

ANNUAL REPORT 2019-20



Dear Valued Supporters of CFF,

What a year! I'm delighted to report that in this ever-changing world, as well as bringing challenges, Covid-19 has brought new opportunities, and CFF is in good health!

I'm exceptionally proud of the skilled and professional CFF Team, who continue to adapt and change in order to deliver effective services with compassion and sensitivity. The lives of young people and families are improved through your input. A heartfelt thanks to you all.

Thank you also to the dedicated Board of Trustees, who continue to support CFF in so many ways.

We have a robust strategy and plan to take us into the future – a special thanks to Phil, who is leaving the Board, for guiding us through development of the plan with humour and clarity.

Happy 30th Year CFF. With a great team, a continuing need for our services and a clear plan, I'm confident we will continue to make a difference to families and young people for many years to come.

With sincere thanks and all best wishes,

A hand-drawn signature 'Liz' in a speech bubble. The name 'Liz' is written in a pink, cursive font inside a light blue speech bubble with a tail pointing downwards and to the left.



what we do...

CFF is very proud to present the overview of the full portfolio of group work programmes currently available.

Living with teenagers

for parents/carers of teenagers 11-16 year olds

Fun and Families

for parents/carers of 3-10 year olds

Grounded

for 11-16 year olds

Specialist Group Work Programmes

Positive Minds - Living with Teenagers

for parents/carers of Teenagers 11-16 year olds with mental health difficulties

Positive Minds Grounded!?

for 11-16 year olds with mental health difficulties

Positive Minds - Fun and families

for parents/carers with mental health difficulties who have 3-10 year olds

Overcoming Anxiety Programme 11-16's

for 11-16 year olds experiencing anxiety

Supporting Your Anxious Child Programme

for parents/carers of 11-16 year olds experiencing anxiety

Teen Parent Pathway

for parents/carers under 20 living in Leicester City, we offer tailored 1-1 support to all parents in addition to our Positive Parenting group work programme.

Teen Bumps to Babies

Pregnant teenagers and their families living in Leicester City. A series of interactive sessions especially for teens. Providing information and support around
- Preparing to become a parent, Bonding and attachment, Labour and birth, Infant feeding, Emotional changes and Baby care.

Managing My Anxiety Workshop

For young people aged 11-16 years
To enable them to better understand their anxiety, manage their difficulties and improve their wellbeing.

Managing My Mind Workshop

For young people aged 11-16 years living in Leicester City and County. Supports young people to manage their mental health, better understand how it affects their lives and develop skills to improve their mental health and wellbeing.

Refresh sessions

For parents / carers who have attended any of CFF's groups or workshops in the last 2 years and want to revisit strategies and create a clear plan for change.

Parenting in a Pandemic

For parents / carers of children aged 3-11 living in Leicester City, who are struggling to manage their child's behaviour and want to learn new parenting skills and find solutions which work best for their family.

Coping through Covid

For parents / carers and young people aged 11 – 16 years, living in Leicester City, County and Rutland.
Parents sessions - Support to explore a range of strategies to help their young people better understand and manage difficult feelings and in turn behaviours that have developed during the Pandemic.
Young people's sessions - Support to young people themselves to explore a range of strategies to better understand and manage difficult feelings and behaviours that have developed during the pandemic.



Celebrating CFF's 30th Anniversary

CFF will be proudly celebrating 30 years of helping families and young people in 2020! Our plans for a celebration event have been somewhat altered by the pandemic but nonetheless we will be making sure we mark the occasion. We are grateful to the National Lottery 25th Anniversary Fund for their support for our 30th anniversary events.

Keep Finding the Fun!

Some thirty years ago, some people had a thought
That parents could find solutions, instead of being taught
to deal with child behaviours that drove them to despair
and made them feel like failures, which really wasn't fair.

The Centre worked out a method for parents to meet in a group.
To use the strengths of each other, to see if it would bear fruit.
The results were truly amazing, family life became pleasure not pain,
and that nagging feeling of failure wouldn't raise it's head again.

The Centre for Fun and Families was born with this idea in mind,
That parents are the "experts" on their children and solutions they can find.
Since it's start in 1990 other groups needed to evolve
plus books, videos and manuals to help parents to problem solve.

The help given to families and the hard work they have done
will help them look into the future and continue finding the fun.

David Neville
Director and Co-Founder of CFF

fun facts...



Henry

Project Manager

I used to attend Boys
Brigade and was award-
ed the highest Badge
the 'Queen's Badge'



Sandhya

Senior Finance Officer

Loves watching
Christmas movies.



Kate

Project Worker

Autumn is my favourite
season. I love getting
wrapped up in my scarf
and gloves and going
out for walks.
Preferably walks to
cafés with hot
chocolate!



Stacey

Project Manager

I used to be a
campanologist!

(When I was
a teenager)



Lindsay

Service Director

Pineapple definitely
belongs on pizza



Hattie

Student Wellbeing

Practitioner

Hattie can do the worm!



Beatrice

Administrator

Writes songs



Jayne

CEO

Loves the wild
swimming experience



Helen

Parent Volunteer

and office cleaner

Would like to learn how
to use sign language.



AJ

Route to Resilience

Once directed a fashion
show for 200 people



A very warm welcome to this year's Annual Report.

