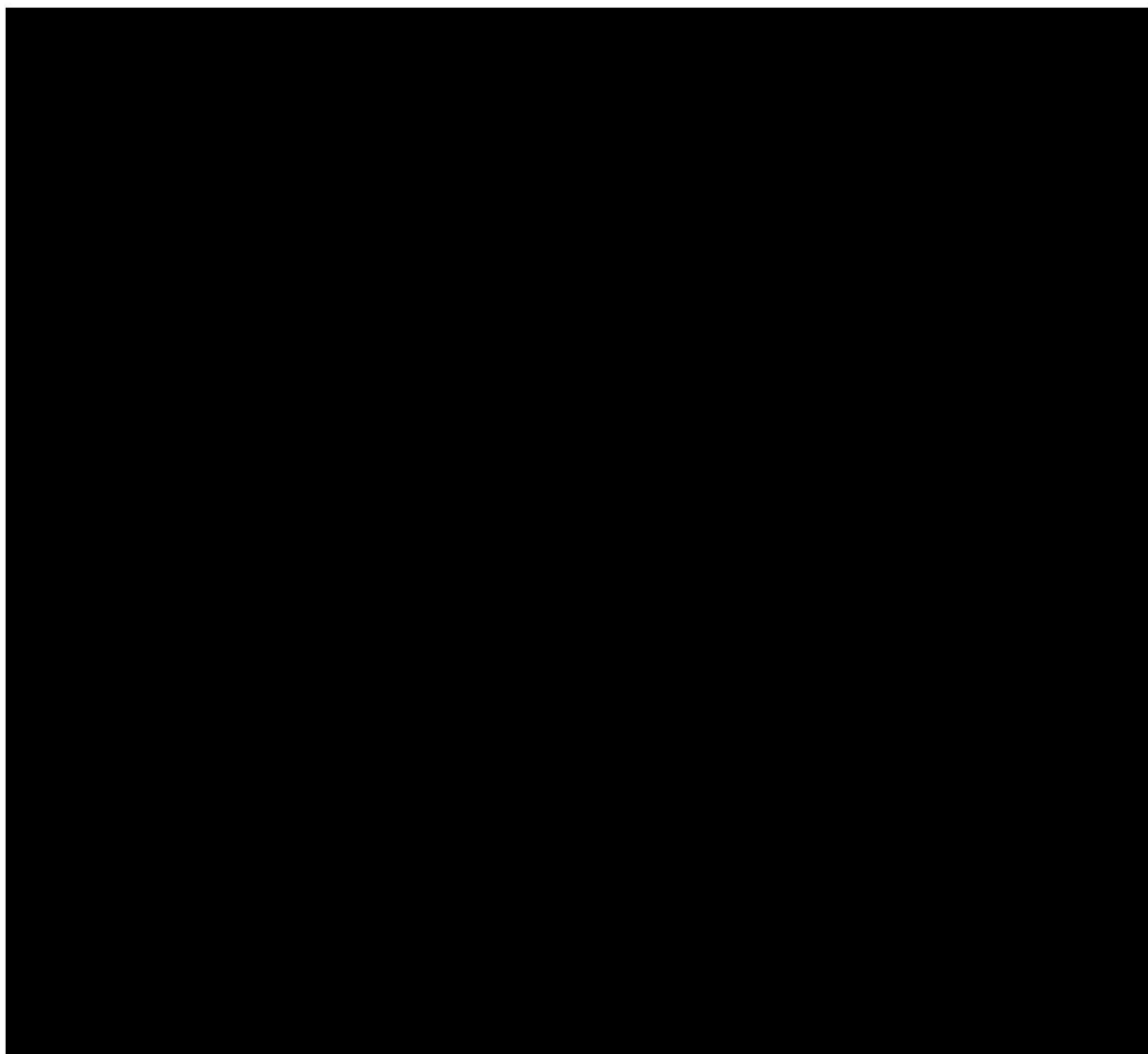


**ST. NINIAN'S
STAY AND PLAY FAMILY SUPPORT GROUP**



ANNUAL REPORT and ACCOUNTS

Year Ending 29 February 2024

Charity Reference Number – SC043514

Chairperson's Remarks

As the new chairperson of St. Ninian's Stay and Play Family Support Group may I say how honoured I am to have been asked to take on this role. I was previously aware of the Group through friends and the amazing work that it does in the area. I am now becoming even more aware of the benefits offered to families and indeed, the local community, first hand as I get to know those involved and the important work they do.

