities to enjoy activities I would not otherwise have done. I have learned about artists and different art forms, and I now understand how art works in the community, and the role of artists in people's lives. I have also been lucky enough to meet some fascinating people who have influenced my life. I now enjoy art as a relaxing pastime which helps me to relax and also expresses my feelings"*



Coming Next

We are working to develop the educational opportunities locally in the next year with the PSHE and ASDAN courses and the offer of a course on small animal care through a local nature centre. It has been so rewarding and encouraging to see the value that one relatively small grant can provide.

**Claire Oak
Project Manager**

Thank you

All of us at Circles Network would like to thank the organisations who have supported us throughout the year, that have provided us with wonderful volunteering and financial support.

A heartfelt thanks goes to **The World of Cars** who continue to support us as their Charity of Choice. They have provided us with a number of cars for all of our different regions, enabling us to reach even more people. Some of the World of Car staff have committed their valuable time to fundraise for us by undertaking the gruelling Thames 16 Bridges Trek and the company has provided warm winter gloves and scarves for the children accessing the equine sessions in Rugby.

We would also like to thank **Cummins** who held a charity football match to raise funds for Circles Network. It was a fantastic day and they raised an amazing £500.

Teams of volunteers from both **Jaguar Land Rover** and **Cummins** have provided numerous hours to undertake and complete a number of tasks, such as: building a pony shelter for our tiny Shetland ponies; power washing garden furniture; clearing rubbish; fixing fences; and many other important jobs. We are so grateful for all their hard work.

The Peterborough School, who also made us their Charity of the Year, raised over five thousand pounds for our work with children and young people in the City.

St Mary, Mother of God Church in Fife raised almost three thousand pounds to enable us to develop an outreach advocacy cab for people living in the rural areas.

A huge **THANK YOU** to all of the people that have supported Circles Network throughout the year.



THANK YOU!

Circles Network

Independent Auditor's Report to the Trustees of Circles Network

Opinion

We have audited the financial statements of Circles Network for the year ended 31st March 2019 which comprise the Statement of Financial Activities, the Statement of Financial Position, the Statement of Cash Flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31st March 2019 and of its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and regulation 8 of the Charities Accounts (Scotland) Regulations 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you, where:

- the trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charity's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Circles Network

Independent Auditor's Report to the Trustees of Circles Network

Other information

The trustees are responsible for the other information. The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

In light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 and Charities Accounts (Scotland) Regulations 2006 requires us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the Trustees' Report; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of Trustees

As explained more fully in the trustees' responsibilities statement set out on page 13, the trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

Independent Auditor's Report to the Trustees of Circles Network

Auditor's responsibilities for the audit of the financial statements


We have been appointed as auditors under Section 44(1)(C) of the Charities and Trustee Investment (Scotland) Act 2005 and under the Companies Act 2006 and report in accordance with regulations made under those Acts.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of the audit report

This report is made solely to the charity's members as a body in accordance with Section 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body for our audit work, for this report, or for the opinions we have formed.


Ian Holder
(Senior Statutory Auditor)
For and on behalf of Mazars LLP
Chartered Accountants and Statutory Auditor
45 Church Street
Birmingham
B3 2RT

Date: 28 January 2020

Circles Network

Statement of Financial Activities

(Incorporating an Income and Expenditure Account) for the Year Ended
31st March 2019