As usual we'll be looking back and looking forward. It's quite a big year for everyone at CFF, as 2020 marks our 30th

Anniversary. The organisation was originally formed to provide Parenting support through group work programmes and to bring the fun back into family life.

We are pleased to acknowledge David, one of CFF's original co-founders as a long standing Director on our Board sharing his memories, wisdom and passion for the values that we hold as an organisation.

We have been fortunate to grow our organisation to meet a wider ranging set of needs that our families have told us about, whilst keeping the original programmes at the core of what we do – you can find out more about that as you read on.

We say farewell to Phil our Director who is leaving us to focus on better work life balance, we wish him and his family well. I am excited to be leading on CFF's five-year Strategic Plan and to recognise that with Phil's steer and strategic framework he is leaving us with a solid and well thought out Strategic Plan to help CFF grow as an organisation over the next five years.

Finally, big thanks and massive appreciation goes to CFF core staff, sessional workers, Peer Mentors and Helen our parent volunteer. They achieve so much for the families we work with and for CFF as an organisation, always with a smile, kindness, purpose and compassion.

I also pay tribute to our supportive Board, Terry as treasurer for his amazing steer and governance managing CFF Finances into a positive direction with the support of Pete. Liz as Chair of Directors for dedicating her time and always making herself accessible to us all individually and as a team.

Liz you are a star!

I am also very excited to welcome Lindsay Woodward who joins CFF as Service Director and brings a wealth of knowledge and skills that will ensure we are able to achieve our organisation's strategic plans, plus much more for our families.

We welcome Kate Harris who moved to a core full-time post following time as a sessional worker.

**Kind Regards,
Jayne Ballard**

Read about our progress



Achievements and performance 2019-20 at a glance

CFF delivered 24 group work programmes. 44 parallel workshops for parents, carers and young people as a whole family approach to respond to the high level of referrals to CFF through the Early Intervention Service. 16 Overcoming Anxiety workshop and parallel Supporting your anxious child. 6 Positive Mind Grounded workshop for young people, plus 6 parallel parenting workshops Positive Minds Living with Teenagers. Delivering a total of 44 parallel workshops.

There were 5 Living with Teenagers group programmes for parents and 3 specialist group programmes for parents consisting of 2 Supporting Your Anxious Child/Young Person and 1 Positive Minds Living with Teenagers.

In addition, CFF delivered 1 Teen Parent Pathway Positive Parenting programmes making a total of 9 group work programmes to parents and carers across Leicester, Leicestershire and Rutland (LLR).

CFF delivered 7 Grounded programmes for young people, 5 Overcoming Anxiety groups and 3 Positive Minds Grounded programmes making a total of 15 group programmes to young people across (LLR).

551 referrals were considered for a place on the groups/workshops. 879 parents/carers/young people attended CFF's groups or workshops this year.

For some families, CFF worked with parents and their young people by offering a place for each on the group programmes.

Our Key contracts and projects this year;

- Children in Need (CIN) young people's group work and Peer Mentor involvement across Leicester, Leicestershire and Rutland. (LLR)
- Teen Parent groups and 1:1 support across Leicester City.
- Baby Box delivery to Teen Parents in Leicestershire.
- Early Intervention group and workshop delivery for young people experiencing low to moderate mental health across Leicester, Leicestershire and Rutland.
- Route to Resilience whole school approach to all schools across Leicester, Leicestershire and Rutland.
- Parenting and young people's group work across Leicester City.
- Police and Crime Commissioner - Charnwood - group work delivered in schools within the Melton Inclusion partnership.

Please take time to read through the headline information that has been achieved through the delivery of our range of interventions from the above contracts and projects.

Our training this year



CFF delivered in total 7 training events (11 training days) in 2019/20. 6 were CFF promoted training events offering training places on Accredited Parenting and Grounded Training to workers from a range of settings. 1 was a commissioned training event delivered to Leicestershire County Council workforce Developing Group Work Skills. CFF trained 64 practitioners in total. All our training had high levels of participants showing that practitioners recognise that the benefit of the practical skills used in delivering the group work programmes are also beneficial in their one to one work with families and young people.

Over 90% of respondents rated the training as Excellent or Very Good.

Comments from the training



Jude and Henry were brilliant. They made me feel welcomed, involved and valued. I have really enjoyed the training.

Professional facilitator, sharing knowledge, support for learner was excellent. Thank you.

Thank you excellent course! Training was excellent, very helpful and informative. Trainers were brilliant, very knowledgeable, approachable, friendly and encouraging.

Brilliant training. I can see benefit and would recommend to all primary schools in an age of cutbacks!

Great knowledge from facilitators, fab resources, kept my interest all through the day. One of the best courses I have been on.

Fantastic mix of trainers who personalised the session to meet our needs.

Very good due to practical side and good activity based stuff to engage young people.

Excellent information and enjoyable training.