A project such as this is only as good as those who work day in and day out, to provide a place of safety, of comfort, of learning, of support, of encouragement and who work within that to create an environment where trust, friendship, respect and well-being are fostered and where families come first.

It is my role to work with fellow trustees to ensure that staff, volunteers and families continue to thrive in a project that puts people and their development both professionally and personally at the forefront of what we do.

Exciting and challenging times lie ahead, and we need to build on the great foundation that has already been laid to ensure we continue to be an organisation that is innovative, creative and most importantly, family oriented.

From what I have seen in my few short months as chairperson, St. Ninian's Stay and Play Family Project has the potential to further develop and enhance what we offer families in the area – an opportunity to grow and to thrive both as families and as a community.

Thank you for the opportunity to become involved.



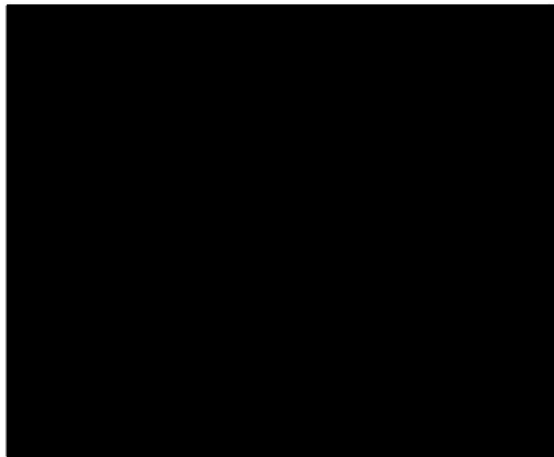
(Chairperson)

The members of the Board of Trustees present their Annual Report together with the financial statements for the year ended 29th February 2024.

Our Programme

Our programme has been designed to help families find the support they require to cope with the often difficult and trying times that happen when life throws the odd curve ball.

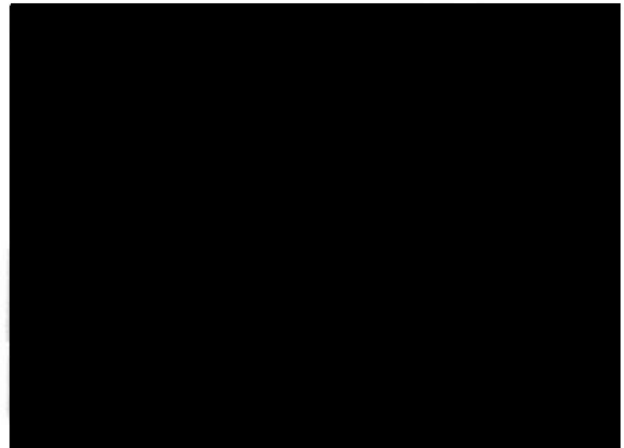
Parents and children are still struggling with the aftereffects of the Covid lockdown and the isolation that has brought. In addition, financial, emotional and health issues can create tensions which if not eased continue to build and become more and more difficult to handle.



The programme supports and encourages the development of coping mechanisms and problem-solving skills allowing families to find their own solutions in a caring environment.

Activities such as play, and outings promote motor development and social skills in children and increases confidence in parenting skills.

Support from staff and volunteers as well as the parents themselves create a relaxed and informal atmosphere.



The programme is flexible, operating Monday through Wednesday morning, to allow families to access the support at times that suit their busy schedules.

The programme is well thought out and planned to meet the needs of those families attending in a gently challenging, yet encouraging and supportive manner. The success of this approach is evident in the feedback from parents and the obvious growth and development of the children.

A Case Study

A mum and her 3-month-old child started coming to the group just as we were recovering from Covid. Mum had friends in the group, however, due to her choices had many fall outs. Mum soon broke up with her partner due to domestic violence and he walked out of the family home stating 'it was her fault'.

