



Annual Report 2025-26

Supporting families to face their
future with confidence

www.fotfwinchester.org



What We Do

Friends of the Family offers confidential support to families in and around Winchester, helping them to overcome challenges and face the future with confidence.

We offer three main programmes:

The **Mums and Young Children** project runs weekly therapeutic support sessions for women with pre-school children. While the mums meet as a group with a psychotherapist, their children are looked after by a play leader and volunteers.

“

The friendships I have because of Friends of the Family are amazing and I couldn't be more grateful for the support that my boys and I have had.

Mums and Young
Children mum

The **5s to 13s Befriending** service matches children aged 5 to 13 with trained volunteers who meet them once a week for two hours. The child benefits from dedicated and regular support, and our manager offers help to the wider family, including one-to-one counselling and referrals to other specialised agencies.

Our **Support for Dads** is currently under review and is expected to be relaunched in early 2027, offering one-to-one counselling and activities for dads and their children.



88

**Mums and Young
Children sessions held**

“

We are so grateful for the support we have received, and our daughter's befriender is her favourite person in the world! She is always asking when she will see her again and plans outfits days in advance!

Mum of 5s to 13s child



The Gift of Time

Week in and week out, our volunteers give their time to help the families we serve.

It is hard to quantify the value of their kindness, but this year they gave upwards of 1,200 hours of service which, based on the National Living Wage, was worth £25,270. For a small charity, that's a huge sum.

For the families we serve, though, the gift of time is worth much more.

For a mum who is struggling to cope, the volunteers who look after her child for a couple of hours on a Tuesday or Friday morning are a godsend. Thanks to them, she can join our Mums and Young Children group, talk about her challenges, make friends and perhaps find new coping strategies.

For a boy who cannot tell anyone that he is being bullied, or for a girl who is scared because her mum is seriously ill, having a couple of hours each week with a befriender is wonderful. They may only go for a walk in the park, play games or do crafts together, but the befriender is focused solely on the child, listening to them, taking an interest, caring.

Of all the services we offer, nothing is more precious than the gift of time.



1,200+

**hours of voluntary
service given**



“

I feel blessed that I'm able to be a part of this, and very happy that I can do something to help others.

Volunteer

Our Services

This year we supported 60 families in and around Winchester.

This was slightly fewer than in the previous year and, while numbers inevitably change from one year to the next, it is worth noting that families are being referred to us with increasingly complex needs and that sadly we are not always able to help.

That said, both the Tuesday and Friday groups of the Mums and Young Children project were well-attended, helping 21 mums and caring for 24 children.

Some of the mums also received individual counselling, and we arranged 166 counselling sessions for mums and dads during the year.

Our 5s to 13s Befriending service helped 26 children and there were 417 befriending meet-ups during the year. We also organised a range of extra activities for the children – workshops about stained glass and gargoyles, visits to a farm and an art gallery, and a Christmas celebration – as well as neurodiversity training and a thank you lunch for our volunteers.

Recruiting volunteers remains a challenge and we are very grateful to all those who gave their time this year.



48
volunteers supported

“

Thank you for picking me up on Mondays after school, I really enjoy our time together. I especially look forward to Starbucks with my hot chocolate, biscuit and apple. My favourite memory so far has been going to the cinema with you. That was a really cool day out and I loved the movie you picked.

Child M, aged 11

This year Charlie Wright, our freelance counsellor who had run our services for dads, retired. Over the years, Charlie worked in HMP Winchester and in the community, in groups and individually, helping men to confront and cope with their problems and to develop and maintain healthy and loving relationships with their children.

This is difficult work and we are very grateful to Charlie for his dedication and resilience.

There is still an urgent need for services to support dads, and we have taken time to consider how to do this most effectively. We plan to relaunch our Dads' project in early 2027, offering a series of cooking classes for dads to attend with their children. We also hope to offer more individual counselling.

Safeguarding remains a top priority across all our services, and we have further strengthened our training and processes for all staff, volunteers and trustees.



60

families supported

Our Team

Our services are managed and facilitated by a team of six part-time staff.

