



Supporting children,
young people and families

Annual Review

2022/2023



Chair's Report 2022/2023

Reflecting on the past year and the work of FSN, I wanted to offer a personal insight into the journey FSN has taken since I first encountered the charity in 1978. I was fortunate enough to be asked to be a house visitor during a period when the Fellowship of St Nicholas now known as FSN ran children's homes within the local area. I was always impressed with the care and commitment of the staff working with the young people and this carried through when taking on a Trustee role at FSN.



In 1985, when turbulent times and challenges to legislation led to the closure of the children's homes, I worked with the then CEO to support the organisation in the development of a new role for FSN.

The 'Fellowship' had always been strongly involved in the local community and understood the challenges and needs of the town. In 1994 FSN opened the first children's centre in Stockleigh Road, St Leonards and the start of locally inspired projects for children began, including after school clubs, parent and toddler drop ins, youth workshops and a double decker fun bus to reach out to children in rural and isolated areas. In 1998 negotiations led to the purchase of the now St Nicholas Centre site which I have seen flourish ever since.

In response to the needs of the community, the building we have today consists of delivery space, nursery, St Leonards Family Hub and an all-weather sports area, all of which in my capacity as a Trustee I have witnessed the outcomes and benefits achieved for families.

Almost 17 years ago as a result of no other support being available for bereaved children, Dragonflies was established and continues today as an essential part of our work.

The reputation of FSN was always based upon working with children. However, embracing the needs of the whole family now underpins the work and incorporates, wellbeing, training and employability to help families prosper and grow.

During my time as a Trustee I have seen the expansion of the organisation in services and geographically to include, three nurseries, management of the Robsack Centre, together with youth work in Bexhill and temporary accommodation support for families in Eastbourne.

Despite our growth, the organisation retains its compassion and ethos created by staff and volunteers all those years ago when I first joined FSN. This reinforces our determination to continue the support for children, young people and families into the future.

Peter Carcas, Chair

Treasurer's Report 2022/2023

Income for the financial year ended 31st March 2023 was £1,755,581 against expenditure of £1,570,100, resulting in a surplus of £179,616, after an unrealised loss on investments of £5,865. £117,213 of this surplus related to restricted activities which means that the funding can only be spent for the purpose they were given. The unrestricted surplus was therefore a healthy £62,403.

FSN's income rose by £364,551 in comparison to the previous financial year, this was mainly the result of funding for a new project, PACT – Parents and Children Together, and expansion of our Temporary Accommodation Hub into Eastbourne.

Our balance sheet at 31 March 2023 remained healthy with fixed assets of £1,096,929 and net current assets of £861,307. General reserves are considered to be sufficient to meet most unforeseen events.

Repair works including the removal of an old external fire escape, internal alterations, and redecoration were completed in the year, at a cost of £63,387. External redecoration and repairs delayed from 2022/2023 will be carried out in 2023/2024, at an estimated cost of £60,000.

FSN remains committed to supporting children, young people and families through a range of projects and services, continuing to secure commissions and grant funding to enable this work.

John French, Hon Treasurer

FSN Year in Figures

- **314** children accessed nursery provision
- **133** patients supported by the Health Coach
- **166** children and young people supported by Dragonflies
- **314** children and young people engaged with My Time
- **41** adults achieved an accredited qualification
- **47** AQA module certificates were awarded to young people
- **500** individuals received support from the Pantry
- **513** people supported through Live, Work, Thrive and Working to Capacity projects
- **95** families supported in the TA Hub
- **Wellbeing at Work Accreditation** FSN successfully achieved the Bronze Award with East Sussex County Council



Wellbeing At Work
Accreditation ceremony

Dragonflies Bereavement Project

A bereavement service which offers support, peer led activity and counselling from early years to the age of 18

My Time

Mental health peer support services for children and young people aged 5-19 years

Adult Learning

Delivering Family Learning, Community Learning and Accredited qualifications

Health and Wellbeing Hubs

Peer support activities, personal development courses to support mental health and volunteering opportunities

Health Coach

Working with patients referred by GP surgeries to develop and maintain healthy lifestyles

Pantry

Offering food, nappies, hygiene and cleaning products for families

Live, Work, Thrive and Working to Capacity

European Social Fund projects supporting people into training and work opportunities

Craft Activity at The Hub



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
Deputy Chief Executive	Angie Jakeman

Professional Advisors:

Bankers

Lloyds, 17 Wellington Place, Hastings, TN34 1NX

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Bexhill, East Sussex, TN39 5ES

Trustees:

Peter Carcas, Chair
Richard Cuff, Vice Chair
Cllr Judy Rogers, Vice Chair
John French, Hon. Treasurer
The Rev'd. Martin Harper
Janet Wyatt
Gary Marriott
Dr. Roger Elias
Mary Osman
Geoff Longmire
Hayley Thomas



Young People fundraising for Children in Need

FSN Registered Office:

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

Early Years - FSN Nurseries & PACT (Parents and Children Together)

FSN understands that offering the right support at the earliest stage gives children the best start and equips them with the skills to move onto school. Through our three Ofsted graded 'Good' nurseries, our staff teams offer quality educational experiences as well as working in partnership with statutory agencies to give tailored support for children with additional needs.