Mum struggled with the breakup and with the notion of being a single parent and how she would manage. Mum had low self-esteem and low confidence. Her relationship with her child suffered which impacted on the attachment with the child and her relationship with others.

Mum was supported by staff, volunteers and parents in the group setting and 1-1 alongside her child. Role modelling and encouragement to be proactive with her child was on going and helped her to identify the skills she already had to be a great parent. Two and a half years later and the attachment with her child is a joy to watch.

Mum is looking fantastic, has journeyed into a volunteer position and is also engaging with other community groups to help with her health & wellbeing. In addition, her journey has equipped her with experience and transferable skills that she uses to support others who may have, or will experience, issues that she has bravely overcome.

Mum has given permission to use this. She became upset reflecting on her journey but was also very proud of herself.

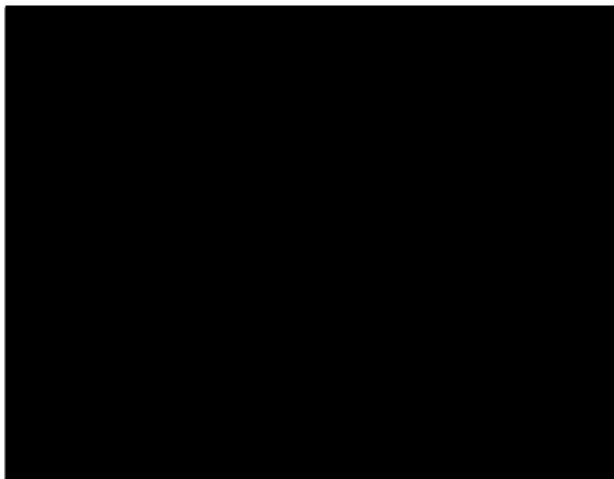
This is just one of the numerous examples we have that highlight the positive impact of the right support at the right time on the lives of families. It doesn't happen overnight and as you can see, this journey has taken two and a half years but what a transformation.

It's a transformation that demonstrates the need for long term funding and commitment to make a difference.

We have 25 families registered with the project and a similar positive outcome could be shared for them all.

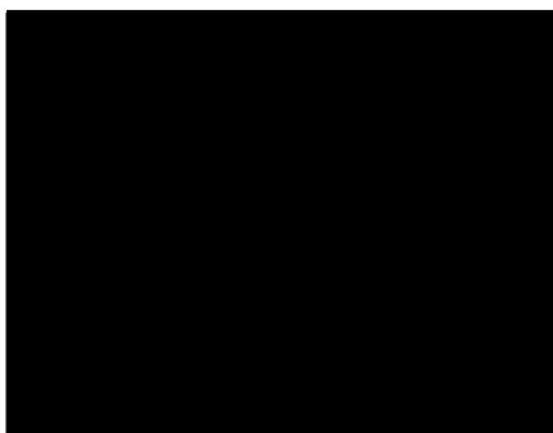
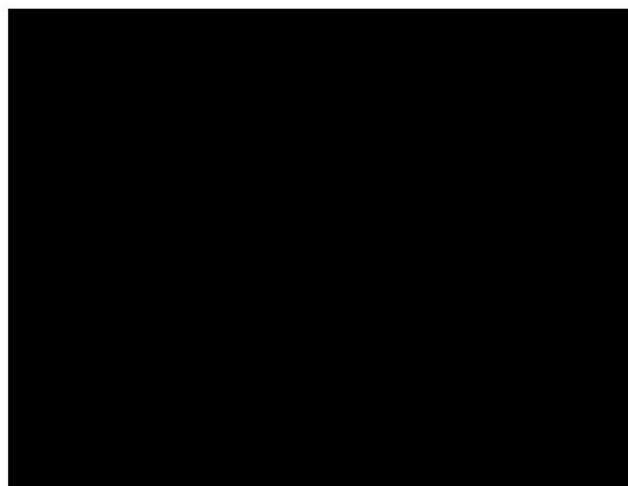
The value of projects such as the St. Ninian's Stay and Play Family Project is measured not only in the difference they make to the lives of individual families but also to the life of the local community in terms of cohesion and stability.