This year we were sad to say goodbye to Jane Hall, who did an outstanding job as Volunteer and Operations Co-ordinator, but were pleased to welcome Elizabeth Graves as her replacement. Similarly, we were sorry when Shelley Dodd moved on but welcomed Sue Mansbridge to the team as our new Counsellor.

Both the Mums and Young Children and 5s to 13s Befriending services rely heavily on the kindness of volunteers, and we are very grateful to all those who gave their time this year. Special congratulations go to Jane Lamprey, worthy winner of this year's Mayor of Winchester's Community Award. Jane has befriended four children in five years, and her cheerful dedication to volunteering is a joy.

The only change to the Board of Trustees during the year was that Jennifer Williamson resigned for personal reasons. Strengthening the Board by appointing new trustees will be a priority in 2026-27.



“

*Thank you, Lorraine
for always having
fun with me.*

Child S, aged 5



“

*Seeing the support
that we're able to give
has given me a sense
of purpose.*

Volunteer

Our Family Album





“

*Friends of the Family
were definitely so
needed and important
for my boys. Thank you!*

Mum of 5s to 13s children



Our Impact

Thank you to all our volunteers, supporters and partners.
Together we are making a real difference to local families.

THE FAMILIES WE SUPPORTED



26

Children befriended



21

Mums attending MYC



13

Parent individual counselling



60

Families supported

OUR VOLUNTEERS



48

Volunteers worked with us



28

5s to 13s volunteers



20

MYC volunteers



134

5s to 13s volunteer supervisions

SUPPORT IN ACTION



417

Befriending meet-ups



166

1-2-1 counselling sessions



88

MYC sessions held



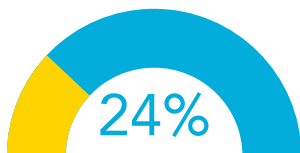
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Children supported by MYC

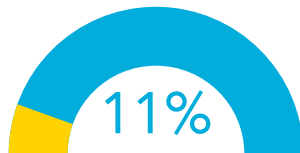
Our Finances

Financial performance this year was better than expected.

Income increased



Expenditure rose



Income increased by 24% to £139,316 (2024-25: £111,874) and expenditure rose by 11% to £126,009 (2024-25: £113,461), resulting in a modest surplus of £13,307 (2024-25: -£1,587).

Most of our income came in grants from charitable foundations. The Henry Smith Charity's funding of our 5s to 13s Befriending service has enabled the project to flourish for the past six years. We also received support from the Garfield Weston Foundation, National Lottery's Awards for All, St James's Place Charitable Foundation and the Quaker Mental Health Fund. Hampshire and Isle of Wight Community Foundation facilitated grants from various donors.

Almost ten per cent of our income came from two remarkable physical achievements. A team from Pangea Insurance raised £8,900 by cycling to France, and, on one of the hottest days of the year, Operations Director Jo and her friend Sarah Bangs took part in the Race to the Stones, running fifty kilometres and raising more than £3,000. The Cart and Horses in Kings Worthy organised regular quiz nights for us, and Nony and Sam Kerr-Smiley again generously donated some of the profits of their estate agency. A host of other individuals, churches and local organisations also supported our work, and we are very grateful to all of them.

We were one of eight local charities invited to join Winchester's inaugural Legacy Action Week, an initiative that encourages people to remember charities in their wills, and coincidentally we received a very generous legacy this year from Jane Horton, who volunteered with us for five years but sadly died in August. We appreciate all that Jane did for us, giving both money and time.

We remain very fortunate to enjoy the goodwill of Winchester Quaker Meeting which continues to provide an office and space for our activities within the Friends Meeting House and garden. The Friends' support of the charity since day one has been invaluable.

Our reserves policy

Families depend on our services, and we have a duty to ensure that they are sustainable. We therefore hold a Designated Reserve Fund to shield them against any unexpected fall in income. The amount is reviewed annually and currently stands at £52,500 which represents five months' projected expenditure. This is in line with the Charity Commission's guidance.