	Note	Unrestricted funds 2019 £	Restricted funds 2019 £	Total 2019 £	Total 2018 £
INCOME					
Donations and legacies		30,968	-	30,968	29,416
Investment Income		42	-	42	4,243
<i>Income from charitable Activities</i>		1,108,997	89,173	1,198,170	1,256,567
<i>Other income</i>		471,079	-	471,079	379,800
TOTAL INCOME	2	<u>1,611,086</u>	<u>89,173</u>	<u>1,700,259</u>	<u>1,670,026</u>
EXPENDITURE					
Charitable activities	3	1,520,392	79,954	1,600,346	1,610,226
Costs of raising funds	4	<u>10,300</u>	<u>-</u>	<u>10,300</u>	<u>10,152</u>
TOTAL EXPENDITURE	3	<u>1,530,692</u>	<u>79,954</u>	<u>1,610,646</u>	<u>1,620,378</u>
NET INCOME FOR THE YEAR		80,394	9,219	89,613	49,648
Transfers between funds		9,219	(9,219)	-	-
Unrealised surplus on investment assets		<u>3,405</u>	<u>-</u>	<u>3,405</u>	<u>-</u>
NET MOVEMENT IN FUNDS		93,018	-	93,018	49,648
Total funds at 1 April 2018		<u>483,727</u>	<u>17,500</u>	<u>501,227</u>	<u>451,579</u>
TOTAL FUNDS AT 31 MARCH 2019		<u><u>576,745</u></u>	<u><u>17,500</u></u>	<u><u>594,245</u></u>	<u><u>501,227</u></u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derives from continuing activities. Detailed comparative data for 2018 is included in Note 17.

Circles Network

Statement of Financial Position As at 31st March 2019

	Note	2019 £	2018 £
FIXED ASSETS			
Tangible assets	7	50,532	51,390
CURRENT ASSETS			
Debtors and prepayments	8	128,873	186,419
Investments	9	240,181	236,748
Cash at bank and in hand		300,697	164,866
		<u>669,751</u>	<u>588,033</u>
CURRENT LIABILITIES			
Creditors: amounts falling due within 1 year	10	(126,038)	(138,196)
NET CURRENT ASSETS		<u>543,713</u>	<u>449,837</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>594,245</u>	<u>501,227</u>
UNRESTRICTED FUNDS			
General funds	13	435,289	342,271
Designated funds	13	141,456	141,456
RESTRICTED FUNDS	13	<u>17,500</u>	<u>17,500</u>
TOTAL FUNDS	13	<u>594,245</u>	<u>501,227</u>

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies. The notes at pages 68 to 78 form part of these accounts.

Approved and authorised for issue by the Trustees on **22** January 2020 and signed on their behalf by:

Jim Inglis
Jim Inglis
Chairman

Circles Network

Statement of Cash Flows For the year ended 31st March 2019

	Note	£	2019 £	£	2018 £
Cash flows from operating activities:					
Net cash generated by operating activities	A		159,656		27,136
Cash flows from investing activities:					
Purchase of property, plant & equipment		(23,825)		(27,175)	
Net cash used in investing activities			(23,825)		(27,175)
Cash flows from financing activities:					
Repayments of borrowing		-		-	
Cash inflows from new borrowing		-		-	
Net cash generated by financing activities			-		-
Increase/(decrease) in cash and cash equivalents in the year			135,831		(39)
Cash and cash equivalents at the beginning of the year			164,866		164,905
Cash and cash equivalents at the end of the year			300,697		164,866

A Reconciliation of Net Movement in Funds to Net Cash Flow from Operating Activities

	2019 £	2018 £
Net movement in funds	93,018	49,648
Adjustments:		
Depreciation charge	23,510	14,467
Decrease / (increase) in debtors	57,546	(53,205)
(Decrease) / increase in creditors	(12,158)	19,898
Unrealised surplus on investments	(3,405)	(3,672)
Fixed asset disposals	1,145	-
	159,656	27,136

Circles Network

Notes to the Financial Statements For the Year Ended 31st March 2019

1 Accounting Policies

The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the charity's financial statements:

Basis of Preparation

The financial statements have been prepared in accordance with 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) – (Charities SORP (FRS102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland and the Companies Act 2006.

Circles Network meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Income Recognition

All income from grants, donations and other sources is included in the Statement of Financial Activities in the year in which it is receivable. The value of services provided by volunteers has not been included.

Expenditure

Expenditure is recognised in the year in which they are incurred. Expenditure includes any attributable Value Added Tax which cannot be recovered.

Certain expenditure is directly attributable to specific activities and has been included in those cost categories. Certain other costs, which are attributable to more than one activity, are apportioned across cost categories on the basis of an estimate of the proportion of time spent by staff on those activities.

