

Penhaligon's Friends
Charitable Incorporated Organisation

Annual Report



2021-2022



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Trustees Report

The Trustees present their report and the financial statements for the year ended 31 March 2022. The comparative figures represent the period from registration as a Charitable Incorporated Organisation (CIO) on 4 May 2020 to 31 March 2021, during which time the assets of the unincorporated charity were transferred to the CIO.

CHAIR

Dr Jennifer Doble

TRUSTEES

The following were Trustees during the year:

Dr Jennifer Doble

William Phillips – Treasurer

Nigel Hyde

Nicky Sutton

Mike Bird

Dr Alison Stephens

Karen Reid – co-opted 26th January 2022

Charity Objectives and Structure

Organisational Structure

The charity trustees are responsible for the general control and management of the charity. The trustees give their time freely and receive no remuneration or other financial benefits. The trustees meet together approximately every two months and are responsible for all policy decisions and for the employment of the Charity's CEO; they take an active interest in the recruitment of other staff. Policies are reviewed regularly and, where necessary, are brought up to date when new legislation comes into being or in order to further the aims of the Charity. The charity is governed by its constitution dated 04/05/2020.

Recruitment and appointment of trustees

The existing trustees are responsible for the recruitment of new trustees but in so doing the trustees seek the recommendations of staff and volunteers and the wider community of Cornwall. In selecting new trustees, we seek to identify people who can bring their expertise, contacts and knowledge to the Board for the benefit of the aims of the Charity.

In addition to the trustees, representatives from other bodies having connections with child bereavement are invited to join the Board and attend meetings without voting rights as the need arises.

Following appointment, new trustees are introduced to their role and given copies of the CIO Constitution and a guide to Penhaligon's Friends' policies and procedures adopted by the Board. A number of publications from the Charity Commission are also provided including the guidance on charities and public benefit. This ensures that new trustees are aware of the scope of their responsibilities under the Charities Act.

Risk Management

The trustees have examined the major strategic risks to which the charity is exposed and are satisfied that systems are in place to minimise or mitigate these. The trustees will continue to review potential risks on a regular basis and will take further action to minimise or mitigate these risks as required.

Our Objectives

Our objectives are to provide support for bereaved children and their families in Cornwall and to provide training and education for other agencies working closely with these children to provide them with the tools they need to help them support children in the community. Each year our trustees review our objectives and activities to ensure they continue to reflect our aims. In carrying out this review the trustees have considered the Charity Commission's general guidance on public benefit.



Vision

Changing bereaved children's lives

Mission

To provide a supportive and educational environment where grieving children can share their experiences as they move through their healing process. To support family care givers, schools, professionals, and the wider community in responding to the needs of bereaved children and young people. To provide training in childhood loss and grief for family care givers, schools, professionals, and the wider community in Cornwall.

We will fulfil our mission by:

- Responding promptly to all requests for advice, information and support.
- Visiting families and children to explain about our bereavement support and offer them an opportunity to ask questions.
- Maintaining policies and standards of practice relating to our work with the children and the engagement of volunteers and employees.
- Offering training and support to all volunteers, care givers and professionals from other statutory and voluntary agencies.
- Monitoring and evaluating the service in order to shape service delivery and to provide evidence of monitoring to grant funders.
- Having due regard for the health, safety and wellbeing of children and volunteers.

Data Protection

There is a rigorous code of practice with regards to data protection and confidentiality. All records are confidential and are kept securely. This code of practice is reviewed regularly to ensure we are up to date with current legislation, including registration with the appropriate authority.

Use of Volunteers

Volunteers are an important resource in the work of the Charity. Volunteers are involved in the majority of our activities, and we have around 65 people regularly giving their time to support our activity.

DBS for Trustees and Volunteers

In recruiting trustees and volunteers Penhaligon's Friends ensures that it meets all the requirements of Cornwall's Safeguarding Board in relation to safe practice including appropriate use of the DBS.

How Our Activities Deliver Public Benefit

Many of our activities delivered throughout the year are of direct benefit to the public. Our charity supports bereaved children and young people up to the age of 18 years. We also help parents, carers, and professionals to give effective support, which includes thinking about support around terminal illness in the family. The person who died may have been ill for a while or died unexpectedly. We use a variety of practical and creative tools to help children and families share their thoughts and feelings and give them the opportunity to meet others. We are aware of the impact that bereavement can have on the normal development of children and young people and aim to offer services to reduce this and increase resilience.

Our activities recognise how children experience grief. We therefore include time to have fun and for creative activities as well as time to focus and work through more painful issues. We support the whole family using a child-focused approach.

The amount of time spent with the children and their families is obviously much less than that with others who have day to day contact with them, such as schools, doctors, social workers and so on. For that reason, we also offer training to professionals having contact with young people so that they can understand better the concerns and needs of bereaved children and young people.

Our range of services includes:

- **Telephone information and advice** on referral to the service, usually accompanied by leaflets, loan of books, resources etc. Ongoing support is available over the phone with welfare calls, and families are able to call back at any time.
- **Home visit** – A 'First Aid' visit if referred very close to the death to offer support and advice.
- **Family Visit** – To assess family's grief journey and family dynamics, explain our range of support. This helps determine the most suitable form of support for the family.
- **Memory Day** – Children, young people and their parents and carers attend a full day to remember the person who has died, to share feelings, to meet other children in similar situations, to reduce isolation and to improve communication within the family.
- **Teens Support Groups** - Giving teens a regular time and place to be able to meet up with others to take part in fun activities and have someone to talk to. Our groups adapted during the pandemic, but we have been able to start our monthly groups again this year in Camborne and Bodmin, meeting face-to-face.



- **Family Support Groups** – Giving parents a regular time and place to be able to come along and meet up, alongside activities for their children. Our monthly groups adapted during the pandemic, but we are about to start a face-to-face group again near Redruth with further groups planned for the coming year.
- **Individual Work** – A piece of work to explore more complex grief issues, this is carried out by trained volunteers typically within school environment following appropriate assessment of need.
- **School Support** – Support and advice for staff and students in schools and colleges following a death in their community.

Training

Level 1 Childhood Loss & Grief – A 3-day course in the theory of Childhood Loss & Grief.

- Suitable for all professionals who come into contact with bereaved children in the course of their work, volunteers and those wanting to gain understanding of how best to support bereaved children.

Level 2 Childhood Loss & Grief – A 4-day course in therapeutic skills and practical applications of theory.

- Building on the Part 1 course this enables participants to significantly enhance their knowledge, therapeutic skills and understanding in relation to their own work, or to become a volunteer with Penhaligon's Friends.

One Day Workshops – Bespoke training for groups to develop skills, confidence and increase resources when caring for bereaved children.

- Suitable for those who regularly come into contact with grieving children through their practice, i.e. Social Services, Health and Education workers, Counselling and Pastoral Services, Clergy, Funeral Directors.

Volunteer Training Programme – Our free one-day 'Get Started' Volunteer Training is a great introduction, giving an overview of our charity with an insight into volunteering roles and options for getting involved whether it be to fundraise and support community events or to help with our Family Services work. Once completed, this one-day training then gives the option to continue to a free two-day 'Get Going' Training which enables volunteers to help with family support, such as helping with Memory Days, Family Groups and Teens Groups. Volunteers can also access the Level 1 & 2 Childhood Loss and Grief training (above) as desired.

Chairman's Report

I am pleased to present our Annual Report for 2021/22. On the following pages you will be able to appreciate the ongoing support and developing work that our team contribute to our community here in Cornwall.

The uncertainties of the pandemic permeated the year, despite this Julie and the team continued to provide needed and appreciated bereavement services to children, families and schools. As a consequence, there was further recognition of the fantastic support the team provided by a number of funders, including national recognition leading to additional funds, a real bonus in difficult times.

The uncertain times also led a number of people to reflect on the direction they wished to take. We are saying farewell to Chantal who has been with us as a Volunteer Co-ordinator for a number of years, Rebecca from our Family Services team, and also some of our amazing volunteers. We wish them well and thank everyone for the contribution they have made over the years.