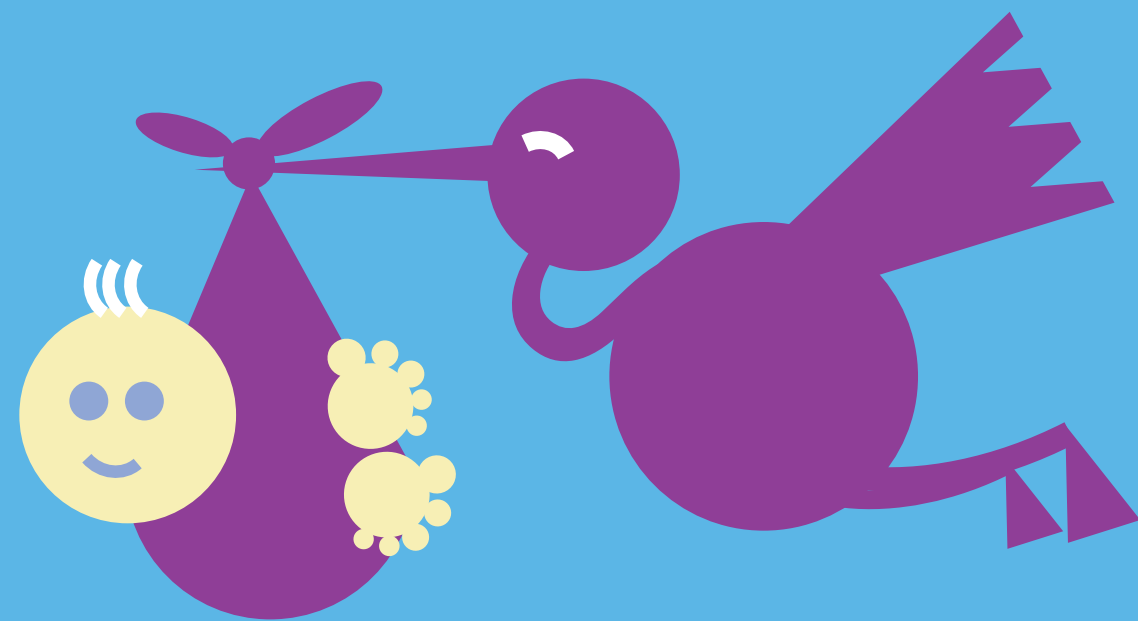
Always excellent training at CFF.

Facilitators are so knowledgeable and passionate.

Very interactive which kept the training fun. Trainers were Fab plus getting a folder with resources/PowerPoint is a bonus.



my baby box



This year we delivered 80 baby boxes to expecting mums who were under 20 years old and lived in Leicestershire. We worked alongside other services in the area to ensure that no teen parent slipped through the net. When delivering the baby boxes we would spend time with the teen parent and their family to ensure that they were aware of services in their local area. These services included: local children and family centres, antenatal courses, specialist midwifery and health visitor services, education and employment support and housing support. The baby boxes were a fantastic tool to enable these conversations.

Comments from the teen parents:

Thank you so much for my lovely baby box!

It was so nice to receive it and I am booked on to do an antenatal course now!

Thank you!! I loved the hooded towels and the little knitted booties in the box! xxx

Thanks a lot! I loved everything in the baby box and have kept the box to keep memories in x

Teen Parent Pathway

The Teen Parent Pathway has had another successful year, developing and evolving to meet the current needs of its users.

30 teen parents were supported through the groups or on a 1 to 1 basis.

Numbers of attendees at the groups were lower than we had hoped. However, levels of engagement in 1 to 1 support were good. A large number of the teen parents referred had higher, complex needs. A significant number were involved with Social Care. Therefore the 1 to 1 support via home visits was effective and better suited their needs.

What we were also hearing from the teen parents was the need for dedicated teen antenatal education sessions. CFF worked collaboratively with partner organisations to engage and support more teen parents at an earlier opportunity, during pregnancy. Leicester City Council's Children, Young People and Family Centres, Midwifery, practitioners from the Healthy Child Programme and Infant Feeding specialists offer an antenatal programme to all expectant parents living in Leicester City, called Bumps to Babies.

We worked with the above partners to explore taking the lead on sessions specifically for teen parents to be. A non threatening, city centre location was chosen to reduce the barriers to attendance and work began to invite and engage the pregnant teenagers.

Our CFF project worker led each session with representatives from the partner agencies delivering on the appropriate subject matter.

