

Annual Report

For the year to 31 December 2024

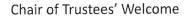


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Charity Name:	Care for the Family	
Registered Numbers:	Company Number: Charity Number: OSCR Number:	3482910 1066905 SC038497
Registered Office:	Tovey House Cleppa Park Newport, NP10 8BA	
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Website Address:	www.cm.org.uk	
Council of Management:	John O'Brien Norman Adams Nick Andrews	(Chair) (Appointed 1 June 2025)
	Samantha Callan Paul Francis Yolanda Ibbett Sally Jones-Evans	(Appointed 1 April 2025)
		(Chile f True author)
Executive Team:	Robin Vincent Rob Parsons, OBE Katharine Hill Paula Pridham Andrew Firth	(Chief Executive) (Founder)
	Philip Jinadu	(From 2 September 2024)
Registered Auditors:	Menzies LLP 5th Floor Hodge House 114-116 St Mary Street Cardiff, CF10 1DY	
Bankers:	Lloyds Bank plc 45 Newport Road Cardiff, CF24 0TW	
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Kent, ME19 4TA



As I write this, we have just received a letter from someone who has donated regularly to Care for the Family's work over the years. She wrote:

'I have supported Care for the Family for many years but never imagined I would need to be supported by you.

In desperation, I called earlier this year ... [Your support] enabled me to put into words feelings and grief that I had suppressed. Suppressed because there was never time to process one event before another event came along or because the demands of my life don't allow much space for that. I will be forever grateful to Care for the Family for walking beside me for those months. Thank you.'

As I read those words, I was moved. Here was a lady who was glad to give faithfully towards our work, strengthening family life and providing for others – never thinking that one day *she* would be the one who needed that support.

For charities who work in fields such as providing overseas aid, or caring for animals, there's perhaps an obvious divide between those who enable that work, and those who benefit from it. Not so at Care for the Family. Whether it's our donors, our volunteers, or indeed our very staff team or trustees – we can all sometimes find ourselves facing challenging circumstances and feeling in need of the charity's support.

It's a valuable reminder that none of us are immune from such pressures. Whether it's a traumatic bereavement, struggles with parenting, or a breakdown in a relationship, life can change very suddenly. But such times of brokenness don't disqualify us from supporting others – in fact, those very experiences are often what enable us to impact others in a significant way.

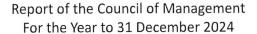
Our incredible befriending volunteers work in this very way. Their experience of raising a child with additional needs, losing a child, or being widowed at a young age, enables them to help others in a way that no-one else could. As one befriendee said,

'Talking to someone else who understood me completely has helped hugely. None of my friends or family have experienced this loss which can leave me feeling very isolated in my grief. Speaking to [my befriender] really helped. She got why I found certain things so difficult and she also made me feel hopeful for the future by sharing her own personal experience of how she has coped.'

Many of those who run our parenting courses, train others in bereavement support, or help at our single parent holidays, are also motivated by their own experiences of difficult times, and now want to come alongside others.

We are so grateful to everyone who helps to deliver the charity's support in these ways, often at personal cost to themselves – and also to the generous and faithful donors and Partners who make this all possible.

John O'Brien Chair of Trustees



The trustees present their report and the audited financial statements of the charity for the year ended 31 December 2024, which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities".

Objectives and Activities

Care for the Family's purpose is to strengthen and support family life – enabling families to find help during challenging times, and encouragement in the good times. We provide relationship education and support in three central areas of family life: couple support, parenting and bereavement.

Our initiatives include:

- An engaging programme of events with teaching on family life topics
- Subsidised relationship-building activity holidays for single parent families
- Parent training courses delivered by a network of trained facilitators
- Resources and courses to support couple relationships
- Bereavement Care Awareness days delivered through local community initiatives
- Networks of trained volunteer befrienders in more specialised areas of family life support
- Writing and producing books, videos, podcasts and other accessible resources to strengthen family life
- Focused projects to meet specific needs, for example those parenting alone or with children with additional needs

Achievements and Performance

In the last Annual Report, we identified some specific goals for 2024, and here we indicate our progress against those goals.

Specific Objectives	Measured Progress/Success/Achievements
Trial the provision of a <i>Time Out for Parents:</i> Additional Needs course online, for parents of children with complex and challenging needs.	The trial was successful and a second course was run in the autumn, with both being fully booked. Parents valued the chance to meet with others and learn new parenting approaches, in an accessible way in their own homes. Two more courses will be run online in 2025, with a volunteer trained facilitator helping to present the material.
Complete the construction of a new studio facility, enabling the charity to create more video content to support families.	This was successfully completed and handed over to the Media Production team in June 2024. It has been used to broadcast two live evening events, record new episodes of <i>The Dad Cave</i> podcast, and work on a number of other video projects. The studio enables us to work efficiently and to record and turn around content much more quickly than was previously possible.
Run two new core events at locations around the UK: one to support couples in their relationship, and one for parents raising children through the pre-teenage transition years.	The content for two new events was created: one for couples (Going the Distance) and one for parents (Big Parenting Questions). Events took place throughout the year at different locations around the UK and were well received by those who attended.
Develop and pilot some new events for those who have been bereaved, on specific topics such as how to help your children through grief.	Unfortunately team capacity and other pressing priorities did not allow us to make progress with this goal during 2024. However we did hold nine support days and weekends for the bereaved, with a mixture of online and in-person events.

Fully revise and republish *Daddy's Working Away* – a book to help men who are in prison to engage with their parenting role and maintain the relationship with their children.

We carried out a full revision and update of the contents (first written 20 years ago), redesigned and published the book in November. Copies have been distributed to a number of prisons and initial feedback from both prison staff and prisoners has been very positive.

Events, conferences and training

A key way that Care for the Family engages with families to achieve our charitable objectives is through events and training – both online and in person.

Events and conferences

The following events took place in person, at various venues around the UK, helping more than 5,000 people:

- Big Parenting Questions Help for parents in navigating the leap from childhood to adolescence
- Going the Distance Practical ideas for couples in how to communicate well, deepen connection and build a lasting relationship
- Heart of Communication Unpacking methods to help public speakers to better grasp how to speak not only to the head, but to the heart
- A Mind of Their Own Equipping parents to support their child's wellbeing
- An Evening with Rob Parsons Rob shares from his experiences how we can make the best of our circumstances, gifts, opportunities and relationships
- Playtime National Conference A mix of plenary sessions and specialist workshops to inspire and equip church toddler groups in their work supporting parents of young children

'Has really impacted how I think I will parent when my kids become teenagers.'

Parent, Big Parenting Questions

'I have always felt we have lived alongside each other, not with each other, and this feels like a key/tool to heal that.'

Attendee, Going the Distance

We also provided a programme of seminars at various festivals and independent conferences, reaching over 3,000 people with family-building content. In addition Katharine Hill spoke at two parenting groups, a school, and two conferences, on the topic of *Left to Their Own Devices – Confident Parenting in a World of Screens –* equipping nearly 3,000 parents in total on issues including the impact of screen time, social media, gaming, online bullying and pornography.

In partnership with Min-y-Don outdoor activity centre we organised a weekend called *Mountain Dad*. A group of dads and their children stayed at the centre and climbed a local mountain – creating the opportunity to achieve a challenge together and build family bonds. Feedback from those who attended was very positive.

Other more targeted events included four online sessions for parents of children with additional needs, enabling parents to connect with others who understand, discuss the challenges and find positive ways forward. We also provided events for bereaved parents, bereaved siblings and those widowed at an early age, offering in-depth peer support and specialist help to those attending. Some of these were held online, and others in person. These included specially-filmed video content, live talks, and the use of small facilitated breakout discussion groups, where the bereaved are carefully placed alongside others with similar experiences. We were able to hold nine such events during 2024, including two weekend events. One bereaved parent said, 'It was so reassuring to be with people who understood how I was feeling and spent time listening to me.'