Fixed Assets

Fixed assets costing more than £750 have been capitalised and included in the statement of financial position and are stated at cost less depreciation.

Depreciation

Depreciation is charged on a straight line basis over the expected useful economic lives of the assets as follows:

Office equipment	5 years
Furniture & fittings	3 years
Motor vehicles	4 years

The useful economic lives of the assets are reviewed annually.

Circles Network

Notes to the Financial Statements For the Year Ended 31st March 2019

Operating Leases

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are charged to the Statement of Financial Activities on a straight-line basis over the lease term.

Investments

Investments are held as current assets and are included in the balance sheet at market prices ruling at the balance sheet date. Any increase or decrease in the value of investments is included in the Statement of Financial Activities.

Pensions

For the vast majority of employees, the charity operates a defined contribution pension scheme. Contributions payable for the year are included in the Statement of Financial Activities.

Restricted and Designated Funds

General Funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the objectives of the charity and which have not been designated for any other purpose. Designated funds are general funds which have been set aside for a specific purpose. Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes.

Financial instruments

Basic financial instruments are initially recognised at transaction value and subsequently measured at amortised cost with the exception of investments, cash at bank and in hand, and short term deposits which are held at fair value. Financial assets held at amortised cost comprise trade and other debtors. A specific provision is made for debts for which recoverability is in doubt. Cash at bank and in hand is defined as all cash held in instant access bank accounts and used as working capital. Financial liabilities held at amortised cost comprise all creditors except social security and other taxes, accruals, and provisions.

Critical accounting judgements and key sources of estimation uncertainty

In the application of the accounting policies, Trustees are required to make judgement, estimates and assumptions about the carrying value of assets and liabilities that are not readily apparent from other sources. The estimates and underlying assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates. The estimates and underlying assumptions are reviewed on an on-going basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period or in the period of the revision and future periods if the revision affected current and future periods.

The areas where these judgements and estimates have been made include the following for the charity:

a) Depreciation and residual values

The Trustees have reviewed the asset lives and associated residual values of all tangible fixed asset classes, and have concluded that the asset lives and residual values are appropriate.

Circles Network

Notes to the Financial Statements For the Year Ended 31st March 2019

2. Income

	Unrestricted funds 2019 £	Restricted funds 2019 £	Total 2019 £	Total 2018 £
Training and consultancy	-	-	-	-
Advocacy	1,023,104	-	1,023,104	1,002,373
Circles of support	-	10,629	10,629	12,403
Community support	465,802	-	465,802	454,892
Support for children & families	110,877	78,544	189,421	180,484
Central services	11,303	-	11,303	19,874
	<u>1,611,086</u>	<u>89,173</u>	<u>1,700,259</u>	<u>1,670,026</u>

3. Total expenditure

	Salary costs 2019 £	Depreci- ation 2019 £	Other 2019 £	Total 2019 £	Total 2018 £
Charitable expenditure	1,200,466	23,510	376,370	1,600,346	1,610,226
Costs of raising funds (Note 4)	-	-	10,300	10,300	10,152
Total	<u>1,200,466</u>	<u>23,510</u>	<u>386,670</u>	<u>1,610,646</u>	<u>1,620,378</u>

Circles Network

Notes to the Financial Statements For the Year Ended 31st March 2019

4. Net income for the year

This is stated after charging:	2019 £	2018 £
External audit fees	10,300	10,152
Depreciation	23,510	14,467
Operating lease expenditure	103,248	108,400

5. Employee information

	2019 £	2018 £
Salaries and wages	1,109,837	1,140,036
Social security costs	66,262	61,164
Total salary costs	1,176,099	1,201,200
Pension costs	24,368	18,913
Total	1,200,467	1,220,113

Included within the staff costs above are termination payments amounting to £8,219 (2018 £NIL).

The number of employees whose emoluments (including pension contributions) as defined for taxation purposes amounted to over £60,000 in the year was as follows:

	2019 Number	2018 Number
Salary Range		
£60,001 - £70,000	-	1
£70,001 - £80,000	1	-

In respect of the employee with emoluments in the above range, contributions of £13,471 (2018: £13,471) were made to the defined contribution pension scheme.