I thank my fellow Trustees for the support they have given and welcome Dr Alison Stephens to the Board. Alison is a Clinical Psychologist by background with extensive experience with children and young people.

The charity would not be as strong as it is without the hard work of the employed team, and I look forward to the coming year to see what innovative ideas they develop to ensure bereavement support is available and accessible to those in need of it in Cornwall

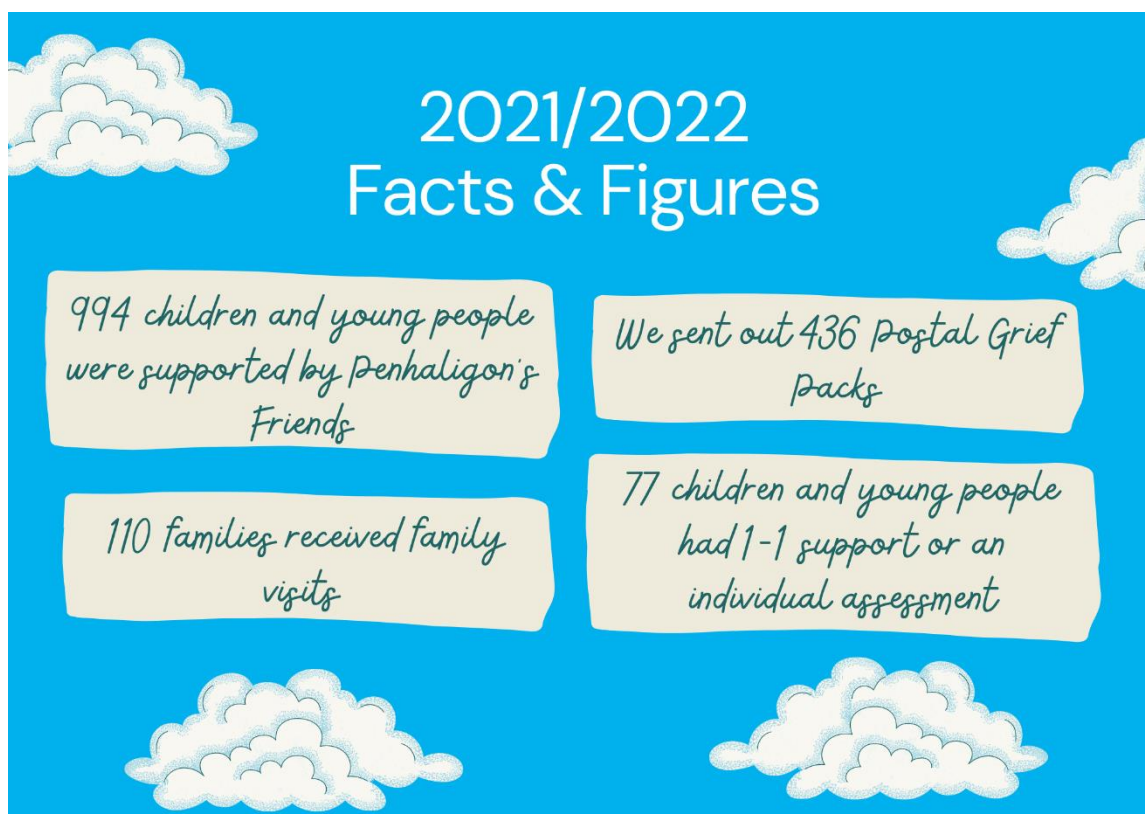
Dr Jenny Doble, Chair Penhaligon's Friends



CEO Report

We began this year following on from a period of lockdown again in schools. Our team have been working together from our office throughout the year which has been really important for us, the support we all get from each other is vital for our own wellbeing.

It has been another busy year and thanks to the income we have generated we have been able to keep developing and running our services in line with the complex and delayed need that has presented itself with some of the children we have been supporting. We have continued to be creative in our approach to enable us to meet the needs of children and families referred through this uncertain time.



Staff

We have seen changes in our team again this year and welcomed new staff – Abi Deakin and Jo Spear joined our Family Services Team after Becky Trenoweth moved on to her own private practice. Joining the team during this period has been a challenge, given the restrictions on our normal activities but we have managed inductions well and have a strong, and experienced staff team to take us into next year.

Sadly Chantal Worden-Evans, our Volunteer Coordinator, is moving away from the charity which has given the opportunity for an internal change, and Ali Vigo is stepping into her shoes. Chantal has supported our volunteers, new and existing, over the last 8 years and we will all miss her presence. Every change in staff is unsettling for us, the support and camaraderie within our team

is significant to us all and is an important dynamic in the office making Penhaligon's Friends such a positive place to work.

I rely on all of our team and am so grateful for all of their dedication and innovation throughout these uncertain times. The charity's reputation is down to each and every one of them, volunteers too, and I never take that for granted.

Volunteers

We have been really pleased to be able to welcome back many of our volunteers as we have widened our support services again. Our numbers of active volunteers have decreased as people have evaluated their capacity and personal preferences, but we still have a strong volunteer team. They have been able to engage in services appropriate to their availability and we are working with them to broaden our support again in the community.

Our Trustees have supported our work throughout the year and have remained available to me when I have needed them. I am very grateful for their trust and support allowing me to make timely decisions and adapt as necessary.

Our success and achievement are a credit to this wide team of experienced and generous people. I am so grateful for all of the support and kindness they offer to our charity and the children, young people and their families that benefit from engaging with us.

Grants and Donations

Our largest funders this year have been the NHS and BBC Children in Need, they both fund specific areas of support and provide a consistency that enables us to plan ahead. Funding of 2 years or more offers us stability and sustainability and is so important for our organisation.



We have also been able to access funding from Coop, Cornwall Council, Cornwall Community Foundation, Postcode Community Trust and GMSN (Global Make Some Noise).

We were very grateful to John and Jenny Casson, and The John Casson Foundation, for organising and hosting a very special event, 'An evening with Stanley Johnson' at The Idle Rocks in November. It was a unique evening, with some very generous auction items, enabling Penhaligon's Friends and other charities to benefit. This event raised £5790 for us alone! It was a significant achievement to bring this together given the impact of the pandemic and demonstrated the dedication of John and Jenny in enabling such a successful event.

The charity's income continues to be achieved through a variety of sources - grants, donations, contracts, fundraising, corporate support, training, and sales. This range of funding puts us in a strong position moving forward, and we continue to look for new opportunities to secure our future.

Julie Parker, CEO



Family Services Report

It has been a mixed 12 months. We started the year with a further lockdown and disappointment that we weren't able to go ahead with the memory day we had planned for July 2021. However, this quickly turned around and we are now busier and have a much richer offer of support than we have had for the last 2 years. The numbers of children, young people and families that we are supporting has increased significantly. We have been able to offer a flexible and responsive service to meet the individual needs of bereaved children and families providing a combination of in-person and virtual support depending on what is most accessible for them.

The Family Services Team has seen a number of changes which everyone has fully embraced. We said our goodbyes to Rebecca Trenoweth in September as she moved onto new opportunities and welcomed Jo Spear and Abi Deakin as Family Services Support Workers shortly after. They joined Jo Coombes, Polly Langford and Anna Pemberton and the dedicated team of volunteers. In January 2022, Polly stepped up to the position of Family Services Lead job sharing with Anna, both working 3 days a week. The team have a diverse range of skills, knowledge and experience including counselling, nursing, social work, teaching, and youth work in addition to specialist knowledge in bereavement and working with children and young people.

There has been a significant increase in the numbers of referrals, including re-referrals, since last year. Whilst we feel this is not necessarily directly related to the pandemic, it is possibly a reflection of people feeling more in need of some additional support and more able to access services. Families and professionals are certainly reporting the negative impact of the pandemic on children's experience of bereavement and grief. The common themes identified in last year's report during the pandemic have continued and more young people are being referred with indicators of traumatic or complicated grief. Anecdotal information would suggest that this is in part at least due to complications resulting from the pandemic, such as increased levels of anxiety generally for children and adults, limited opportunities to say goodbye to loved ones, limited access to the social support and increased sense of isolation, multiple losses, and transitions. Requests for family visits and one to one bereavement support have been steadily increasing since the start of the academic year.

