The Windmill Trust

Generating therapeutic change

The Windmill Trust
Creative Therapy Service

2025

ANNUAL REPORT & ACCOUNTS



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Trustees' Report

For the Year Ended 31st December 2025

The trustees present their annual report and financial statements for the year ended 31 December 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the trust's governing document, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

Public Benefit

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the trust should undertake.

Structure, governance and management

The trustees who served during the year and up to the date of signature of the financial statements were:

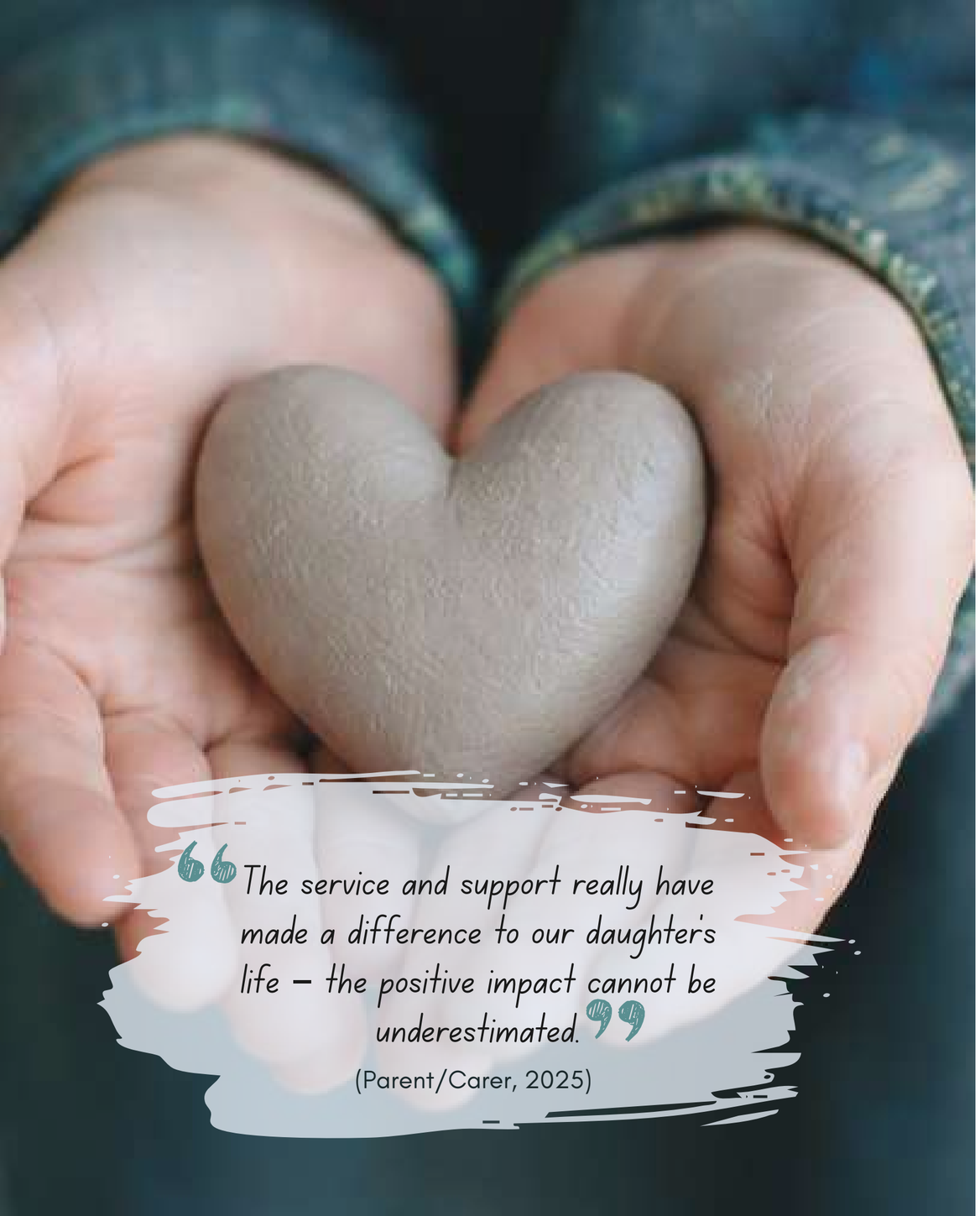
- Mrs L Ritchie (Resigned 8 June 2026)
- Mr Garry Elliott (Resigned 3 July 2025)
- Ms T Cheesbrough (Resigned 19 January 2026)
- Ms D B Bishop (Resigned 14 July 2026)
- Mr A Adamson-Reynolds (Appointed 3 July 2025)
- Mrs T Solender (Appointed 16 December 2025)
- Mr P Ovens (Appointed 16 December 2025)
- Mr A Nicholls (Appointed 17 December 2025)
- Mr R Higgins (Appointed 6 January 2026)

The trustees' report was approved by the Board of Trustees.

.....

Mr T Nicholls
Chair of Trustees

Date:
01/10/2026
.....



> *The service and support really have made a difference to our daughter's life – the positive impact cannot be underestimated.*
>
> (Parent/Carer, 2025)

A Note from Our Chair



It is a pleasure to be sharing my first Chair's summary for The Windmill Trust. I joined within a cohort of five new trustees late in 2025, the year that this report covers. I was subsequently appointed Chair of Trustees in June 2026, following the resignation of the then long-standing Chair, Lesley Ritchie.

I'd like to start by thanking Lesley for the unstinting support and leadership she provided the team over her five years or so in the role. From founding the charity with our CEO Pip Chapman in 2022, through to seeing it grow to the strong position it now enjoys, Lesley has been instrumental in helping build an organisation that is having real and lasting impact in Cumbria.

As this report highlights, during 2025 we increased our impact across the north and west of Cumbria, particularly in the areas surrounding our two bases in Wigton and Workington. Beyond our one-on-one and group interventions, we are particularly pleased with the wider impact our systemic approach to therapy has through our work with families, carers and schools. We believe strongly in creating a nurturing community in support of the individual children we see.

The local, national and global contexts were challenging in 2025 and continue to be so. It is therefore especially pleasing to see we have continued to grow and provide therapy to more children and young adults.

Looking ahead, at the time of writing in the early autumn of 2026, we are pleased to be appointing two newly qualified therapists and looking forward to seeing them become an integral part of the team, supporting further growth into 2027 and beyond.

All that remains is for me to thank my fellow trustees for their support and to offer a special thanks and recognition to our CEO, Pip Chapman and our Charity Manager, Jill Richardson for their professionalism, hard work and unwavering focus.

Best wishes

Tony Nicholls

Chair of Trustees

Highlights of 2025

100%

of children/young people and parents who responded would recommend The Windmill Trust.

86

children and young people directly supported across West Cumbria.

5

new trustees joined our Board, strengthening our skills and expertise.

1 of 10

UK organisations selected for the prestigious GSK Community Health Award.

"The service is an absolute revelation and has helped so much – thank you!"

Purpose and Direction

Our purpose shapes everything we do. Guided by our vision and charitable objectives, we continued to grow and strengthen our work throughout 2025, putting our strategic aims into action and creating meaningful benefit for children, young people, families and communities across Cumbria.



Our Vision

Our vision is a future where, regardless of economic background, children and young people have access to effective therapeutic support to improve emotional wellbeing and reduce the risk of long-term mental health difficulties. We work directly with infants, children, teenagers, young people, parents and carers, with a focus on reaching those who are least likely to access support through traditional services.

Charitable Objectives

- To promote and protect the mental health and wellbeing of children and young people through, but not limited to, the provision of therapeutic services.
- To advance the education of professionals, parents, and carers responsible for the education and care of children and young people, who require therapeutic support, through the provision of specialist information and training.

Strategic Aims in Action

Between April 2023 and March 2026, our strategic aims were to:

Over the course of this strategy period, we have continued to grow our reach and impact, while adapting our approach to ensure long-term sustainability.

Reach more children and young people.

✓ Exceeded

Provide creative therapeutic interventions to at least 100 children/young people in Cumbria.

- **156** children and young people. supported between 2023 and 2026.
- Demand continues to grow.
- We expanded our team to meet increasing need.

Support families and strengthen networks

✓ Exceeded

Benefit at least 20 families through direct family support and parent therapy.

Reach an estimated 400 family members and carers indirectly through our work.

- **78** families directly supported.
- Reached **504** family members and carers indirectly.
- Parental therapy and support sessions introduced.
- Stronger family relationships reported.

Support wellbeing in schools

✓ Achieved

Improve wellbeing across whole classrooms by supporting individual children who may otherwise be distressed or disruptive.

- **504** family members and carers reached indirectly.
- Positive feedback from families and carers.

Deliver child-led responsive therapy

✓ Embedded

Offer therapy that is responsive to each child's unique needs, ending when the child is ready, not when a set number of sessions has been reached.

- **1,018** therapy hours directly delivered and **1,725** additional therapist hours.
- Flexible, long-term, child-led approach remains at the core of our work.

Strategic Aims in Action

> “Children have even reported years later that The Windmill Trust helped them become who they are.”
>
> School SENDCo/Referrer

Between April 2023 and March 2026, our strategic aims were to:

Secure sustainable funding

✓ Ongoing

Secure the funding needed to sustain this work through a diverse income portfolio.