Training

A key element of our work is providing training to those who wish to support people in their local communities. This includes individuals from local authorities, schools, community groups and churches. Our training is high quality and draws on proven research-based theory.

During the year we trained over 100 new facilitators who are now fully licensed and equipped to run the range of *Time Out for Parents* courses in their settings. This included a number of local authorities requesting in-house training; staff working for Family Hubs; and also prison chaplains, volunteers and prison staff wanting to run the *Dads* and *Handling Anger in the Family* courses within prisons.

'Excited about the difference this training could make to the parents I'm in contact with – and then hopefully the knock-on effect on children's family life.'

Facilitator

In addition, 56 people completed the training to deliver the *Children with Additional Needs* course, and a further 101 facilitators attended our free relicensing training for those who need a refresher session in order to ensure their skills and knowledge are up to date, and were relicensed to run courses.

Hundreds of parenting courses were run during the year by licensed facilitators, reaching approximately 4,000 parents across the UK – up from 2,700 in the previous year. The top four courses run were *Children with Additional Needs, Handling Anger in the Family, The Teenage Years* and *The Primary Years*.

'It was a great eye-opener to all these different parts of parenting that I've never even thought of. Temperament lesson changed our life.'

Parent, Time Out for Parents: The Primary Years

During the year we created a number of new training videos, consisting of a series of interviews with parents of children with additional needs. This will support facilitators in their training and delivery of content to parents.

Bereavement Care Awareness training sessions are delivered in-person or online, to equip people to feel confident to support those who have been bereaved. Sessions are presented by a small team of trained volunteer facilitators. In total, the volunteer facilitators delivered 42 training events in 2024. 18 of these were online, enabling delegates from all parts of the country to join, and 24 took place in locations around the UK. These were attended by 798 delegates – an increase of one-third on the previous year.

We also provided a number of follow-up sessions online for churches and other organisations who had hosted in-house training, to give additional specific support as they planned their next steps in the light of the training

'Thank you so much for the training! In my ministry this has been the BEST thing to enable me to reach out to and support members of the community outside the church.'

Attendee, Bereavement Care Awareness Training

they had received. One group shared an example of the impact that they are now able to have thanks to the training, saying, 'A young man who lost his partner to cancer two years ago feels he can come to our sessions and talk about her when no one else wants to listen any more.'

The training material was reviewed and refreshed during the year to ensure it remains current and up-to-date. Exploratory conversations were held with prison chaplains to assess whether the training might be useful in a prison context, and one pilot session was run, which was well received. This avenue of operation will be evaluated further in 2025.

Family-building breaks

Single parent families often encounter unique challenges, and our *Take A Break* multi-activity adventure holidays are designed to provide a much-needed break from the stresses of daily life. These special weeks foster stronger family connections, enhance relationships, boost the confidence of both parents and children, offer hope and create opportunities for families to bond with other families facing similar circumstances, helping them to feel less alone. In 2024 we hosted four such holidays across three activity centres in North Wales, Scotland, and Essex, welcoming 40 families including 40 parents and 57 children.

'We have not had a proper holiday since my wife passed away nearly five years ago. To meet others who are raising children on their own and some of whom were widows like myself made the holiday very special indeed. To be able to talk to other parents about all aspects of being a lone parent was invaluable. You could see the children gaining confidence day by day and after every activity. Without your support, a holiday like this would not have been possible. I just cannot thank you enough.'

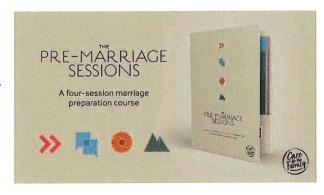
Single parent, Take A Break holiday

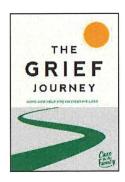
Resources and courses

Care for the Family's books, digital courses and other materials give help to many families across the UK and beyond, providing encouragement and practical support to help strengthen family life. Some of the resources produced in 2024 are outlined below.

Following extensive preparation, writing and production, *The Pre-Marriage Sessions* pack was released in the spring. This is a four-session video-based marriage preparation course that equips couples with the tools they need to build a strong and healthy marriage that can last a lifetime. An additional bolt-on session explores topics relevant to remarriage and blended families.

We also updated *The Marriage Sessions* – a four-session course to strengthen marriages – making it available as a physical pack and digital resource (rather than a DVD pack).





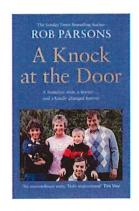
In April we published *The Grief Journey* – a brand-new book to help all who are grieving.

Designed as a practical and compassionate guide to navigating the initial weeks and months following loss, while providing hope for the longer journey, this is a significant addition to our support for the bereaved.

The Heart of Marriage was made available as a magazine-style booklet, containing chapters from a collection of trusted and insightful writers.

As mentioned earlier, a full revision of *Daddy's Working Away* – helping men who are in prison to engage with their parenting role and maintain the relationship with their children – was carried out in 2024, and the

book published in the autumn.



In November, A Knock at the Door by Rob Parsons was published in hardback by William Collins. Extracts were serialised in the Daily Telegraph and Daily Mail, and Rob was interviewed about the book on BBC Radio 5 Live, BBC Radio Wales and many other outlets. The book tells the story of the founding of Care for the Family, Rob and Dianne's life, and that of Ronnie – the

homeless man who grew up in care but then lived as part of their family for over 45 years. As well as highlighting the challenges facing children in care, the book brings a compelling message of the power of love and acceptance, and that we can all make a difference in the lives of others — even when we feel we have little to offer.

'A true story that is a remarkable combination of heartbreaking and heartwarming. None of the team that worked on this feature remained dry-eyed after reading it.'

THE HEART OF MARRIAGE

Daily Telegraph

Online support and media coverage

Seeking support online is an accessible and non-threatening way for many people to find information and help. Our website consistently receives tens of thousands of views each month, with the most frequently visited pages being those about our live events, parent support and courses, and bereavement support. In 2024 we made active use of a charity Google advertising grant, to reach new and existing contacts with targeted advertising online to help raise awareness of our website and encourage more use of it. These adverts generated an additional 11,000 clicks through to landing pages on the website. In total the website was visited 280,000 times during the year – an increase of 10% on 2023.

Short-form video content is increasingly one of the main ways that people like to access content. 17 videos have been created to support parents of children aged 8-13, as a supplement to our new event, *Big Parenting Questions*. Experts were filmed on a variety of topics such as child brain development, managing anxiety, pornography, additional needs, and what to do in a mental health crisis.

Twelve new episodes of *The Dad Cave* podcast were produced and released during the year. In its new format, the whole podcast is available in audio, whilst a shorter video clip from the interview (approx. 4-7 mins) is uploaded to YouTube. A video 'short' (approx. 30 seconds) is also used on YouTube, Facebook and Instagram Reels. Subjects covered during the year included dealing with financial pressures; facing burnout; and being a dad when you've lost your dad.

Facebook remains our most engaged social channel with 32,000 followers, with 8,000 on Instagram. These are valuable channels for raising awareness of the charity and sharing bite-sized encouragement or tips for different aspects of family life. During the year we experimented more with different types of content on social media, working on creating short reels that use engaging ways to communicate information. We have made multiple short videos responding to topical news articles such as the effect of smartphones on children, or new research on mental well-being, and these have been well received with 2,000+ views per video. Reaching a new, younger audience is also an important part of our strategy which means our focus has primarily been on Instagram, and in the future we will look more at using TikTok.