994 children and young people were supported by Penhaligon's Friends in 2021/22.

We worked with 64 families bereaved by suicide.



Support offered by Penhaligon's Friends Family Services Team over the last 12 months:

- Telephone, virtual and in person support and advice to families and professionals.
- Postal packs for bereaved children and young people who have been referred and supported by Penhaligon's Friends.
- Family visits in the office, schools, or local family hubs with the option of virtually if needed.
- Teens group program for secondary school aged young people, which moved from virtual to in-person in September 2021.
- Family group for primary aged children and their parent/carer, which moved from virtual to in person in September 2021.
- Individual grief focussed support sessions for young people in person.
- Virtual coffee mornings for parents / carers until August 2021.
- Memory days.
- Support and advice to schools following a bereavement or critical incident, including in person support where appropriate.
- Training for a wide range of professionals supporting bereaved children and young people both online and in person.

Family Services Staff have continued to be available on the office number and via email Monday-Friday 9am - 5pm to answer any queries and provide families and professionals with general support and advice in a timely way.

“

Thank you, the support has been really good for the girls and they are both having support still in school for their bereavement and other issues. Thank you again.

(Parent)

”

“

Thank you. Your time, knowledge and kind words were much appreciated.

(Parent)

”



What Services Penhaligon's Friends Offer and Why

Families and professionals are encouraged to contact Penhaligon's Friends at any stage following a child or young person's bereavement if they would like some support or advice. It is never seen as too soon after a bereavement or too late. In these early days we provide practical and emotional support to the trusted adults (parent /carer or professional) in the children and young person's life. This might include information, support and advice around how to break the news, communicating and talking to them about death and dying, how someone has died, how they can be involved in funerals and other rituals, understanding children's reactions and how to respond, how to support them to express their feelings and information about services to support the adults.

At Penhaligon's Friends we understand that every bereaved child, young person and family's experience and journey is unique. We aim to take time to really listen and notice what is going on for them so that we can work out together what might be helpful for each individual and family. This is informed by Penhaligon's Friends 25+ years' experience of supporting bereaved children and families and what they have told us helps, as well as current practice research such as that summarised by David Trickey (Consultant Clinical Psychologist at the Anna Freud Centre and Co-director of the UK Trauma Council).

We can't and don't try to take away the pain of the loss, but we do aim to reduce and minimise the negative impact of bereavement and grief. We know this is essential, as in addition to the research on why some bereaved children and young people struggle to adjust to bereavement, there

“
Support was available to my son according to his needs. Very person focused. Respectful and helpful staff at all times.
(Parent)
 ”

is also research and practice guidance which highlights their increased risk of suicide and vulnerability to other safeguarding issues and particularly for those bereaved by suicide. We are currently commissioned by the Cornwall CCG to deliver postvention support to children and young people bereaved by suicide.

Below is an explanation of what we provide and why, based on this information. First and foremost, we do this by supporting and strengthening the child or young person's existing support network. This is to enable them to give their children and young people age and developmentally appropriate information about what has and is happening, to begin to make meaning of what has happened and ask questions; have permission to express emotions and to normalise different emotions and reactions and create opportunities to say goodbye whilst also developing a continuing bond. Where appropriate, families are offered regular welfare calls providing ongoing bereavement support and advice for as long as they feel is needed.

We provide opportunities for families to be supported together, to strengthen relationships and communication about what has and is happening following a bereavement. We do this through



family visits and family group sessions for primary school age children. Our memory days, family and teens groups are offered in recognition of the value for bereaved children, young people and parents / carers to have the opportunity to meet others who may have had similar experiences. For those children and young people who are having difficulties with their grieving process, or if it has been complicated or compromised in some way, we also offer one-to-one bereavement focussed support, usually for up to 6-8 sessions.

Finally, we work closely with a wide range of other professionals and organisations at an individual and strategic level to develop services that work collaboratively to understand and meet the needs of bereaved children and young people and those with complex needs.

Information and Resources

436 Postal packs were sent to children and young people.

Postal packs were developed in 2020 during the first lockdown and have continued to be sent out to bereaved children and young people referred to Penhaligon's Friends, where appropriate. They include a selection of resources and information to support the young person in their grief such as: a young people's leaflet on grief, ways of remembering the person who has died, ideas for managing difficult feelings and some items to support emotional regulation and provide comfort. The packs continue to be well received and are often talked about in follow up telephone calls or visits.



All families referred to Penhaligon's Friends are also sent a welcome pack with information regarding the charity, details about confidentiality and data protection as well as a booklet with details of a wide range of support services for children, young people and adults.

“
The children absolutely loved the worry dolls - they go to bed with them every night.
 (Parent)
 ”

During our contact with families, we often send out additional resources and information depending on the need identified. The team are always updating and developing a range of different handouts for parents / carers and young people and sourcing new books on bereavement for different ages and stages. A recent addition to the handouts is the guidance for parents / carers on creating a personalised 'calm box' with their children and young people which can be a helpful activity for children who may need a little extra help regulating emotions or relaxing before sleep.



We have also received donations of matching pairs of fabric hearts which have been extremely well received, particularly when children are experiencing separation anxiety.

“
Thank you so much for the fabric hearts. X keeps his with him and often checks that I've got mine. They're so lovely and are helping so much.
(Parent)”

“
The book you sent out has been unbelievably helpful. I know The Invisible String is a book for children, but it has massively helped me as well as my son.
(Parent)”

Support to Parents and Carers

681 families were supported by Penhaligon's Friends this year.

Support to parents and carers will always include initial email, text and / or telephone contact depending on their preference. Follow up contact may be brief, or it might continue over a number of years. Parents and carers also know that they have the option of contacting the service again in the future if needed up until their child is 18.

In addition to telephone support, family visits, family groups and memory days which all involve support to parents and carers we are looking at the potential to develop a parenting programme based on SPACE (supporting parents and children emotionally) training which 2 of the Family services staff trained in this year.

“
From first phone call I felt the staff members were very sympathetic and caring. I really needed advice about my son attending the funeral, we spoke it through together and it really helped with my decision, which I believe was the right choice in the end.
(Parent)”



Support to Schools and Education Settings

Schools and Education settings regularly contact the Family Services Team for advice and guidance around supporting bereaved children and young people in their community. We are always happy to offer suggestions, share resources and also sign post to other services where appropriate. We also liaise with schools regarding individual children and young people with the consent of their parent / carer to support the understanding of the impact of bereavement and the support the children and young people receive.

“

The difference your input has made is massive. We thought we had explained everything to the children and that they understood, but we were wrong. We will be forever grateful, thank you.

(Parent)

”

21 Schools and Education settings were supported following a bereavement or critical incident. Staff and Students at 6 Schools were supported in person.

We continue to be contacted by schools and settings for support, advice and guidance following the death of a student, member of staff or parent which has impacted the wider community. We have worked closely with the setting's senior leadership and pastoral teams, the Local Authority School Effectiveness Service Manager and Education Psychology service to ensure a co-ordinated response to the school and community. Often, this is support provided over the telephone, however, we have provided in-person support to staff and students at 6 schools over the last year following the sudden death of students. This involved our presence in the school setting for a half or full day and on 2 occasions for multiple days.

Training for Education staff has included:

- Further specialist training and ongoing support sessions have been provided for those education staff who previously attended the school bereavement champion training in 2020, to support their work with bereaved children and young people.
- Bereavement training funded by and for Early Years settings 3 times a year co-delivered with Emily Wade (Senior SenCo for the Early Years Inclusion Service).

- Bereavement and Critical Incident Training funded by and for the Schools Effectiveness and Education Psychology Teams co-delivered with Sally Penna-Bray (Senior Education Psychologist).



Our annual 'Remember Me' training event for schools and settings dealing with childhood loss, bereavement and critical incidents was postponed from 2021 and is now planned and fully booked for May 2022.

We have updated our guidance documents for schools and settings responding to bereavement by suspected suicide. Links to this and Penhaligon's Friends 'Remember Me' guidance are now part of schools annual safeguarding review documentation to support schools in developing bereavement and critical incident policies.