The average number of employees during the year (full time and part time) was 94 (2018: 97).

Circles Network

Notes to the Financial Statements For the Year Ended 31st March 2019

6. Trustees

	2019 £	2018 £
Trustee and Board expenses	-	-

The Trustees received no remuneration during the year (2018: £Nil). There were no Trustee expenses paid during the year for travel to meetings (2018: £Nil).

7. Tangible fixed assets

	Office equipment £	Furniture & fittings £	Motor vehicles £	Total £
COST				
At 1 April 2018	90,534	5,289	92,659	188,482
Additions	4,293	6,815	12,716	23,825
Disposals	(1,669)	(1,525)	(10,192)	(13,386)
At 31 March 2019	93,158	10,579	95,184	198,921
DEPRECIATION				
At 1 April 2018	75,434	4,648	57,010	137,092
Charge for the year	6,525	2,592	14,392	23,510
Disposals	(1,669)	(1,525)	(9,019)	(12,214)
At 31 March 2019	80,290	5,715	62,383	148,388
NET BOOK VALUES				
At 31 March 2018	15,100	641	35,649	51,390
At 31 March 2019	12,868	4,864	32,801	50,532

Circles Network

Notes to the Financial Statements For the Year Ended 31st March 2019

8. Debtors and prepayments

	2019 £	2018 £
Trade debtors	74,318	135,559
Prepayments	10,654	6,037
Other debtors and accrued income	43,901	44,823
Total debtors and prepayments	<u>128,873</u>	<u>186,419</u>

9. Investments

	2019 £	2018 £
Funds Network	<u>240,181</u>	<u>236,748</u>

10. Creditors: amounts falling due within one year

	2019 £	2018 £
Trade creditors	13,118	6,067
Taxation and social security	16,990	15,190
Accruals	89,333	103,729
Other creditors	6,598	13,210
Total creditors: amounts falling due within one year	<u>126,038</u>	<u>138,196</u>

11. Capital commitments and contingent liabilities

There are no capital commitments or contingent liabilities at 31st March 2019 (2018: £Nil).

Circles Network

Notes to the Financial Statements For the Year Ended 31st March 2019

12. Other financial commitments

At 31st March 2019 the charity had total minimum lease payments payable under non-cancellable leases as follows:

	2019		2018	
	Land & Buildings £	Other £	Land & Buildings £	Other £
Within 1 year	54,500	-	58,750	-
Within 2 to 5 years	-	-	10,000	-
	<u>54,500</u>	<u>-</u>	<u>68,750</u>	<u>-</u>

13. Movement in Funds

	Balance 1 April 2018 £	Income £	Expenditure £	Fund transfers £	Surplus on re- valuation £	Balance 31 March 2019 £
Unrestricted Funds						
<i>Designated Funds</i>						
Tangible assets	20,625	-	-	-	-	20,625
Capital equipment						
Renewal	10,000	-	-	-	-	10,000
Investment re-valuation	50,831	-	-	-	-	50,831
Buildings fund	60,000	-	-	-	-	60,000
	<u>141,456</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>141,456</u>
<i>General Fund</i>	<u>342,271</u>	<u>1,611,086</u>	<u>(1,530,692)</u>	<u>9,219</u>	<u>3,405</u>	<u>435,289</u>
Total Unrestricted Funds (including designated)	<u>483,727</u>	<u>1,611,086</u>	<u>(1,530,692)</u>	<u>9,219</u>	<u>3,405</u>	<u>576,745</u>