Sharing family-building material through radio, TV and press enables us to reach many thousands of people with helpful content. During 2024 our Directors and other key staff contributed to many programmes and publications, including for example speaking on BBC Radio Scotland (about increasing violence among pupils in schools), BBC Radio London (about the challenges of being a mum), and on BBC Radio 5 Live (about the pros and cons of parents 'tracking' their children via their phone).

Volunteer networks and befriending

CareLine and befriending

CareLine – our telephone support and signposting service – provides more indepth support for people facing particularly complex or traumatic challenges in their family life. Issues addressed included bereavement, divorce, parenting, addictions, sexual issues and mental health. During the year nearly 600 new clients were supported in this way, including referrals from statutory bodies such as GPs and social services.

'Non-judgmental, caring support for me and my husband. Really helped us to think through our issues ... got us talking more.'

CareLine caller

One respondent said, 'The support I have received has been really excellent and totally invaluable. [The CareLine advisor's] professionalism, great care and understanding, and depth of expertise and experience has been transformative. I am deeply grateful.'

We were very proud that our CareLine Coordinator was awarded a British Empire Medal in the King's New Year Honours list for his services to counselling, with Care for the Family mentioned in his citation.

Our telephone befriending services provided peer-to-peer support from the team of 126 trained volunteer befrienders in three specialist areas: parents of children with additional needs, bereaved parents, and those widowed young. Many hundreds were supported in this way through either one-off or ongoing befriending. One woman said, 'I know I am not the only one to have been widowed by suicide but to be able to chat to someone who is also on this unexpected unwanted journey is so helpful and means more than you can know.'

'[My befriender] gives me concrete and tangible ways that help me cope in the everyday. He also helps me look at the bigger picture rather than being stuck in the everyday struggle.'

Befriendee

Other networks

Resourcing local groups to reach out to families in their communities enables us to have an impact across the UK. We were delighted that 11 new Who Let The Dads Out? groups were established during the year, making a total of 167 registered groups altogether which are providing a welcoming environment for fathers and father-figures and their children to spend dedicated time together and strengthen their relationships.

We continue to equip churches as they support families in their congregations and wider communities. In the spring we published a new resource, *Children's Faith: A Whole Church Approach to Family Ministry*, consisting of a substantial booklet with development tools, supporting videos and downloadable resources. One leader said, 'A fantastic resource. I have worked in education and church contexts for many years, and I think this is one of the best documents I have read. It has not just inspired change but also equipped me with tools to help me along the way.'

This was followed by an online learning community, where leaders were invited to join a series of three monthly sessions to work through the material and discuss how to apply it in their context. 80 places were made available and the sessions sold out, so a second series of sessions were held in the autumn, for which a further 96 people signed up.

We had a significant presence at the Big Church Festival in May, which was attended by about 25,000 people. A grant provided by the Douglas Trust enabled us to be featured through the craft tent and soft play tent, full page advert in the programme and repeated video adverts on the main stage screen. The soft play and craft were very popular and

provided opportunities for families to have conversations with us and browse free parenting literature, while their children played.

We have been able to provide keynote speakers for events, conferences and training days within a number of Church of England dioceses, including Sheffield, Canterbury, Liverpool, Southwark and many others. We have worked with Bristol Baptist College to incorporate our material into their programme for new ministers and they also invited us to deliver teaching to their students around the value of family ministry.

We also provided support for leaders of church-based parent and toddler groups as they come alongside parents of young children. The Playtime National Conference, with a theme of 'Untapped: Releasing your toddler group's potential' took place in Bradford in September with 230 delegates attending. In addition we created a new resource to help disseminate new research findings to groups, sharing information about how toddler groups can effectively nurture children through elements such as building a sense of belonging, facilitating connections with the natural world, creating a sense of wonder, and exploring spirituality together in an open way.

We have delivered presentations at several seminars for headteachers in North Wales. Each headteacher who attended (approx. 25) received a copy of the two-hour video-based session *A Mind of Their Own*, along with a box of other CFF resources.

The prison work continues to increase, with the team supporting personnel in nine prisons delivering our parenting courses and sessions. HMP Wormwood Scrubs have streamed *Parentalk* to prisoners in-cell via Wayout TV. We have updated our portal for those who work in prisons (cff.org.uk/prisons) to include a selection of our content which has been specifically edited for prisons, and produced a new *Dad Cave* podcast on 'Being a dad in prison'. This content has now been added to in-cell devices in 19 prisons. Also in the autumn of 2024, as mentioned in the Resources section, we published a fully updated edition of our book, *Daddy's Working Away: A Guide to Being a Good Dad in Prison*.

Public benefit

The Trustees have paid due regard to the Charity Commission guidance on public benefit in deciding what activities the charity should undertake. The paragraphs above provide further information.

Plans for Future Periods

During 2025 we aim to continue to support families through a mix of events, resource production, befriending, breaks for single parent families, and training both online and in person. We are also aiming to achieve several specific new goals during the year:

- Build on our provision for single parent families by offering a new type of holiday for those who may have difficulty with the more physically demanding activities (such as zip wires and canoeing) on our existing breaks.
- Create and launch a new series of podcasts, as well as a YouTube show, providing content and resources for couples to strengthen their relationship.
- Complete a thorough update and full rewrite of the *Time Out for Parents: Additional Needs* course, to reflect the most current understanding of children's needs and how parents can best care for them.
- Develop the content for a new event to inform and equip parents and carers, provisionally titled Left to Their Own Devices? Confident Parenting in a Digital World.
- Research and write a book for stepfamilies, supporting them in their couple relationship and parenting (ready for publication in 2026).

Structure, Governance and Management

Governing document

The organisation is a charitable company limited by guarantee, incorporated on 12 December 1997 and registered as a charity on 17 December 1997. The company was incorporated under a Memorandum of Association which established the objects and powers of the charitable company and it is governed under its Articles of Association. In the event of the company being wound up, members are required to contribute an amount not exceeding £10. The Articles of Association were reviewed and amended in 2018. All necessary filings and submissions have been completed in this respect.

Recruitment and appointment of the Council of Management

The directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as Members of the Council of Management. Under the requirements of the Memorandum and Articles of Association the Members of the Council of Management can only be elected from the membership of the charity.

The number closest to one third of the Members of the Council of Management retire by strict rotation and, being eligible, can offer themselves for re-election at the next Annual General Meeting. Care is taken to ensure that the Council of Management includes experience in financial, legal and educational fields.

Induction and training of Trustees

New trustees are given an introduction to the work of Care for the Family by the Chair of Trustees and the executive team. Trustees are kept informed through regular internal reports (including financial reports) and samples of produced materials. All trustees are encouraged to tour the main offices of Care for the Family, as well as attending events that the charity organises. In addition, the organisation holds two staff conferences each year to which trustees are invited and where they have opportunities to be updated on the charity's work and mix with members of staff. Upon appointment trustees are informed of their obligations in law as a trustee of a charity, and are encouraged to acquaint themselves with the publications and guidance available from the Charity Commission.

Organisational structure

The Council of Management meets three times a year and oversees finances, the present work and the future development of the charity. They have regard for the advice of the executive team, to whom the management of the work of Care for the Family and the day-to-day operational decisions have been delegated. The Council of Management all give of their time freely in their role as trustees, and during the year Samantha Callan provided consultancy services to the charity, which was compliant with our conflict of interest policy. Transactions with related parties are disclosed in note 20 of these accounts.

Remuneration of the executive team is approved by the Council of Management and is reviewed annually. The Council of Management benchmark the executive team pay against pay levels in other charities of a similar size and activity to ensure that the remuneration set is fair and appropriate. The remuneration of all other staff is set by the executive team in consultation with the Council of Management. The executive team withdraw from any discussion of their own terms of service.