Our Future Plans

Our priority is always to ensure that we provide each of our families with the support that is right for them.

To achieve that, and to ensure that the charity remains effective and sustainable, in 2026-27 we aim to: relaunch and expand our support for Dads; broaden our income base; invest in the recruitment and training of volunteers; and strengthen the Board of Trustees.

Public Benefit

In setting plans and priorities for the charity's work, the trustees have regard to the guidance of the Charity Commission on public benefit.

Our structure, governance and management

Friends of the Family Winchester is a company limited by guarantee and a charity registered in England. It is governed by its Memorandum and Articles of Association.

The charity is governed by a Board of Trustees who are also directors and members of the company. The Board meets four times a year and is supported by two committees – Management and Operations, and Fundraising and Communications.

The Board can have up to eleven Trustees. Trustees receive no remuneration.

The Trustees, who are also directors of the charity for the purpose of the Companies Act, present their annual report and the financial statements for the year ended 31 March 2026. The trustees have adopted the Charities SORP (Statement of Recommended Practice) (FRS 102) effective 1 January 2015.

Trustees' Responsibilities in relation to the Financial Statements

The directors are responsible for preparing the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

The Companies Act 2006 requires the directors to prepare financial statements for each financial year which give a true and fair view of the state of the company and of the profit and loss of the company for that period.

In preparing those financial statements the directors are required to:

1. Select suitable accounting policies and then apply them consistently.
2. Make judgements and estimates that are reasonable and prudent.
3. Prepare the financial statements on a going concern basis unless it is inappropriate to presume that the company will continue to operate.

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company.

They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Small Company exemption

The report has been prepared in accordance with the provisions applicable to companies subject to the Small Companies regime.

The Trustees declare that they have approved the Trustees' report above.

Signed on behalf of the Charity's Trustees:

Chris Bale

Full name: Christopher John Bale

Position: Chair of Trustees

Date: 21st September 2026

You can read the full version of our 2025-26 accounts at
www.fotfwinchester.org/about-us/publications/

Statement of Financial Activities (incorporating an Income and Expenditure Account) for the year ended 31 March 2026

	Unrestricted 2026	Restricted 2026	Total 2026	Total 2025
	£	£	£	£
Income				
Donations and legacies	69,341	-	69,341	32,195
Grant Income	16,000	50,821	66,821	75,631
Other activities				-
Investments (bank interest)	3,154	-	3,154	4,048
Total income	88,495	50,821	139,316	111,874
Expenditure				
Raising funds	593	-	593	1,138
Charitable activities	74,078	51,338	125,416	112,323
Total expenditure	74,671	51,338	126,009	113,461
Net income (expenditure) for the year	13,824	(517)	13,307	(1,587)
Transfer of funds	(605)	605	-	-
Net movement in funds	13,219	88	13,307	(1,587)
Funds at 1 April 2025	87,311	9,903	97,214	98,801
Funds at 31 March 2026	100,530	9,991	110,521	97,214

Balance sheet as at 31 March 2026

	£	2026 £	£	2025 £
Tangible fixed assets		321		1
Current assets				
Debtors and prepayments	361		330	
Cash at bank and in hand	113,947		98,573	
Total current assets	114,308		98,903	
Current liabilities				
Creditors: amounts falling due within one year	(4,107)		(1,690)	
Net current assets		110,201		97,213
Net assets		110,521		97,214
Reserves				
Unrestricted funds – general		38,030		45,311
Unrestricted funds – Dads’ project		10,000		-
Unrestricted funds – designated		52,500		42,000
Restricted funds		9,991		9,903
Total funds		110,521		97,214

Financial Statements for the year ended March 31st, 2026

Legal and administrative details

Name: Friends of the Family Winchester Limited

Registered Charity Number: 1143462

Company Number: 7577875 (Registered in England and Wales)

Principal and registered office: The Friends Meeting House,
16 Colebrook Street, Winchester SO23 9LH

Website: www.fotfwinchester.org

Directors and Trustees:

Christopher Bale (Chair)

Jane Bennett

Sarah Cootes

Rebecca Lockwood

Edward Marriott

Cathryn Perrin

Jennifer Williamson (Resigned 12th January 2026)

Operations Director: Joanna Smith

Bankers: CAF Bank Limited

Independent Examiner: Jason Foxwell, FCCA, FCIE

Approval

The directors are satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the "Act") relating to the audit of the financial statements for the year by virtue of section 477, and that no member or members have requested an audit pursuant to section 476 of the Act.

