



Penhaligon's Friends  
Charitable Incorporated Organisation

# Annual Report



2022-2023



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# Trustees Report

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The Trustees present their report and the financial statements for the year ended 31 March 2023.

## **CHAIR**

Dr Jenny Doble 01/04/2022 – 13/09/2022

Dr Alison Stephens – elected 13<sup>th</sup> September 2022

## **TRUSTEES**

The following were Trustees during the year:

Dr Jennifer Doble – retired 13/09/22.

Dr Alison Stephens - Chair

William Phillips – Treasurer

Nigel Hyde – Vice Chair

Nicky Sutton

Mike Bird

Karen Reid

David Perry – elected 13/09/22.

Anna Pemberton – elected 13/09/22.

# 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 doing so, 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 55 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 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** – This is given on referral to the service, usually accompanied by leaflets, loan of books, postal packs, 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 monthly groups operate 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 group runs in Blackwater, and a further group in Liskeard is just about to start.
- **Social Activity Days** – Planned social days for teens and families to enable peer group support and access to varied opportunities such as water sports/ local attractions/ craft days.
- **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

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**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

Last year, our long-standing Chair of the Board, Dr Jenny Doble, retired from her position, after providing invaluable support to Julie and the team. We thank her for her considerable support and commitment to the charity over the years.

The past year has seen many changes for the Penhaligon's Friends Team. Since Covid-19, they have continued to work hard to meet increasing demand by way of returning to pre-Covid face to face activities. We fully acknowledge that in a small team, any staff losses are keenly felt, and we appreciate the manner in which the team continues to demonstrate resilience, creativity and innovative approaches in the face of such staff changes, recovery from the pandemic and a record number of referrals.

The team has juggled new working hours and seen changes to the team as staff have progressed to other roles within the charity, allowing for recruitment of a Receptionist/Administrator and an additional Family Services team member. Staff changes at the end of the year have resulted in a gap in Fundraising although we hope to fill this post in the near future. Throughout these challenges, Julie has guided the team to adapt to new ways of working in response to need as necessary. Polly has embraced the role of Family Services Lead and works closely with Julie to lead the team. Great efforts have been undertaken by the team, to welcome volunteers back into the workforce and engage in training and recruitment of new volunteers. It is recognised that the loss of volunteers since Covid poses something of an ongoing challenge, as we rely so heavily on this invaluable pool of dedicated workers to roll out our work.

Fundraising is an area of vulnerability within the charity, and Julie has worked tirelessly to secure grants to ensure longer-term and more substantial income. Donations are struggling by comparison with previous years, perhaps a legacy of Covid. Recruitment to fundraising is therefore a priority area of focus for the charity and Trustees, as the demand for bereavement support across the county is a pressing challenge. As a Board, we are keen to address the tension of ensuring our compassionate, skilled, and conscientious employees feel valued by way of competitive pay, within the constraints of our financial situation.

Over the past year we have welcomed two new trustees to the Board: David Perry and Anna Pemberton, bringing strengths in terms of business, networking, experience of family support work and safeguarding, respectively. Anna has returned to Penhaligon's Friends in a new capacity having previously been employed by the charity as Family Services Lead.

A Trustee business planning meeting in February considered and amended the salaries of the team, relative to similar posts regionally. It was acknowledged that the team has always worked incredibly hard, meeting increased need, year on year, with the additional and residual challenges of the Covid pandemic.

On behalf of the Board, I would like to thank each of our dedicated team members, and the team as a whole, who demonstrate their commitment to supporting children, their families, and schools at the most difficult times of their lives when dealing with the loss of family, friends, and significant



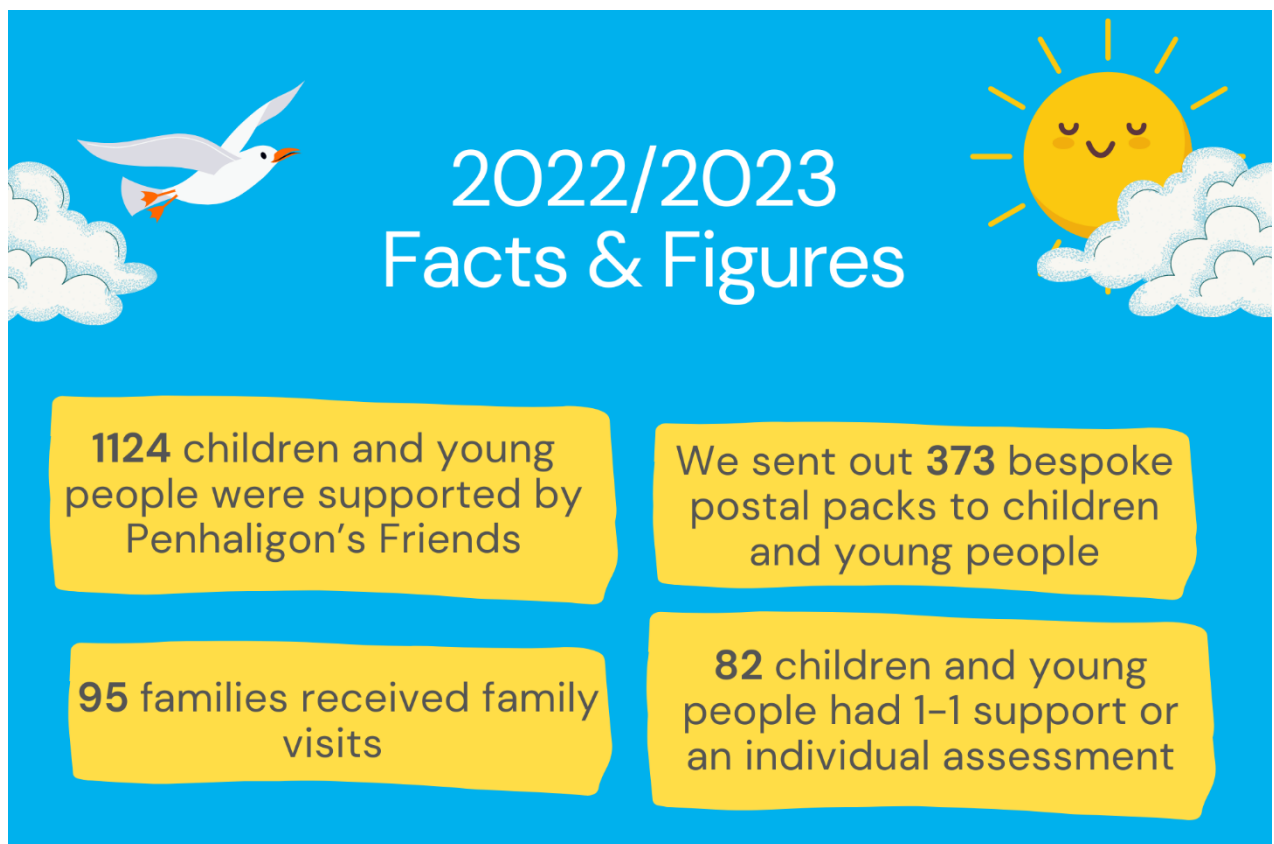
others. We value and respect the work undertaken and strive to support the team and the charity as best we can. We look forward to the forthcoming year as we aim to boost our financial income and increase staffing to ensure we have a full workforce and are prepared to meet the increasing demand for bereavement support across the county, and with a view to further enhancing provision. Feedback from schools and families continues to evidence the need for the work provided by Penhaligon's Friends, and the high quality of support provided.