The average number of full-time equivalent staff employed by the charity during the year was 66 with consultants and casual staff assisting as appropriate. During 2024 we had a total of 216 active volunteers. This was made up of 126 befrienders, 3 Bereaved Adult Siblings volunteers, 30 area coordinators for the parenting network, 40 volunteers who run *Bereavement Care Awareness* courses, 4 who help with office administration and 13 area representatives for Who Let The Dads Out?

Risk management

Overview

The members of the Council of Management recognise that they have overall responsibility for ensuring that they implement an appropriate system for the management of risk, whether financial or otherwise, to which the charitable company may be exposed. For this reason the Council of Management has charged the executive team with the task of ensuring that internal controls and the exposure to risk are reviewed on a regular basis. A strategic risk summary has been produced, which includes the key risks identified, a 'traffic light' assessment, and details of mitigations that are in place. This is reviewed regularly by the executive team, and is included as a standing item at all Council of Management meetings.

In addition, relevant staff, who are drawn from a wide cross-section of the charitable company and who have responsibility in key areas, meet at least twice yearly to consider operational risks, including:

- The types of risk to which the charitable company may be exposed
- The level of risk that is considered acceptable
- The likelihood of each risk materializing
- Our ability to reduce the incidence and impact on the business of risks that do materialise
- The costs of control relative to the benefit obtained

The Risk Management meetings are the forum where new risks are identified, discussed and any risk plan is assigned or formulated as appropriate. The results of these regular reviews are reported back to the Council of Management by the executive team. Risk plans have been developed to reduce the risk and mitigate the effects of any of the above. All risk plans are reviewed annually and have two designated staff to prevent unintentional omission due to staff turnover.

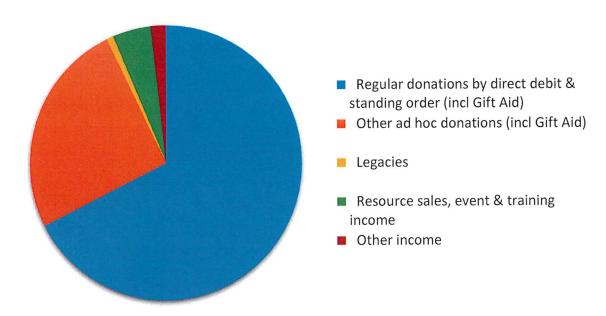
Data security

During 2024 we increased our focus on the risks associated with data security. It continues to be our practice for our CEO to meet with the Operations Director, Head of Department Operations and Systems Manager every three weeks in order to review any threat or weaknesses in our data security, and to keep this topic constantly high on our agenda. By the end of 2025 we plan to have achieved Cyber Essentials certification to evidence that we operate to high cybersecurity standards and are protecting sensitive data and our digital assets. We continue to experience phishing attacks via email and social engineering. Consequently, we have commenced additional preventative measures which includes simulations of phishing, spear phishing and whaling attacks on our staff to determine points of weaknesses and to provide an individual monthly cyber training plan for each employee.

Financial Review

Income

This year the charity received funds of £4.16m, with expenditure of £4.07m. Voluntary income for the year was £3.90m. This consisted of regular payments received via bank standing orders and direct debits of £2.98m, ad hoc giving of £0.86m and legacy income of £0.06m.

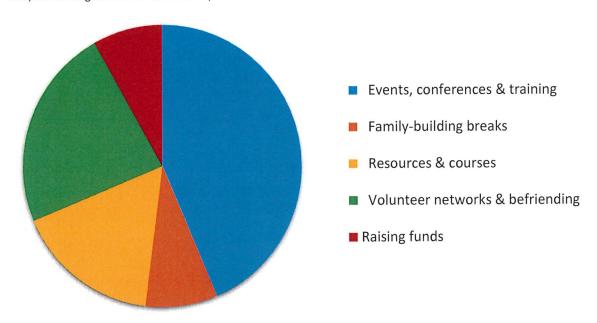


Expenditure

The net cost to the charity of running events, conferences and training events was £1.79m. Running family-building breaks resulted in a net cost to the charity of £0.27m. These costs include not only the direct costs of the event itself, but also content definition, research and preparation, event marketing, promotion and publicity, event management and post-event contact with delegates throughout the year.

Providing resources resulted in a net cost to the charity of £0.65m. This sum includes the cost of producing new resources, as well as providing resources free of charge to those who cannot afford them. The charity also provided support to families through a range of befriender and support networks, a counselling referral service and through our website. The cost to the charity of providing these services was £0.84m.

Fundraising and associated publicity are important aspects of any charity's operation, and £0.33m has been spent in this area, amounting to 8.1% of the total expenditure.



Principal funding sources

Care for the Family is primarily funded by donations from the general public. Partners of Care for the Family support the charity through regular donations via standing order and direct debit. In 2024 72% of the charity's income came from Partners. This provides a strong and stable base for future development and the charity's aim to increase its net Partner numbers during the year was achieved. The remainder came from ad hoc donations and other funding sources which included grants from charitable trusts.

Care for the Family seeks to maximise the potential of donated income by securing a gift aid declaration where possible, which increases the value of the donation by 25%. While there is income from resource sales and seminar tickets, these activities could not take place without the generosity of our Partners and other donors.

Material expenditure incurred within the reporting period achieves a positive net return of raised income within the same period. Therefore, the charity does not find it necessary to consider the effect this expenditure has on any future period.

Fundraising practices

Care for the Family's family-strengthening events (whether 'on tour' or online) typically include a brief financial appeal, giving an opportunity for attenders to contribute to the work of the charity with regular donations via direct debit if they wish. We also produce a biannual fundraising letter which is sent to a selection of our supporters. These events and mailings are organised and coordinated by Care for the Family staff and we do not use professional fundraisers or commercial participators.

Supporters of the charity undertake fundraising activity on our behalf (for example sponsored walks), but do so independently and voluntarily.

Care for the Family has signed up to the Fundraising Regulator's Code of Fundraising Practice, and is committed to operating in line with its standards. Staff involved with fundraising keep up to date with guidelines from the Fundraising Regulator. One complaint was received in 2024 about the charity's fundraising activities, from a donor who was unhappy about a specific area of work that our appeal letter mentioned with regard to our funding needs. In line with our policy and practice, the feedback was logged as a complaint, and relevant staff informed, including our Executive Leadership Team. We spoke to the donor, apologised for any upset, and sent further information by email.

We manage all of our mailings and correspondence with supporters in line with their communication preferences. All correspondence provides the recipient with information about how they can be removed from our mailing lists. We do

not buy data or share our data with others, do not undertake telephone fundraising, and we ensure that our fundraising requests are sensitive and made without pressure.

Fixed assets

The charity has for its headquarters a recently-refurbished building based in Newport. It is a substantial property of over 20,000 sq ft.

Reserves policy

The Council of Management has considered the charity's requirements for reserves in light of the main risks to which it is exposed. While much of the charity's income is of a regular nature there is still a considerable reliance on ad hoc donations which by their nature are unpredictable. In addition, there is a continuing need to develop new resources and undertake new projects, all of which require investment with no ultimate guarantee of increases in income.

For these and other reasons the Council of Management believes that it is appropriate to have minimum free reserves (that is, unrestricted funds net of funds already designated) of six months' core operating costs, which currently amounts to approximately £1.50m.

At the year end the free reserves amounted to £3,522k. These reserves stood above the minimum level defined by our policy. This is primarily due to the aftereffects of the Covid-19 pandemic, during which restrictions upon activity, notably live events, resulted in significant reductions to expenditure, which caused an increase in reserves. The policy reflects a minimum appropriate level, and the Trustees believe the current figure held is reasonable in view of the charity's context and main risks to which it is exposed, such as the general economic backdrop and challenging fundraising environment that is being faced by UK charities at present.