We continue to remain part of a countywide Bereavement & Critical Incident Core group, made up of representatives from the Schools Effectiveness Service, Education Psychology, Education Safeguarding, Children's Social Care, CAMHS, Early Help Hub, and other key services, meeting a minimum of termly. We have also supported the integration of this with the suicide surveillance group, focussing on suicide prevention and postvention.

We have been working alongside Macmillan and Shortlanesend Primary School to help develop Cancer Support Boxes for children in school affected by cancer. These should be available for all schools in the Aspire Academy Trust in Cornwall to access from September 2022 and will contain resources for staff, children, and parents to use.

We also have a termly newsletter specifically for education settings providing up to date information and resources on support bereaved children and young people.

Family Visits

110 families received Family Visits in 2021/22.



We began to see a rise in requests for family visits from about June 2021 and this has steadily continued to increase. There has been some wonderful use of different spaces and generosity in the community – family visits at schools, in gardens and community buildings.

We couldn't meet this need without our committed team of experienced and skilled volunteers. Despite the pandemic we were able to retain the majority of volunteers, adapting our service and their level of involvement so that everyone felt as safe as possible. We were also very fortunate to have been able to recruit new volunteers during this time and have provided further family visit and refresher training to make sure everyone feels confident in their role. We also support our family visit trained volunteers with monthly supervision sessions where they can share practice experience, key themes and ideas for service development and training.



Memory Days

2 Memory Days took place in 2021/22.

We have now successfully held 2 memory days since the start the pandemic, after having to cancel the one planned for July 2021. We took steps to reduce the amount of physical contact on



the day by making up lunch bags and providing individually wrapped items. The days have also been smaller than they would have been pre-pandemic, however everyone that wanted to attend was able to. Our first memory day was held in November 2021 and the second in March 2022.

Families who attend often tell us that they are surprised at how much they felt able to share and that although it's an emotionally demanding day there is also a lot of fun and the opportunity to make connections with others.

Lots of lovely feedback was provided by the families who attended and some of the things that people told us they found helpful were:



Our Memory Days wouldn't be able to happen without our team of volunteers, both new and those who have been with Penhaligon's Friends for many years. We are also grateful for the continuing use of Truro Prep School who, at a reduced cost, allow us to use their wonderful buildings and beautiful grounds, which provide the space and a safe, calm environment which is crucial for the day. We have also had other local businesses supporting the day. We were very fortunate to be able to give families and helpers some beautiful daffodils as a small thanks for their part in the day which were kindly donated by Crouch's of Roscarnick Farm.

The next Memory Day is booked for July 2022 and going forwards we plan to arrange 3 per year in March, July and November.

One to One Work

77 children and young people received individual support and/ or assessments in 2021/22.

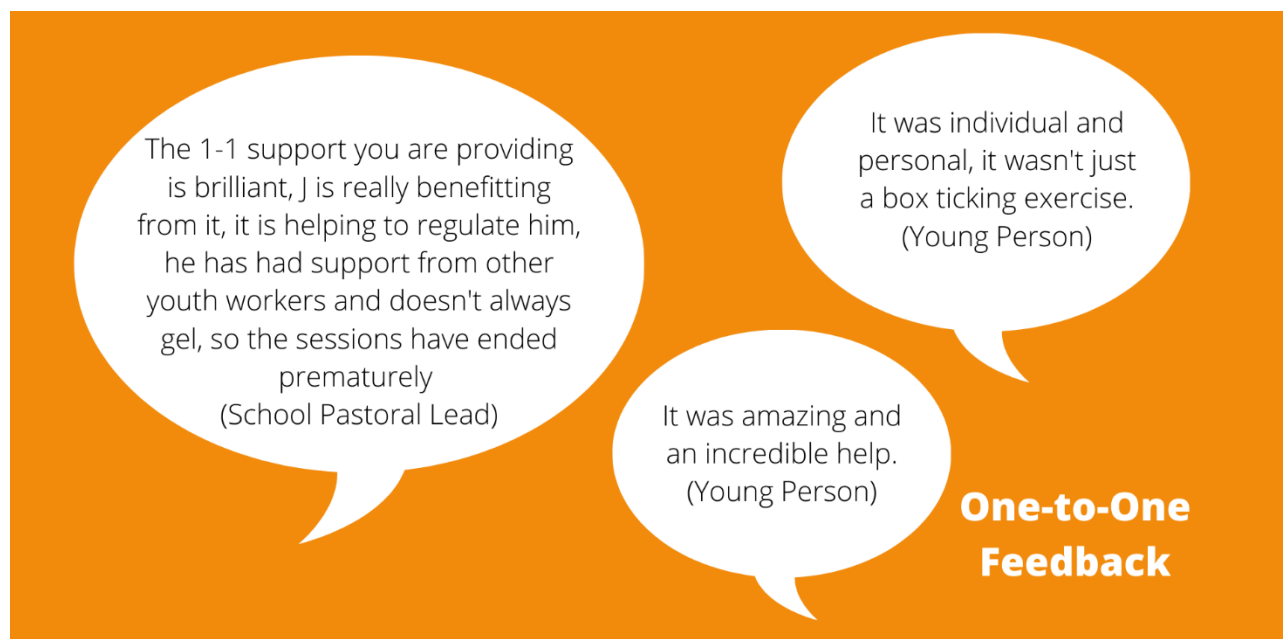
As with other aspects of our support we have also seen an increase in need for one-to-one bereavement focussed support for young people, particularly since January 2022. This has usually



been when their bereavement or grief has been traumatic, complicated, or delayed in some way and it is felt that they may benefit from some support outside of their usual support network.

An individual assessment would always be undertaken first to determine the need and appropriateness of one-to-one bereavement focussed support. Young people need to feel safe and supported to be able to benefit from these sessions and sometimes we may suggest that other supports are put in place first or alongside the bereavement support. For example, if there are significant needs around their mental health, safety or their family's circumstances. We work closely with the parent / carer and professionals around the young person to ensure appropriate supports are identified. Where individual bereavement support sessions are agreed, the sessions are structured and bespoke to the individual needs of the young person, with the aim of helping them to process their grief and maintain a continuing bond with the person who has died. The sessions may include exploring difficult feelings associated with the bereavement, things they haven't fully understood or have questions about or are worrying them, creating opportunities to remember or say goodbye, building and strengthening healthy coping strategies and a sense of hope for the future.

Once individual sessions begin, the one-to-one trained volunteers engage in a minimum of monthly group supervision via Zoom or face to face to support the work. We were extremely fortunate to have recruited and trained a new group of volunteers to begin one-to-one working in September which has helped us respond to the need.



Family Groups

3 (1 virtual and 2 in person) 5-week structured programmes were delivered.

The Family Group 5-week programme that was established in lockdown has continued to be delivered. Initially this continued online while restrictions remained and then moved to in person in September 2021, firstly at the Revive Café in Camborne and then at St Paul's Family Hub in Truro.

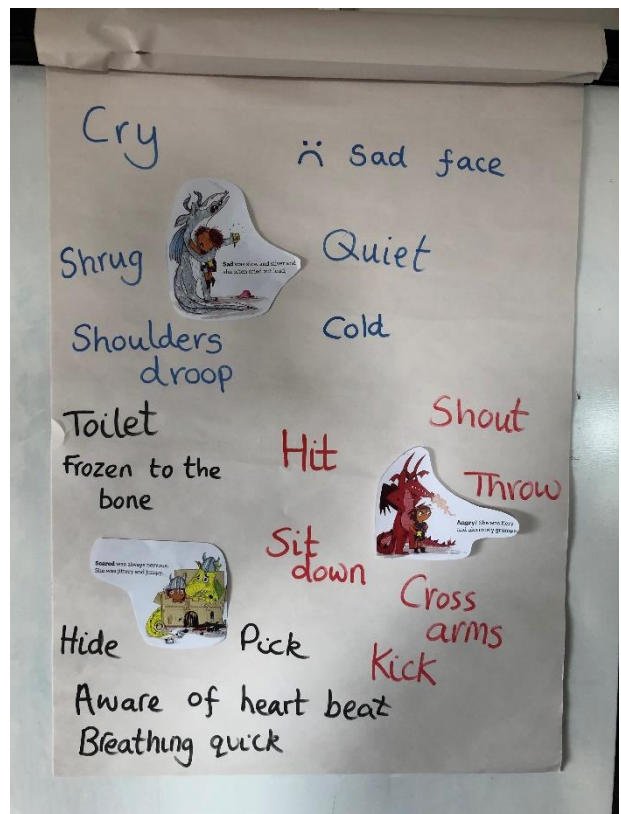


One of the activities families did together was 'Pieces of grief'. The activity involved breaking and rebuilding a clay pot to demonstrate that it is possible to rebuild some of the pieces of our life that feel broken after a bereavement, although it may look different to how it looked before.