The COVID pandemic saw an impact on children's language and communication development as well as parent/carers' anxieties with re-engaging in community activity. With funding from the local Primary Care Network, FSN offers a volunteer led project, giving opportunities for play and socialisation, as well as encouraging healthy lifestyles.

"Leaders are clear about the direction of the nursery's vision and have high ambition for the identified improvements. The staff feel that they are well supported and valued in their roles. They feel encouraged by leaders to further their development, which contributes to high quality experiences for children in their care" OFSTED

"Dedicated staff creating a safe environment for children to thrive. The Nursery Manager was extremely generous with her time, ensuring that my SEN child's needs could be met at school. I highly recommend this nursery". PARENT

PACT has
"Helped us to access lots of other services and support". PARENT



Young People

The Bexhill Youth Project offers two evening sessions per week for young people aged 11-15 years old living in Bexhill Town. Young people have the opportunity to get involved in a range of activities and discussion groups and help to co-design the sessions.

In the last year, FSN's Youth Voice has been actively involved in local consultation including developing a youth beach clean alongside the Marine Conservation Society and looking at how young people access Primary Care services and how young person friendly GP surgeries are.

Through the work of the Bexhill Youth Project and the development of the Youth Voice, FSN has been able to offer AQA Awards to acknowledge the new skills and experiences enjoyed by the young people. Over the last year, 47 AQA Awards were achieved in areas including: cookery, participation in work experience, team building and planning and running a fundraising activity, raising over £1000 for Children in Need.

The Hub

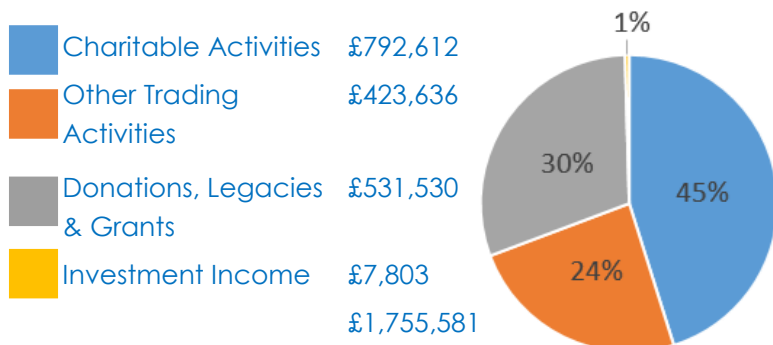
Working with families living in temporary accommodation, the Hub offers a space for families to come together for support, play and a hot meal and also offers the opportunity for trips to local attractions during the school holidays. In the last year, with the continued increase in the number of families living in temporary accommodation and the success of the Hub in Hastings, FSN was asked to plan and develop a Hub in Eastbourne in partnership with the Local Authority's Supporting Families programme and Family Hubs.

'I am so grateful to The Hub, coming here is the only time we get to have as a family all together having fun.' PARENT

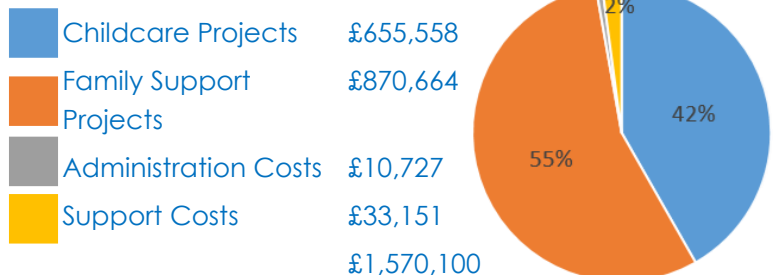


FINANCIAL SUMMARY

Where does the money come from? 2022/2023



Where does the money go?



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, East Sussex TN37 6AS Tel: 01424 423683



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:

Amazon Smile; Asda, St Leonards; Battle Bonfire Society; Battle Methodist Church; Blagrove Trust; BMR Construction; Brede Carol Singers; Dan Lee Golf Day; Foreshore Trust; Francis & Eric Ford Trust; Groundwork UK (One Stop); Halifax Bank, Hastings; Hastings & St Leonards Muffin Club; Hastings Adventure Golf; Hastings Old Town Carnival; Hastings Voluntary Action (HVA); Hastings Winkle Club; Homelands Charitable Trust; Isabel Blackman Foundation; Magdalen & Lasher Charity; Morrison's, Hastings; Mrs A Lacy-Tate Trust; Out of the Blue ; Paragon Trust; Planet Hastings; Rotary Club of Hastings; Safer Hastings Partnership; Saris Leisure Group; Smudgers Legacy Golf Day; St Andrews Trust; St Augustine's, Bexhill; St Leonards Methodist Church; St Michaels, Bexhill; St Peters Church, Bexhill; St Peters Stonegate PCC; St Richards Catholic College; Sussex Masonic Charitable Foundation; The Northiam Community; Three Oaks Trust; TK Maxx; Homesense Foundation

Thank You