**Dr Alison Stephens, Chair Penhaligon's Friends**



## CEO Report

Penhaligon's Friends has been extremely busy this year with record numbers of referrals into our service, with 1124 children and young people accessing our support. With all of the team working from the office again it makes it easier to be able to respond and manage our caseload and activity, and there is definitely a strength in being under the same roof whilst we work together. Although it seems, officially, the pandemic is over, we recognise its lasting impact in the delayed grief we witness in some of the young people we work with, and the anxiety around engaging in group activities and support. Our support is needed now, more than ever, and our report demonstrates the varied and necessary services our charity provides for bereaved children and their families throughout Cornwall.



### Staff

We welcomed Natalie Buckland to our staff team in June as an additional Family Services Support Worker. Natalie brings many years of experience from working in a pastoral role in schools and will be working with the team to manage our increasing referrals and the support provided. We also, on occasions, welcome Lola, Abi's new dog, as she spends time supporting our team (and eating tasty snacks)!

Our Volunteer & Fundraising Coordinator, Ali Vigo, left the charity in March to return to working in schools. We were very sad to see her go, but she is still a volunteer, which often happens as our staff leave for other roles. The value of our work never leaves and volunteering, when able, allows people to stay connected. We are currently considering how we can best support our activity



within the team and what our next recruitment opportunity will be, looking at the needs and gaps for the current service. Everyone that walks through our office leaves their own footprint that contributes to our overall strength and values.

I am so grateful for the dedication, knowledge, experience, and enthusiasm of all of our staff team. Our office really is an inspiring place to work, and I thank everyone for their creativity, patience, and adaptability as we continue to adjust our service to meet the needs of our families and funders. Our reputation is built on our team values.

**Volunteers**

It has been so lovely this year to see so many of our volunteers coming back to face-to-face support, in the office, at our groups and events, and in schools and communities. Whilst our numbers of volunteers have dropped as people move on or enjoy retirement, we still have a strong number of talented, experienced, and dedicated volunteers in our team. A special mention to Lin Marsh who retired in September. Lin had been involved on so many levels and we were very grateful for all that she contributed, and the many children and young people she supported during her time here would, I'm sure, wish her well. New volunteer training is high on our agenda moving forward as we look to increase our team in line with demand.

I must also thank our Trustees for all their time and support, through our Business Planning and our Board meetings they help to shape and govern our work in a meaningful way. I am very grateful for their ongoing support and trust. Every hour of volunteering matters to our charity, our success and achievement would not be possible without the generosity of our whole team.

**Grants and Donations**

Funding from BBC Children in Need, the NHS and the Benefact Group's Movement for Good programme have provided much needed core funding, with other grants coming in through Cornwall Community Foundation, Coop Local Community Fund, Carew Pole Charitable Trust and Postcode Local Trust. Many of these provide multi – year funding which provides us with longer term stability with planning and development.

BBC Children in Need selected one of our young people to take part in their 'Surprise Squad' on The One Show in November. Max and his family have benefitted from our support over a number of years following the sudden death of his Mum when he was just 3 years old. Max was chosen to take part



in the BBC National Appeal, along with 4 other young people and together they took part in challenges to help other Children in Need funded projects by volunteering and making a difference. We were all humbled by the compassion Max was able to show to others and are very proud of him!



There has been some fantastic local fundraising taking place to support our work, and we really value the support of businesses who choose to support our work by making us their charity for the year. The added benefit of raising our profile through their organisation and community helps us to reach more families in need of our services.

Our blend of grants, fundraising, training income, donations and corporate support does strengthen our position, but we will need to work hard this year to source additional funds to sustain our service in line with demand. Grants that were available during the pandemic to support organisations manage the complex and unprecedented need in our community are no longer available and the cost-of-living situation reduces many people's capacity to think outside of their own family's needs.

We move into next year with some secure funding for existing work and have been able to secure additional funds enabling us to plan activities for some new initiatives. We also have several grant decisions pending, training courses planned and events to attend. I hope that you

find our report and activity an interesting read and gain an overview of our exceptional service. We are looking forward to working with you all over the coming year to enable us to continue delivering our vital service within Cornwall.