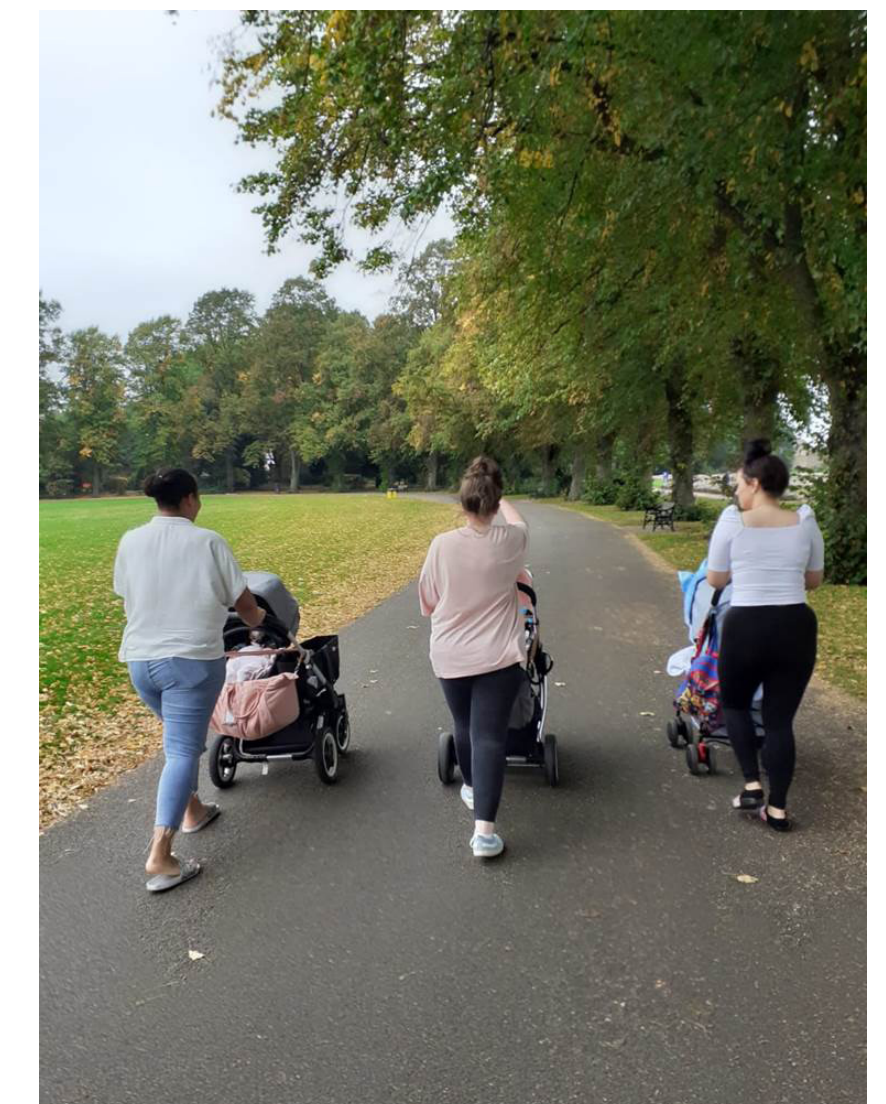
The programme promotes important key messages at an early opportunity including: bonding and attachment, having a healthy pregnancy, maternal mental health, baby care and promoting child development, empowering the young people and building their confidence around becoming parents.

It also allows CFF to begin to build positive supportive relationships with the young people before their babies are born, which strengthens the relationship and increases the likelihood they will continue to access our services to support their parenting journeys.

After a collaborative planning process the first set of sessions started in Jan 2020, closely followed by the start of another set of sessions mid Feb 2020.

A total of 11 pregnant teenagers attended, plus 5 fathers to be and 2 supporters.

Bumps to Babies Teen Parent Pathway



Feedback from participants has been very positive, both in terms of their learning about the subjects and also how they valued the sessions being exclusively for them as teen parents. Continued engagement levels have been extremely high, with 91% of the attendees continuing to take up support and maintain links with each other.

This has made the Bumps to Babies programme a great addition to the Teen Parent Pathway.

“To me bumps to babies was a really great way to interact with other young mums without the fear of being judged. It also helped me and my partner feel more prepared for parenthood. I also feel a lot more confident when it comes to talking to health visitors and midwives because of bumps to babies. I’ve told so many people about the program and would definitely recommend it to everyone”!

Teen Parent.



Early Intervention Service (EIS).

A collaborative between CFF, Relate Leicester and ADHD solutions.

As part of the Early Intervention Service CFF deliver our specialist group work programme to families for young people who present with low to moderate level mental health needs, which impact their daily lives.

In response to the high demand this year 4, different types of workshops for parents and carers and young people have been developed, mainly as parallel workshops to support whole family intervention.

Overcoming Anxiety for young people.

Supporting your Anxious Child /Young Person for Parents and Carers.

Positive Minds Grounded for young people.

Positive Minds Living with Teenagers for Parents and Carers.

Between 1st April 2019 and 31st March 2020, a total of 239 young people attended a service with CFF. As part of the service, their parents/carers also attended a parallel group/workshop to support their young person further and their family as a whole.

Of these 239 young people, we collected complete data from 193 young people in total (81%). As part of the data collection, we asked them about their experience with us and how the group or workshop has helped them. These are some of the comments that we received for each service:

● Overcoming Anxiety

"This is a very good workshop. I would recommend this to others Very useful advice, amazing staff to keep you smiling and good explaining given. Enjoyed this very much. Keeps me calm."

"This workshop was really helpful and would come again if it was still on because I really enjoyed it and understand my anxiety better."

"This workshop has helped me deal with my anxiety a lot more and how to calm myself down."

● Supporting Your Anxious Young Person.

"It is a really helpful course and I think I have really enjoyed it. Gwen, Sue, Henry have been brilliant, having a great sense of humour and make it quite lighthearted and there is a light at the end and telling stories of past people and how they have made a difference and it's free so it's open to anybody. Thank you!"

● Positive Minds Grounded

"Helped me learn how to calm down."

"Helped to break down situations."

"Helped me to use strategies when my anxiety is really bad."

● Positive Minds Living with Teenagers.

"I found this group really useful - it gave us a lot to talk about (as Mum & daughter); highlighted ways I could improve myself and our home life noticed a definite difference in daughter's behaviour."

"I thought the group size was well thought of, also it was a fantastic experience of listening to other parents' concerns and knowing you're not alone. Keep up the group sessions, it has definitely helped my daughter and I with behaviours and techniques."

"This group has been really good to reach out to others in similar situations. Thank you for investing this time in my daughter."

