

Trustees Report for the year ended 31 December 2024

The trustees present their annual report and financial statements for the year ended 31 December 2024.

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 charity's governing document, the Companies Act 2006 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

The charity was established for the following purposes:

- To provide relief of emotional distress and suffering, and to preserve and protect the mental and physical health of persons who have suffered or are exposed to domestic violence and abuse, in particular by the provision of information, advice, training, practical and emotional support to persons living in a domestic abuse environment.
- To advance education of domestic abuse, coercive control, alienating behaviours and its effects, and to relieve those in need by promoting its prevention and the protection of those affected, whilst reconnecting, encouraging and promoting parent-child relationships after separation.

We are an early intervention and prevention service, providing a family systems approach to enhancing parents understanding, of their options, for resolving issues, related to the decisions and care of their children after separation. We promote and encourage a child focused approach to re-establish a new family life after separation.

We provide a wide and varied program which includes one to one counselling, navigating the courts system, family therapy, educational workshops and providing guidance to parents and guardians.

Financial review

The charity retained the continued support of its funders during 2024. Total income for the year was £61,087 of which £37,000 was generated from grant funding bodies, £18,747 carried over from La Dolce Vita and £5,340 from donations, facilitation and counselling services. Total expenditure by the charity was £38,497 all of which was spent on direct charitable activities. The balance on total funds at the year-end was £22,590, of which £3,981 were restricted and £18,609 were general unrestricted funds.

Reserves policy

The Trustees consider it prudent to hold monies in reserve in the event that unforeseen circumstances should lead to financial difficulties which might put the future of its employment capacity, users' well-being and general charitable work in jeopardy.

The Trustees have examined the charity's requirements for reserves in light of the main risks to the organisation and established a formal policy which stipulates that free reserves be maintained at a level which ensures that the charity's core activity could continue during a period of unforeseen difficulty. Free reserves are defined by the Trustees as unrestricted income funds freely available for use as the charity so determines and thereby excludes any funds committed, invested in tangible fixed assets held by the charity and restricted or designated funds.

The Trustees' policy is that the amount of free reserves should reflect three months' of operating costs. The Trustees consider that reserves at this level will ensure that in the event in a significant drop in funding, they will be able to continue the charity's current activities whilst consideration is given to ways in which additional funds may be raised. The Trustees' assess that three month's of operating costs amounts to approximately £15,000. Free reserves as at 31st December 2024 are £18,609. The Trustees continue to strive to build a general level of reserves in accordance with their policy so that they will be able to continue the current activities of the charity. In the short term, the Trustees have also considered the extent to which existing activities and expenditure should be curtailed, should circumstances arise.

Risk Management

The Trustees are aware of the major risks to which the charity is exposed. Where appropriate, systems or procedures have been established to mitigate the risks the charity faces. Internal control risks are minimised through the procedures for authorisation of all transactions and projects. Procedures are periodically reviewed to ensure that they continue to meet the needs of the charity. Procedures are also in place to ensure compliance with health and safety of staff, volunteers and clients. The Trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Plans for the future

Our future plans are to continue to help families in distress. We will continue to apply for any relevant funding.

Structure, governance and management Governing document

My Family Matters Foundation Limited is a company limited by guarantee. The company was incorporated on 16 May 2023. The company was established under a Memorandum of Association which established the objects and powers of the company, and is governed by its Articles of Association. The liability of members is limited in that every member of the company undertakes to contribute an amount not exceeding £1 in the event of the company being wound up.

Directors and trustees

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Dr Mairead McCormick (Chair)	(Appointed 16 May 2023)
Martina McLoone (Secretary)	(Resigned 1 January 2025)
Joseph Bradley	(Appointed 16 May 2023)
Louise McGill	(Appointed 16 May 2023)
Helen Walsh	(Appointed 16 May 2023)

Recruitment and appointment of the Trustees

All members of the board shall retire annually but shall be eligible for election or appointment again. Nominations from members of the group for membership of the board must be in writing and must be in the hands of the designated officer at least seven days before the AGM.

Under the requirements of the Memorandum and Articles of Association unless otherwise determined by the company in General Meeting the number of Trustees shall not be less than four. Trustees are elected to serve only until the next Annual General Meeting at which they shall then be eligible for re-election. All members of the Board of Trustees give their time voluntarily and received no benefits from the charity.

Organisation Structure

The charity is administered by a Board of Trustees who are responsible for the strategic direction and policy of the company. Board members are from a variety of professional backgrounds relevant to the work of the charity. The board as a whole was approved by the AGM and continues to monitor its membership. The Board has appointed a management team to manage the day to day operations of the charity.

Statement of trustees' responsibilities

The trustees, who are also the directors of My Family Matters Foundation Limited for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

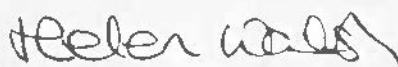
- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees' report was approved by the Board of Trustees



Dr Mairead McCormick
(Chair)



Helen Walsh
(Treasurer)

27 February 2025