**Julie Parker, CEO**



# Family Services Report

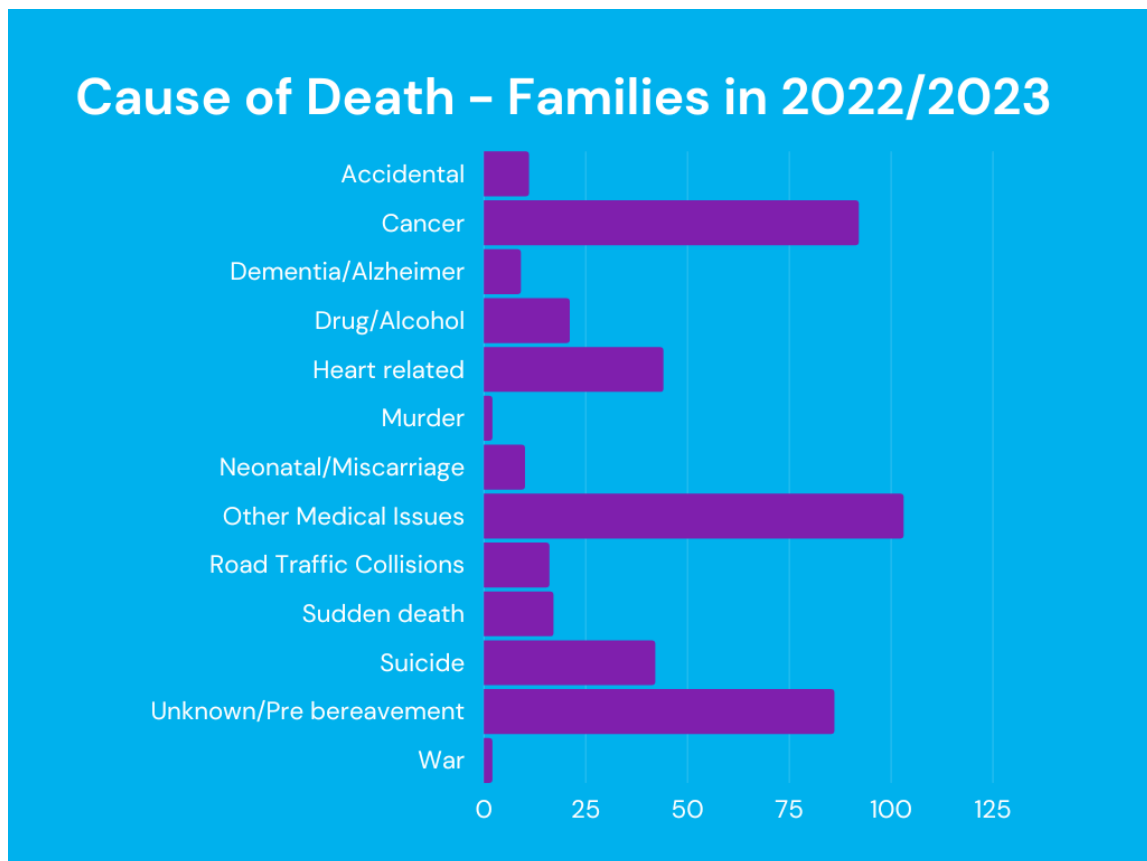
It has been a busy 12 months. As the numbers of children, young people, and families that we are supporting has continued to increase, we have also been able to continue to offer a flexible and responsive service to meet the individual needs of bereaved children and families providing a combination of in-person and at times virtual support depending on what is most accessible for them.

The Family Services Team has seen several changes. We said our goodbyes to Anna Pemberton in May and welcomed Natalie Buckland shortly after in July. Natalie joined Polly Langford, Family Services Lead, Jo Coombes, Jo Spear and Abi Deakin, Family Services Support Workers, and our dedicated team of volunteers. The team have a diverse range of skills, knowledge and experience including counselling, nursing, teaching, and youth work in addition to specialist knowledge in bereavement and working with children and young people.

There has been a 10% increase in the numbers of referrals, including re-referrals, since last year. Most referrals have been families self-referring, followed by schools and other professionals. The common themes identified in last year's report have remained and we continue to see young people referred with indicators of traumatic or complicated grief.

**1124 children and young people were supported by Penhaligon's Friends in 2022/23.**

**We worked with 104 children and young people bereaved by suicide.**



**Support offered by Penhaligon's Friends 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, home, schools, or local family hubs with the option of virtually if needed.
- Teens group for secondary school aged young people, running monthly in Camborne at the Revive Café and in Bodmin at the Family Hub.
- Family group for primary aged children and their parent/carer. Running monthly at Blackwater Village Hall.
- Individual grief focussed support sessions for young people in person.
- 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 phone 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.

**What Services Penhaligon's Friends Offer and Why**

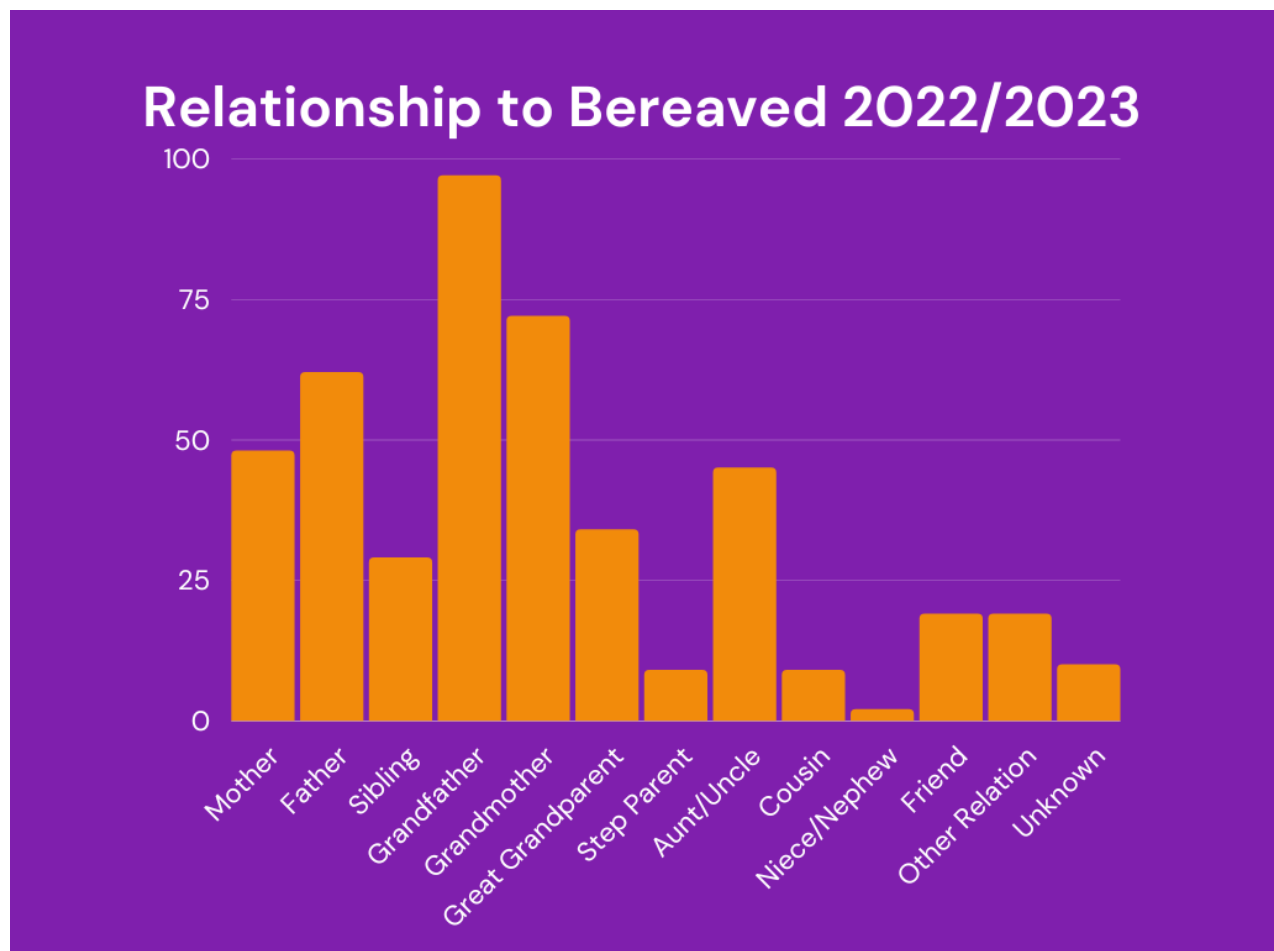
Families and professionals are encouraged to contact Penhaligon's Friends at any stage following a child or young person's bereavement if they would like some support or advice. It is never seen as too soon after a bereavement or too late. In these early days we provide practical and emotional support 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 signposting the adults for services and support.