Young people were asked to complete a questionnaire at the start and at the end of their intervention. The following questions were included to measure the efficacy of the workshops.

These were the findings:

Please rate your knowledge of anxiety/mental health

92% improvement

Please rate your knowledge of what triggers your anxiety/mental health difficulties

72% improvement

Please rate your knowledge of ways to manage your anxiety/mental health difficulties

88% Improvement.

Please rate how often your anxiety/mental health difficulties impact your daily life

43% Improvement

Please rate how often your anxiety/mental health difficulties impacts on your relationships with others (friends & family)

41% Improvement

The parents and carers in the parallel groups also completed questionnaires at the start and end of the intervention.

A marked improvement in all areas was reported.

Please rate your knowledge of anxiety/mental health

70% Improvement

How confident do you feel in helping your young person manage their anxiety/mental health

82% Improvement

Please rate your knowledge of strategies to support your young person with their anxiety/mental health difficulties

90% Improvement

How able do you feel to manage your own emotions & behaviours when your young person is experiencing anxiety/mental health difficulties

82% Improvement



ROUTE TO RESILIENCE
IN SCHOOL | AT HOME | FOR LIFE

This is the final year of a 3 year NHS funded project that was developed and delivered by a consortium

**82 schools signed up in year 3
(with a school capacity of 30,453 CYP)**

62 Primary

9 Secondary

1 All Through

10 Special

6 schools did not end up starting the programme

9 Disengaged mid-year

16 Completed

**(two of these schools completed
and decided to repeat in Year 3)**

47 Accredited

Breakdown by LA below:

Leicester LA

17 Primary

2 Secondary

1 All Through

3 Special Schools

4 Disengaged / Did Not Start

7 Completed

12 Accredited

Leicestershire LA

44 Primary

7 Secondary

7 Special

14 Disengaged / Did Not Start

9 Completed

35 Accredited

Rutland

1 Primary

1 Disengaged / Did Not Start

YEAR 3 IMPACT QUOTES

The following are a selection of extracts from school submissions at the end of Year 3 (September 2019 to October 2020) which emphasise the importance of the R2R approach and how it's impacted the schools, their staff, and their pupils / students.

Albert Village Primary School

"I think this is a great project. With mental health affecting so many children, I'm really pleased that the school is supporting in this area and looking at how to build resilience in children from an early age."
(parent quote posted on class dojo)

Route to Resilience gives the children the tools to talk about themselves, their learning and how they learn. As a school we have always placed high priority on emotional health and wellbeing but route to resilience gives us a shared approach and language that will help children and their families throughout the whole school life and beyond.

Charnwood Primary School

The values within Route to Resilience are paramount at Charnwood Primary School. We are working to embed the character muscles within all aspects of our curriculum so that staff and children can work together towards becoming well rounded members of society.

All the character muscles underpin our school ethos of Together.

Leicester City Primary PRU

The Route to Resilience programme has been developed and is embedded. Improved outcomes for pupils have included increase in attendance, wellbeing and independence which are reported on to students and parents. Students survey data shows positive changes for developing character which support recovery of some medical needs.

The Grove Primary School

Route to Resilience and character education has had a huge impact on our school up to date. Our children are now more resilient, confident, and happier. Teachers not only value and praise academic achievements but are now more conscious and confident to also praise and recognise different character behaviours that the children are displaying. Also, since starting our Route to Resilience journey the school's relationship with parents has improved considerably. Stronger relationships have been formed and parents are now more willing to engage with us.

Route to Resilience has been a breath of fresh air to us at The Grove as it has brought together many of the values and skills we want to develop in our children. Aligning our school vision to what is taught in the classroom has been made explicit in the ways in which we encourage the children to develop key 'character muscles'. Staff have really engaged with the premise of the programme and have already seen the benefits of investing the time to get it right. We look forward to working with our families more to try and support at home and offer our children consistency in their home lives. These skills are transferable and relative to all walks of life. Everyone can learn how to develop them.



It's been an exciting final year of this three year funding, with **55** young people benefiting from the sessions, with **60%** Females and **40%** being Males. **11** Peer mentors have been actively involved, completely a fantastic **328** voluntary hours with us.

The Children In Need funding has allowed us to deliver x4 groups across the year, including our 'Grounded', 'Overcoming Anxiety' and 'Positive Minds – Grounded' programmes. We raised **92** referrals and completed **51** home visits through this year, which has been amazing and we are so fortunate that CIN granted us this funding to enable us to support young people across Leicester and Leicestershire.

The main differences this year have been:

Increased Positive Mental Health

60% felt less scared when meeting new people

62.5% reported an improvement in managing their social anxiety and parents/carers reported 69% improvement in how their child now manages their stress.

"The workers made it clear to understand and we were able to explore our feelings"

Positive Transition from Adolescent to Adulthood

51% reported less fighting

66% claimed they were now getting on better with others.

50% had a reduction in depression and low mood, with parents/carers reporting a **44%** improvement in how difficulties impacted their child.