Investment policy

The Council of Management has the power to invest in such assets as they see fit. The charity has adopted a tiered approach to risk across two portfolios. In the first, the investment objective is to generate a real return exceeding the rate of GBP inflation, while accepting a level of risk similar to the long-run historical risks of investing in a blended portfolio of 50% bonds and 50% equities. In the second, the investment objective is to preserve purchasing power relative to the rate of inflation, while accepting a relatively lower level of risk similar to the long-run historical risks of investing in a blended portfolio of 75% bonds and 25% equities. The investment manager is directed to give due consideration to the appropriateness for the charity of any investment and its consistency with the charity's aims and objectives.

Responsibilities of the Council of Management

The Council of Management (the members of which are also directors of Care for the Family for the purposes of company law) is responsible for preparing the Report of the Council of Management and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and estimates that are prudent and reasonable
- State where applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation

The Council of Management is responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended). The Council of Management is also responsible for

safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Members of the Council of Management

Members of the Council of Management, who are directors for the purpose of company law and trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 3.

Disclosure of information to the auditors

We, the directors of the company who held office at the date of approval of these Financial Statements as set out above each confirm, so far as we are aware, that:

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

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2017 relating to small companies.

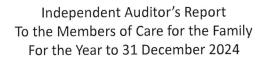
Independent Auditors

A resolution to appoint Menzies LLP as independent auditors for the ensuing year will be proposed at the Annual General Meeting.

Approved by the Council of Management on 17th July 2025 and signed on its behalf by:

John O'Brien

Chair of Trustees



Opinion

We have audited the financial statements of Care for the Family (the 'charitable company') for the year ended 31 December 2024 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 December 2024, and of its
 incoming resources and application of resources, including its income and expenditure, for the year then
 ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice;
 and
- have been prepared in accordance with the requirements of the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and regulation 8 of the Charities Accounts (Scotland) Regulations 2006.

Basis for opinion

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

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Council of Management's use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The Council of Management are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in

the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Council of Management's report (incorporating the directors report) for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Council of Management report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report.

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

- adequate and proper accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the Council of Management were not entitled to prepare the financial statements in accordance with the small companies' regime and take advantage of the small companies' exemptions in preparing the directors' report and from the requirement to prepare a strategic report.

Responsibilities of the Council of Management

As explained more fully in the Council of Management's responsibilities statement, the Council of Management (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Council of Management determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

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

Auditor's responsibilities for the audit of the financial statements

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

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

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Our planning procedures identify the legal and regulatory frameworks applicable to the operations and financial statements of the group. These are reviewed internally with the audit team including relevant industry experience and expectations as well as externally with the client management. The key laws and regulations we considered in this context were the Companies Act 2006, Charities Act 2011, Charities and Trustee Investment (Scotland) Act 2005 and relevant tax legislation.

Once identified, we assess the risks of material misstatements in relation to the laws and regulations, irregularities, including fraud and adjust our testing accordingly. Our audit procedures include:

- Discussing with the management which areas of the business they believe to be more susceptible to fraud, and whether they have any knowledge or suspicion of fraudulent activities;
- Obtaining an understanding of the key controls put in place by the group to address risks identified, assessing the effectiveness of those and discussing how these are maintained and monitored internally;
- Assessing the risk of management override and review and testing of journal entries made into the accounting system;
- Discussions with management the legal and regulatory obligations of the business and whether they have any knowledge or suspicion of non-compliance.

Despite the audit being planned and conducted in accordance with ISAs (UK) there remains an unavoidable risk that material misstatements in the financial statements may not be detected owing to inherent limitations of the audit, and that by their very nature, any such instances of fraud or irregularities likely involve collusion, forgery, intentional misrepresentation, or the override of internal controls.

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

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006, and to the charitable company's Council of Management, as a body, in accordance with Regulation 10 of the Charities Accounts (Scotland) Regulations 2006. Our audit work has been undertaken so that we might state to the charitable company's members and Council of Management those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company, the charitable company's members as a body and the charitable company's Council of Management as a body, for our audit work, for this report, or for the opinions we have formed.

Victoria Carter (Senior Statutory Auditor) Menzies LLP, Statutory Auditors

The Floor Hodge House

5th Floor Hodge House

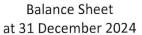
114-116 St Mary Street, Cardiff, CF10 1DY

Date: 27th August 2025

Statement of Financial Activities (including income and expenditure account) For the Year Ended 31 December 2024

	Notes	Unrestricted funds £	Restricted funds £	Total 2024 £	Total 2023 £
Income from:					
Donations and legacies	3	3,873,461	22,473	3,895,934	4,100,595
Charitable activities	4b	188,498	-	188,498	199,151
Investments Bank interest received Dividend income		22,005 41,079	-	22,005 41,079	25,171 27,511
Other		17,163	-	17,163	24,867
Total Income	-	4,142,206	22,473	4,164,679	4,377,295
Expenditure on:	-				
Raising funds	6a	330,913	-	330,913	327,233
Charitable activities	5	3,715,912	26,079	3,741,991	3,738,239
Total Expenditure	-	4,046,825	26,079	4,072,904	4,065,472
Net gain on investments		115,570	-	115,570	112,236
Net income and Net movement in funds before trans	fers	210,951	(3,606)	207,345	424,059
Transfers between funds		5,172	(5,172)	-	-
Net income and Net movement in funds	-	216,123	(8,778)	207,345	424,059
Reconciliation of funds					
Total funds brought forward		7,724,138	35,230	7,759,368	7,335,309
Total funds carried forward		7,940,261	26,452	7,966,713	7,759,368

The notes on pages 22 to 36 form part of these financial statements.



Notes £ £ £ Fixed assets Intangible assets 8 287,319	£ 336,158
Intangible assets 8 287,319	226 150
	226 150
	330,136
	3,396,644
Investments 10 2,533,975 2	2,399,600
Total fixed assets 6,473,371 6	6,132,402
Current assets	
Stocks 11 89,365 95,082	
Debtors 12 203,825 243,983	
Cash at bank and in hand 1,379,859 1,560,841	
1,673,049 1,899,906	
Creditors: Amounts falling due	
within one year 13 (179,707) (272,940)	
Net current assets 1,493,342 1	1,626,966
Total assets less current liabilities 7,966,713 7	7,759,368
Creditors: Amounts falling due after	
more than one year -	
Net assets 7,966,713 7	7,759,368
Represented by:	
Unrestricted funds 15 7,940,261 7	7,724,138
Restricted funds 17 26,452	35,230
7,966,713	7,759,368

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies.

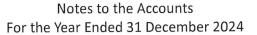
These financial statements were approved and authorised for issue by the Council of Management on 17th July 2025 and signed on their behalf by:

John O'Brien Chair of Trustees

Statement of Cash Flows For the Year Ended 31 December 2024

	2024 £	2023 £
Cash flows from operating activities	_	_
Net income for the financial year	207,345	424,059
Adjustments for:		
Amortisation of intangible assets	48,839	5,698
Depreciation of tangible assets	155,131	147,560
Interest received	(22,005)	(25,171)
Dividends received	(41,079)	(27,511)
(Deduct gains)/Add back losses on investments	(115,570)	(112,236)
Decrease in trade and other debtors	40,158	21,757
Decrease in stocks	5,717	8,165
(Decrease)/Increase in trade and other creditors	(93,233)	131,331
Cash from operations	185,303	573,652
Cash flows from investing activities		
Purchase of investments	(466,705)	(1,921,109)
Proceeds from sale of investments	477,785	739,043
Purchase of tangible assets	(410,564)	(519,762)
Purchase of intangible assets	-	(341,856)
Interest received	22,005	25,171
Dividends received	41,079	27,511
Net cash from investing activities	(336,400)	(1,991,002)
Cash flows from financing activities		
(Repayment) of loans	-	-
Net cash used in financing activities	-	-
Net (decrease) in cash and cash equivalents	(151,097)	(1,417,350)
Cash and cash equivalents at start of year	1,642,296	3,059,646
Cash and cash equivalents at end of year	1,491,199	1,642,296

[&]quot;Cash and cash equivalents" consist of "Cash at bank and in hand" £1,379,859 (2023: £1,560,841) and "Cash held as part of the investment portfolio" £111,340 (2023: £81,455). For "Analysis of Changes in Net Debt" see Note 22.