The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and the preparation of accounts. These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with FRS102 SORP.

These financial statements were approved by the directors on 21st September 2026 and signed by:



Christopher Bale

The notes on pages 20 to 24 form part of these financial statements.

Independent Examiner's Report to the Trustees of Friends of the Family Winchester limited ("the charitable company")

I report to the charity trustees on my examination of the accounts of the Charitable Company for the year ended 31 March 2026.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

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:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities.

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

Jason Foxwell FCCA FCIE. 12 Hillbourne Road, Poole, BH17 7JB

Signed:



Date: 21st September 2026

Notes to the financial statements for the year ended 31 March 2026

1. Accounting policies

The principal accounting policies are summarised below and have been applied consistently throughout the year.

a) Basis of accounting

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102) issued in 2019), and the Companies Act 2006. Friends of the Family Winchester meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

b) Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity. Restricted funds are subject to restrictions imposed by the donor.

c) Income

Voluntary income, donations and grants are accounted for on an accruals basis.

d) Expenditure

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered and is reported as part of the expenditure to which it relates.

Charitable activities comprise those costs incurred by the charity in the delivery of its activities for its beneficiaries. It includes both costs that can be allocated directly to such activities and costs of an indirect nature that are necessary to support them. Support costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the independent examiner's fee and costs linked to the strategic management of the charity.

e) Fixed Assets

Fixed assets including furniture and equipment are capitalised and depreciated to write off the cost of the assets over their estimated useful lives.

2. Premises

The charity uses an office in the grounds of the Friends' Meeting House in Winchester under a licence agreement dated 17 August 2004. Under a further licence agreement of the same date, the charity enjoys the use of the main Meeting House and Garden in furtherance of its project work. The licences provide for the charity to make a financial contribution, and a peppercorn rent is paid. Both licences are subject to six months' notice by either party. It is estimated that the value in the period to the Charity of these facilities is in the region of £12,000.

The trustees are extremely grateful to Winchester Friends Meeting for their continued hospitality and support.

3. Trustees Expenses

No expenses were paid to any of the trustees during the year, except to reimburse them for purchases or out-of-pocket expenses made on behalf of the charitable company.

4. Income

Donations and Legacies

	Unrestricted	Restricted	Total	2025
	£	£	£	£
Donations (including Gift Aid)	47,871	-	47,871	28,017
Legacies	15,000	-	15,000	-
Membership	6,470	-	6,470	4,178
	69,341	-	69,341	32,195

Grants Income

	Unrestricted	Restricted	Total	2025
	£	£	£	£
Grants	16,000	50,821	66,821	75,631

Income from Grants made for specific purposes:

Grantor	Value	Purpose
The Henry Smith Charity	£20,940	5s to 13s Project
Garfield Weston Foundation	£7,500	5s to 13s Project
National Lottery Awards for All	£19,881	5s to 13s Project
St James Place Charitable Foundation	£2,500	Mums and Young Children

5. Expenditure – Charitable activities

	2026	2026	2026	2025
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Staff salary costs	56,700	40,030	96,730	85,008
Training	961	2,628	3,589	2,669
Project expenses	-	8,680	8,680	11,249
Support costs	16,417	-	16,417	13,599
Total	£74,078	£51,338	£125,416	£112,525

Project staff salary costs include:

Salary and National Insurance contributions	£88,701
Pension Contributions	£2,451
Employer's NIC (not covered by the Employment Allowance)	£nil

The average number of staff employed during the year was 6.3 (2025: 6). No employee earned more than £60,000.