Case studies like the one mentioned above depend for their success, on the building of positive and nurturing relationships through a programme which includes a range of activities for children, for parents and for both children and parents.



Activities such as storytelling and reading, messy play, being outside in nature, playing games and visiting local attractions they might not otherwise have the opportunity to do, all promote the child's development and sense of wonder.

Families sometimes maintain contact with the project and will often pop in to catch up with friends, to seek a wee bit of advice or stay in touch via our Facebook page. This ongoing contact is invaluable as it demonstrates to those currently attending that moving on to a positive outcome is possible and it serves to offer great encouragement to those still looking for light at the end of what can, at times, seem to be a dark tunnel.



Life can be a rocky road and knowing where to turn can quite literally be a lifesaver.

The opportunity to access the project later in their journey when necessary is much appreciated by families.

Training and Development

In our last annual report we spoke of some of our parents, staff and volunteers who had undertaken a variety of qualifications including Baby Massage, Food and Hygiene, Paediatric First Aid and Safeguarding.

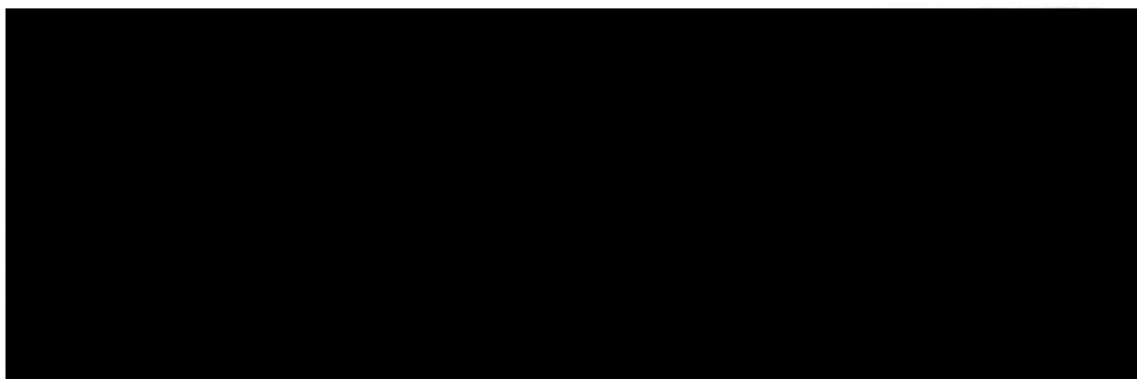
Investing in people is key to the ongoing success of the project and will remain a priority for our work.

It is heartening to see just how much these new qualifications have empowered and engaged people in the ongoing development, not only of the project but of themselves. We look forward to offering more opportunities in the coming months and are already working to progress this.

Links with other agencies

To provide all round support it is essential to establish and fully develop links with other agencies who can complement the work of the project. We continue to work with agencies including Family Support and Early Years Education, Brooksbank, National Literacy Trust, the NHS – Health Visitors, Keep Well Nurse, Child Nutrition, formal and informal Education services, Adult Learning Team, Home Start, Action for Children, Barnardo's, Faith in the Community Dundee, Hope Project and Save the Children. Other support services include Dundee Foodbank, Dundee Bairns, Togs for Tots and Teens, Welfare Reform Service, Employment Support Service, School Family Development Worker and Angus Housing Association.

Where appropriate, these agencies can follow up with individual families to offer more targeted support.



Home Visits

The staff provided home visits for a period to teach a young mother how to cook on a budget and manage her children and keep them entertained while she carried out this daily task but also to have some involvement tasting and safely preparing the ingredients. Other home visits have been organised to meet needs and to provide help as they arise.

Volunteer Development

The staff have carried out on the job training regarding family dynamics, how to deal with family issues, child development and empowerment plus healthy nutritious meals.

Support for volunteers included accessing fuel vouchers, vouchers at Christmas time, Women & Safety support number.

Parents going into positive destinations

After encouragement, training and support from the staff, one parent has gone on to a part-time work in an Early Years Establishment. This being her first job in over 20 years.

Future Plans

A successful project cannot rest on its laurels and it is important for our future development to have meaningful engagement with our families, staff, volunteers, trustees and the wider partners and funders who support our work.