We also recently discovered a book called 'Daisy's Dragons' and used it as an activity at Family Group to explore feelings with children. It's aimed at primary aged children and is a lovely way of helping children think about the different feelings they have and acknowledging that all feelings are normal and have a place.

“
The Family Groups in lockdown were emotionally hard but they worked, the children now understand and have ways in which they deal with both gran and gramps death.
 (Parent) ”

Whilst the families who attended the groups provided very positive feedback, we have decided to move to a new format for Family Groups going forward. We will have monthly drop-in sessions running initially around Truro and then adding a second location by September, possibly in Bodmin/Liskeard. We hope that these will be more accessible for families, as there will be less of a wait to access a group and no need to commit to a certain number of sessions. The sessions will continue to offer therapeutic bereavement focussed activities for children and parents / carers to do together and will also be an opportunity for children and parents / carers to meet others with similar experiences.



Teens Groups

3 (1 virtual and 2 in person) 5-week structured programmes were delivered.

As with the Family Group, we continued to offer the structured 5-week programme for teens virtually until end of the summer term 2021 and then in person at the Revive Café in Camborne. We then began another group in Truro in the new year which unfortunately had to be cancelled due to a lack of uptake. The Camborne group enjoyed playing feelings skittles, making salt jars and thinking about self-care among other activities.



Again, whilst the feedback was positive, the numbers attending were low so we will be moving back to a monthly Teens Groups starting with 2 different areas to offer more flexibility. Jo Coombes and Jo Spear will be working with volunteers to plan the monthly Teens Groups which started in May 2022 one at the Bodmin Family Hub and one at the Revive Café in Camborne. Usually, the groups in Camborne will run on the second Monday of each month (6.30-8pm) and the fourth Monday of each month in Bodmin (6.30-8pm).

Family Fun and Teens Activities

It has been a great year for Penhaligon's Friends family fun days and teens activity days with a range of different events taking place and hopefully something for everyone. These started in Summer 2021 when restrictions lifted as people were feeling more confident about being out in groups.

A small group of teens had a wonderful day at Porthpean activity centre. The day started with kayaking out to the rocks, where a seal made an appearance! Some young people jumped in to have a quick go at snorkelling before jumping into the sea off the rocks. They then headed back to shore and onto the mega sup board as they bravely toured the waves with a little bit of cheeky turbulence provided by the instructor. Then it was back to dry land for a well-deserved break for lunch with scrumptious cakes kindly provided by a parent to re-energise them ready for an



afternoon of high ropes and archery. We even had one young person hit a bullseye! Throughout the day they brilliantly supported one another and thoroughly enjoyed each other's company. Apart from a brother and sister, none of them had met before. A lovely fun packed day full of smiles and laughter!




I enjoyed challenging myself with the different activities and atmosphere.
(15 year old)

Porthpean Activity Day

There were 2 family fun days over the summer giving parents / carers and their children a chance to meet the other families from the virtual groups face to face, have a bit of fun and chance to connect. The first day was circus skills with Swamp Circus and the second day was at the Lost Gardens of Heligan.

The Circus Skills Day with Swamp Circus was a great success. Children and families had so much fun that they carried on playing together in the local park afterwards.



As mum it was so, so lovely to see both L and R joining in with the activities and having fun. Seeing their confidence grow throughout the day through taking part and talking to others. It's been an amazing day and we have had a wonderful time. Thank you so much.
(Parent)

Circus Skills Day

I thought today was so fun, I loved it. My favourite thing was drawing and spinning the plates. I feel happy.
(6 year old)



At the Lost Gardens of Heligan, 5 families came to enjoy a free day exploring the beautiful gardens and a chance to meet and connect with other bereaved families. The weather was kind to us and many of the families stayed until the end of the day when the gardens were closing!

Christmas fun activities involved families going to watch the Cinderella pantomime at Hall for Cornwall and Teens went bowling.

Over the Easter holidays we have a Family Fun Day planned at Lappa Valley and an action-packed activity day for teens planned on Tuesday 12th April at BF Adventure. We hope this will be a springboard for a new teens group moving forward and plan to incorporate some group work into the day and gain ideas from young people about what they would like from a group.

Training and links with other professionals

The Family Services Team work closely with a wide range of other professionals and agencies providing information and advice around the needs of bereaved children and young people and also referring on to other services as appropriate. We make sure we have current information regarding other organisations and services available to support children and families including those in the voluntary sector. For example, we regularly refer families to Early Help for additional support and share information regarding crisis services and Young People Cornwall's drop-in Support Hubs for children and young people struggling with their emotional wellbeing, whilst continuing to support them as well.

We continue to develop our strategic links and are trying to establish regular risk management meetings with CAMHS and other emotional wellbeing providers. We met with Young People Cornwall and the CAMHS access team manager to begin this and hope to establish stronger connections with Early Help family support services. These relationships will help facilitate smoother transitions between services and a shared understanding of the needs of bereaved families.

We have a close working relationship and meet bimonthly with Outlook Southwest Suicide Liaison Service for adults and Public Health ensuring a coordinated response to support for those bereaved by suicide.

We continue to form part of the following strategic groups:

- Cornwall's Multi-Agency Suicide Prevention
- Real time Suicide Surveillance Groups.
- The Affected Others Focus Group looking at the needs of those affected by drug related deaths was developed this year which we have attended.
- the Bereavement and Critical Incident Core Group as detailed under support to schools.
- Schools and Communities Group

We attend monthly National Bereavement Alliance (NBA) network meetings, the South West Children's Bereavement Network, and Cornwall Bereavement Network to share practice and resources.

Training and webinars provided to other agencies and forums has included:



- A Facebook webinar on grief and loss as part of the Cornwall Parent and Young People Wellbeing series, organised by Headstart.
- Towards Zero Suicide: hope through action (postvention as prevention).
- Contribution to safeguarding lessons learned workshop. Mental Health & Suicidal Ideation: when safeguarding must be more than just 'working together'.
- GP Training.
- Child Nurse Training.

Family Services provide a rolling program of training for volunteers who support the family services work. This year training sessions have included: safeguarding level 2, family visits, individual assessments, refresher family visit and lead assessor training, one-to-one training.

As a team we have also accessed a wide range of training to refresh and update our skills and knowledge. Staff training has included Level 7 Advanced Certificate in Working in Childhood Bereavement, Applied Suicide Intervention Skills Training (ASIST), other suicide prevention webinars, Postvention Assisting Those Bereaved by Suicide (PABBS – the only evidence based suicide bereavement postvention training internationally), Safeguarding Train the Trainer, Working Therapeutically with Bereaved Children and Young People UK Trauma Council, Traumatic Bereavement Training, Supporting Parents and Children Emotionally (SPACE).

THANK YOU!

A huge thank you to our team of volunteers and staff who, with the help of all Penhaligon's Friends supporters and fundraisers, have supported 994 bereaved children and young people over the last 12 months.

They have all shown amazing commitment, generosity and care which has enabled Penhaligon's Friends to meet the increasing needs of bereaved children and families over the last year.



Volunteer Co-ordinator's Report

It has been another very different year for us all at Penhaligon's Friends, but we are thankful to have such an amazing team and volunteer family that we have adapted and created new ways of working to ensure we could continue to provide our support throughout Cornwall.