6. Debtors and Prepayments

	2026	2026	2026	2025
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Gift aid reclaim	-	-	-	250
Prepayment and accrued income	361	-	361	80
Total	£361	-	£361	£330

7. Creditors: amounts falling due within one year

	2026	2026	2026	2025
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Salary costs and training	3,022	-	3,022	933
Accruals	353	-	353	527
Support costs	732	-	732	230
Total	£4,107	-	£4,107	£1,690

8. Fixed Assets

Fixed assets, including furniture and equipment, are capitalised and depreciated to write off the cost of the assets over their estimated useful lives. The annual depreciation rates and methods used are as follows: F

Furniture, fixtures and fittings –
25% per annum on a straight-line basis, on original cost.

Computer Equipment –
33.3% per annum on a straight-line basis, on original cost.

	Bal at 1 April 2025	Income	Expenditure	Transfer of funds	Bal at 31 Mar 2026
	£	£	£	£	£
Restricted funds					
5s-13s (HS) restricted fund	-	20,000	(20,595)	595	-
5s-13s (NL) restricted fund	-	19,881	(14,393)	-	5,488
5s-13s (GW) restricted fund	-	7,500	(2,997)	-	4,503
MYC (St J) restricted fund	-	2,500	(2,510)	10	-
MYC (Q-MH) restricted fund	5,000	-	(5,000)	-	-
MYC (Q) restricted fund	3,157	-	(3,157)	-	-
MYC (HIW) restricted fund	1,011	-	(1,011)	-	-
Other restricted funds	735	940	(1,675)	-	-
Unrestricted funds					
Designated – General	42,000	-	-	10,500	52,500
Designated – Dads' Project	-	-	-	10,000	10,000
General funds	45,311	88,495	(74,671)	(21,105)	38,030
Total	£97,214	£139,316	£(126,009)	-	£110,521

9. Funds

	Bal at 1 April 2025	Income	Expenditure	Transfer of funds	Bal at 31 Mar 2026
	£	£	£	£	£
Restricted funds					
5s-13s (HS) restricted fund	-	20,000	(20,595)	595	-
5s-13s (NL) restricted fund	-	19,881	(14,393)	-	5,488
5s-13s (GW) restricted fund	-	7,500	(2,997)	-	4,503
MYC (St J) restricted fund	-	2,500	(2,510)	10	-
MYC (Q-MH) restricted fund	5,000	-	(5,000)	-	-
MYC (Q) restricted fund	3,157	-	(3,157)	-	-
MYC (HIW) restricted fund	1,011	-	(1,011)	-	-
Other restricted funds	735	940	(1,675)	-	-
Unrestricted funds					
Designated – General	42,000	-	-	10,500	52,500
Designated – Dads’ Project	-	-	-	10,000	10,000
General funds	45,311	88,495	(74,671)	(21,105)	38,030
Total	£97,214	£139,316	£(126,009)	-	£110,521

Restricted fund balances are held due to grants being received to cover a period after the balance sheet date. They will be spent in the 2026-27 financial year.

In line with Charity Commission guidance, the General Designated Reserve has been set aside as an emergency fund that can be used to cover any sudden fall in income or major unexpected expenditure. The amount held is equivalent to five months’ expenditure.

A Final Word...

Find out how a little of your time can mean so much

As we look ahead, our biggest challenge remains recruiting enough volunteers. Without the kindness and commitment of volunteers, we could not run our services and make a difference to so many local families.

Please continue to show your support by spreading the word to your friends, family, colleagues and contacts. A little time can mean so much to the toddler of an isolated mum, or the child facing a chaotic home life and struggling with school and their self-worth.



“

It gives me something positive to do with my time. I've made lots of new friends amongst the other volunteers. And I love working with the children, it gives me such joy!

Volunteer



“

The group keeps me going from week to week. I hang on until the next session.

Mums and Young Children mum

Thank you

We would like to say a very big thank you for major support from:



Contact us



contactus@fotfwinchester.org



www.fotfwinchester.org



01962 864466



16 Colebrook Street, Winchester SO23 9LH

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