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 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 their support network to give the children and young people age and developmentally appropriate information about what has happened, to begin to make sense of it, and ask questions. They will give children and young people permission to express their emotions, 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.







### **Support to Parents and Carers**

**725 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.

### **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.

"I really wanted to say a big thank you for your compassionate approach to a really hard situation. Coming in to support the school –It was hugely reassuring to have you in the academy and your guidance really helped us all cope. You were so considerate of so many different needs of pupils and staff."

**12 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:

- 'Essentials' Training. At the start of the academic year, we started some regular online training aimed at educational staff and other professionals in Cornwall that are supporting bereaved children and also those who work with children. The sessions were funded by Kernow Clinical Commissioning Group and were aimed at those curious to learn some knowledge and skills on how best to support children who are grieving or anticipating a bereavement within their setting. These were 2-hour sessions and covered topics such as 'How Do Children and Young People Grieve, and What Can I do to Help?' To more focused

areas, such as 'Supporting a Child following a Sudden death/Suicide'. These sessions were well attended, and we received some positive feedback.

- Termly virtual support sessions have been provided by Polly Langford and Sally Penna-Bray, Senior Educational Psychologist, 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).

“  
**The training was really clear, thoughtful, well-paced and inclusive and will enable me to consider bereavement and loss in secondary aged young people in the work I do and have a deeper understanding.**  
 (School Staff Member)  
 ”

Our annual 'Remember Me' training event for schools and settings dealing with childhood loss, bereavement and critical incidents was well attended in May 2022.

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 continued to work alongside The Cove at Treliske, Shortlanesend Primary School and The Fruit Fly Collective (a national organization) 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 2023 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**

**95 families received Family Visits in 2022/23.**

We had a rapid rise in family visits from autumn 2022 – many of these have been undertaken in the office in Redruth as well as many taking place back in the family homes, as most of them had been prior to the pandemic. Family visits allow us to have the opportunity to touch base with all family members who have been impacted by the death, and to facilitate an environment where all family members have permission to talk about how things have been for them. It also gives a space to explore how they have been feeling, which can often be the first step to enabling



communication to start between family members again and open up conversations that help support each other with their grief.

### **Memory Days**

#### **2 Memory Days took place in 2022/23.**

We had a well-attended Memory Day in July 2022, with 11 Families. The Memory Day in March 2023 had 5 families, and both received some positive feedback and felt like helpful days for both the adults and children who attended.

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.

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.

The next Memory Day is booked for July 2023 and going forwards we plan to continue to arrange 3 per year in Spring, Summer, and Winter.

### **One to One Work**

#### **82 children and young people received individual support and/ or assessments in 2022/23.**

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.

**Family Group**

Our new Family Group format started in September 2022 at Blackwater Village Hall. Since then, we have offered monthly one and a half hour sessions on Tuesday afternoons. To increase accessibility, we have invited families to attend sessions as and when they are able to, although most families have chosen to attend consecutively. The group has been very well received and well attended, with an average of fifteen people (children and adults) attending each month.

Our sessions have given children an opportunity to engage with therapeutic, grief-focused activities while meeting and connecting with other bereaved children. Our monthly themes and activities have covered: family trees; emotional first aid; grief at special times of year; hope and the future; managing feelings; and special memories. Children have enjoyed creating their own emotional first aid kits out of air-dry clay, which include reminders of what helps them to manage their feelings of grief, therefore promoting feelings of empowerment and resilience. They have also created 'Looking Forward Binoculars' which involved building binoculars out of kitchen roll tubes and coloured paper and decorating it with things they're looking forward to. We discussed how important it is to still find joy and excitement in life, even when someone has died.



As the sessions have progressed, we have seen children and families building connections and relationships with one another. Some of the older children have swapped numbers and are connecting outside of group, and adults with younger children have been staying in touch and arranging play dates for the children and coffee dates for themselves. The adults have shared how



helpful it's been to hear other people's stories and to know their experiences of parenting through grief are similar to those of other families. Parents and carers have said the group has helped them to feel less alone and more confident with supporting their children with their grief.

We have also had fantastic volunteer support, with an average of four volunteers attending each month. This has been invaluable to the group and has allowed for more families to attend each session.

Our Blackwater Family group continues to thrive, and we are very happy to now be running a second group in Liskeard, therefore extending our offer of support to families further up the county.

“

**W is happy here! It's good to hear different stories which still have common themes. I don't feel so alone anymore**  
**(Parent)**

”

“

**Very useful to talk with others who are going through the same issues, you don't feel so alone. The kids have not stopped talking about it. Looking forward to the next meeting**  
**(Parent)**

”

### **Family Fun Days**

We have offered a number of successful Family Fun Days this year, including days out at Lappa Valley Steam Railway and The Screech Owl Sanctuary, as well as a Nature Day with Choose Nature CIC and a trip to see the Rogue Theatre's winter performance. We have been busy!

In the spring, eleven of our families came for a fun day out with us at Lappa Valley Steam Railway. Lappa Valley very kindly provided free entry to our families, which we were very grateful for. On the day, families were given a Penhaligon's tote bag filled with chocolate eggs and a lunch voucher from us. Families were invited to explore the park and gather together at lunch time. Some families decided to explore together, and many of them could be seen riding trains and playing crazy golf together.

Next, in the summer holidays, twelve families joined us for a visit to The Screech Owl Sanctuary where children and grown-ups could learn about wildlife and get close to some amazing animals. We arranged a special 'Meet the Wallabies' experience for the children. We had a great time learning about the wallabies, giving them a stroke, and feeding them some tasty snacks. Many families sheltered from the rain at lunchtime and had an indoor picnic together.