1. Company information

Care for the Family is a company limited by guarantee and registered in England and Wales, registration number 3482910, and a charity registered in England and Wales number 1066905, in Scotland number SC038497 and in the Isle of Man 1231 (ceased 25th April 2023). The registered office is Tovey House, Cleppa Park, Newport, NP10 8BA.

1.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective January 2019) – (Charities SORP (FRS102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) and the Companies Act 2006.

Care for the Family meets the definition of a public benefit entity under FRS102.

These financial statements have been prepared in compliance with SORP (FRS 102).

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

Regular income has remained stable and the trustees continue to pursue strategies to increase the number of Partners committed to giving to the charity on a monthly basis, and hence these accounts have been prepared on a Going Concern basis.

The financial statements are prepared in sterling (£), and rounded to the nearest pound.

1.2 Incoming resources

All income is recognised in the Statement of Financial Activities when the charity has entitlement to the funds, it is probable that the income will be received and the amount can be reliably measured.

Donations, legacies and similar incoming resources are reported gross and the related fundraising costs are reported in costs of generating funds.

Legacy entitlement is the earlier of the charity being notified of an impending distribution or the legacy being received.

Income from government and other grants, whether "capital" or "revenue" grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be reliably measured and is not deferred.

Grants from the government and other agencies have been included in incoming resources from charitable activities where these amount to a contract for services, but as donations where the money is given in response to an appeal or with greater freedom of use, for example government block grants.

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which it has been received.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable.

1.3 Resources expended

All expenditure is included on an accruals basis and is recognised when there is a legal or constructive obligation to pay. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates:

Raising funds represents expenditure incurred in motivating the individual supporters, trusts and other organisations to contribute to the work of the charity; investment management costs.

Charitable activities represents those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those of an indirect nature necessary to support them.

Governance represents those costs associated with meeting the constitutional and statutory requirements of the charity and include the audit fees and costs linked to the strategic management of the charity.

All costs including support costs are allocated between the expenditure categories of the SoFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly; others are apportioned on the basis of an estimate of the proportion of time spent by staff on the activity.

Support costs are those costs which do not in themselves constitute an activity; instead they enable output creating activities to be undertaken. This cost category includes the central or regional office functions such as general management, human resources and payroll administration, budgeting and accounting, and information technology.

1.4 Charitable activities

Expenditure on charitable activities comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries:

Events, Conferences and Training are a range of events organised across the UK which cover a range of family-related topics.

Family-Building Breaks are week or weekend courses designed to foster deeper relationships between parents and children.

Resources and Courses are the provision of resources to further the family-strengthening aims of the charity.

Volunteer Networks and Befriending are resources and services designed to provide support to those who are experiencing new or challenging family life situations.

1.5 Fund accounting

The charity maintains various types of funds as follows:

General unrestricted funds represent income which can be used in accordance with the charitable objects at the discretion of the Council of Management.

Designated funds represent income set aside by the Council of Management out of general unrestricted funds for specific future purposes or projects.

Restricted funds represent income to be used in accordance with specific restrictions imposed by donors or which has been raised by the charity for particular purposes.

1.6 Intangible assets

Intangible assets are measured at cost less accumulated amortisation and any accumulated impairment losses.

Software development costs are recognised as an intangible asset when all of the following criteria are demonstrated:

- The technical feasibility of completing the software so that it will be available for use or sale.
- The intention to complete the software and use or sell it.
- The ability to use the software or to sell it.
- How the software will generate probable future economic benefits.
- The availability of adequate technical, financial and other resources to complete the development and to use or sell the software.
- The ability to measure reliably the expenditure attributable to the software during its development.

Amortisation is charged so as to allocate the cost of intangibles less their residual values over their estimated useful lives, using the straight-line method.

The intangible assets are amortised over the following useful economic lives:

Software - 10-20% per annum of cost

If there is an indication that there has been a significant change in amortisation rate or residual value of an asset, the amortisation of that asset is revised prospectively to reflect the new expectations.

If the net fair value of the identifiable assets and liabilities acquired exceeds the cost of a business combination, the excess up to the fair value of non-monetary assets acquired is recognised in profit or loss in the periods in which the non-monetary assets are recovered. Any excess exceeding the fair value of non-monetary assets acquired is recognised in profit or loss in the periods expected to be benefitted.

1.7 Fixed assets and depreciation

The threshold for capitalisation of assets is set at £1,000 per item. Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Freehold Building - 2% per annum of cost Freehold Land - Not depreciated

General Office Equipment - 10-25% per annum of cost

Motor Vehicles - 20-50% per annum of cost

DVD Production - 20-50% per annum of cost

(the expected sales life of the DVD concerned)

1.8 Fixed Asset Investments

Investments are included at market value at the balance sheet date. Realised and unrealised gains or losses on investments are shown separately on the face of the statement of financial activities.

1.9 Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowances for obsolete and slow moving items.

1.10 Pension costs

The charity operates a Group Personal Pension Scheme (Money Purchase). Contributions are made to employees' personal pension plans, the majority of which are now within the group scheme. The amount charged to the Statement of Financial Activities represents the contributions payable to such schemes in respect of the accounting period and amount to £242,386 (2023: £234,501).

1.11 Operating lease agreements

Rentals applicable to operating lease agreements where substantially all the benefits and risks of ownership remain with the lessor are charged against profit on a straight line basis over the period of the lease.

1.12 Foreign currencies

Transactions in foreign currencies are recorded at the rate ruling at the date of the transaction. Monetary assets and liabilities are retranslated at the rate of exchange prevailing at the balance sheet date. All differences are taken to the Statement of Financial Activities.

1.13 Non-derivative financial instruments

Non-derivative financial instruments comprise trade and other debtors, cash and cash equivalents and trade and other creditors.

1.14 Debtors and creditors receivable/payable within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in the statement of financial activities.

1.15 Cash and cash equivalents

Cash and cash equivalents in the balance sheet comprise cash at bank and in hand. For the purpose of the cash flow statement, cash and cash equivalents are net of bank overdrafts which are payable on demand.

2. Net income/(expenditure)

	2024	2023
有某人的问题,我们们是是这种的企业的证明的证明的证明	£	£
The net income/(expenditure) for year is stated after charging:		
Audit fee	5,250	5,250
Depreciation and other amounts written off tangible fixed assets:		
Owned assets	155,131	147,560
Profit on disposal of fixed assets	3,417	4,583
Staff pension costs	242,386	234,501

3 Donations and Legacies

	Unrestricted funds £	Restricted funds £	Total 2024 £	Total 2023 £
Regular donations Ad hoc donations	2,977,483 839,805	22,473	2,977,483 862,278	2,957,048 1,109,348
Legacies	56,173	-	56,173	34,199
	3,873,461	22,473	3,895,934	4,100,595

Regular Donations is the income received by bank standing order or direct debit. Tax recoverable in respect of donations amounted to £507,787 (2023: £525,264) and this has been included within the relevant categories of income.

