



supporting children,
young people and families
for 80 years

Annual Review

2018/2019

Chairman's Report 2018/2019



This year, FSN is celebrating its 80th birthday and it is at times like this that we reflect on our foundations and the changes during this time for our communities and families.

Our beginnings as a charity in 1939 came about in response to the changes in funding for children's homes at a time when they were still important as a way to support the most vulnerable in our society. 80 years later, our work is still about ensuring that we are meeting the needs of local children, young people and families at times of stress and hardship. FSN has kept a strong local connection, giving a secure base from which our services have been expanded into other areas and our strength has been in our ability to listen to local families and provide services and activities in support of their needs.

To this end, it was with great delight that we were informed of the decision by the Big Lottery that we had been successful in our bid for continuation funding for Dragonflies, enabling us to expand our work into Eastbourne, deliver 1:1 counselling and offering support for parents and carers. Since 2005, Dragonflies has supported over 2,200 children and young people and this will increase over the next 5 years.

Our work in supporting the health and wellbeing of people living in the community, funded by our local Clinical Commissioning Group, has gone from strength to strength and now involves trained volunteers leading on activities such as art, mindfulness walks and regular drop-in groups. This has led to a 50% increase in footfall across our Centres, with positive outcomes for those attending courses, workshops and events.

These are just two examples of the important work we do. The challenges for the voluntary sector are still apparent, as are those on statutory services, with the latter putting increasing pressure on our current services.

This year FSN's Trustees agreed the strategy for the next 3 years with the main aim to ensure the financial sustainability of the organisation into the future. As Trustees we are pleased that the last year has been successful and are confident that our team of committed Trustee, staff, volunteers and supporters will continue to work tirelessly to deliver quality services for children, young people and families for at least another 80 years.

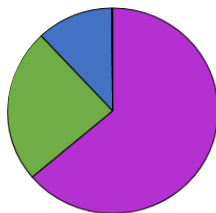
Peter Carcas, Chairman

FINANCIAL SUMMARY

Where does the money come from?

2018/2019

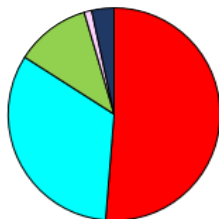
Charitable Activities	969028
Other Trading Activities	368287
Donations & Legacies	178430
Investment Income	2395
	<u>1518140</u>



Where does the money go?

2018/2019

Early Years Services	739998
Community Provision & Training	472114
Young People	164873
Property	16610
Core Services/ Governance	49274
	<u>1442869</u>



Full audited accounts are available for viewing on our

website www.fsncharity.co.uk or by appointment at

St. Nicholas Centre, 66 London Road, St. Leonards on Sea,

Treasurer's Report

2018-19 was a quiet year for capital project spending, but no less challenging with the continuing need to attract commissions and grants to fund the services FSN provides to its clients. It was also a challenge to rationalise in-house expenditure. As a result a number of long term savings have been achieved.

Expenditure amounted to £1,442,869 whilst income was £1,518,140 giving rise to a surplus on the year of £75,271, to which a small gain on investments of £316 is added. This resulted in a net contribution to funds of £75,587 on the year.

Our balance sheet at 31 March 2019 remained healthy with fixed assets valued at £1,082,063 and net current assets of £324,941

FSN has future plans to replace the old and deteriorating fire escape and also renovate the internal office space around the access area subject to planning and building control conditions. This is likely to cost around £40,000.

FSN continues to compete successfully in the tendering market for a range of commissions against strong competition and to expand its activities when the opportunity exists. The Board believe it has the ability to do this and remain a strong viable organisation for the foreseeable future.

Dave Froude, Hon Treasurer

FSN Year in Figures and Words

- ◇ **76,511** football across St Nicholas Centre, Robsack Centre, and St. Leonards Children's Centre
- ◇ **5,975** volunteer hours across the organisation
- ◇ **389** children registered with FSN nurseries
- ◇ **352** young people accessing My Time and Dragonflies
- ◇ **48** courses delivered

Attendee of a confidence course
"I feel more confident in a group and
feel wanted and accepted. I can now
mix much easier and I have made
good friends."



ROVTE Learner: "The course has been brilliant, well
delivered and full of information. I have gained full time
employment in a TA (teaching assistant) role because
of gaining the qualification. Well done to our amazing
tutor. Thank you so much."