Our volunteers are the very heart of our charity, and as part of my role I am privileged to support our lovely volunteers from the initial stages of enquiries through to their training and induction in to the Penhaligon's Friends family. I really hope I can make their journey with us warm and welcoming from the very start and hope they feel connected and valued with the time and support they offer. My role continues to be diverse from the very initial contact from new interest in volunteering, through to recruiting, scheduling and organising the volunteer training programme and so on. I also work closely with Cornwall Council to manage DBS applications. Another aspect of my role involves working closely with the local community, businesses, schools, groups etc. coordinating fundraising events, talks and presentations and updating our social media feeds and profile. I hope to serve as one of the links between our charity and the local community, groups, individuals, volunteers, and businesses alike.

As I write this report, I am preparing to say my farewells as the time has come for me to say goodbye to everyone at the Penhaligon's Friends family as I embark on pastures new.

Thinking about what working with our lovely volunteers has meant to me over the years makes me really smile! I have had so many special moments and treasured memories over the years and working with them has been such an honour and privilege.

Our volunteers give their time and experience, warmth, and emotion freely and wholeheartedly. Spending time with young people, supporting in schools, travelling to groups, giving up their Saturdays after a busy week, making a family visit after work, going to talk to a community group in an evening. Spending time folding and splitting tombola tickets, propping up rainbow bears, decorating event tables with logo bugs and leaflets, jute bags and pens, reaching out to the community at fairs and events. Being there, sitting with a family, listening without judgement, always on hand with the tissues, a warm, friendly smile, ready to roll up their sleeves and get creative with paints, clay, glue, soil, glitter, feathers, buttons.... on hand to make a glass of squash or cup of tea, knowing when to break out the chocolate! Always ready to try something new and take on new challenges...

So here is a big thank you to our wonderful volunteers for being so amazing in every single way, I will miss them all lots.

Volunteering

Throughout the year we continued to have enquiries regarding volunteering despite the restrictions everyone faced due to the pandemic. Many wanted to get in touch as result of their own personal experiences or perhaps from having heard about us through schools and colleges, via Volunteer Cornwall, social media feeds and from their involvement in community groups and so on. Despite the challenges that this year held, we still managed to hold some 'Get Started' initial



volunteer training virtually on zoom. This one-day introductory training is usually held in community centres in different locations across Cornwall but due to the restrictions face to face training had to be postponed and so we adapted the training to be held on Zoom in two parts over two different dates. All who attended enjoyed the training and some continued to do the next stage of training which is the two day 'Get Going' training to enable them to support with family services.

We currently have 65 active volunteers who are actively supporting our work, contributing throughout the year and regularly giving their time.

THANK YOU to all our wonderful volunteers for their continued support and for being a part of the Penhaligon's Friends family it really does make all the difference. We feel so proud of each and every one of our lovely volunteers and we are honoured and privileged to have their help and support. Thank you!

Community Events and Talks

This year has been interrupted once again by the ongoing restrictions and uncertainty around the pandemic. Many community events that were due to take place had to be postponed or cancelled but some still managed to carry on with great community spirit and ingenuity and we would love to send a big thank you to everyone who did manage to hold an event for us and to those who are planning one.

We were able to host our AGM at The Penventon Hotel and celebrated our belated 25th anniversary along with many volunteers and supporters past and present. It was very special to be able to come together again after cancelling last year's plans and we are very grateful to the hotel for supporting and hosting this event for our charity.



We held our own Christmas Auction online with lots of wonderful local businesses, artists and supporters having donated amazing items that we could auction online and together raised over £6000.

An event called 'Peaky Climbers' organised by Charmaine George raised an amazing £6605 – their group completed the 3 Peaks Challenge in memory of Ewan George. Jayne, Colin and Joanna finally managed to complete the cycle ride they started before the pandemic – they completed Lands' End to John O'Groats, making so many useful and supportive contacts along the way, raising £4734!

We were honoured to be supported by a local family who published a beautiful story book in memory of their daughter, Poppy Gamble (Roberts). Poppy wrote her book when she was 12 years old, A Magical Journey, and the family have raised £2000 for our charity.



It was lovely to see Christmas events return after the lockdowns, Newquay Thursday Club held their Carols by Candlelight raising a huge £3725! And a much-awaited event hosted by The John Casson Foundation at The Idle Rocks – ‘An Evening with Stanley Johnson’ went ahead in November and raised £5790 for us with several other children’s charities benefitting too. The very brave Paula Hurrell celebrated her 50th Birthday by doing a tandem skydive, raising £600 for our charity.

We hope that each and every one who has supported us knows how grateful we are for your support, it really does mean everything to us, we have tried to include everyone at the end of our report, but apologies if we have overlooked anyone. We feel very lucky and privileged to have the support of our local Cornish Community.



Chantal Worden-Evans, Volunteer Coordinator



Treasurer's Report

This is the first year following Penhaligon's Friends' change of charitable status, where the organisation moved from being an unincorporated charity (charity registration number: 1053968) to become a Charitable Incorporated Association (CIO) (charity registration number: 1189323), a more suitable governance structure for an organisation the size of Penhaligon's Friends. Therefore, in the short term, interested parties will have to view both registration numbers to view all the accounts of Penhaligon's Friends and to effect inter-year comparisons.

In writing this report, previous year comparisons are with the last year of the unincorporated charity.

Penhaligon's Friends has weathered the last few years well, incurring only relatively small deficits - £4,202 in 2021/22 and £6,501 the previous year, whilst being able to maintain services during this difficult period.

Over the last year we have seen a gradual return to normality in terms of how services are delivered and, in our ability, to generate income.

Overall, income increased from £217,741 in 2020/21 to £240,547 in the current year.

Grant income remained strong with the charity securing grant income of £149,406 compared to £145,575 in the previous year. Many of the grants received over the last two years were specific to support the charity during COVID which will not continue. However, the charity has been fortunate to receive a further 3-year BBC Children in Need grant and to secure 3-year teen project funding from Movement for Good. In addition, the charity has been allocated a further year of NHSE postvention funding.

Donations were up on the previous year, £84,781 compared with £70,180 in 2020/21 but remain lower than pre-pandemic levels.

The charity was able to restart its training programme during the year with income from courses totalling £6,028 being received compared to £1,617 in the previous year.

Despite inflationary pressures in the economy, interest rates continued to fall. Interest received fell from £298 in 2020/21 to £191 in 2021/22.

Income sources remain a mix of donations, grants and earned income. General Fund balances now total £150,747 equating to approximately 33 weeks of operational costs which is in line with our Reserves Policy which recommends an ideal range of 60 -70% of our annual costs. As a result of the broad mix of income sources the level of general funds should enable the charity to fulfil that objective.

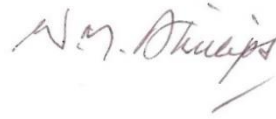
The charity holds no significant fixed assets.

Trade Debtors at the year-end totalled £5,305. There are no concerns on bad debts.



I would like to thank all the many funders, volunteers, and contributors for the support you have given Penhaligon's Friends over the year. Your support really does make a difference to the number of families we are able to help and the quality of services we are able to provide.

I would also like to thank Darren Perry from Francis Clark LLP for providing the Independent Examination pro bono.



Bill Phillips, Treasurer

The Annual Report was approved by the trustees of the charity on 13/9/2022 and signed on its behalf by:

Trustee 



Independent Examiner's Report to the Trustees

Penhaligon's Friends
For year ended 31 March 2022

Independent Examiner's Report to the Trustees of Penhaligon's Friends

I report to the trustees on my examination of the accounts of Penhaligon's Friends (the CIO) for the year ended 31 March 2022.

Responsibilities and basis of report

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

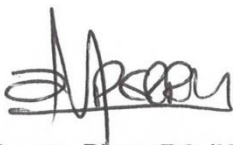
I report in respect of my examination of the CIO's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the CIO as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of the independent examination.