- Continuing to grow diversified income.
- New partnerships and grants secured.

Advance research and influence

✓ Ongoing

Contribute to research on the impact of creative therapies, helping to improve policy and service access nationally.

- Data collection strengthened.
- Collaboration with new partners, including University of Cumbria.
- Contributing to networks and presentations.

Grow sustainably and stay values-led

✓ Achieved

Grow in a sustainable, values-led way, without compromising the quality or depth of our work.

- Values remain at the heart of our organisation.
- Team wellbeing and development prioritised.

Strengthen our infrastructure

✓ Achieved

Develop a strong infrastructure, across IT, finance, HR, admin, and compliance, to support our mission effectively.

- Systems and processes improved.
- Charity Manager employed.
- Governance and compliance strengthened.

Statement of Public Benefit

Overview

In 2025, The Windmill Trust continued to provide essential therapeutic support to children, young people and families who may otherwise have been unable to access help. Demand for our services remained high throughout the year, reflecting the growing need for accessible, specialist mental health support across Cumbria.

We continued to expand our reach from our Wigton and Workington bases, supporting increasing numbers of children and young people through both one-to-one and small group therapy. Alongside this growth, we strengthened partnerships with schools, family services and local organisations, ensuring a joined-up approach to supporting those experiencing trauma, adversity and emotional distress.

Despite ongoing challenges within the wider funding landscape, we remained committed to providing high-quality support to those who need it most, while continuing to develop more sustainable ways of delivering services in the future.

> *"Thank you for helping my courage grow stronger."*

Benefit to Children and Young People

We provided therapeutic support through a combination of one-to-one and small group sessions, delivered by our team of highly trained Arts Therapists. Our trauma-sensitive style is grounded in current theory and research from the Arts Therapies including strong input from the areas of attachment, psychodynamic psychotherapy, child development and neuroscience. This specialist approach enables children to explore and express complex emotions in a safe and consistent environment.

We continued developing our group provision, offering sessions for both primary and secondary-aged pupils. These sessions provide targeted support during important stages of emotional development, helping build resilience, confidence and emotional regulation, particularly for those experiencing anxiety or difficulties within education settings.

This also included a targeted class-based wellbeing programme delivered within a school setting, supporting children to explore emotions and build confidence within familiar environments.

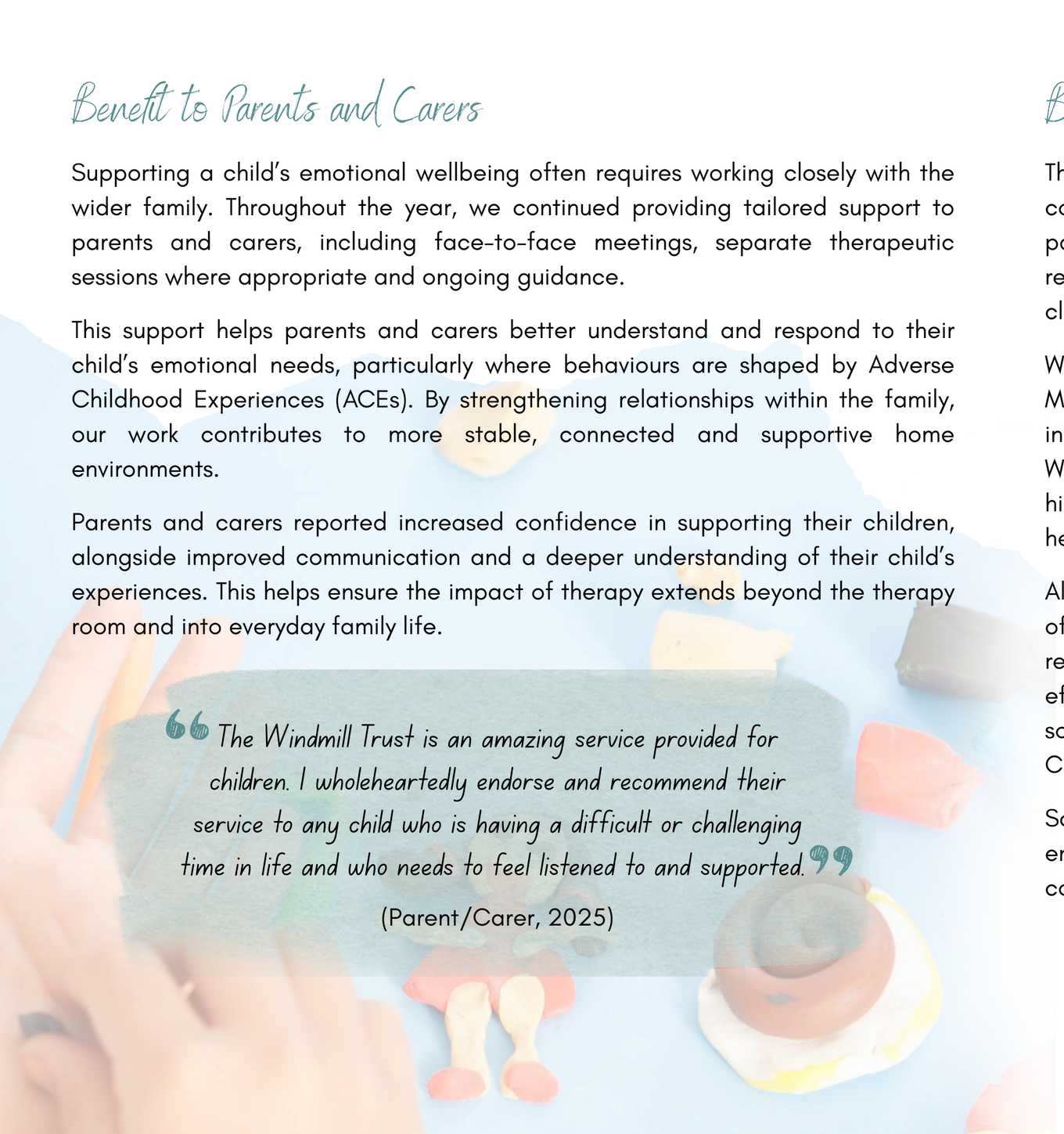
Children and young people accessing our services showed improvements in emotional wellbeing, communication and self-expression. Many reported feeling safer, more understood and better able to manage their emotions. Our work provides early intervention at critical moments, helping prevent difficulties from escalating and supporting children to re-engage with relationships, learning and everyday life.

Benefit to Parents and Carers

Supporting a child's emotional wellbeing often requires working closely with the wider family. Throughout the year, we continued providing tailored support to parents and carers, including face-to-face meetings, separate therapeutic sessions where appropriate and ongoing guidance.

This support helps parents and carers better understand and respond to their child's emotional needs, particularly where behaviours are shaped by Adverse Childhood Experiences (ACEs). By strengthening relationships within the family, our work contributes to more stable, connected and supportive home environments.

Parents and carers reported increased confidence in supporting their children, alongside improved communication and a deeper understanding of their child's experiences. This helps ensure the impact of therapy extends beyond the therapy room and into everyday family life.



> *"The Windmill Trust is an amazing service provided for children. I wholeheartedly endorse and recommend their service to any child who is having a difficult or challenging time in life and who needs to feel listened to and supported."*
>
> (Parent/Carer, 2025)

Benefit to the Wider Family and Community

The benefits of our work extend beyond the individual child and family, contributing to stronger and healthier communities. During 2025, schools and partner organisations reported positive changes in children's emotional regulation, relationships and engagement, helping reduce pressure within classrooms and support more inclusive learning environments.

We continued working closely with schools, local services and the West Cumbria Mental Health Partnership, contributing to a coordinated response to the increasing mental health needs of children and young people across the region. While our pilot outreach work within schools was positively received, it also highlighted the significant challenges many schools face in funding mental health provision, reinforcing the need for accessible externally funded support.

Alongside direct therapeutic work, we contributed to professional understanding of trauma and emotional wellbeing through collaboration, consultation and relationship-building across the sector. By supporting children early and effectively, our work helps reduce longer-term demand on education, health and social care services, contributing to more resilient communities across West Cumbria.

Schools also benefited directly from our work through improved pupil engagement, reduced emotional distress within classrooms and increased staff confidence in supporting children with complex emotional needs.

Liam's Story



Liam was referred to The Windmill Trust by his school due to increasing behavioural difficulties and struggles within the classroom. Aged 10, he had experienced significant early trauma, including exposure to domestic abuse and substance misuse while living with his father following his parents' separation.

When Liam first began therapy, he found it difficult to engage emotionally and often avoided anything that felt too exposing or personal. Much of the early work focused on building trust and helping him experience the therapy space as safe and predictable.

Stories Told Through Play

Over time, Liam began using Lego and small animal figures within sessions, creating separate homes where the characters could remain isolated and protected. Gradually, as trust developed within the therapeutic relationship, the play became more connected and emotionally expressive. The animals slowly began forming relationships, exploring feelings of rejection, fear and belonging that reflected Liam's own internal experiences.