"I now understand that its how I act that gets me into trouble"

One parent expressed "H is calmer, we talk things through rather than him lashing out at everyone"

Enhanced Education/Training

57% reported an improvement in school/college attendance

57% improvement in confidence in the classroom

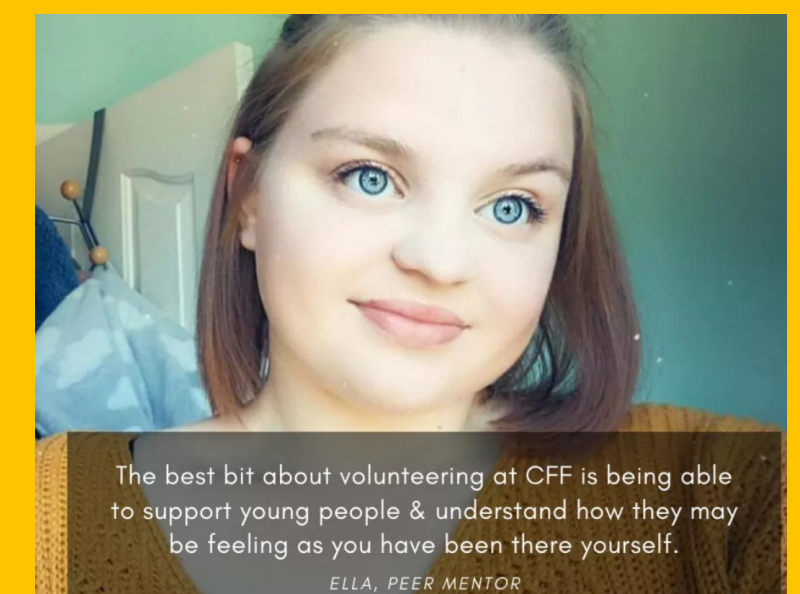
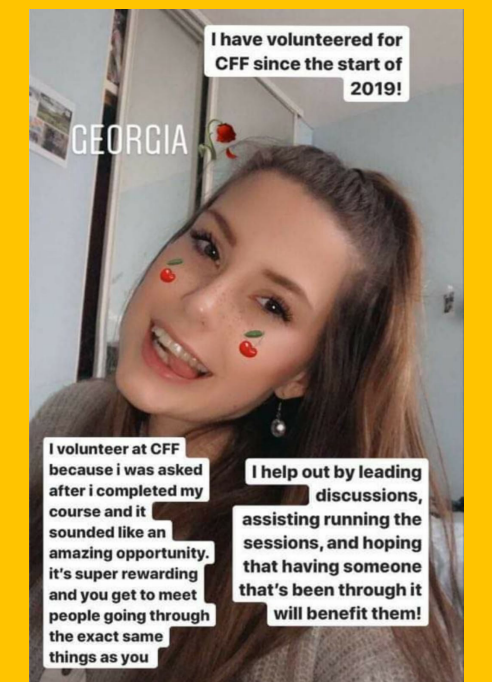
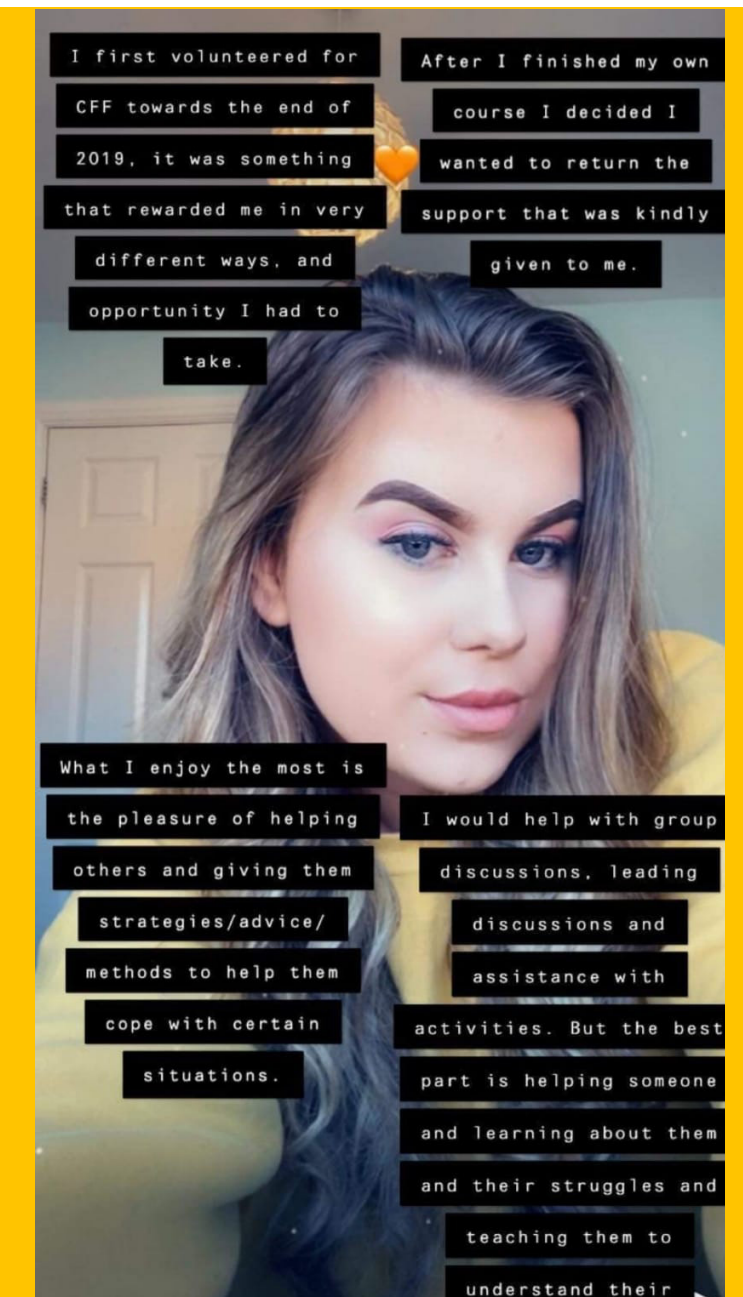
29% reduction in displaying Anti-Social Behaviour