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



Darren Perry BA (Hons) ACA DChA
Independent Examiner
Francis Clark LLP
Lowin House
Tregolls Road
TRURO
TR1 2NA Date: 20/9/22

Financial Statements

Penhaligon's Friends
Registered Charity no. 1189323

Statement of Financial Activities
for the year ended 31 March 2022

	General		Restricted	Total	Period to 31 March 2021		
	£	£			£	Restricted	Total
Income and Endowments from:							
Transfer from Penhaligon's Friends unincorporated charity (registration number 1053968)					154,949		154,949
Donations & Fundraising	84,781	-		84,781			
Grants	-	149,406		149,406			
Training fees	6,028	-		6,028			
Booklets etc	141	-		141			
Bank interest	191	-		191			
Total Incoming Resources	91,141	149,406		240,547			
Expenditure on:							
Client/Members Direct Costs							
1 - to - 1	-	2,081		2,081			
Family Days	-	1,615		1,615			
Family Support	-	4,728		4,728			
Memory Days	-	1,302		1,302			
Family Group	-	116		116			
Teens Group	-	1,295		1,295			
Training Days	1,262	114		1,376			
Volunteers Training	40	488		528			
Library	147	2,148		2,295			
Fundraising Costs	1,012	367		1,379			
Governance Expenses	332	533		865			
Cornwall Bereavement Network	-	2,877		2,877			
Bank Charges	243	-		243			
Insurance	1,793	-		1,793			
Office Costs							
Cleaning	2,327	-		2,327			
Computer software & support	2,688	6,632		9,320			
Furniture & equipment	-	50		50			
Heat, light & power	1,993	-		1,993			
Printing & stationery	2,104	336		2,440			
Postage	-	2,654		2,654			
Telephone	-	2,944		2,944			
Supplies	832	334		1,166			
Rent, Rates & Property Maintenance	15,089	-		15,089			
Staff Costs	64,878	118,790		183,668			
Depreciation	1,007	-		1,007			
Total Resources Expended	95,747	149,406		245,154			
Gain on revaluation of investments	405	-		405			-
Net Income/expenditure	- 4,202	-		- 4,202	154,949	-	154,949
Transfer between funds	-	-		-	-	-	-
Net movement in funds	- 4,202	-		- 4,202	154,949	-	154,949
Opening Balance 1st April 2021	154,949	-		154,949	-	-	-
Closing Balance 31st March 2022	150,747	-		150,747	154,949	-	154,949

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derives from continuing activities.

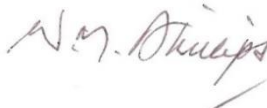
Penhaligon's Friends
Registered Charity No. 1189323

Balance Sheet
as at 31st March 2022

	General Fund £	Restricted Funds £	Total Funds £	Total Funds as at 31 March 2021 £
Fixed Assets				
Computers				
Cost -	1,007			
Depreciation	- 1,007	-	-	1,007
Investments	5,678	-	5,678	6,529
Current Assets				
Cash at Bank & In Hand	149,255	58,410	207,665	169,689
Debtors	5,305		5,305	887
Prepayments	723		723	668
Stock	-	-	-	-
Total Current Assets	155,283	58,410	213,693	171,244
Less: Creditors	10,214	58,410	68,624	23,831
Net Current Assets	145,069	-	145,069	147,413
Total Assets	150,747	-	150,747	154,949
Represented by:				
General Funds	150,747	-	150,747	154,949
	<u>150,747</u>	<u>-</u>	<u>150,747</u>	<u>154,949</u>

The Annual Report was approved by the trustees of the charity on 13/9/2022 and signed on its behalf by:

Chair 

Trustee 



Penhaligon's Friends
Registered Charity No. 1189323

Notes to the accounts
for the year ended 31st March 2022

Note 1 Accounting policies

- a** The financial statements have been prepared under the historical cost convention and are in accordance with applicable standards and comply with the requirements of the Charities: Statement of Recommended Practice (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Penhaligon's Friends meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

There are no material departures from FRS 102.

- b** Income is accounted for on an accruals basis, except for voluntary donations which are taken to income when received. Income from government and other grants is recognised when the charity has entitlement to the funds and performance conditions are met, it is probable that income will be received and the amount can be measured reliably and is not deferred. Grant income received in advance for future periods is deferred until the criteria for income recognition is met.
- c** All resources expended are included in the Statement of Financial Activities gross of any income. The resources expended are recognised in the Accounts as soon as the obligation arises. Any amounts unpaid at the financial year-end are accrued for.
- d** Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement is required and the amount of the obligation can be measured reliably.
- e** Tangible assets are stated at cost and depreciated by annual instalments over their useful working lives as follows:-

Computers/printers	3 years
Furniture	3 years
Projector/display boards	3 years

Depreciation is levied for a full year in the year of acquisition but not made in the year of disposal.

- f** Restricted funds are created when grants/donations are made either for a particular area or purpose, the use of which is restricted to that area or purpose. Expenditure is charged to the Statement of Financial Activities when incurred.



Note 2 Tangible assets

	Computers £	Furniture/ Equipment £	Projector £	Display Boards £	Totals £
Cost					
At 1st April 2021	1,007	-	-	-	1,007
Additions in year	-	-	-	-	-
Disposal in year	-	-	-	-	-
At 31st March 2022	1,007	-	-	-	1,007
Depreciation					
At 1st April 2021	-	-	-	-	-
for year	1,007	-	-	-	1,007
Disposal	-	-	-	-	-
At 31st March 2022	1,007	-	-	-	1,007
Net Book Value					
At 1st April 2021	1,007	-	-	-	1,007
At 31st March 2022	-	-	-	-	-

Note 3 Investments

	2021/22 £	2020/21 £
Valuation at 1st April 2021	6,529	
Transfer in from unincorporated charity (note 4)		6,529
Shares disposed of in the year	- 1,256	
Realised & unrealised gain/(loss)	405	
Valuation at 31st March 2022	5,678	6,529

Note 4 Gain on Share Revaluation

The assets of the unincorporated Penhaligon's Friends charity (registration number 1053968) were transferred to the CIO on 31 March 2021.

The valuation of the shares at 31 March 2022 was based on a post year end valuation at 5 April 2022 which is considered the best available estimate. An unrealised gain of £405 was recognised in the Statement of Financial Activities.

Note 5 Liquidity

	2021/22 £	2020/21 £
Cash at bank-current account	24,905	62,124
Cash at bank-deposit account	78,306	3,305
Cash at building society	104,154	103,960
Cash in hand at office	300	300
	207,665	169,689

Note 6 Restricted funds	B/forward £	Income £	Expenditure £	Balance £
Arnold Clark Grief Postal Packs	-	1,000	1,000	-
BBC Children in Need Family Services Lead and volunteer mileage	-	32,645	32,645	-
Bernard Sunley Foundation Memory Days	-	2,000	2,000	-
CCF Headstart Teens activity day	-	1,587	1,587	-
CCF Home working	-	500	500	-
COMF Family Services salary and family days	-	19,900	19,900	-
Ecclesiastical Developing community groups for young people	-	2,500	2,500	-
KCCG 1-1 Support	-	10,000	10,000	-
Lottery 25 25th Anniversary AGM	-	900	900	-
NHSE Support for children impacted through suicide	-	44,000	44,000	-
NHS Kernow Postvention support	-	12,000	12,000	-
Persimmon Grief Postal Packs	-	1,000	1,000	-
Postcode Community Trust Memory Days	-	7,960	7,960	-
Public Health/SPIF Family social days and Dads Packs	-	1,914	1,914	-
Smartline Cornwall Bereavement Network website	-	2,250	2,250	-
Together Fund Grief Postal Packs	-	1,000	1,000	-
Trewithen Fund 1-1 Support	-	3,000	3,000	-
Youth Investment Fund Resources for teens support, 1-1 and IT equipment	-	5,250	5,250	-
Totals	-	<u>149,406</u>	<u>149,406</u>	-

Note 7 Debtors and prepayments

	2021/22	2020/21
	£	£
Trade Debtors		
Training fees	295	835
Christmas Auction	5,010	
Accrued Interest		
Interest	48	52
Prepayments		
Insurance	590	583
Fundraising	85	85
	<u>6,028</u>	<u>1,555</u>

Note 8 Creditors and deferred income

	2021/22	2020/21
	£	£
Trade Creditors	6,000	1,143
Accruals	830	14
Deferred income	58,810	19,579
Taxation and social security	2,984	3,095
	<u>68,624</u>	<u>23,831</u>

Note 9 Deferred Income

Deferred income comprises primarily grants and training fees received in advance for activities taking place in the next financial year.