1 It will be essential therefore, that we consult with them to ensure that our ongoing development as a project links to the developing priorities both locally and nationally for working with families particularly in the areas of wellbeing and mental health.

The trustees will look at how best this can happen over the coming months.

2 In addition, a priority for the coming year will be to look at our online presence in terms of website and social media and to develop a strategy for this that assists our families to access support and put forward ideas; that clearly shows our partners and funders how the project is developing and demonstrates our commitment to meaningful engagement.

3 Identify additional resources to enhance our programme and further enhance the opportunities for people development within the project.

4 Project monitoring will be reviewed to ensure we are able to provide funders and partners with the information they require but also to enable us to more easily populate our reports and social media.



What the volunteers say

I find it easier than
learning at
college.

I'm learning new skills.

Coming here has
helped me grow in
confidence.

I got my Health
& Hygiene
Certificate

I've been given
support and this
has helped me a
lot.

Helping children
reach their
milestones makes
me feel good and
proud.

Charity Trustees



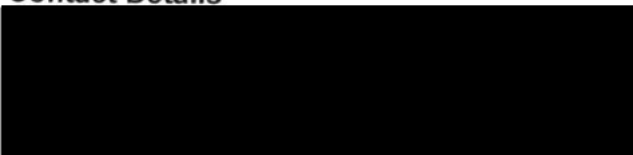
The Trustees meet five times per year and some of these meetings are held via Zoom.

Charity Address

St Ninian's Stay and Play Family Support Group
St Ninian's Scottish Episcopal Church
Longtown Road
Dundee DD4 7RW



Contact Details



Web: <https://stayandplaydundee24.wixsite.com/st-ninians>

Independent Examiner

Bird Simpson and Co.
144 Nethergate
Dundee
DD1 4EB
01382 227841

Structure and Governance

The charity is a Scottish Charitable Incorporated Organisation. In terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended), the Board of Trustees report to the members as:

1. St. Ninian's Stay and Play Family Support Group - Dundee is a registered Scottish Charity (SC043514).
2. All its affairs are governed by the Board of Trustees.

Appointment of Trustees

The Board of Trustees are elected or appointed by Annual General Meeting established by constitution. There is no formal induction programme, but we do provide a pack of information including guidance on being a Charity Trustee and ongoing guidance is given to ensure that all Board members are familiar with the Group's values, aims and their responsibilities as the designated trustees of a charity. All Board members have signed the Charity Trustee Declaration, the Fit and Proper Persons Declaration and a GDPR Declaration.

Administrative Structure

It is the duty of the Board of Trustees to manage the affairs of the Group. Day to day running of the Group is delegated to the staff appointed by the Board.

Statement of Risk

The Trustees keep under review the major strategic business and operational risks to which the Charity is exposed and has established procedures to mitigate any risks identified.

Charitable Objectives and Activities

Our Aim is - To provide a non-judgemental support group for families.

Our Outcomes—what changes we want to see.

For adults:

1. Improved interaction with their children.
2. Increased self confidence in dealing with themselves, others, and external agencies.
3. Increased awareness of their child's development.
4. Reduced isolation.
5. Reduced anxiety/stress.
6. Increased ability to access opportunities for personal development.

For children:

7. Improved overall development of each child.
8. Improved resilience of each child.

For Volunteers

Stay and Play values and holistically supports and seeks to develop all volunteers.

Volunteers

The Board is grateful for the time freely given by many volunteers, without whom the Group would be unable to operate and whose skills enable the Group to offer the wide range of activities and support available to the families.

Financial Review

The charity received income of £50,740 with an expenditure of £38,673 during the year.

Funds carried forward in reserves amount to £12,067 and shall be used to fund ongoing projects supporting families.

Our main funders this year 2023-2024 have been:

Northwood Charitable Trust

Foundation Scotland (Comic Relief)

National Lottery - Community Fund

WM Sword Charitable Trust

Trusthouse CF Grant

The Robertson Trust

Scottish Episcopal Church Social Responsibility Committee,

DVVA

The support of the above and many other groups and individuals who support us financially sustain this important community facility for families. We have a few regular donors who have completed Gift Aid forms enabling our Treasurer to claim Gift Aid on their contributions.