Circles Network

Notes to the Financial Statements For the Year Ended 31st March 2019

13. Movement in funds (Continued)

	Balance 1 April 2018 £	Income £	Expenditure £	Fund transfers £	Surplus on re- valuation £	Balance 31 March 2019 £
Restricted Funds						
<i>Saturday Circles Lewes</i>	-	10,629	(13,581)	2,952	-	-
Anglesey-FB Bailey Fund	5,000	-	-	-	-	5,000
Developmental Support						
Once Damaged	1,448	-	-	-	-	1,448
CARE Degree Course	11,052	-	-	-	-	11,052
Supporting Children & Families						
Phoenix Youth Club	-	34,683	(30,471)	(4,212)	-	-
Taking the Reins	-	41,257	(34,920)	(6,337)	-	-
Peterborough Peer Mentoring	-	2,604	(982)	(1,622)	-	-
Total Restricted Funds	17,500	89,173	(79,954)	(9,219)	-	17,500
Total Funds	501,227	1,700,259	(1,610,646)	-	3,405	594,245

Circles Network

Notes to the Financial Statements For the Year Ended 31st March 2019

14. Analysis of Net Assets Between Funds

	General funds £	Designated funds £	Restricted funds £	Total £
Fixed Assets	50,532	-	-	50,532
Investments	98,725	141,456	-	240,181
Cash at bank and in hand	283,197	-	17,500	300,697
Other net current assets	2,835	-	-	2,835
Total	<u>435,289</u>	<u>141,456</u>	<u>17,500</u>	<u>594,245</u>

Circles Network

Notes to the Financial Statements For the Year Ended 31st March 2019

15. Grants and Donations

The grants and donations for the year ended 31st March 2019 included funding from the following sources:

Awards for All Wales
BBC Children in Need- Midlands
Bruce Wakefield Trust
Buckles Solicitors Peterborough
Fife County Council
Greater Glasgow Health Board
Inverclyde Council
NHS Fife
NHS Grampian Network
Newport City Council
Phoenix School
Persimmon Homes
Peterborough City Council
Santander
South Ayrshire Council
Tesco
The Moray Council
The Scottish Government
Warwickshire County Council
West Sussex County Council
The Arts Council

16. Related Party Transactions

During the year the charity occupied premises belonging to the Chief Executive and paid rental expenses of £18,000 (2018: £18,000). At the year-end £Nil (2018: £Nil) remained outstanding. This rental is significantly below market rental and has been agreed with the Board of Trustees.

During the year, transactions amounting to £50 (2018: £4.2K (net debit)) were incurred on behalf of the Life Care Charitable Trust, a related party due to there being some common Trustees. This resulted in the overall position being a debtor of £144 (2018: £4.1k), which is included within other debtors.

Circles Network

Notes to the Financial Statements For the Year Ended 31st March 2019

17. Statement of Financial Activities (Incorporating an Income and Expenditure Account) for the Year Ended 31st March 2018

	Note	Unrestricted funds 2018 £	Restricted funds 2018 £	Total 2018 £	Total 2017 £
INCOME					
Donations and legacies		29,416	-	29,416	19,599
Investment Income		4,243	-	4,243	3,179
<i>Income from charitable Activities</i>		1,164,306	92,261	1,256,567	1,072,619
<i>Other income</i>		379,800	-	379,800	361,010
TOTAL INCOME	2	<u>1,577,765</u>	<u>92,261</u>	<u>1,670,026</u>	<u>1,456,407</u>
EXPENDITURE					
Charitable activities	3	1,528,752	81,474	1,610,226	1,402,276
Costs of raising funds	4	<u>10,152</u>	<u>-</u>	<u>10,152</u>	<u>10,458</u>
TOTAL EXPENDITURE	3	<u>1,538,904</u>	<u>81,474</u>	<u>1,620,378</u>	<u>1,412,734</u>
NET INCOME FOR THE YEAR		38,861	10,787	49,648	43,673
Transfers between funds		10,787	(10,787)	-	-
Unrealised surplus on investment assets		<u>-</u>	<u>-</u>	<u>-</u>	<u>13,349</u>
NET MOVEMENT IN FUNDS		<u>49,648</u>	<u>-</u>	<u>49,648</u>	<u>57,022</u>
Total funds at 1 April 2017		<u>434,079</u>	<u>17,500</u>	<u>451,579</u>	<u>394,557</u>
TOTAL FUNDS AT 31 MARCH 2018		<u>483,727</u>	<u>17,500</u>	<u>501,227</u>	<u>451,579</u>