	£
Balance as at 1 April 2021	19,579
Amount released to income earned from charitable activities	- 19,579
Amount deferred in year	58,810
Balance as at 31 March 2022	<u>58,810</u>

Note 10 Analysis of staff costs and trustee remuneration and expenses

	2021/22 £	2020/21 £
Salaries and wages	159,494	-
Social security costs	11,987	-
Pension contributions	5,059	-
	<u>176,540</u>	<u>-</u>
Staff travel and expenses	1,819	-
Staff supervision and training	5,309	-
	<u>183,668</u>	<u>-</u>

No employees had emoluments in excess of £60,000 (2020/21: £nil).

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2020/21: £nil).

Neither were they reimbursed expenses during the year (2020/21: £nil).

No charity trustee received payment for professional or other services supplied to the charity (2020/21: £nil).

The average monthly headcount was 9 staff. (2020/21: 0).

The key management personnel are: Julie Parker (75%) and Anna Pemberton (50%) and the aggregate remuneration was £40,953 (2020/21: £0)

The remaining percentages of the key management personnel reflect their operational responsibilities.

Note 11 Analysis of Net Assets between Funds

	Unrestricted Funds		Restricted Funds	Total £	Period to 31 March 2021		
	£		£		Unrestricted Funds	Restricted Funds	Total
	£	£	£		£	£	£
Tangible Fixed Assets	-	-	-	-	1,007	-	1,007
Investments	5,678	-	-	5,678	6,529	-	6,529
Cash at Bank	149,255	58,410	-	207,665	150,845	18,844	169,689
Creditors	-	10,214	58,410	- 68,624	- 4,987	- 18,844	- 23,831
Debtors	6,028	-	-	6,028	1,555	-	1,555
	<u>150,747</u>	<u>-</u>	<u>-</u>	<u>150,747</u>	<u>154,949</u>	<u>-</u>	<u>154,949</u>

Thanks to Supporters

We really appreciate all of the donations we have received in the 2021/2022 year. It is impossible to thank everyone individually for their contributions, but without the help of our incredible supporters we would not be able to provide this valuable service.

Thank you.

A Madin	Cream Cornwall
A Peart	Custom Developments
Aaron Coward	CVC Solicitors
Adam Annowi Photography	D & F MacDonald
Adana Price	D Richardson
Albert Van den Bergh Charitable Trust	Daniel Cole
Alice Allsworth	Daniel Janjatovic
Alice Helene Pascal	Daniel Wick
Alicia Wiley	Daphne Routly
Alison Berry-Martland	Dave King
All the P's	David Ashton
Atlantic Blankets	David Evison
Angela Mason	David Hargreaves
Annette School of Dancing	Debra Wiley
Anthony Rowe	Di Masters
Arnold Clark Community Fund	Durgan Regatta
Baker Tom's	Elaine Hodge
BBC Children in Need	Elizabeth Coon
Bill Phillips	Estelle Turner
Bridget and Bill Roberts	Fay Tremayne
Budock Vean Golf Club	Flambards
C A Wills	Four Lanes WI
C Piecmota	Francis Clark LLP
Caroline Trigg	Gillian Emerson
Charities Trust Movement for Good	Global Make Some Noise (GMSN)
Charles Morwood	Hal Jenkinson
Charlotte Williams	Hattie Butt
Children's Hospital Pyjama's	Headland Hotel
Chris and Chris Morton	Helen Bartell
Churches Together Cornerstone	Helen Keogh
Colin & Margaret Rowe	Helen Powell
Co-op Community Fund	Hitchens Family
Cornish Tea & Coffee	Holly Smith
Cornishware	Howden's Redruth
Cornwall Community Foundation	I Walker
Cornwall Council	Inner Wheel Club of Helston Lizard
Cornwall Masonic Charitable Foundation	Inner Wheel Club of Truro

J R Thomas	Molly Pittham
Jane Winterburn	Mr & Mrs Proud
Jayne, Colin & Joanna	Mrs B Grant
Jeanette Pooley	Mrs E M Biden
Jennifer Knight	Mrs E Turner
Jeremy Martin	Mrs Gendall
Jess Lawrie & Emma	Mrs Hogg
Jo Downs	Mrs J Risdale
Joanna Goddard-Watts	Mrs K Iles
John Bellamy Foster	Mrs R Senter
John Casson Foundation	Mrs V Mayor
Jon Tremaine	Mylor & Flushing WI
Josh's Chocolate	N Bradley
Joy & Co	Nanpean Methodist Church
Judith Greenslade	Nathan Outlaw
Julie Bowyer	Natural Store Falmouth
Julie MacDonald	Neighbourly
Kerrie Mogridge	Newquay Thursday Club
KICK	NHS England
Land and Water	NHS Kernow
Launceston YFC	NV Hair
Laura Budd and Lisa	Parbola Holiday Park
Lauren James	Paula Hurrell
Leanne Reynolds	Peak Climbers
Liam Matthewman	Pentire
Lin Marsh	Penzance Sailing Club
Livingstone St. Ives & Emily Powell	Persimmon Homes Cornwall
Lord Savile	Philip Rowe
Lost Brewing Café	Polruan Baby and Toddler Group
Lottery 25	Pool Academy
Louise Worgan	Pool Pensioner's Club
Loveny Male Voice Choir	Postcode Community Trust
Lucie Lewis	Primrose Herd
Lynher Dairies	Redruth Inner Wheel
M Beevers	Redruth Parish Midweek Club
M Johnson	Redruth Rotary Club
M Vigo	Ro Hair
Madron WI	Robin Woods
Malletts Home Hardware	Rosemary Norman
Mark Clements	Ross Hyde
Martha and Alfie Jones	Ruth McFarland
Mary and Martha	S Geal
Masonic Charitable Foundation	Sally Potter
Michael Fox	Samantha Broscob
Michelle Foote Pottery	Samantha Scott
Michelle Quince	Scence
Millennium Lodge of Cornwall	Scent Store, Truro

Scott Davis
Sew-In Mullion
Sharon Muffett
Shelley Allbright
Sheri Iredale
Sian Hewett
Simon Powell
Smile Together Dental
Sophie Johnson
Spar Falmouth
St Aubyn Estates
St Austell Brewery
St Ervan Coffee Morning Group
St Eval
St Justin
St Meriadoc Infant Academy
St Rumons Church Ruan Laniorne
St Stephen's Church Treleigh
Stories & Ink
Sue Gillbard
Susan McLoughlin
Suzy Dilly
SWComms
Sylvia Mason
Tamsin Sowerby
Tarquin's
Tate St Ives
Teresa Stevens
The Alverton
The Cellar Shop
The Cornish Company
The Minack
The Old Plough, Shortlanesend
The Penventon Park Hotel
The Suitcase Singers
The Valley, Cornwall Cottage Holidays
Themis Wealth Management
Tiffany Honeychurch
Tina Rowe
TK Maxx and Homesense Foundation
Tony Penhalagan
Tracey Courage
Tregothan
Tremore
Truro Lions
Truro School
Truro Spires Trefoil Guild
Upton Cross Academy
Val Jeans-Jakobsson
Via Ferrata
Vicki Bluett
Victoria Richards
Wadebridge Rotary
Watson Evans Associates
Wellers
Wendron CC/FC
White Stuff
Will Collinge
William Ovenden
Windmill Hill Academy

Administrative Details

PATRONS	Dame Annette Egerton DBE Michael Galsworthy CVO CBE DL Sir Tim Smit KBE
TRUSTEES at date accounts signed	Dr Jennifer Doble (Chairman) William Phillips (Treasurer) Nigel Hyde Nicky Sutton Mike Bird Dr Alison Stephens Karen Reid
CHARITY CEO	Julie Parker
REGISTERED OFFICE	Trecarrel Drump Road Redruth TR15 1LU
CHARITY REGISTRATION NUMBER	1189323
BANKERS	Lloyds Boscawen Street Truro TR1 2QT
ACCOUNTANTS	Francis Clark LLP Lowin House Tregolls Road Truro TR1 2NA



Penhaligon's Friends

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