Understanding Together

Alongside therapy, support was also provided to Liam's parents to help them better understand the impact trauma was having on his emotions and behaviour. As their understanding grew, family relationships became calmer and more connected, helping Liam feel safer both at home and within therapy.

Hope for the Fuure

After several months, Liam became increasingly able to express difficult feelings, particularly around his relationship with his father. While his therapeutic journey remains ongoing, he is now more emotionally open, more able to tolerate difficult emotions and better supported both at home and in school.

Without long-term specialist support, Liam was at significant risk of emotional withdrawal, worsening behaviour and future mental health difficulties. Instead, therapy has provided a safe relational space where healing and understanding can begin.

Our Services

> *The Windmill Trust is an amazing service provided for children. I wholeheartedly endorse and recommend their service to any child who is having a difficult or challenging time in life and who needs to feel listened to and supported.*
>
> (Parent/Carer, 2025)

The Windmill Trust provides long-term specialist creative therapy to children and young people aged 4–18 (or up to 21 for care leavers) experiencing a range of complex emotional needs linked to early adversity, loss, family challenges and issues around neurodiversity. Many of the children and young people we support are unable to access appropriate help elsewhere.

Our work is Trauma-sensitive and is delivered by highly qualified therapists who can offer a safe therapeutic relationship, consistency and flexibility around each child's needs. We support children and young people experiencing emotional and mental health difficulties alongside additional challenges such as social disadvantage, disrupted education and limited access to specialist services.

Individual Arts and Play Therapy

Our one-to-one therapy sessions are delivered weekly, providing a consistent and safe space for children and young people to explore their experiences. Sessions are child-centred and led by the individual, respecting their preferred ways of communicating and engaging.

We support children experiencing a wide range of emotional and mental health difficulties, including anxiety, low mood, self-harm, neurodiversity-related challenges and suicidal ideation, often rooted in complex life experiences.
Sessions are tailored to each child using creative approaches such as art, play and storytelling alongside verbal exploration where appropriate.

Our approach focuses on building strong therapeutic relationships, helping children develop emotional regulation, resilience and healthier coping strategies over time. Unlike many services, therapy is not strictly time-limited and continues for as long as needed to achieve meaningful and sustained change.

Parent and Carer Support

We recognise the vital role of families in supporting a child's emotional wellbeing. We offer flexible support to parents and carers, including regular sessions, short-term therapeutic support and guidance where needed.

This work helps parents and carers to better understand their child's needs, strengthen relationships and build confidence in supporting their child, contributing to more stable and supportive home environments.

Small Group Therapy

Our group therapy sessions run in line with school terms, typically over 10-12 weeks and are facilitated by two trained therapists to ensure high levels of support and safeguarding.

Working in small groups, children engage in creative activities such as art, drama and storytelling to build trust, confidence and social connection. Group work provides a valuable space for children to develop relationships, improve communication and strengthen their sense of belonging, while also offering early intervention and support for emerging needs.

> *"The children return to school more confident, calmer and proud of who they are."*
>
> School Referrer

Training and Consultation

We work closely with schools to support both pupils and staff, offering consultation, advice and training on areas including trauma, attachment, Emotionally Based School Avoidance (EBSA) and staff wellbeing.

This includes targeted group interventions and wellbeing programmes delivered within school settings. In 2025, we developed and delivered a six-week class-based wellbeing programme, combining storytelling, visual resources and dramatherapy techniques to support emotional expression, regulation and resilience within a familiar environment.

What Makes Our Approach Different?

The Windmill Trust provides a level of depth and specialism that is not widely available within the local area.

> "Children receive the long-term therapy they need without huge waiting lists, making specialist support accessible for local families."
>
> School Referrer

Our approach is characterised by:

Specialist therapeutic expertise

All of our therapists are HCPC registered Arts Therapists, trained to master's level, with additional expertise in attachment, developmental trauma and complex emotional needs.

Long-term, flexible support

Unlike many services, our work is not time-limited. Children receive support for as long as needed to achieve meaningful and lasting change.

Creative, sensory-based therapy

Play and art are a child's first language. Our creative approach helps children explore and process experiences in ways that feel safe and accessible, particularly when words alone are not enough. This supports emotional regulation, resilience and healing over time.

Whole family support

We work not only with the child, but also with parents, carers and schools, helping strengthen the relationships that support long-term wellbeing.

Accessible local provision

Based in West Cumbria, we provide specialist support within communities where provision is limited. Our role is to bridge this gap, ensuring children and young people receive the support they need, at the right time and in a way that works for them.

Why Our Work Matters

A Growing National Crisis

Children and young people's mental health has become one of the most pressing public health challenges in the UK. Recent data shows that around one in five children and young people now experiences a probable mental health condition.

Demand for services continues to rise. Referrals to NHS Children and Young People's Mental Health Services increased from 949,200 in 2022-23 to 958,200 in 2023-24.

However, access to NHS support remains limited. In 2022-23, only 32% of referred children entered treatment, while 39% had their referrals closed before receiving support and more than 270,000 children were still waiting at the end of the year. More recent evidence shows that many children continue to face lengthy waits for NHS treatment, with those still waiting at the end of 2024 waiting an average of almost six months for support to begin.

This highlights a widening gap between need and access, with many children only receiving support once difficulties have escalated significantly.

Increasing Need in Cumbria

The national picture is reflected, and intensified, across Cumbria. Local data shows that mental health challenges are higher than the national average and continue to rise *(Cumbria Health Statistics 2024)*.

Referrals to specialist mental health services in North Cumbria have increased by over 50% in the past three years, placing significant pressure on already stretched systems. Waiting times are also increasing, with it now common to wait more than 18 weeks for support *(Cumbria Health Statistics 2024)*.

The consequences of unmet need are severe. Rates of self-harm, suicide and drug-related deaths are significantly higher than the England average and are closely linked to deprivation *(Cumbria Health Statistics 2024)*.

Across Cumbria, services supporting children and young people are facing unprecedented demand, particularly across mental health, SEND and neurodevelopmental pathways *(Cumberland Public Annual Health Report 2023-24)*. Long waiting times, rising referrals and limited capacity mean that many children do not meet thresholds for statutory support or are left without help while their needs escalate.

These patterns highlight the urgent need for early, accessible mental health support within local communities.

Key Facts

1 in 5
children have a probable mental health condition

958,200
referrals in 2023-24

32%
entered treatment

270,300
still waiting for support (2022-23)

Almost 6 months
average wait for those still waiting at the end of 2023-24

The Impact of Trauma, Inequality and Adversity

Mental health difficulties do not occur in isolation. Many of the children and young people we support experience the combined impact of trauma, adversity and social inequality alongside emotional and mental health challenges.

National research shows that children experiencing poor mental health are significantly more likely to face additional difficulties including poverty, social exclusion and bullying. Children aged 11-16 with a probable mental health condition are five times more likely to experience bullying, while many are unable to access everyday opportunities, such as social activities, due to financial constraints *(NHS Digital)*.

Locally, there is growing recognition of the impact that early life experiences - including disrupted attachment, instability, poverty and ongoing stress within the home - can have on children's emotional wellbeing and development *(Cumbria Health Statistics 2024)*. These experiences can affect emotional regulation, relationships and a child's ability to feel safe in the world, often contributing to complex and enduring needs.

Research shows that trauma can affect a child's ability to remain calm, regulated and ready to learn; sometimes described as remaining within a "window of tolerance". When outside of this window, children may become overwhelmed and reactive or withdrawn and disconnected, making it difficult to engage in education, relationships and everyday life.

These responses are often misunderstood as behavioural difficulties, when in reality they are adaptive responses to overwhelming experiences. This reinforces the importance of trauma-informed, relationship-based approaches that address the underlying causes of distress rather than simply responding to symptoms.

The Role of Early Intervention

Without timely support, emotional and mental health difficulties can have a profound impact on children's development, education and long-term wellbeing.

Early, relationship-based interventions can help prevent difficulties from escalating, reduce pressure on statutory services and support children to build resilience, emotional wellbeing and healthier relationships.

The Windmill Trust plays an important role within this landscape, providing specialist, child-centred creative psychotherapy to children and young people who might otherwise fall through gaps in existing provision.

> *"Because of the safe, trusting space you've created, my child is growing in confidence, finding her voice, and discovering that she is valued, loved and safe. It's a privilege to watch her come to life more and more each day."*
>
> (Parent/Carer, 2025)



Impact and Evaluation

We use a range of outcome measures alongside therapist observations, creative work and feedback from children and families to understand the impact of our work.

We recognise that each child's therapeutic journey is unique and that progress within trauma-informed therapy is not always linear or easily captured through traditional measures.

Across 2025, our data demonstrated meaningful improvements in emotional wellbeing, communication, relationships and engagement for the vast majority of children and young people accessing our services.

Key Outcomes Observed in 2025

The most common changes observed through therapy included:

- Improved **emotional wellbeing**, with reduced anxiety, distress and emotional overwhelm.
- Increased **resilience** and ability to manage difficult feelings.
- Enhanced **communication** and **self-expression**, both verbal and creative.
- Greater **self-awareness** and understanding of emotions and behaviour.
- Strengthened **relationships** with family members, peers and trusted adults.
- Development of healthier **coping strategies** for managing stress and life challenges.
- Increased **confidence**, **self-esteem** and sense of **identity**.
- Greater **engagement** with education and everyday life.