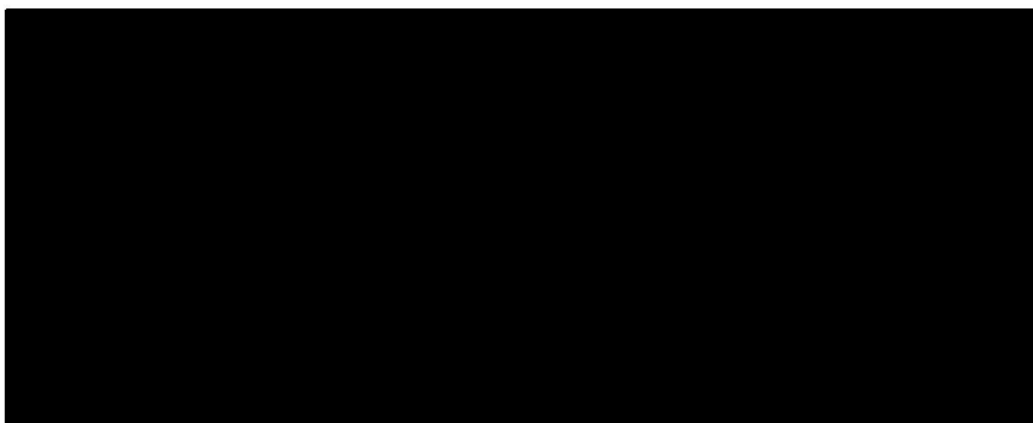
Reserves The Trustees' policy is to retain reserves of 3 months operating costs.

Statement of the Responsibilities of the Board of Trustees

The Trustees have accepted the responsibility to:

- prepare financial statements giving sufficient detail to enable an appreciation of the transactions of the Group during the financial year.
- keep proper accounting records reflecting the current financial position of the Group at this time. The financial statements comply with the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended).
- put procedures in place for the Protection of Vulnerable Groups.
- safeguard the assets of the Group and taken steps towards the prevention and/or detection of fraud and other irregularities.

On behalf of the Board of Trustees



INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES ON THE UNAUDITED ACCOUNTS OF ST NINIAN'S STAY AND PLAY FAMILY SUPPORT GROUP

I report on the accounts of the Charity for the year ended 29th February 2024 set out on pages 13 to 17.

RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND INDEPENDENT EXAMINER

As described on page 6 the Charity's Trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10(1)(a) to (c) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under Section 44(1)(c) of the Act and to state whether particular matters have come to my attention.

BASIS OF INDEPENDENT EXAMINER'S STATEMENT

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the Charity and a comparison of the Accounts presented with those records. It also includes consideration of any unusual items or disclosures in the Accounts, and seeks explanations from the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently I do not express an audit opinion on the view given by the Accounts.

INDEPENDENT EXAMINER'S STATEMENT

In the course of my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with Section 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and
- to prepare accounts which accord with the accounting records and comply with Regulation 8 of the 2006 Accounts Regulations

have not been met, or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

For Bird Simpson & Co

for Bird Simpson & Co

Dated 24th April, 2024

Bird Simpson & Co.

Chartered Accountants

144 Nethergate

Dundee

DD1 4EB

**0St Ninian's Stay and Play
Family Support Group
Charity No. SCO43514
Statement of Financial Activities**

For the year ended 29th February 2024

		Unrestricted	Restricted	Total	Total
		Funds	Funds	Funds	Funds
		2024	2024	2024	2023
		£	£	£	£
Income generated from charitable activities:					
Voluntary Income		2,172	-	2,172	210
Grants	4	5,000	43,216	48,216	63,175
Other Income		244	-	244	172
Bank Interest		108	-	108	51
Total Incoming Resources		7,524	43,216	50,740	63,608
Resources Expended					
Charitable Activities		6,745	31,928	38,673	39,965
Governance Costs		-	-	-	-
Total Resources Expended	5	6,745	31,928	38,673	39,965
Net Movement in Funds		779	11,288	12,067	23,643
Transfer between funds		-	-	-	-
Balance at 1 March 2023		75,377	23,747	99,124	75,481
Balance at 29 February 2024		76,156	35,035	111,191	99,124