Thank you to you all for our lovely, amazing day out at Lappa Valley... you guys really are amazing!  
(Parent)

Thank you so much for the day. Since my husband died we don't have much chance to go places and are very isolated where we live. Days like these help us so much. Thank you.  
(Parent)

In the October half term, ten of our families adventured into the woods for a Nature Day with Choose Nature CIC. Children and adults alike got to build dens; make campfires to cook tasty treats; do nature-themed arts and crafts and plant bulbs for the following spring. The day was spent in a secure and private area of woodland, so children from different families went off on adventures together while adults sat on straw bales in the poly tunnel drinking cups of tea and chatting. It was great to see families really mixing and connecting with each other and having fun in an environment which invited them to be brave, curious and have fun.

Finally, in December six families braved the rainy Cornish weather to join us in experiencing the Rogue Theatre's 'Winter Wonderland' performance. We ventured through the woods in small groups, stopping along the way to watch fire performances, sing songs and listen to stories. When we arrived at the cosy tent, children gathered on the carpet in front of the stage and shared hot chocolates while watching the show.

Our Family Fun Days are an opportunity for families to meet, connect and have fun in a relaxed environment. Many of our families find these days really helpful as a first 'steppingstone' to accessing further support from us, such as Family Group or a Memory Day. The focus is not on bereavement or grief, but instead on having fun. It's an opportunity for kids to be kids and for families to be given permission to have a good time.

**Teens Groups**

We have been offering two rolling programmes in person, one at the Revive Café in Camborne and one in The Chestnut Hub in Bodmin. These are run by Jo Spear and volunteers. The group in Camborne runs on the second Monday of each month (6.30-8pm) and the fourth Monday of each month in Bodmin (6.30-8pm). On average we have 5-6 people attending each group per month. Both groups have enjoyed activities such as memory jars, mask making, all about me boards, memory puzzles and bracelets and self-care kits. We have been exploring memories, ways to cope

with different feelings, managing anxiety and stress, self-care, coping with change, ways of finding resilience in oneself and building resilience for the future.

**What things at Teen's Group have you found most helpful?**

- Talking to people that are going through the same thing
- Sitting down and just talking but also having set tasks. Freedom to just mix with others and do things that help me bond with others
- I found it helpful because I can express myself
- It has helped me regain my confidence with social interactions after closing people out following the death of my dad
- I found it helpful making things like the memory boxes, self-care plans, ways to cope, drawing and designing bags

**Teens Activity Days**

It has been a great year for Penhaligon's Friends teens activity days with a range of different events taking place and hopefully something for everyone. In April a group of 12 teens spent a fun packed day at BF Adventure which was a great way for the group to bond and get to know one another a little better. They braved the cold water and really challenged themselves in the quarry steering activity by jumping off the surrounding rocks in the quarry into the water. They each had a go flying down the zip line and worked as a team to navigate themselves around the low ropes course. Some of them even braved the water slide.

In May a group of 8 teens had a wonderful day out on the Falmouth Sail Training Ship 'Hardiesse'. We spent the day out at sea and the young people took turns working as a team to set the sail, steer the ship and climb the rigging! Despite the rain the young people got stuck in and had a fantastic experience together.





In August we took a group of 14 young people to Stithians Lake for a day of kayaking and windsurfing and team building activities. Some of the young people were initially nervous to start with but really excelled once they got on the water. Some great team building took place whilst the young people were creating their own rafts in groups. They had to work together to hold the barrels together and tie the knots. It was a great opportunity for the young people to connect with one another. The whole team had great fun seeing if their craft would make it over the water.



In October a small group of 4 teens took part in tackling the Via Ferrata high ropes course at BF Adventure. The group started off having a practice run in the Adventure Quarry and braved balancing across the high ropes bridge. They later went on to challenge themselves on the higher course where it was lovely to see them all encouraging each other along the way with some of the young people surprising themselves on how well they had climbed. A huge achievement for them all.

In December the teens groups decided together that they would like to go roller skating for their Christmas Party. As it was a glow deluxe roller party, the group of 8 had lots of fun painting each other's faces with the UV paint provided and donned their UV accessories. The young people helped each other out on the rink for those that were not so confident and some

great roller-skating skills were demonstrated by a few of the younger members. Great fun was had by all.

What advice would you give to others?

Talk. Don't bottle it up because it will turn into anger  
(Young Person)

Looking to the future we have a workshop booked in May half term with Baker Tom's Bakery. When gaining feedback from the teen's groups, one of the activities they wanted to do was some cooking/baking. A group of 10 young people will try their hand at making Focaccia bread among other delights. Tom will be present to guide and teach them along the way.

We have booked a residential stay with the Children's Sailing Trust at Trevassack Lake in Helston in September. The young people will be staying over for two nights in the lodges and will be taking part in various activities such as sailing,



problem solving activities, SUP boarding, raft building and more. This will give the young people an amazing opportunity to try something new and challenging, to make connections with others and to build confidence and resilience for the future and most of all, to have some fun!

### **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 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 Southwest Children's Bereavement Network, and Cornwall Bereavement Network to share practice and resources.

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

- Towards Zero Suicide
- GP Training.
- Child Nurse Training.
- School Nurse and Health Visitor Training
- Early Years Network Meeting

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, Lead Assessor and One-to-One Training.

**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 1124 bereaved children and young people over the last 12 months.

Our volunteers show amazing commitment, generosity and care which has enabled Penhaligon's to continue to offer the levels of support for bereaved children referred to our service.



# Fundraising & Donations Report

This year has seen a gradual but very welcome return to fundraising and events following the lockdowns of the previous two years. Groups, clubs, and schools have been busy, and it's been great for the charity to once again give talks at groups and have a presence at fairs, assemblies, concerts, carnivals, auctions and other events across the county.

We were delighted to be chosen as Charity of the Year for many organisations, including **Lanner Football Club, King Harry Ferry, Grampound Carnival, Cornwall Masonic Bowling Association, Lappa Valley, and Coop Hener Rd, Newquay**. As well as donating £1,250, Lappa Valley very kindly hosted 36 people from our Family Group for a day out in April where they enjoyed train rides, pedalos, trampolines, soft play, and ice creams! Huge thanks to everyone at Lappa Valley for hosting this.



This year we've been supported by some incredibly sporty children and young people! 5-year-old **Leo Merrikin** completed a triathlon which consisted of a 50-metre swim followed by a 4-mile bike ride finishing with a 1-mile run. He raised an amazing £1,155 in memory of his sister, Iris. **William, James, and Eleanor Viqueira** walked up Rough Tor with their parents and raised a wonderful £754 in memory of their grandpa.



The brilliant **Samantha and Theresa** raised £481 running the Edinburgh Marathon. **Louise Little** ran an epic 100km in the South Coast Challenge raising £685. The inspiring **Helen Powell** raised £6,250 in her Channel Swim fundraising appeal. Huge thanks go to everyone who's set up event fundraising pages for us this year.