Measuring Change

Our combined qualitative and quantitative data for each child or young person we saw in 2025 showed:

100% **of those in 1:1 therapy who attended for 20 or more sessions made progress with improvements in emotional wellbeing, communication and relationships**

100% **of those in group therapy who attended consistently made progress with improvements in emotional wellbeing, communication and relationships**

Where children attend less regularly or only short-term, less impact can be measured. This demonstrates the need for long term interventions for children referred due to complex emotional issues requiring an in depth and holistic approach.

Outcome Measures in 2025

ME Tool

(West Cumbria Mental Health Partnership)

A child-friendly, visual tool tracking emotional development, engagement and sense of self.

- 92% improved in sense of self
- 90% improved in communication
- 88% improved in relationships

Findings show strong developmental progress, with many children moving from initial disengagement towards confidence, connection and active participation.

CAT-SRS

(Creative Arts Therapies Session Rating Scale)

A measure of engagement, communication and relational development within creative therapy. These results highlight strong progress in relational confidence, social interaction and engagement.

- 8 in 10 young people improved across all domains
- 78% improved in social skills and relationships.
- 71% improved in communication and motivation.

YP-Core and Psychlops

We also use validated outcome measures, including YP-CORE and PSYCHLOPS, to help us understand children and young people's emotional wellbeing and therapeutic experiences.

- 75% have shown a reduction in distress through YP CORE.

Many CYP began therapy with us for the first time in 2025, which means that quantitative data at this stage is not representational of longer-term outcomes.

Looking Beyond the Numbers

Why Numbers Don't Tell the Whole Story

While outcome measures provide valuable insight, progress within long-term, trauma-informed therapy is rarely linear or fully reflected through scores alone.

For some children, increased reported distress can reflect a growing ability to recognise and safely express difficult feelings. We therefore consider outcome measures alongside each child's wider therapeutic journey, including engagement, emotional regulation, relationships and feedback from families, schools and therapists.

Many children and young people began therapy with us for the first time in 2025, which means that quantitative data at this stage is not representational of longer-term outcomes, although 75 % so far have shown a reduction in distress through YP CORE

"Progress looks different for every child, but every step matters."

Qualitative Evidence

Sometimes quantitative measures do not reflect the real-life changes we observe as part of a child's therapeutic journey.

Examples of Change

Qualitative evidence can help us understand and capture this fuller story.

Change Through Play



A child who had previously been unable to allow a 'helper' character into their play, expressing a sense that nobody could help, began introducing helpful characters and problem-solving into their play.

A Growing Sense of Self



A young person who struggled to tolerate positive thoughts about themselves was able to create a clay figure of themselves and wrap it in fabrics symbolising positive and affirming aspects of their identity.

Change Beyond Therapy



Through a parent support session, we learned that a child who had experienced significant violent and aggressive outbursts had begun to reflect on their behaviour and open up to their parent. They were increasingly able to apologise following an outburst and give and receive physical comfort and emotional warmth.

These meaningful changes are not always captured through standardised outcome measures, but are recorded within our client case notes as part of each child's wider therapeutic journey.

What the Data Shows

Across all measures, a consistent picture emerges; children and young people are developing:



Progress is particularly evident in relational and social development, highlighting the importance of safe, consistent therapeutic relationships in supporting change. While many children and young people experienced reductions in distress, the data also reflects the complexity of trauma-informed work, where increased emotional awareness can form an important part of the therapeutic process.

Understanding the Data

It is important to recognise that outcomes within long-term trauma-informed therapy do not always follow a straightforward upward trajectory. Children and young people, especially those with traumatic histories, can find it almost impossible to verbally reflect on their progress and make explicit the changes they have felt, particularly when therapy is working deeply with subconscious processes and internalised patterns.

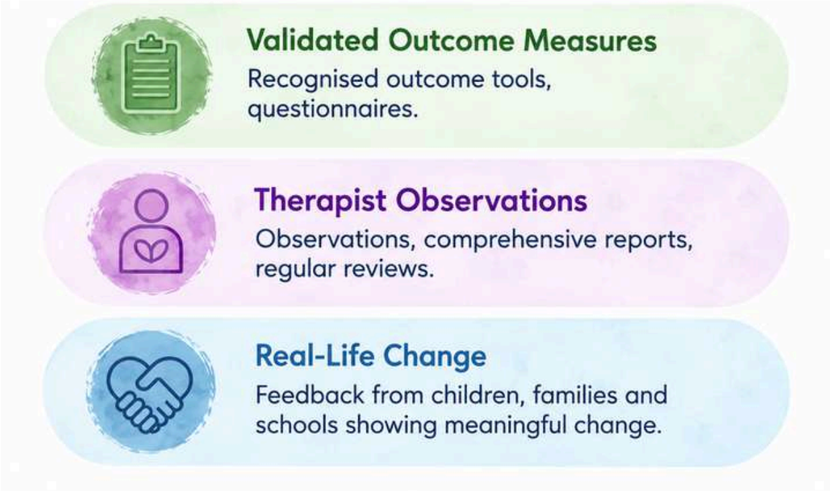
Sometimes they can't say what they were doing in the sand tray, but they may have been working something through. It can take time before they notice that something feels different, and they may not make those connections until much later in life.

For every child we work with who has complex needs, we write comprehensive reports in order to communicate and monitor individual progress, including unique outcomes that standardised measures simply do not capture.

For instance, a child may bring their anger into the therapy space and explore difficult experiences through sand play; their violent outbursts may reduce and they may begin sleeping through the night, while their PSYCHLOPS scores remain unchanged. We hold regular reviews with schools and parents/carers to reflect on these changes and ensure therapy remains effective.

For this reason, outcome data is always considered alongside clinical observations, creative expression and feedback from children, families and professionals, which consistently indicate meaningful emotional and relational progress.

Measuring What Really Matters



The progress seen this year reflects what becomes possible when children are given time, consistency and a safe space to build trust. While change is not always immediate or easily captured through simple measures, the outcomes we see represent important and lasting shifts in confidence, connection and emotional wellbeing.

Growth and Reach

16 schools connected with our work

86 children and young people directly supported.

453 hours of direct 1:1 and small group specialist therapy.

680 additional hours of work supporting those cases (meetings, case notes, report writing, etc.)

72% from the 50% most deprived areas nationally with 1 in 5 living in the 10% most deprived areas



Our services continued to extend across West Cumbria in 2025, reaching children and young people across a wide geographical area.

Jane's Story

Jane was referred to The Windmill Trust by her school following concerns around low mood, anxiety and low self-esteem. At just 11 years old, Jane had already experienced significant instability and trauma, including her father's imprisonment, a period of homelessness and a highly unsettled home life.

Finding Safety

When Jane first started Dramatherapy, she was extremely shy and focused on trying to please others. She struggled to trust adults and found it difficult to recognise or express her own needs and feelings. It was clear from her early interaction with the therapist that she was experiencing a state of 'fawn' - a physiological and psychological state that appears in response to feeling the need to appease others in order to avoid emotional rejection or physical harm.

Creating Space

Therapy moved slowly, helping Jane experience calm, safety and predictability for perhaps the first time. Using creative materials, blankets, cushions and music, sessions became a space where Jane could gradually lower her guard and begin expressing herself without fear of getting things "wrong". Alongside Jane's therapy, support was also provided to her mother, helping her better understand Jane's emotional needs and build a calmer, more connected relationship with her daughter.

Finding Her Voice

Jane began to explore mess making in the therapy space, tentatively at first but then with joy at what she was discovering about herself and the physical and emotional freedom that this embodied approach to expression was allowing her. Having a trusted adult who could accept and contain this mess was a crucial component of how this became a healing experience. She graduated on from this to exploring meaning through imagery in her own artwork and a connection to her perceived sense of self developing into something more positive and integrated. She used this time to purge herself of unwanted 'parts' or associations that she was carrying from her early years when living with her dad.

Growing in confidence

Over time, meaningful changes began to emerge. Jane became more emotionally expressive, less anxious and more able to tolerate difficult feelings. She began sleeping better, making friendships outside school and engaging more positively in education. Her body language became noticeably less tense and fearful, reflecting a growing sense of safety and confidence.

Reflecting on her experience of therapy, Jane simply said: "I like coming here because it feels safe."



Voices of Those We Support

100%

of those who responded would recommend

The Windmill Trust

The voices of children, young people, parents, carers and professionals remain central to understanding the impact of our work.

Throughout 2025, feedback consistently highlighted the importance of safe, trusting relationships, creative expression and long-term therapeutic support in helping children and young people feel more understood, connected and emotionally supported.

The following reflections provide insight into the experiences of those who accessed or worked with our services during the year.

Children and Young People

"My therapist made me feel good about myself and gave me the tools to understand and deal with what i went through without being forceful, she always encouraged me and I will forever be grateful for that."

"It has helped me progress as a person."

"Helped me to progress so much, helped me to get through my GCSE's which I passed exceedingly well all due to [the therapist] helping me to manage my anxiety."