Peer Mentors

11 peer mentors continue to develop their own skills and knowledge to help them transition to adulthood. Peer mentors were recruited, trained and have had the opportunities to build skills and knowledge within the groups. The wellbeing and speakeasy workshops they attended gave a good opportunity to support them to help others while looking after themselves. We also shared new assessment tools with the peer mentors to ask them their views on the effectiveness of new resources as they all continue to help CFF shape its service and allows us to hear the voice of the young people. CFF is immensely proud of our peer mentors and are grateful that this project gives us the opportunity to have them involved. Completing 328 voluntary hours is a massive achievement for our peer mentors. we can't wait to get the peer mentors involved in more opportunities here at CFF next year!

One peer mentor who completed 85 hours volunteering this year has now gone on to also get involved in volunteering at Menphys. Expressing "I now have the confidence to work at other places, I just love helping other people and it helps me manage my own mental health".

One of our peer mentors highlighted that "Since being involved in this project I have now had the confidence to apply for uni and I start at Sheffield University in September. I couldn't have done it without volunteering at CFF"



Leicester City Council Early Help and Prevention Service.

Our group work delivery...

Parenting support has been provided through delivery of CFF's Living with Teenagers (LWT) and Supporting Your Anxious Child/Young Person (SYAC) group programmes. Plus, Grounded (GND) and Overcoming Anxiety (OA) group programmes.

131 Parents and carers were contacted in the year.

59 Parents and carers were contacted about their young person.

CFF delivered...

4 x LWT group programmes

25 parents and carers completed the LWT group programme.

52% reduction in difficult behaviours of young people reported by parents and carers.

66 % of parents and carers reported feeling less stressed following completion of the group.

2 x SYAC group programmes

17 parents and carers completed the SYAC group programme.

The biggest issues for the young people in their parent's view were Depression, Social Phobia and Separation Anxiety.

Following the group, parents reported **39%** improvement in these areas for their young people.

39% of parents and carers reported improved confidence following completion of the group.

2 x GND group programmes

17 young people completed the GND group programme.

Typically young people that attended these groups reported a **57%** reduction in relation to entering into arguments and getting mad with others.

Young people typically reported a **60%** reduction in the levels of stress they experience following their attendance at the groups.

1 OA group programme

5 young people completed the OA group programme.

Typically, young people that attended these groups reported a **65%** reduction in arguments with parents or carers.

55 % of young people reported that following their attendance at the group they felt more confident.

Some of the comments from Parents and Carers:

"It was a really good group, friendly and interesting and I felt able to talk about my concerns".

"I learnt a lot from the group, things that I wouldn't have thought of doing. Looking at things differently".

"Having grown up children, then having a teenager again, sometimes you need reminding of what to try".

"Thank you all for all the help and advice to best support my children".

Some of the young people's comments:

"The group has really helped me with my emotions, which has helped my school attendance".

"Really enjoyed the group. Have made new friends".

"Enjoyed talking to people who feel the same as me".

"I loved every minute. Communication is better with teachers - I speak to them rather than arguing."

strategic bridges

We will increase our impact with local families in the short-medium term and strengthen our business profile. Key to CFF's longevity and success is ensuring a strong team with passion and commitment for making a difference with our families. We will ensure our workforce is equipped for the future, making sure all staff and volunteers have the support, resources and skills to carry out their job effectively and efficiently.

The Board of Directors has been actively involved this year in ensuring our strategic priorities progress. Our Board of 6 Directors dedicate their time, commitment and energy to contribute in their areas of expertise. They support task and finish workshops around our strategic priorities in addition to our regular Directors' meetings.

The organisations has in place a 5 year inspirational plan to grow and strengthen the organisation in three key areas: Growth, People, Profile.

GROWTH

Income Generation Fundraising

Training Plan

Future Products Market Reasearch

Partnerships & Collaborations - Relationship Management

PEOPLE

Workforce Structure/ Capacity - Review of Systems & Processes

Staff Wellbeing (Encompass Work Environment, More Elements)

Training Induction Plan Staff Directors

Business Continuity

Succession Planning for All Roles

Directors' Engagement

PROFILE

Brand Identity, Vision and Purpose

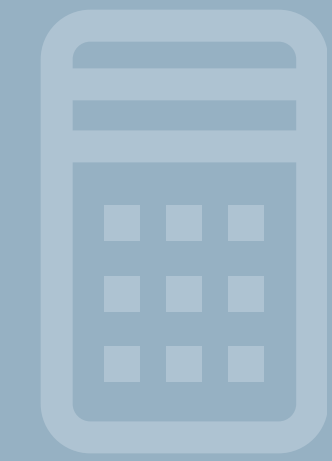
Social Media, Marketing and Communication Plan

Profile of CEO

Go For Awards Fundraising Events

Financially 2019/20 has been another successful year for CFF. CFF income continued to increase this year by 7.5 % to £445K (2019 £414K)

- Income
- £8K Donations and legacies
- £67.6K Grants
- £358K Tender/commissioning
- £8.8K Training
- £2.5K Other Income



We have worked hard to secure successfully new income to support our charitable activities and deliver our plans. We continue to follow the route map outlined by our strategic plan which focuses charitable expenditure on priority areas and growing our voluntary income base.