Various organisations have supported the charity in other ways this year, donating their time, vouchers, resources, and goodies to the charity. **Cornish Heating**

**Company** serviced the office boiler, while **Morrisons** donated to Penhaligon's Friends from their Christmas Toy Appeal. **Dignity Funerals, Redruth Rugby Club Slimming World** and **Carn Brea Leisure Centre** all donated Easter Eggs, which were very gratefully received by the children and young people who attend our regular groups. A local Volkswagen Club, **Dubs of Vanarchy**, donated £650 in Amazon vouchers along with selection boxes and craft materials. Sarah and Ronnie from **Kate's Fund** donated lots of resources for our grief postal packs, in memory of their daughter Kate. **Hayley Thomas**, a local Usborne Representative, ran a campaign which enabled her to donate 100 copies of 'Why do Things Die?' – a brilliant lift the flap book that explains bereavement to very young children, we send this book to lots of the families that we support.

We've been overwhelmed by the local businesses who have supported us this year. **Roddas** and **Lush** donated gifts for our amazing volunteers who have helped at Memory Days throughout the year. **Impact Fluid Solutions, Boutique Retreats, CVC Solicitors, Moose Toys** and **Seasalt** were among the many local business who all made donations during the year, these donations are vital to



allow us to keep providing support for children and young people across the county.



In December we ran our Annual Christmas Auction and were so lucky to receive some fabulous items from local businesses including hotel stays, restaurant vouchers, spa treatments, art, days out, luxury hampers, and much more! We were delighted that our Christmas Auction was once again a great success and raised an amazing £2916. This fantastic amount will fund one of our Family Groups for a whole year. Huge thanks to all of the local business who generously donated prizes, and to our amazing supporters for bidding on the auction. We couldn't do it without you.

We are always overwhelmed by the length and breadth of your support, particularly in such difficult times. From the knitters to the kid's football clubs, the churches to the craft groups, the schools to the singers, we thank you all from the bottom of our hearts.

We hope that everyone who has fundraised or donated knows how very grateful we are, it really does mean everything to us. You can find a full list of donors at the end of the report, I hope we haven't overlooked anyone. **Thank you.**



**Jo Woollard, Business Administrator**



## Treasurer's Report

Whilst Penhaligon's Friends managed to weather the COVID years reasonably well, incurring only relatively small deficits - £4,202 in 2021/22 and £6,501 the previous year, the legacy of COVID and the recent cost-of-living crisis resulted in a deficit of £25,224 at the year-end.

Income fell from £240,547 in 2021/22 to £213,745 in the current year.

Grant income fell by £25,251 from £149,406 to £124,155 in the current year. This was largely due to specific government COVID support grants being phased out. Funding from BBC Children in Need, Movement for Good and the NHS continue to provide much needed core funding and the bulk of grant income with several smaller funding bodies providing the rest.

Donations too were down on the previous year, £79,881 compared with £84,781 in 2021/22, and remain substantially lower than pre-pandemic levels.

The charity ran a series of training courses during the year with income from courses totalling £8,325 being received compared to £6,028 in the previous year.

The inflationary pressures in the economy resulted in an increase in interest rates with interest of £1,075 being received compared with £191 the previous year.

Income sources remain a mix of donations, grants and earned income. General Fund balances now total £125,523 equating to approximately 27 weeks of operational costs, which is slightly lower than outlined in our Reserves Policy, which recommends an ideal range of 60 -70% of our annual costs. Whilst there is no cause for concern, the charity is looking to strengthen its fundraising as part of a staff restructuring to ensure that it can continue to meet its objectives.

The charity holds no significant fixed assets.

There were no Trade Debtors at the year-end.

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 18/07/2023 and signed on its behalf by:

Nigel Hyde (Vice Chair) \_\_\_\_\_ Bill Phillips (Treasurer) \_\_\_\_\_

# Independent Examiner's Report to the Trustees

I report to the trustees on my examination of the accounts of Penhaligon's Friends (the CIO) for the year ended 31 March 2023.

## 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



**Darren Perry BA (Hons) ACA DChA**

Independent Examiner  
Francis Clark LLP  
Lowin House  
Tregolls Road  
TRURO  
TR1 2NA

Date: 28/7/23



# Financial Statements

Penhaligon's Friends  
Registered Charity no. 1189323

Statement of Financial Activities  
for the year ended 31 March 2023

				Period to 31 March 2022		
	General £	Restricted £	Total £	General £	Restricted £	Total £
<b>Income and Endowments from:</b>						
Donations & Fundraising	77,243	2,638	79,881	84,781	-	84,781
Grants	-	124,155	124,155	-	149,406	149,406
Training fees	8,325	-	8,325	6,028	-	6,028
Booklets etc	309	-	309	141	-	141
Bank interest	1,075	-	1,075	191	-	191
<b>Total Incoming Resources</b>	<b>86,952</b>	<b>126,793</b>	<b>213,745</b>	<b>91,141</b>	<b>149,406</b>	<b>240,547</b>
<b>Expenditure on:</b>						
Client/Members Direct Costs						
1 - to - 1	-	1,642	1,642	-	2,081	2,081
Family Days	-	567	567	-	1,615	1,615
Family Support	155	3,448	3,603	-	4,728	4,728
Memory Days	40	1,534	1,574	-	1,302	1,302
Family Group	25	696	722	-	116	116
Teens Group	42	2,156	2,198	-	1,295	1,295
Training Days	1,041	115	1,156	1,262	114	1,376
Volunteers Training	339	94	432	40	488	528
Library	209	954	1,164	147	2,148	2,295
Fundraising Costs	876	6	883	1,012	367	1,379
Governance Expenses	711	-	711	332	533	865
Cornwall Bereavement Network	126	-	126	-	2,877	2,877
Bank Charges	234	-	234	243	-	243
Insurance	1,927	-	1,927	1,793	-	1,793
Office Costs						
Cleaning	2,289	-	2,289	2,327	-	2,327
Computer software & support	1,221	1,197	2,418	2,688	6,632	9,320
Furniture & equipment	49	-	49	-	50	50
Heat, light & power	2,848	-	2,848	1,993	-	1,993
Printing & stationery	2,667	13	2,680	2,104	336	2,440
Postage	812	2,229	3,041	-	2,654	2,654
Telephone	-	3,205	3,205	-	2,944	2,944
Supplies	1,513	8	1,521	832	334	1,166
Rent, Rates & Property Maintenance	15,264	-	15,264	15,089	-	15,089
Staff Costs	80,456	108,929	189,385	64,878	118,790	183,668
Depreciation	-	-	-	1,007	-	1,007
<b>Total Resources Expended</b>	<b>112,845</b>	<b>126,793</b>	<b>239,638</b>	<b>95,747</b>	<b>149,407</b>	<b>245,154</b>
Gain on revaluation of investments	669	-	669	405	-	405
<b>Net Income/expenditure</b>	<b>- 25,224</b>	<b>-</b>	<b>- 25,224</b>	<b>- 4,202</b>	<b>-</b>	<b>- 4,202</b>
<b>Transfer between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Net movement in funds</b>	<b>- 25,224</b>	<b>-</b>	<b>- 25,224</b>	<b>- 4,202</b>	<b>-</b>	<b>- 4,202</b>
Opening Balance 1st April 2022	150,747	-	150,747	154,949	-	154,949
<b>Closing Balance 31st March 2023</b>	<b>125,523</b>	<b>-</b>	<b>125,523</b>	<b>150,747</b>	<b>-</b>	<b>150,747</b>