"You're all amazing"

"My therapist was so understanding and never pushed me to talk she let me do everything at my own pace which helped me to open up."

"I feel safe and able to talk about my problems."

Parents and Carers

"I can't recommend The Windmill Trust more highly. They are exceptional."

"The Windmill Trust is an amazing service provided for children. I wholeheartedly endorse and recommend their service to any child who is having a difficult or challenging time in life and who needs to feel listened to and supported. My child's confidence is growing by the day and we are lucky as a family to receive such amazing support from his therapist and The Windmill Trust."

"The service is an absolute revelation and has helped so much – thank you!"

"This is a very professional service that needs to be maintained, and more people need to be aware of the positive impact it has."

"I would just like to say how exceptional I think the work the Windmill Trust does is. I hope they will be able to continue carrying out this vital work. At a time when children's metal health is such an issue with all the pressures on them."

Parent and Carer Perspectives

What changes did parents notice?

Parents consistently described meaningful changes in their children's emotional wellbeing, relationships and confidence. These reflections highlight the progress families observed throughout their therapeutic journey.

Understanding Big Feelings

> Has a better understanding of when he is starting to feel overwhelmed or struggling with emotions.

Expressing Emotions

> My child has learned to express anger in a constructive way rather than violent and aggressive and asked for help/support when needed.

Support Beyond Home and School

> Having someone there to talk to and for advice outside the family or school setting has really helped my child.

Growing in Confidence

> More willing to talk about things he finds difficult, a better sense of self awareness, higher self esteem, less depressed.

Feeling Safe

> My child feels it is a very safe space and I know he has disclosed some very personal feelings during his sessions which is an amazing thing for him. He really feels like he can trust her [therapist] and be honest in a totally confidential and supportive environment.

What Families Value about The Windmill Trust

Life Changing Support

"The Windmill Trust not only helped my child but took the time to support me through some difficult times. They truly are a company that puts people first. Supportive, great listeners and insightful. Willing to adapt their skills to suit the individual."

Trusting Relationships

"This is the only session my son has continued to attend. He usually refuses to leave the house but every week we go to his session. He really trusts the therapist who does his sessions."

A Safe Space

"It is his time where he gets time to be himself and not judged."

Freedom Through Play

"She loves coming and being in 'charge' and having the freedom to be whoever she wants to be - The sessions enable her to fully play out scenarios which are bringing about healing in the long term."

Parenting Support

"The parenting sessions help me to understand the behaviours and needs of my child - this along with suggested scripts has helped with tricky situations and helped us grow stronger in our relationship. I have been able to help my child learn to understand herself more though having the understanding myself."

Why Parents Recommend Us

"They provide a brilliant service."

"I believe that the therapy and care is second to none and of the highest quality."

"The positive experience that my daughter has received is testament itself to the impact this service has on lives."

Clare's Story



When Clare, aged 15, was referred to The Windmill Trust, she was struggling to access education due to significant social, emotional and mental health difficulties. Having recently returned to her father's care following time in foster care, Clare carried the impact of early developmental trauma alongside a diagnosis of autism. At school, she often became overwhelmed, isolating herself in toilets, self-harming or becoming highly distressed. Starting therapy felt frightening for Clare. Building trust took time and early sessions needed to move slowly, sometimes lasting only a short while to avoid overwhelming her. Through gentle, consistent Dramatherapy, she gradually began to experience the therapy space as safe and predictable.

Creative Exploration

Creative materials became an important part of this process, particularly clay. Initially, Clare refused to touch it and often remained emotionally and physically distant. For children who have experienced difficult relationships or trauma, trusting new experiences and sensory stimuli can feel unsafe. Our Therapists are trained to know how to make this experience begin to feel safe and to grow capacity for sensory-motor integration, which is needed when someone has not felt safe enough to freely explore their physical environment and develop a strong sensory motor foundation. Over time, however, as trust developed in both the therapist and the creative process, Clare became increasingly engaged and grounded within sessions.

Finding Her Voice

Gradually, significant changes emerged. Clare moved from being largely non-verbal and unable to maintain eye contact, to expressing herself more openly, showing excitement and curiosity within sessions and becoming comfortable with messy, sensory materials. She no longer needed everything to feel "perfect" and began developing greater confidence and emotional expression.

Through a 'theatre of self', Clare used archetypes, creative materials and storytelling to explore different aspects of her internal world and sense of self. This rich and imaginative work helped her identify her own internal sources of support and recognise some of the barriers affecting her connections with others.

Stronger Together

Alongside Clare's therapy, her father received support through The Windmill Trust, helping him reflect on his own experiences and better understand Clare's emotional needs. This strengthened their relationship and helped him respond to her distress with greater understanding and compassion.

Looking Ahead

While progress remains ongoing, therapy has helped Clare begin to build trust, safety and emotional connection – foundations essential for long-term healing and recovery.

Our Team

At The Windmill Trust, our team combines specialist therapeutic expertise with compassion, creativity and a strong commitment to supporting children and young people facing complex emotional challenges.

In 2025, our staff team, sessional therapists and trustees continued to work collaboratively to provide safe, high-quality therapeutic support across West Cumbria during a year of both growth and change.

The 2025 Team

Employees



Phillippa Chapman
CEO / Dramatherapist

Co-founder of The Windmill Trust, Pip is an HCPC registered Dramatherapist with over 20 years' experience supporting children and young people with complex emotional needs. She specialises in trauma, attachment and dissociation and leads the charity's clinical and strategic development.



Jill Richardson
Charity Manager

Jill oversees the operations and organisational development of the charity, including finance, fundraising, governance and communications. She plays a key role in supporting sustainability, partnerships and service development across the organisation.



Julie Taylor
Art Psychotherapist

Julie is an HCPC registered Art Psychotherapist with experience supporting children and young people across third sector and mental health settings. She brings a creative, relational approach to therapy and group work.

Sessional Therapists

In 2025, we were also supported by a small team of specialist sessional therapists. Our sessional team included HCPC registered Arts Therapists, an AHP registered Play Therapist and qualified adult integrative counsellors with expertise in the areas of attachment, trauma, somatic experiencing and family relationships.

Trustees

The Windmill Trust is governed by a committed Board of Trustees who bring a wide range of professional expertise across education, finance, law, business, HR, therapy and the voluntary sector.

Lesley Ritchie (Chair)
Deborah Bishop
Andy Adamson-Reynolds
Tony Nicholls
Tiffany Solender
Peter Ovens
Rob Higgins

7 Trustees
supporting the charity
at the end of 2025.

Together, the Board provides strategic oversight, governance and support to ensure the charity remains accountable, sustainable and focused on the needs of children and families across West Cumbria.

During periods of financial uncertainty, the dedication and flexibility of both staff and trustees played an essential role in ensuring continuity of support for children and families.

Recruitment and Appointment of Trustees

Trustee Recruitment and Board Development

The Windmill Trust is governed by a Board of Trustees who bring a wide range of skills and experience across areas including therapy, education, finance, law, fundraising and the voluntary sector. Their collective expertise supports the strategic direction, governance and sustainability of the charity.

In 2025, two of our longstanding trustees, Garry Elliott and Tracy Cheesbrough, stepped down from their roles. We are extremely grateful for their commitment, insight and the valuable contributions they made to the development of the charity.



Following a successful period of recruitment, five new trustees joined the Board during the year. They bring a breadth of knowledge and experience across charity management, education, finance, law, HR and marketing, significantly strengthening the Board's capacity and diversity of expertise.

Trustees are recruited in line with The Windmill Trust's Trustee Recruitment Policy. All new trustees receive an induction and key documentation to support them in fulfilling their roles effectively. A regular skills review ensures the Board maintains an appropriate balance of expertise, with recruitment targeted to address any identified gaps.

Governance and Oversight

The Board meets regularly throughout the year, both in person and online, with a finance sub-committee overseeing financial governance. Trustees are actively involved in supporting the organisation, contributing to strategic thinking and providing oversight of the charity's development. This year required thoughtful and responsive governance, with trustees working closely with the leadership team during a period of growth and change.

Strategy and Future Direction

In July 2025, we held our annual Strategy Day, bringing together trustees and staff to reflect on the charity's progress and future direction. Discussions focused on the increasing demand for services, the importance of long-term sustainability, and opportunities to strengthen and diversify our income streams. This provided a clear framework for decision-making and continues to inform the charity's strategic development.

The Board remains committed to maintaining high standards of governance and continues to work in line with the Charity Governance Code for Smaller Charities, ensuring the charity is well-managed, accountable and positioned for future growth.

> *"Being part of a board that is so committed to supporting children and young people locally is incredibly rewarding. The impact of the charity's work is clear, and its future direction feels strong."*
>
> Trustee, The Windmill Trust

Developing a Sustainable Future



2025 was a pivotal year for The Windmill Trust - a year of reflection, adaptation and important learning as we responded to increasing demand for services alongside wider pressures across the charitable sector.

Responding to a Changing Landscape

As part of our sustainability planning, we explored new approaches to organisational development, including working with an external business development agency. Although this approach did not lead to the outcomes anticipated, it provided valuable insight and reinforced the importance of maintaining a focused, values-led approach closely connected to the needs of the charity and the children and families we support.