4a Total income

	Total 2024 £	Total 2023 £
Donations and legacies	3,895,934	4,100,595
Sales of resources and donated goods	75,302	61,382
Fees for seminars and training events	113,196	137,769
Royalties	7,044	44
Interest received	22,005	25,171
Other income	51,198	52,334
	4,164,679	4,377,295

4b Income from charitable activities

	Unrestricted funds £	Restricted funds £	Total 2024 £	Total 2023 £
Events, Conferences and Training	92,176	-	92,176	119,082
Family-Building Breaks	21,020	-	21,020	18,687
Resources and Courses	75,302	-	75,302	61,382
	188,498		188,498	199,151

Cost of charitable activities

5

	Unrestricted funds £	Restricted funds £	Total 2024 £	Total 2023 £
Events, Conferences and Training	1,871,269	13,040	1,884,309	1,776,464
Family-Building Breaks	295,181	108	295,289	339,100
Resources and Courses	710,581	12,716	723,297	680,008
Volunteer Networks and Befriending	838,881	215	839,096	942,667
	3,715,912	26,079	3,741,991	3,738,239

6a Analysis of total resources expended

	Staff costs £	Other costs £	Total 2024 £	Total 2023 £
Cost of raising funds:				
Cost of generating voluntary income	178,789	126,181	304,970	309,582
Investment management costs	-	25,943	25,943	17,651
	178,789	152,124	330,913	327,233
Charitable activities:				
Events, Conferences and Training	991,737	892,574	1,884,311	1,776,464
Family-Building Breaks	189,092	106,196	295,288	339,100
Resources and Courses	468,765	254,531	723,296	680,008
Volunteer Networks and Befriending	597,827	241,269	839,096	942,667
	2,426,210	1,646,694	4,072,904	4,065,472

6b Analysis of support costs

	Management & Accounting £	Governance £	Information Technology £	Human Resources £	Total 2024 £
Cost of generating funds: Voluntary income	14,940	4,484	25,402	4,061	48,887
Charitable activities: Events, Conferences and Training Family-Building Breaks Resources and Courses Volunteer Networks and Befriending	87,441 16,169 39,929 50,814	26,412 4,866 12,012 15,282	163,765 28,706 70,392 89,227	24,183 4,428 10,922 13,889	301,801 54,169 133,255 169,212
	209,293	63,056	377,492	57,483	707,324

Staff numbers and cost

在2000年 年1000年 - 1000年 - 10000年 - 1000年 - 100	2024	2023
The average number of staff employed during the year was 85 (2023: 82).		
The average number of full time equivalent staff employed by the charity during the year, analysed by category, including support staff was as follows:	Number	Number
Events, Conferences and Training	26	23
Family-Building Breaks	4	5
Resources and Courses	10	11
Other Programmes	13	15
Activities for Generating Funds	4	4
Management & Admin	1	1
Support	8	9
	66	68

为 家的一个人,我们就不是我们的	£	£
Wages and Salaries	2,020,807	2,001,540
Social security costs	163,017	165,480
Pension costs	242,386	234,501
Benefits in kind	24,703	29,989
	2,450,913	2,431,510

	2024 Number	2023 Number
£60,000 - £70,000	-	-
£70,000 - £80,000	2	1
£80,000 - £90,000		1

No trustee received any remuneration during the year for their services as a trustee (2023: nil).

Trustees received reimbursement of expenses during the year of £834 (2023: £263). The total number of trustees who were paid expenses was 3 (2023: 1).

The total employment benefits, including employer pension contributions, of the key management personnel of the charity were £434,877 (2023: £395,780).

Fixed assets – Intangible

8

	Computer Software	Total Assets
Cost		
At 1 Jan 2024	341,856	341,856
Additions	-	-
Disposals	-	-
At 31 Dec 2024	341,856	341,856
Depreciation		
At 1 Jan 2024	5,698	5,698
Charge for the year	48,839	48,839
Disposals	-	-
At 31 Dec 2024	54,537	54,537
Net Book Value		
At 31 Dec 2024	287,319	287,319
At 31 Dec 2023	336,158	336,158

9 Fixed assets – Tangible

	Freehold	Motor	Office	Total
	Property	Vehicles	Equipment	Assets
Cost				
At 1 Jan 2024	3,537,893	174,771	501,316	4,213,980
Additions	301,408	-	109,156	410,564
Disposals	-	(15,015)	(90,575)	(105,590)
At 31 Dec 2024	3,839,301	159,756	519,897	4,518,954
Depreciation				
At 1 Jan 2024	269,218	126,980	421,138	817,336
Charge for the year	67,786	30,898	56,447	155,131
Disposals	-	(15,015)	(90,575)	(105,590)
At 31 Dec 2024	337,004	142,863	387,010	866,877
Net Book Value				
At 31 Dec 2024	3,502,297	16,893	132,887	3,652,077
At 31 Dec 2023	3,268,675	47,791	80,178	3,396,644

Included in Freehold Property are costs of £450,000 (2023: £450,000) in respect of Freehold Land.

10 Fixed Asset Investments

	2024 £	2023 £
Market Value		
Listed investments:		
Opening market value	2,318,145	1,023,843
Additions	466,705	1,921,109
Disposals proceeds	(477,785)	(739,043)
Portfolio revaluation	115,570	112,236
	2,422,635	2,318,145
Cash held as part of portfolio	111,340	81,455
Closing market value	2,533,975	2,399,600
Historic cost at year end	2,271,924	2,233,738

All investments are held primarily to provide an investment return for the charity.

11 Stock

	2024	2023
	£	£
CDs and DVDs	3,630	3,541
Books	85,735	91,541
	89,365	95,082

Stock written-off during the year as a result of a review of slow moving and obsolete stock was £nil (2023: £nil).

12 Debtors

	2024	2023
	£	£
Due within one year:		
Trade debtors	10,840	22,277
Prepayments and accrued income	65,151	109,901
VAT	33,611	27,234
Gift Aid Tax recovery receivable	92,105	84,113
Other	2,118	458
	203,825	243,983

13 Creditors: Amounts failing due within one year

	2024 £	2023 £
Due within one year		
Trade creditors	56,479	155,605
PAYE and National Insurance	47,670	43,848
Pensions contributions payable	34,549	20,350
Accruals and deferred income	17,339	29,467
Other creditors	23,670	23,670
	179,707	272,940

Included in Accruals is deferred income of £352 (2023: £861) as follows:

	2024	2023
	£	£
Brought forward	861	5,545
Additions	352	861
Credit to the income and expenditure account	(861)	(5,545)
Carried forward	352	861

The deferred income relates to events taking place after the year end.

14 Leasing commitments

The company's future minimum operating lease payments are as follows:

	2024	2023
	£	£
year	4,250	4,428
ne and five years	2,125	8,500
	,	

The total lease payments recognised as an expense during the year was £7,328 (2023: £9,817).