St Ninian's Stay and Play
Family Support Group
Statement of Balances at 29th February 2024

Fixed Assets	Notes	2024	2023
		£	£
Tangible Fixed Assets		-	-
Current Assets			
Cash at Bank and in Hand	7	111,191	99,124
Creditors Due within one year		-	-
Net Current Assets		111,191	99,124
Total Assets less Current Liabilities		111,191	99,124
<u>Represented By:</u>			
Unrestricted Funds		76,156	75,377
Restricted Funds	8	35,035	23,747
		111,191	99,124

St Ninian's Stay and Play
Family Support Group
Year to 29th February 2024

Note

1 Basis of Accounting

These accounts have been prepared on the receipts and payments basis in accordance with the Charities & Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended).

2 Nature and Purpose of Funds

Unrestricted funds are those that may be used at the discretion of the trustees in furtherance of the objects of the charity.
 Restricted funds may only be used for specific purposes. Restrictions arise when specified by the donor or when funds are raised for specific purposes. The charity currently have six restricted funds which are to be used as follows:

Groundworks – to fund an activity-based trip

National Lottery – to fund training, IT equipment etc

Trusthouse – funds 50% of salaries and running costs

SEC Social Responsibility Fund – funds music activities, counselling, and wellbeing

DVVA – funds family, support, well-being, outreach and training

3 Related Party Transactions

No remuneration was paid to the trustees or connected persons during the year (2023- Nil)

4 Grants Received

	2024	2024	2024	2023
	Unrestricted	Restricted	Total	Total
	Funds	Funds	Funds	Funds
	£	£	£	£
Northwood Charitable Trust	5,000	-	5,000	5,000
Foundation Scotland (Comic Relief)	-	-	-	5,000
National Lottery -Community Fund	-	-	-	9,925
WM Sword Charitable Trust	-	-	-	10,000
Trusthouse CF Grant	-	15,000	15,000	15,000
The Robertson Trust	-	15,000	15,000	17,250
Walter Craig	-	-	-	1,000
General Synod	-	5,000	5,000	-
DVVA	-	8,216	8,216	-
	5,000	43,216	48,216	63,175

St Ninian's Stay and Play
Family Support Group
Year to 29th February 2024

5 Total Resources Expended	2024	2024	2024	2023
	Unrestricted	Restricted	Total	Total
	Funds	Funds	Funds	Funds
	£	£	£	
Staff Salaries (incl Pensions)	-	29,996	29,996	28,264
Printing & Stationery	400	-	400	365
Equipment -Activities	1,079	-	1,079	5,001
Cleaning & laundry	1,549	-	1,549	-
Venue Costs	468	1,932	2,400	2,400
Insurance	653	-	653	773
Telephone	319	-	319	282
Lunches/healthy	910	-	910	-
Training	-	-	-	2,461
Other	647	-	647	269
Accountancy	720	-	720	150
	6,745	31,928	38,673	39,965

6 Staff Salaries

	2024	2023
	£	£
Staff costs were as follows		
Salaries	28,591	24,666
Pension Contributions (ER)	855	1,952
Social Security (ER NIC)	430	795
Payroll Costs	120	851
	29,996	28,264

**St Ninian's Stay and Play
Family Support Group
Year to 29th February 2024**

7 Cash at Bank and in Hand

	2024	2023
	£	£
Main Account	101,080	89,160
Reserve Account	9,983	9,875
Cash	128	89
	<u>111,191</u>	<u>99,124</u>

8 Restricted Funds

	Opening	Income	Expenditure	Transfer	Closing
	£	£	£	£	
Groundworks (Tesco)	2,000	-	-	-	2,000
National Lottery -Community Fund	4,819	-	-	-	4,819
Trusthouse CF Grant	1,928	15,000	(16,928)	-	-
The Robertson Trust	15,000	15,000	(15,000)	-	15,000
Scottish Episcopal Church SR	-	5,000	-	-	5,000
DVVA	-	8,216	-	-	8,216
	<u>23,747</u>	<u>43,216</u>	<u>(31,928)</u>	<u>-</u>	<u>35,035</u>