After bringing our fundraising and development activity back in-house, we were able to apply this learning to strengthen our approach, secure further funding and continue building the charity's long-term financial sustainability.



Like many organisations across the sector, we faced increasing demand for specialist mental health support alongside uncertainty within the funding landscape. This required careful planning and decision-making to ensure the charity could continue delivering support safely and sustainably. During this time, the CEO and Charity Manager worked closely with trustees to review priorities, strengthen funding applications and explore longer-term approaches to improving organisational resilience.

Exploring New Approaches

While we discovered that outsourcing fundraising and development was not the right approach for The Windmill Trust, the experience reinforced the importance of innovation and exploring new ways to strengthen our long-term sustainability.



During 2025, we investigated a number of potential pathways for service development and income generation. One area of exploration involved offering therapy packages to local schools. Through direct engagement with schools and a survey completed by more than 30 educational settings, we identified significant unmet need for specialist trauma-informed therapeutic support. Many schools reported long waiting lists, limited funding and a lack of access to specialist services.

30+ educational settings responded

Developing a Sustainable Model

The learning gained through this work has helped shape a revised approach to sustainability. Over the past three years, we have trialled a variety of approaches to generating earned income while remaining committed to our ethos and to supporting children and young people most at risk of long-term emotional and mental health difficulties.

Developing new funding pathways

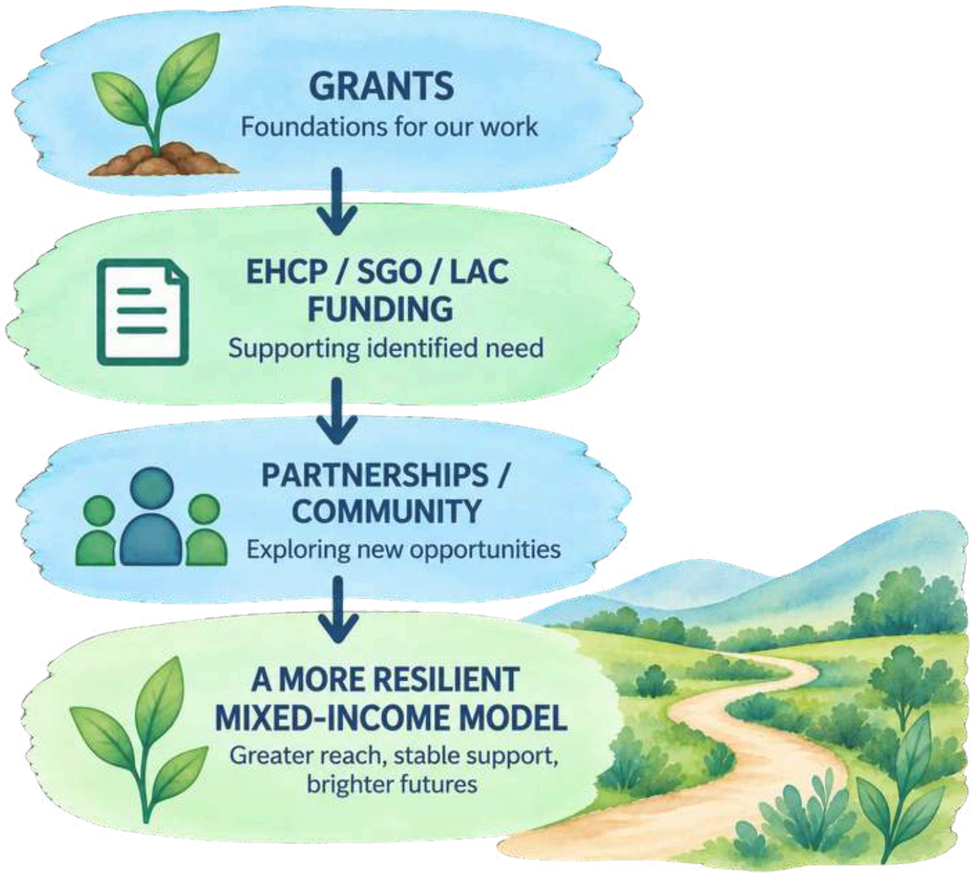
We have begun developing funded therapy packages for children and young people whose needs are identified through Education, Health and Care Plans (EHCPs), Special Guardianship Orders (SGOs), Looked After Children (LAC) funding and other statutory pathways. We subsidise our EHCP package through grant funding, enabling us to support more children and young people. This area of work is now beginning to grow.

We are also exploring opportunities to support children and young people with complex needs whose mental and emotional health needs may fall under the responsibility of the local authority. There is currently little local provision for this type of specialist therapy, meaning families can face long journeys to access support. We have the experience, training and expertise to provide this support locally.

Building a mixed-income model

By developing these pathways and strengthening our workforce capacity, we hope to move from a predominantly grant-dependent organisation towards a more resilient mixed-income model, enabling us to provide more consistent, long-term therapeutic support and create a stronger foundation for future growth.

Different pathways. A stronger future.



Strengthening our evidence

We will continue strengthening how we evidence impact and value for money. Complex outcomes, including reduced Emotionally Based School Avoidance and behavioural incidents, and re-engagement with education, are not always captured through standard measures. A stronger evidence base will support future decisions.

Building for the Future

This period of challenge and reflection has strengthened our approach, leaving us better positioned to build a sustainable and resilient future. It reinforced the importance of balancing grants, partnerships, community support and earned income in ways that remain aligned with our values, therapeutic ethos and commitment to meeting unmet need.

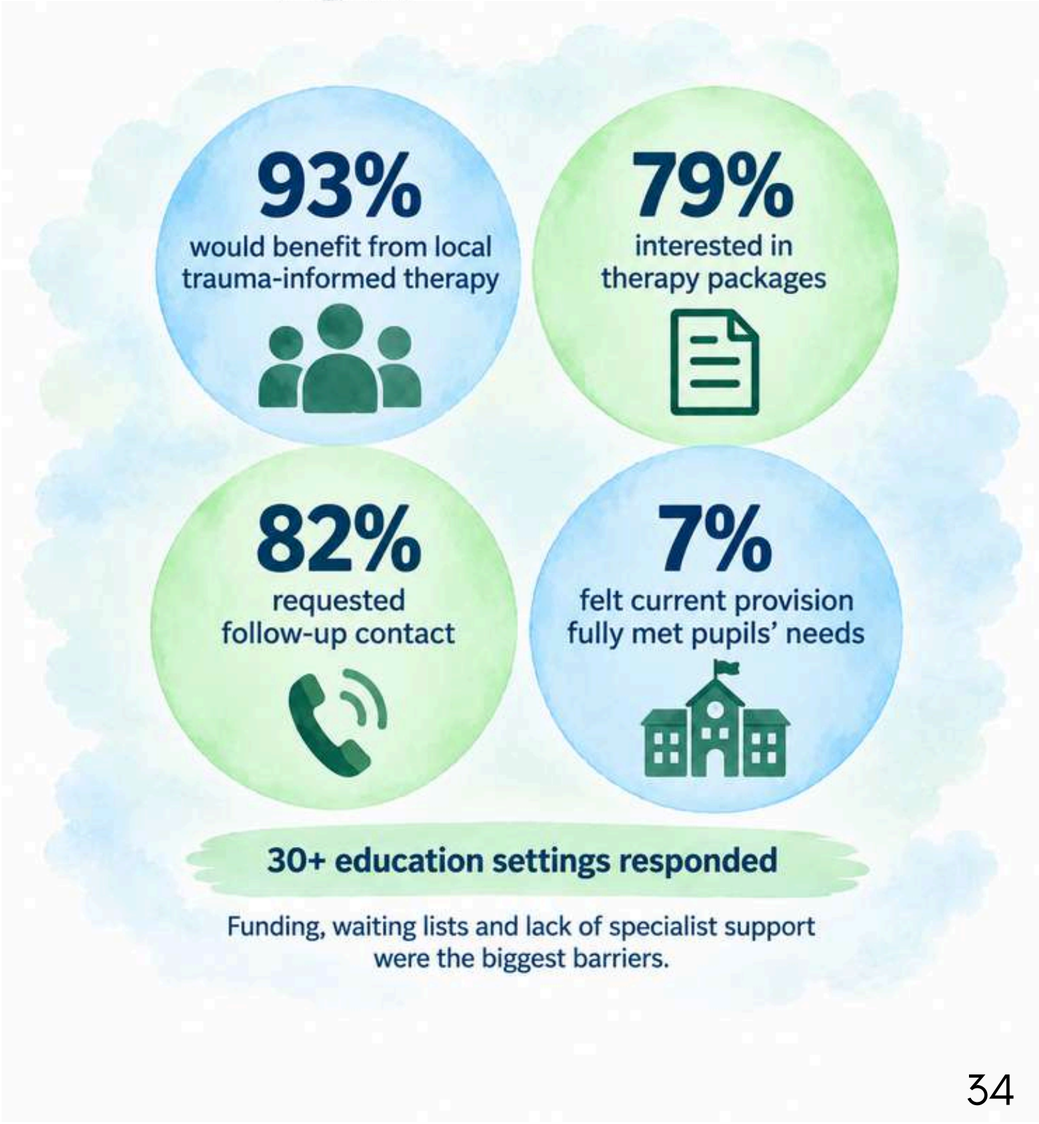
While demand for our model was strong, our research showed that many schools did not have the resources to fund therapy at a financially sustainable level.