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 2023

	General Fund £	Restricted Funds £	Total Funds £	Total Funds as at 31 March 2022 £
<b>Fixed Assets</b>				
Computers				
Cost -	-	-	-	-
Depreciation	-	-	-	-
Investments	5,495	-	5,495	5,678
<b>Current Assets</b>				
Cash at Bank & In Hand	123,424	47,610	171,034	207,665
Debtors	351		351	5,305
Prepayments	594		594	723
Stock	-	-	-	-
<b>Total Current Assets</b>	<u>124,369</u>	<u>47,610</u>	<u>171,979</u>	<u>213,693</u>
Less: Creditors	<u>4,341</u>	<u>47,610</u>	<u>51,951</u>	<u>68,624</u>
<b>Net Current Assets</b>	120,028	-	120,028	145,069
<b>Total Assets</b>	<u><u>125,523</u></u>	<u><u>-</u></u>	<u><u>125,523</u></u>	<u><u>150,747</u></u>
<b>Represented by:</b>				
General Funds	125,523	-	125,523	150,747
	<u><u>125,523</u></u>	<u><u>-</u></u>	<u><u>125,523</u></u>	<u><u>150,747</u></u>

The Financial Statements were approved by the Trustees of the charity on 18/07/2023 and signed on its behalf by:

Nigel Hyde (Vice Chair) \_\_\_\_\_ Bill Phillips (Treasurer) \_\_\_\_\_

**Penhaligon's Friends**  
**Registered Charity No. 1189323**

**Notes to the accounts**  
**for the year ended 31st March 2023**

**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 £
<b>Cost</b>					
At 1st April 2022	1,007	-	-	-	1,007
Additions in year	-	-	-	-	-
Disposal in year	-	-	-	-	-
At 31st March 2023	<u>1,007</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>1,007</u>
<b>Depreciation</b>					
At 1st April 2022	1,007	-	-	-	1,007
for year	-	-	-	-	-
Disposal	-	-	-	-	-
At 31st March 2023	<u>1,007</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>1,007</u>
<b>Net Book Value</b>					
At 1st April 2022	-	-	-	-	-
At 31st March 2023	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>

**Note 3 Investments**

	2022/23 £	2021/22 £
Valuation at 1st April 2022	5,678	6,529
Shares disposed of in the year	- 852	- 1,256
Realised & unrealised gain/(loss)	<u>669</u>	<u>405</u>
Valuation at 31st March 2023	<u>5,495</u>	<u>5,678</u>

**Note 4 Gain on Share Revaluation**

The valuation of the shares at 31 March 2023 was based on a post year end valuation at 5 April 2023 which is considered the best available estimate. An unrealised gain of £594 together with a realised gain on disposal of £75 was recognised in the Statement of Financial Activities.

**Note 5 Liquidity**

	2022/23 £	2021/22 £
Cash at bank-current account	35,502	24,905
Cash at bank-deposit account	30,326	78,306
Cash at building society	104,906	104,154
Cash in hand at office	300	300
	<u>171,034</u>	<u>207,665</u>

Note 6 **Restricted funds**

	B/forward £	Income £	Expenditure £	Balance £
<b>BBC Children in Need</b> Family Services Lead and volunteer mileage	-	33,345	33,345	-
<b>Co-op</b> Postal Packs	-	2,638	2,638	-
<b>Cornwall Glass Fund</b> Postal Packs and Resources	-	1,000	1,000	-
<b>Ecclesiastical</b> Developing community groups for young people	-	15,830	15,830	-
<b>Moose Toys</b> Memory Day	-	2,000	2,000	-
<b>NHS Kernow</b> Postvention and 1-to-1 support	-	68,000	68,000	-
<b>Postcode Community Trust</b> Memory Days	-	3,980	3,980	-
<b>Totals</b>	-	126,793	126,793	-



**Note 7 Debtors and prepayments**

	2022/23	2021/22
	£	£
Trade Debtors		
Training fees	-	295
Christmas Auction	-	5,010
Accrued Interest		
Interest	351	48
Prepayments		
Insurance	594	590
Fundraising		85
	<u>945</u>	<u>6,028</u>

**Note 8 Creditors and deferred income**

	2022/23	2021/22
	£	£
Trade Creditors	887	6,000
Accruals	792	830
Deferred income	47,610	58,810
Taxation and social security	2,661	2,984
	<u>51,951</u>	<u>68,624</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 2022	58,810
Amount released to income earned from charitable activities	- 58,810
Amount deferred in year	47,610
Balance as at 31 March 2023	<u>47,610</u>



**Note 10 Analysis of staff costs and trustee remuneration and expenses**

	2022/23 £	2021/22 £
Salaries and wages	171,813	164,494
Social security costs	8,445	6,987
Pension contributions	4,467	5,059
	<u>184,725</u>	<u>176,540</u>
Staff travel and expenses	1,895	1,819
Staff supervision and training	2,765	5,309
	<u>189,385</u>	<u>183,668</u>

No employees had emoluments in excess of £60,000 (2021/22: £nil).

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2021/22: £nil).

Neither were they reimbursed expenses during the year (2021/22: £nil).

No charity trustee received payment for professional or other services supplied to the charity (2021/22: £nil).

The average monthly headcount was 9 staff. (2021/22: 9).