Thank you to our
Corporate Sponsors



**Painted at a watercolour
workshop run by volunteers**

Patrons:

Baroness Fookes of Plymouth DBE, DL
The Right Reverend Dr Martin Warner MA PhD
Sara Stonor DL, Vice Lord Lieutenant, East Sussex

Honorary President:

Mollie Green MBE

Contacts

Chief Executive	Tracey Rose
Development Director	Stephanie Edmonds
Operations Director	Angie Jakeman

Professional Advisors:

Bankers

Lloyds, 17 Wellington Place, Hastings, TN34 1NX

Auditors

Acuity Professional (Sellens French) LLP,
93/97 Bohemia Road, St. Leonards on Sea, TN37 6RJ

**Painted at the weekly
Creative Hub**



Trustees:

Peter Carcas, Chairman
The Rev'd. Martin Harper, Vice Chairman
Dave Froude, Hon. Treasurer
Sandra Garner (retired Sept 2018)
Michael Blandy
Janet Wyatt
Alison Bissett
Gary Marriott
Jocelyn Tilbrook
Richard Cuff
Judy Rogers
Dr. Roger Elias

FSN Registered Office:

66 London Road St Leonards on Sea
TN37 6AS
Registered Charity No. 208446
Registered Company No. 371615
www.fsncharity.co.uk

Dragonflies

In September 2018, The Big Lottery Fund, Reaching Communities England informed FSN that they had been successful for 5 years continuation funding for our Dragonflies Bereavement project.

The funding has enabled the project to expand into Eastbourne, to offer 1:1 counselling for older young people and deliver additional support groups for parents/carers.

With over 2,200 children and young people supported by Dragonflies since 2005, the funding will enable even more children from across a wider area the opportunity to access this successful project.

The 'Emotional Volcano', one of the many Dragonflies activities



Parent **"He is now able to talk about his loss without getting so upset and that is thanks to Dragonflies and the staff."**

Parent ***"I would highly recommend you to people. [Dragonflies] helped my son and myself so much and we both appreciate everything"***

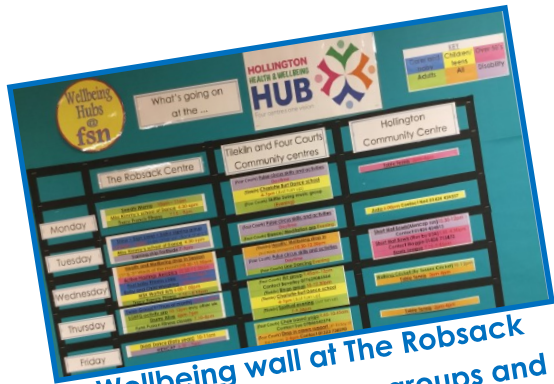
Children made resilience masks



Health and Wellbeing Hubs

In the last year, the work of the Hubs in St Leonards and Hollington has gone from strength to strength. The numbers of volunteers supporting learners and the centres has increased significantly and following a successful bid to the Big Lottery Awards for All, the 'Volunteers Lead the Way' project was developed, with volunteers offering a range of workshops, courses, mindfulness walks and drop-ins in support of the community. People attending volunteer courses completed evaluations where 100% reported improved wellbeing and 70% reported feeling better for meeting others.

Following on from the introduction of the Pantry, a food membership scheme for local families, the Baby Pantry was developed giving access to formula milk, nappies and other essential items for babies. This project was developed in conjunction with colleagues from Health and Children's Services, and to date over 50 families have accessed the 2 Pantries.



Wellbeing wall at The Robsack Centre. All wellbeing groups and workshops are displayed here



Volunteer **“I have a lot to offer and feel volunteering is helping me to remove obstacles which have been limiting my job options.”**

A BIG THANK YOU to all the individuals, charities, companies and other organisations who have supported our work in the past year

This includes contributions from:

All Hallows Convent; ARK William Parker; ASDA (St. Leonard's); Ashdown Hurrey; Battle Bonfire Society; Beastie Bar; Bexhill Academy; Bexhill and District Gardens and Allotments Society; Bexhill Lions Club; Booker and Best; Brede Carol Singers; Charlotte Marshall Charitable Trust; Drallim Industries; Duke's Shoe Repairs; Francis & Eric Ford Charity Trust; Friends Unlimited; Frolic Club (Beckley); Fuzion 4; Gartree High School; Glenleigh Park Academy; Guestling Bradshaw Primary School; Hastings Area Community Trust; Hastings Direct; Hastings District Netball League; Hastings & St. Leonard's Muffin Club; Hastings Old Town Carnival Association; Hastings Rotary Club; Hastings United Football Club; Hastings Winkle Society; Hastings Youth Trust; Herington's; Highwood's Golf Club; Hollington Church in the Wood; Homelands Charitable Trust; Institute of Cemetery and Crematorium; Isabel Blackman Foundation; Little Common Primary School; Magdalen & Lasher; McPhersons Chartered Accountants; Mountfield Church; Mrs. A Lacy-Tate Trust; M-Tech; Out of the Blue; Park Holidays; Paragon Trust; Pissarro's; PCC Winchelsea; Royal Albion (Hastings); Rush, Witt and Wilson; Rye Academy Trust; Sacred Heart Primary School; Sainsbury's; Sanditon Quilters; Seaford Youth Drama Group; Secret Garden Comedy Night; Shots Bar; Smudger's Legacy; Soundwaves Community Choir; St. Leonard's Rotary Club; St. Peter's Church, Bexhill; St Richard's Church Winchelsea Beach; Tenterden Golf Club; Three Oaks Trust; Whistle Trago Bar; Waterfront Bexhill; Wright Flow Technologies LTD; Voodoo Sirens; What She Wants;

Thank You