> *"Some of our children and families are desperate for this support and there is none to access currently."*

We also explored offering training packages for schools and professionals. While these were positively received, we concluded that they were unlikely to provide a sustainable source of income and risked diverting focus away from our core purpose of delivering specialist therapeutic support to children and young people.

The experiences of 2025 have provided greater clarity around our future direction and strengthened our commitment to sustainable, long-term support for children and young people across Cumbria.

What schools told us



Noah's Story

Noah, aged six, has a diagnosis of AuDHD and was referred to The Windmill Trust by his school due to significant behavioural difficulties. He frequently became dysregulated in the classroom, saying he hated school and did not want to attend. At times, his distress escalated to throwing chairs and objects at staff and other children. Previous interventions had achieved limited success, and longer-term therapeutic support was recommended.

Living in Survival Mode

Despite having two loving and committed parents, Noah had experienced significant challenges in his early life, including a traumatic birth, the loss of all his grandparents and the impact of a parent's life-threatening illness. Disruptions to caregiving and family support had also taken their toll. At home, relationships had become increasingly strained, with physical altercations between Noah and his older brother leaving his parents struggling to keep everyone safe.

Building a Safe Foundation

When Noah began therapy, he found it extremely difficult to regulate his emotions and behaviour. Assessment revealed very low self-esteem, and he had come to believe that he was “bad”. His nervous system appeared to be operating in a near-constant state of fight-or-flight, making it difficult to feel safe, calm or connected to others. Through creative and sensory-based therapy, including clay and den building, alongside the therapist's consistent, warm and attuned presence, Noah gradually began to experience safety within the therapeutic relationship. This helped him meet important developmental and emotional needs and begin learning through co-regulation.

Supporting the Whole Family

Alongside Noah's therapy, work with his parents explored alternatives to punishment-based approaches and introduced therapeutic parenting strategies focused on connection, understanding and emotional safety. This also helped challenge Noah's deeply held belief that he was “bad”.

Lasting Change

Noah's therapeutic journey is ongoing, but the changes so far are significant. Physical fights with his brother have stopped, bringing greater calm and safety to family life. Although he still experiences periods of dysregulation, he is increasingly able to accept support and regulate alongside others. For the first time in a long while, his family are beginning to see hope and positive change.

With continued support, Noah has a greater chance of accessing education, developing healthy relationships and leading a happier, more fulfilling life. The benefits extend to his whole family and may reduce the need for more intensive intervention in the future. His story demonstrates how early, specialist, trauma-informed support can create lasting change for children facing complex emotional challenges.



Partners and Supporters

> *"The Windmill Trust plays an active role within the West Cumbria Mental Health Partnership."*
>
> Groundwork, West Cumbria

We work closely with schools, family services, social prescribers, mental health organisations and community partners to help ensure children and families could access support at the right time.

These partnerships remain central to our approach, enabling joined-up working around the child and strengthening support across local communities. We are proud to contribute to the West Cumbria Mental Health Partnership and collaborate with schools and organisations across the region.

Funding from supporters enabled improvements to our therapy environments, helping create safe and welcoming spaces for children and families.

Throughout the year, we strengthened relationships within Workington and the wider West Cumbrian community, supporting increasing numbers of children and young people through accessible local provision.

Fundraising

The funding landscape for charities supporting children and young people remains challenging, with growing demand for services alongside increasing pressure on both grant funding and statutory funding sources.

In response, The Windmill Trust took a proactive approach to fundraising throughout 2025, securing support from a range of trusts, foundations, community partners and individual supporters. This funding enabled us to continue providing accessible therapeutic support for children and families across West Cumbria.

Grant Funding

Support from trusts, foundations and community partners played an important role in sustaining and developing our services throughout 2025. Continued funding through the West Cumbria Mental Health Partnership helped us maintain accessible therapeutic provision for children and young people, alongside grant funding from a range of charitable trusts and foundations.

GSK Community Health Award

One of only ten organisations selected across the UK in 2025.

In 2025, The Windmill Trust was one of only ten organisations across the UK selected to receive the GSK Community Health Award, delivered in partnership with The King's Fund. This highly competitive award supports grassroots charities tackling health inequalities in areas of deprivation. Alongside grant funding, the award included a comprehensive Leadership Programme for our CEO. Designed for leaders of small charities, the programme enhanced leadership skills, strengthened organisational capacity and supported the next stage of The Windmill Trust's development.

Funding in action





Funding from the Screwfix Foundation, received at the end of 2024, also enabled us to improve our therapy environment in the wigton premises.

Community and Corporate Support

Throughout 2025, we continued developing relationships with local businesses and exploring corporate sponsorship opportunities. Building stronger community and corporate partnerships will remain an important area of development, supported by our expanded Board of Trustees in 2026.

2025 Funders and Supporters



Thank you to all our funders and supporters

We are incredibly grateful to our longstanding and new funders, local businesses and corporate supporters, including the Fells and Solway Community Fund, Iggesund and Cumberland Building Society. Their support has helped sustain and strengthen our services and reflects a shared commitment to accessible mental health support for children and young people across Cumbria.

Financial Performance

The Windmill Trust's total income for the period, 1st January to 31st December 2025 was **£117,555** with expenditure of **£96,324**.

At the year end, the charity held total funds of £61,155, comprising £18,940 in restricted funds and £42,215 in unrestricted funds. Of the unrestricted funds, £30,000 was designated by the trustees towards the delivery of therapy services to children and young people in Cumbria.

Despite continuing pressures across the charitable sector, The Windmill Trust remained financially stable throughout 2025 and continued providing specialist therapeutic support to children, young people and families across West Cumbria.

The charity continued to rely primarily on grant funding alongside developing partnership and placement-based income streams. Careful financial oversight by trustees and the finance sub-committee supported responsible decision-making during a period of increasing demand and wider financial uncertainty.

The charity's reserves policy aims to maintain sufficient free reserves to cover three months of operating expenditure.

Throughout the year, the organisation remained committed to balancing sustainability with accessibility, ensuring children and young people could continue accessing therapeutic support regardless of financial circumstances.

Further details regarding the charity's financial performance and accounts are provided.

THE WINDMILL TRUST

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr A Adamson-Reynolds (Appointed 3 July 2025) Mr P Ovens (Appointed 16 December 2025) Mrs T Solender (Appointed 16 December 2025) Mr A Nicholls (Appointed 17 December 2025) Mr R A B Higgins (Appointed 6 January 2026)
Charity number	1195160
Principal address	The Windmill Trust 16 High Street Wigton Cumbria CA7 9NJ
Independent examiner	Sophie Graham BAcc(Hons), FCA, DChA Sterling House Wavell Drive Rosehill Carlisle CA1 2SA
Bankers	Virgin Money 45 Penny Street Lancaster LA1 1UE

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF THE WINDMILL TRUST

I report to the trustees on my examination of the financial statements of The Windmill Trust (the trust) for the year ended 31 December 2025.

Responsibilities and basis of report

As the trustees of the trust you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011.

I report in respect of my examination of the trust's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared the financial statements in accordance with the relevant version of the Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn. I understand that this has been done in order for the financial statements to provide a true and fair view in accordance with UK Generally Accepted Accounting Practice.

I have completed my examination. I confirm that no 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 trust as required by section 130 of the Charities Act 2011.
2. the financial statements do not accord with those records; or
3. the financial statements 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 an 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 financial statements to be reached.

Sophie Graham BAcc(Hons), FCA, DChA
Sterling House
Wavell Drive
Rosehill
Carlisle
CA1 2SA

Sophie Graham **Date:**

..... 01/10/2026.....

STATEMENT OF FINANCIAL ACTIVITIES (Including Income and Expenditure Account)

FOR THE YEAR ENDED 31 DECEMBER 2025

	Notes	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Income from:							
Donations and legacies	3	60,987	50,914	111,901	59,999	29,545	89,544
Charitable activities	4	5,600	-	5,600	2,890	-	2,890
Investments	5	54	-	54	67	-	67
Total income		66,641	50,914	117,555	62,956	29,545	92,501
Expenditure on:							
Raising funds	6	59	-	59	66	-	66
Charitable activities	7	55,304	40,960	96,264	72,067	29,097	101,164
Total expenditure		55,363	40,960	96,323	72,133	29,097	101,230
Net income/(expenditure) and movement in funds		11,278	9,954	21,232	(9,177)	448	(8,729)
Reconciliation of funds:							
Fund balances at 1 January 2025		30,937	8,986	39,923	40,114	8,538	48,652
Fund balances at 31 December 2025		42,215	18,940	61,155	30,937	8,986	39,923

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

STATEMENT OF FINANCIAL POSITION

AS AT 31 DECEMBER 2025

	Notes	2025 £	£	2024 £	£
Fixed assets					
Tangible assets	**13**		1,415		2,282
Current assets					
Debtors	**14**	326		885	
Cash at bank and in hand		61,719		42,443	
		62,045		43,328	
Creditors: amounts falling due within one year	**15**	(2,305)		(5,687)	
Net current assets			59,740		37,641
Total assets less current liabilities			61,155		39,923
The funds of the trust					
Restricted income funds	**17**		18,940		8,986
Unrestricted funds	**18**		42,215		30,937
			61,155		39,923

The financial statements were approved by the trustees on 01/10/2026

.....
Mr T Nicholls
Trustee

.....
Mr R Higgins
Trustee

1 Accounting policies

Charity information

The charity is a public benefit entity and a registered charity in England and Wales. The charity is a Charitable Incorporated Organisation, and the address of the principal office is 16 High Street, Wigton, CA7 9NJ.