Our Financial policies have been reviewed and we continue to report on our Project Plans quarterly at Board meetings, ensuring a more systematic, open and transparent line of communication to Directors on all key projects and contracts. Staff have an opportunity to reflect and analyse data, evaluations and trends within the reporting process.

Sandhya our Senior Finance Officer reports the following progress...

CFF hold monthly Finance meetings chaired by Terry Moore our Treasurer.

The purpose of the meetings is to provide financial oversight for CFF.

Sandhya prepares reports to enable scrutiny and a close eye with our financial reporting. Sandhya's reports to the staff meeting follow each Financial meeting. Terry reports to the full Board of Directors each quarter.

finance





fundraising

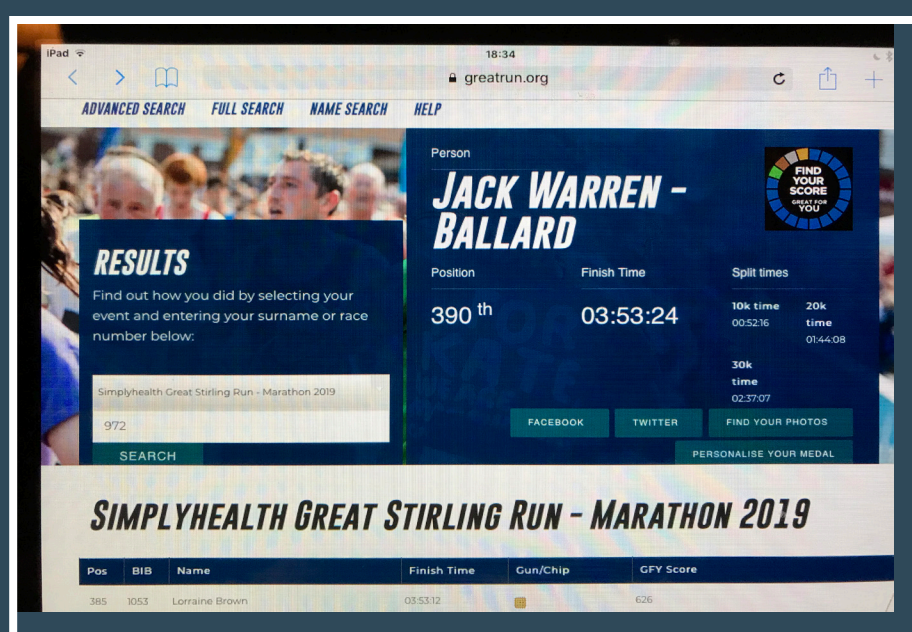
A very proud mum moment when Jack Warren-Ballard decided to run his first marathon and raise money for his efforts along the way for CFF.

He wanted to promote CFF's work in what he described as...
"fantastic work which includes helping and supporting parents, carers and young people who are experiencing behaviour and communication difficulties with their families. CFF strengthen family relationships and improve the life skills of children and young people through group work programmes".

Jack completed the Stirling marathon in an amazing time of 03:53:24. At the time of completion he said never again, however he has signed up for a half-marathon so I think he has the bug! Jack raised a tremendous sum of **£1,051.25**.
Big Thanks to Jack.

We would like to extend our heartfelt thanks to the following people for their extremely kind donations and for recognising and supporting our work with families.

Robert Swinfield | Mark Taylor | Shilpa Modi | Liz Mair | Billson Consultancy |
Dance mums group – Louise Swinfield



thank you!



responding in a pandemic



Responding to the Pandemic

As a charity working predominantly face to face and through groupwork, the lockdown restrictions meant CFF had to quickly change how and where we worked.

We are proud of the way our staff rose to the challenge of moving to home working and digital delivery so quickly, to ensure we were still able to support families and young people at possibly the most difficult time in CFF's 30 year history.

We are grateful to our current funders for allowing us to adapt our delivery methods, and for the additional support we have received from the Covid Emergency Funds distributed by Leicestershire County Council, Leicestershire and Rutland Community Foundation, The National Lottery, The Card Factory, Lloyds Bank Foundation and The Carlton Hayes Mental Health Charity.

We extend our thanks to the Board of Directors for their support as we made these changes, our staff for adapting their working practices and learning new skills whilst maintaining CFF's core values, our peer mentors for supporting the face to face delivery we have been able to do and to the families and young people who have joined us for Zoom groups, calls and kept each other safe in face to face sessions.

None of us know how the pandemic will play out, but we intend to continue delivering and growing our programmes in response to the needs of families and young people, however we can.

Lloyds Bank Foundation for England and Wales

BBC Children in Need

Leicestershire County Council - Public Health

Leicester City Council

Relate - Early Intervention Future in Minds

Route to Resilience FIM funding City/West/East CCG's

Police and Crime Commissioner

The National Lottery

The Community Foundation (WIP)

The Edith Murphy Foundation

our funders

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