15 Unrestricted funds

	General Fund £	Designated Funds £	Total £
Balance at 1 January 2024	7,096,325	627,813	7,724,138
Incoming resources	4,142,206	-	4,142,206
Outgoing resources	(3,868,718)	(178,107)	(4,046,825)
Investment gain	115,570	-	115,570
Transfers between funds	(69,000)	69,000	-
Transfers from restricted fund	5,172	-	5,172
Fund balance at 31 December 2024	7,421,555	518,706	7,940,261

16 Designated funds

	Balance at 1 Jan 2024 £	Incoming resources £	Outgoing resources £	Transfers £	Balance at 31 Dec 2024 £
Transition Fund	259,056	2	(83,603)	-	175,453
Integrated Systems Framework	81,588	-	(2,760)	-	78,828
The Kitchen Table Project	38,627	-	(15,757)	-	22,870
Building Development	20,000	-	(173)	36,000	55,827
CareLine	542	-	-	-	542
Website	-	-	-	15,000	15,000
Take a Break	-	-	-	20,000	20,000
Renewable Energy	15,000	-	-	(9,000)	6,000
Capacity Building	40,000	-	(21,318)	-	18,682
Jubilee Fund	28,000	-	(17,615)	7,000	17,385
Supporter Development	40,000	¥	(28,944)	-	11,056
Resources	25,000	-	(2,937)	-	22,063
Online Delivery Development	75,000	-	-	-	75,000
Other Designated Funds	5,000		(5,000)		
	627,813	<u>.</u>	(178,107)	69,000	518,706

Transition Fund – To provide for organisational transition and succession planning.

Integrated Systems Framework – To fund the refurbishment of the software infrastructure to meet modern demands due to the use of smart and mobile technology. This fund is set aside to cover the costs of research, review and successful implementation of various cloud-based solutions integral to the day-to-day operations of Care for the Family.

The Kitchen Table Project – Equipping Christian parents to support their children's spiritual development.

Building Development – To continue to provide for the development of the new building at Tovey House.

CareLine – To extend the fixed-term contract of a highly skilled professional counsellor for an additional year.

Website - For costs associated with the development of the company website.

Take a Break - To support the provision of subsidised family building activity breaks for single parent families.

Renewable Energy – To explore and assess potential benefits of renewable energy and other energy efficient strategies.

16 Designated funds (continued)

Capacity Building – To grow our capacity to deliver more partner generating live events through a fixed-term annualised hours contract.

Jubilee Fund – For specific employment costs that are significant to organisational culture and to enable response to ad hoc ministry needs.

Supporter Development – To support third-party engagement opportunities which offer the potential for broadening supporter engagement.

Resources – For the design and production of various physical and digital resources.

Online Delivery Development – For the expansion and development of digital resource delivery.

At the end of each financial year the trustees review the balances on the designated funds, plan for new expenditure in future years and make the appropriate transfers between the funds.

17 Restricted funds

	Balance at 1 Jan 2024 £	Incoming resources £	Outgoing resources £	Transfers £	Balance at 31 Dec 2024 £
Building Fund	4,122	1,050	-	(5,172)	-
The Kitchen Table Project	24,999	-	(24,999)	-	_
Take a Break	-	17,581	-	-	17,581
Integrated Systems Framework	-	1,080	(1,080)	-	-
Online Delivery Development	6,109	-	-	-	6,109
Other Funds	-	2,762	-	-	2,762
	35,230	22,473	(26,079)	(5,172)	26,452

Building Fund – To continue to provide for the development of the new building at Tovey House.

The Kitchen Table Project – Equipping Christian parents to support their children's spiritual development.

Take a Break – To support the provision of subsidised family-building activity breaks for single parent families.

Integrated Systems Framework – To cover the costs of research, review and successful implementation of various cloud-based software solutions.

Online Delivery Development – For the expansion and development of digital resource delivery.

Analysis of net assets between funds

	General Fund	Designated Funds	Restricted Funds	Total Funds 2024	Total Funds 2023
	£	£	£	£	£
Intangible assets	287,319	-	-	287,319	336,158
Tangible assets	3,652,077	-	=	3,652,077	3,396,644
Investment assets	2,533,975	-	=	2,533,975	2,399,600
Cash at bank and in hand	834,701	518,706	26,452	1,379,859	1,560,841
Other net current assets/(liabilities)	113,483			113,483	66,125
	7,421,555	518,706	26,452	7,966,713	7,759,368

19 Taxation

18

As a charity, Care for the Family is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

20 Related parties

Norman Adams, a member of the Council of Management, and Rob Parsons, a member of the Executive Team, are trustees of the Salt Trust. During the year the charity paid a donation of £5,000 to the Salt Trust (2023: £5,000).

Samantha Callan, a member of the Council of Management, provided specialist consultancy services to the charity, for a very reasonable fee, compared to the market value. The total paid to her during the financial year was £2,013 (2023: £3,151). The charity owed Samantha Callan £nil (2023: £500) at the end of the financial year.

The total donations made to the charity by related parties was £3,050 (2023: £2,700).

21 Company limited by guarantee

The company is limited by guarantee and so has no share capital. The members of the charitable company have agreed to contribute up to £10 each in the event of the dissolution of the company.

22 Analysis of Net Debt

	At 1 Jan 2024 £	Cashflow £	At 31 Dec 2024 £
Net cash:			
Cash at bank and in hand	1,560,841	(180,982)	1,379,859
Cash held as part of investments	81,455	29,885	111,340
Debt:			
Debts falling due within one year	-		-
Debts falling due after one year			
	-	-	-
Total	1,642,296	(151,097)	1,491,199

23

Statement of Financial Activities (including income and expenditure account) for the year ended 31 December 2023

	Unrestricted Funds £	Restricted Funds £	2022 £
Income from:			
Donations and legacies	3,819,301	281,294	4,100,595
Charitable activities	199,151	-	199,151
Investments:			
Bank interest received Dividend income	25,171	-	25,171
Dividend income	27,511	-	27,511
Other	24,867		24,867
Total income	4,096,001	281,294	4,377,295
Expenditure on:			
Raising funds	327,233	-	327,233
Charitable activities	3,638,411	99,828	3,738,239
Total Expenditure	3,965,644	99,828	4,065,472
Net loss on investments	112,236		112,236
Net income/(expenditure) and Net movement in funds before transfers	242,593	181,466	424,059
Transfers between funds	652,297	(652,297)	-
Net income/(expenditure and Net movement in funds	894,890	(470,831)	424,059
Reconciliation of funds			
Total funds brought forward	6,829,248	506,061	7,335,309
Total funds carried forward	7,724,138	35,230	7,759,368

Designated Funds for the year ended 31 December 2023

24

	Balance at 1 Jan 2023 £	Incoming resources £	Outgoing resources £	Transfers £	Balance at 31 Dec 2023 £
Transition Fund	270,000	-	(10,944)	-	259,056
Integrated Systems Framework	300,000	-	(218,412)	-	81,588
The Kitchen Table Project	50,000	-	(11,373)	-	38,627
Building Development	12,400	-	(1,060)	8,660	20,000
CareLine	22,500	-	(21,958)	-	542
Renewable Energy	-	-	-	15,000	15,000
Capacity Building	40,000	-	-	-	40,000
Jubilee Fund	40,000	-	(15,552)	3,552	28,000
Supporter Development	-	-	-	40,000	40,000
Resources	30,000	-	(12,499)	7,499	25,000
Online Delivery Development	75,000	-	-	-	75,000
Other Designated Funds	5,000		-	-	5,000
	844,900		(291,798)	74,711	627,813

25 Restricted Funds for the year ended 31 December 2023

	Balance 1 Jan 2023	Incoming resources	Outgoing resources	Transfers	Balance at 31 Dec 2023
	£	£	£	£	£
Bereaved Parents Network	44,099	4,594	(48,693)	-	-
Building Fund	222,803	275,110	-	(493,791)	4,122
Stewardship	1,221	-	(1,221)	-	-
The Kitchen Table Project	53,714	-	(28,715)	-	24,999
Take a Break	4,586	600	(5,186)	-	-
Integrated Systems Framework	160,459	990	(2,943)	(158,506)	-
Online Delivery Development	8,729	-	(2,620)	-	6,109
Other Funds	10,450	-	(10,450)	-	-
	506,061	281,294	(99,828)	(652,297)	35,230