1.1 Basis of preparation

The financial statements have been prepared in accordance with the trust's governing document, the Charities Act 2011, The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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 (FRS 102)" (effective 1 January 2019). The trust is a Public Benefit Entity as defined by FRS 102.

The trust has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the trust. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the trust has adequate resources to continue in operational existence for the next twelve months. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

As is the nature of the trust, the majority of the income is received from grants that we actively apply for and from donations, all of which are not guaranteed to be received year on year. In the event that current anticipated funding is not received during the next twelve months then the charitable activities of the trust will need to be scaled back accordingly to ensure that it can continue its operational existence and provide services, but on a reduced level until additional funding can be secured

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

The trustees have the discretion to allocate sums to particular funds as they so wish. Such funds are known as designated funds, and remain unrestricted.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the trust is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

1 Accounting policies **(Continued)**

Cash donations are recognised on receipt. Other donations are recognised once the trust has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the trust has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Computers	25% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the trust reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1 Accounting policies **(Continued)**

1.9 Financial instruments

The trust has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the trust's balance sheet when the trust becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the trust's contractual obligations expire or are discharged or cancelled.

1.10 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the trust's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from donations and legacies

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Donations and gifts	6,987	-	6,987	1,337	-	1,337
Grants	54,000	50,914	104,914	58,662	29,545	88,207
	60,987	50,914	111,901	59,999	29,545	89,544

4 Income from charitable activities

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Other services		
Services provided under contract	5,600	2,890

5 Income from investments

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Interest receivable	54	67

6 Expenditure on raising funds

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Fundraising and publicity		
Other fundraising costs	59	66

7 Expenditure on charitable activities

	Therapeutic services 2025 £	Therapeutic services 2024 £
Direct costs		
Staff costs	77,238	81,358
Materials (Direct)	1,452	1,885
Team training and Supervision	2,935	1,310
Consultancy and Evaluation	4,261	3,568
Other expenditure	-	182
	85,886	88,303
Share of support and governance costs (see note 8)		
Support	8,358	10,830
Governance	2,020	2,031
	96,264	101,164
Analysis by fund		
Unrestricted funds	55,304	72,067
Restricted funds	40,960	29,097
	96,264	101,164

8 Support costs allocated to activities

	2025 £	2024 £
Depreciation	867	867
Room hire	3,000	3,810
Telephone and IT	768	616
Repairs and renewals	1,407	2,261
Subscriptions	593	1,831
Travel and subsistence	385	400
Printing, postage and stationery	66	171
Disclosure and barring service checks	140	65
Insurance	658	544
Sundry expenses	474	265
Governance costs	2,020	2,031
	10,378	12,861
Analysed between:		
Therapeutic services	10,378	12,861

8 Support costs allocated to activities **(Continued)**

	2025	2024
Governance costs comprise:	**£**	**£**
Audit fees	590	660
Accountancy	1,430	1,371
	2,020	2,031

9 Net movement in funds

	2025	2024
	£	**£**
The net movement in funds is stated after charging/(crediting):		
Fees payable for the independent examination of the charity's financial statements	590	660
Depreciation of owned tangible fixed assets	867	867

10 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the trust during the year.

11 Employees

The average monthly number of employees during the year was:

	2025	2024
	Number	**Number**
Staff	3	4

Employment costs	2025	2024
	£	**£**
Wages and salaries	73,729	77,615
Other pension costs	3,509	3,743
	77,238	81,358

There were no employees whose annual remuneration was more than £60,000.

11 Employees (Continued)

Remuneration of key management personnel

The remuneration of key management personnel was as follows:

	2025	2024
	£	£
Aggregate compensation	24,023	30,988

12 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

13 Tangible fixed assets

	Computers
	£
Cost	
At 1 January 2025	3,500
At 31 December 2025	3,500
Depreciation and impairment	
At 1 January 2025	1,218
Depreciation charged in the year	867
At 31 December 2025	2,085
Carrying amount	
At 31 December 2025	1,415
At 31 December 2024	2,282

14 Debtors

	2025	2024
Amounts falling due within one year:	£	£
Prepayments and accrued income	326	885

15 Creditors: amounts falling due within one year

	2025	2024
	£	£
Other taxation and social security	906	4,368
Accruals and deferred income	1,399	1,319
	2,305	5,687

16 Retirement benefit schemes

	2025	2024
Defined contribution schemes	£	£
Charge to profit or loss in respect of defined contribution schemes	3,509	3,743

The trust operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the trust in an independently administered fund.

17 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 January 2025	Incoming resources	Resources expended	Transfers	At 31 December 2025
	£	£	£	£	£
Restricted Fixed Asset Fund	2,282	-	(866)	-	1,415
Therapeutic services in Workington Fund	30	9,674	(3,339)	-	6,365
Staff Training Fund	2,100	-	(2,100)	-	-
Materials and Resources Fund	93	-	(93)	-	-
Therapy Space Regeneration Fund	1,476	-	(1,476)	-	-
Materials and Resources Fund	475	-	(475)	-	-
Therapeutic Service Delivery and Development Fund	2,530	25,291	(27,821)	-	-
Pixel Fund	-	4,000	(800)	-	3,200
CRH Charitable Trust	-	5,000	(1,600)	-	3,400
Focus Foundation	-	6,950	(2,390)	-	4,560
	8,986	50,914	(40,960)	-	18,940

17 Restricted funds **(Continued)**

Previous year:	At 1 January 2024 £	Incoming resources £	Resources expended £	Transfers £	At 31 December 2024 £
Restricted Fixed Asset Fund	-	-	(867)	3,149	2,282
Therapeutic services in Workington Fund	4,058	-	(3,089)	(939)	30
IT Fund	4,480	-	(2,270)	(2,210)	-
Staff Training Fund	-	2,100	-	-	2,100
Materials and Resources Fund	-	749	(656)	-	93
Therapy Space Regeneration Fund	-	3,737	(2,261)	-	1,476
Materials and Resources Fund	-	500	(25)	-	475
Therapeutic Service Delivery and Development Fund	-	22,459	(19,929)	-	2,530
	8,538	29,545	(29,097)	-	8,986

The Therapeutic services in Workington fund is restricted to provide therapeutic services to children and young people in Workington.

The other Restricted Funds are held for the purposes as stated by the name of the funds.

18 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 January 2025 £	Incoming resources £	Resources expended £	Transfers £	At 31 December 2025 £
Delivery of Therapy Services to Children and Young People in Wigton and Workington	-	-	-	30,000	30,000
General funds	30,937	66,641	(55,363)	(30,000)	12,215
	30,937	66,641	(55,363)	-	42,215

Previous year:	At 1 January 2024 £	Incoming resources £	Resources expended £	Transfers £	At 31 December 2024 £
Therapeutic services in Workington	7,878	-	(7,878)	-	-
General funds	32,236	62,956	(64,255)	-	30,937
	40,114	62,956	(72,133)	-	30,937

Therapeutic Services in Workington designated fund was earmarked to provide therapeutic services to children and young people in Workington.

Therapy Services to Children and Young People in Wigton and Workington designated fund was earmarked for the purpose as stated by the name of the fund.

19 Analysis of net assets between funds

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £
At 31 December 2025:			
Tangible assets	-	1,415	1,415
Current assets/(liabilities)	42,215	17,525	59,740
	42,215	18,940	61,155

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
At 31 December 2024:			
Tangible assets	-	2,282	2,282
Current assets/(liabilities)	30,937	6,704	37,641
	30,937	8,986	39,923

20 Operating lease commitments

Lessee

At the reporting end date the trust had outstanding commitments for future minimum lease payments operating leases, which fall due as follows:

	2025 £	2024 £
Within one year	1,500	1,500
Between two and five years	3,000	4,500
	4,500	6,000

21 Related party transactions

There were no disclosable related party transactions during the period.

Get Involved

There are many ways to support The Windmill Trust and help ensure children and young people across West Cumbria can continue accessing specialist therapeutic support.

Ways you can help:

- Donate to help fund therapy and support to children and young people.
- Refer a child or young person for support.
- Partner with us through schools, organisations or community projects.
- Support fundraising and awareness activities.
- Volunteer or advocate for our work within the local community.

Help us make a difference

Help us reach more children by making a one-off or regular donation. Please scan the QR code to donate via JustGiving.

"Together we can create brighter futures."

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The Windmill Trust

Creative Therapy Service

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