The key management personnel are: Julie Parker (75%) and Polly Langford (50%) and the aggregate remuneration was £37,974 (2021/22: £40,953)

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

**Note 11 Analysis of Net Assets between Funds**

	Unrestricted			Restricted			Total		
	Funds		Funds	Funds		Funds	Funds		Total
	£	£	£	£	£	£	£	£	
Tangible Fixed Assets	-	-	-	-	-	-	-	-	-
Investments	5,495	-	5,495	5,678	-	5,678	149,255	58,410	207,665
Cash at Bank	128,424	42,610	171,034	149,255	58,410	207,665	10,214	58,410	68,624
Creditors	-	9,341	-	9,341	-	9,341	-	-	-
Debtors	945	-	945	6,028	-	6,028	-	-	-
	<u>125,523</u>	<u>-</u>	<u>125,523</u>	<u>150,747</u>	<u>-</u>	<u>150,747</u>			



## Thanks to Supporters

We really appreciate all of the donations we have received in the 2022/2023 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.

Aaron Coward	Coop - Henvver Rd, Newquay
Abigail Frowde	Coop Camborne and Redruth
Adam Hughes	Cornish Coffee
Alan Mills	Cornish Cottage Holidays
Albert Van den Bergh Charitable Trust	Cornish Heating Company
Alison Shaw	Cornish Tea & Coffee
Atlantic Blankets	Cornwall Community Foundation Glass Fund
Amanda Hodge	Cornwall Mark Foundation
Amy Allen	Cornwall Masonic Bowling Association
Amy Danes	Country Chic
Andrea Woods	Cristian Camilo
Andrew Barnard	Crowlas Methodist Church
Ann Micklem	Cusgarne School
Anna Walker	CVC Solicitors
Anne Moore	Daniel Cole Print
Avril Banks	Daphne Routly
Baker Tom's	David Monk
Balcony Bar St Ives	David Monk
BBC Children in Need	Debbie Stokes
Becky Boardman	Debbie Wilshire
Benefact Group - Movement 4 Good	Di Dingle
Bethany Lyne	Di Lobb
Bill Phillips	Diane O'Brien
Bill Ward Photography	Dignity Funerals
Boutique Retreats	Doreen Hocking
Callington Toddle In	Dubs of Vanarchy Cornwall
Carew Pole Charitable Trust	Duloe C of E Primary School
Carharrack & St. Day Pensioner's Club	Ecclesiastical Insurance Group
Carlyon Bay Camping Park	Emma Grose
Carn Brea Leisure Centre	Enable Law
Caroline Williams	Falmouth Fire Station Social Club
Chacewater Garden Centre	Flambards
Charlene Sargent	Frogpool Methodist Church
Charmaine George	Gary Foster
Children's Hospital Pyjamas	Gary Taylor
Christine Gendall	Geoff Fleet
Christine Roberts	Gillian Emerson



Grampound Carnival	Leslie & Redruth Rugby Club Sliming World
Gulval Welcome Club	Life in the Long Grass
Gulval WI	Linda Hosie
Guy Mather	Lindsey Thomas
Halveor Court Art Group	Lisa Dann
Hayle and District Lions Club	Lisa Wright
Hayle Methodist Church	Livvy Cann
Hayley Thomas	Lord Savile
HBH Woolacotts	Louise Little
Headland Hotel	Louise Patchett
Heather Cooper-Waite	Lush Truro
Heather Curtis	LWC
Helen Martin	Lynher Dairies
Helen Powell	Maggie Harris
Impact Fluid Solutions	Marina Stevenson
Jacqueline South	Masonic Charitable Foundation
Jan Trathen	Megan Eastwood-Wright
Jay George	Melvyn Lewis
Jennifer Haywood	Minack
Jennifer Mills	Miss A Martell-Tonkin
Jill Savage	Miss P Winsper
Joe Cruxon	Moose Toys
Jon Tremaine	Morrisons
Josh's Chocolate	Mrs Gough
Judith Bower	Mrs Penhaligon
Julie Wilkinson	Mrs T Jones
Karen Brown	Mrs Tyack
Karen Copp	Nathan Outlaw
Karra Griffith	Nationwide Truro
Kate's Fund - Sarah and Ronnie	Neil McLaughlin
Kathryn Taberer	New Inn, Tresco
Kaye Frowde	NHS Kernow ICB
Keep it in Cornwall for Kids	Nikki Isaacs Phoenix Events
Kelly Cruse	Nina Wheeler
Keltek Brewery	Oli Eastwood-Wright
Kernow Youth League	Oxford University Harry Potter Society Ball
Kerra Griffith	Padstow Petrol Station
Kerri-Anne Maker	Par Churches Together
Kim Mughan	Pat Svensen
King Harry Ferry	Patricia Illston
Kit Morey	Pearl Ralph
Land and Water	Pendennis Charity Committee
Lanner Football Club	Penzance Lions Club
Lappa Valley	Perranarworthal WI
Leek Seed Methodist Chapel	Peter Scupholme
Leo Merrikin	Porthleven Ladies Circle
Lesley Boniface	Postcode Local Trust



Rebecca Hudson	Sue Cuff
Rebecca Jarvis	Suitcase Singers
Rebecca Pearce	Suzanne Dilly
Rebecca Sharp Phillips	SWComms
Rob Unett	Sylvia Mason
Roddas	Tamsyn Chapman
Ronald Crago	Tate
Rosemellin School	Thatch Cottage
Roses Farm	The Alverton
Rotary Club of Camelford	The Cellar Shop, Porthleven
Ruby Tuesday Books	The Cornish Company
S Gardner	The Gravel Road Trust
Sadie James	The Greenbank
Sally Potter	The Inner Wheel Club of Truro
Sam Nicholls	The Penventon Hotel
Samantha and Theresa	The Pirates of St Piran
Sarah Coleman	The Working Boat
Sarah Hall	Tiana, Holly & Rose
Sarah Heywood	TK Maxx and Homesense Foundation
Sarah Tsuruki	Tracey Proctor
Scence	Trebah Gardens
Scentered	Tristan Kimber
Scott Davis	Troll Trader
Seasalt	Trudy Jones
Sew-in Mullion	Truro Camera Club
Shaun Wakeham	Truro Jobcentre
Shirley Isaacs	Truro Lions Club
Sock Creatures	Truro School
Sophie Dennis	Via Ferrata
St Aubyn Estates	Victoria Inn, Four Lanes
St Eval	Wadebridge Rotary
St Ives Swim Club	Watergate Bay Hotel
St Levan Church	Wellers
St Martin's School	Will Collinge
St Paul's Church Chacewater	William, James, & Eleanor Viqueira
Stephanie Ellis	

## Administrative Details

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PATRONS	Dame Annette Egerton DBE Michael Galsworthy CVO CBE DL Sir Tim Smit KBE
TRUSTEES at date accounts signed	Dr Alison Stephens (Chairman) William Phillips (Treasurer) Nigel Hyde Nicky Sutton Mike Bird Karen Reid David Perry Anna Pemberton
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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