



Supporting children,  
young people and families  
Since 1939

# Annual Review

## 2023/2024

*"Creating space where children, young people and families are inspired  
and supported to flourish"*



## Chair's Report 2023/2024

The past year has been challenging for the organisation as we move forward from Covid, along with the economic climate with the tightening of financial budgets and the competitive funding and grant process. I am pleased to report that FSN thanks to its good management is in a sound financial position although the year ahead is going to continue to be a difficult one for the charity sector.

Our mission as an organisation remains the same clearly focused on children, young people and families which underpins all that we do as a charity. With our nurseries, mental health and bereavement services, food and baby pantry, TA hub, PACT, education, health and well-being, and youth projects, this ethos is reflected and forms the core to all that we do.

I would like to express my thanks to all the staff, volunteers and Trustees along with our President and Patrons for the immense work and support along with their love and devotion throughout the whole of the last year. In this I would like to pay tribute to Peter Carcas who stood down as Chair in December for all that he did for FSN during his long period of service since the 1970s we thank him for all his years of service and wish him well for the future.

I am so proud to be involved with FSN for the past 8 years and to have been its Chair since December. Whilst the next year will be challenging I am happy to say that as an organisation we are ready and I am proud to be a part of the future of FSN.

**Judy Rogers, Chair**



## Treasurer's Report 2023/24

The year was interesting financially with an overall deficit of £47,454 compared to the previous year's surplus of £179,616. This can give a misleading picture of the Charity's finances as the previous year included some income in advance for a project that was a Restricted Fund, which was spent during the current year, with the Fund falling from £113,432 down to £13,569.

Our total Restricted Funds fell from £653,482 down to £574,815, whereas our General Unrestricted and Designated Funds increased from £1,264,754 to £1,295,967.

The Restricted Funds are monies that can only be used for specific purposes. Unrestricted General Funds are available for use for all of the Charity's activities. Some of these Unrestricted Funds have been designated for particular purposes where future expenditure is anticipated or could occur.

Our Reserves are encouraging but should not be confused with money in the bank as they primarily represent our assets being our buildings and equipment totalling £977,033. The balance is working capital and monies in the bank, where in many instances we have received funds for future activities. As a Charity we must receive funds before expenditure is incurred.

FSN has overcome many difficulties in recent years during the COVID period and is moving forward positively. There has been substantial expenditure (£67,435) on maintaining and altering our buildings to comply with current legislation and service improvement which is still ongoing.

FSN is in a strong financial position to continue its aims and objectives.

**John French, Hon Treasurer**

# FSN Year in Figures



**Celebrating Volunteers  
Week 2023**

- **302** children accessed nursery provision
- **351** patients supported by the Health Coaches
- **362** children and young people accessed bereavement and mental health support
- **48** adults achieved an accredited qualification
- **97** AQA module certificates were awarded to young people
- **90** families per week accessed the Pantry
- **256** people supported in the TA Hub
- **51** families supported by PACT

## **Mental Health and Bereavement services**

Dragonflies provides a bereavement service which offers support, peer led activity and counselling from 5 years to the age of 18 and My Time offers mental health peer support for children and young people aged 5-16 years

## **Adult Learning**

Delivering Family Learning, Community Learning and Accredited qualifications

## **Health and Wellbeing Hubs**

Adult 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

## **TA Hub (Temporary Accommodation)**

Support for families living in temporary or inappropriate housing in Hastings and Eastbourne

## **PACT (Parents and Children Together)**

Peer support group for families with pre-school children with access to play and support

## **Bexhill Youth Project (BYP) and Youth Voice**

A safe space for young people aged 11-18 offering a range of activities. The Youth Voice gives young people an opportunity to have their say in shaping FSN services

## **Wellbeing Craft Activity**



## **Patrons:**

Andrew Blackman, Lord Lieutenant, East Sussex  
Baroness Fookes of Plymouth DBE, DL  
The Right Reverend Dr Martin Warner MA PhD  
Sara Stonor DL (resigned September 2023)

## **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

### **Auditors**

Acuity Professional LLP

## **Trustees:**

Peter Carcas, Chair -(retired  
November 2023)

Richard Cuff, Vice Chair

Cllr Judy Rogers, Chair -  
(November 2023)

John French, Hon. Treasurer

The Rev'd. Martin Harper

Janet Wyatt

Gary Marriott (resigned  
September 2023)

Dr. Roger Elias

Mary Osman

Anne Austen- co-opted  
March 2024

Nigel Lloyd- co-opted March  
2024

## **FSN Registered Office:**

66 London Road St Leonards on Sea  
TN37 6AS

Registered Charity No. 208446

Registered Company No. 371615

[www.fsncharity.co.uk](http://www.fsncharity.co.uk)

Twitter: #FSNHastings



**The Eastbourne TA Hub**



## Early Years — Additional Support for Families

FSN is committed to ensuring that children receive quality experiences within our three nurseries across Hastings and St Leonards. To be able to meet the needs of parents/carers and give additional support, two new interventions were introduced;

**Enhanced Inclusive Practice** - a Local Authority funded project focusing on transition from Nursery to Reception class for children who have not had a SEND diagnosis but who will struggle with the changes. The work involves an identified early years practitioner working with families and liaising with local Primary schools to ensure a smooth transition and enabling the school to meet the needs of the children and families.

**Early Years Specialist Family Support Worker** - a pilot project in response to the needs of families, minimising the risk of escalation to statutory services. Support includes child development guidance, access to other services, increasing nursery attendance, healthy lifestyles, improving feelings of isolation and support to engage with services.

*“ I really appreciate the help organising and decluttering and there was no judgement, it was made fun”* PARENT

*“ I’ve applied to do voluntary work at FSN as of September as I am very appreciative of the help”* PARENT

*“Really understanding of my child’s needs. Good communication with parents. Lovely staff, they make my child feel safe. Go the extra mile taking interest in my child and their life. Excellent support with parents, with family issues and parenting concerns”* PARENT



## Mental Health and Bereavement

Following the FSN strategy day in 2023, the Board of Trustees agreed to merge the Dragonflies bereavement project with the My Time mental health project. With the merger of Dragonflies and My Time teams, staff were offered training and support to deliver across the disciplines. Feedback from the staff led to a review of the delivery and referral pathways to ensure the children and young people attending continued to receive quality support. The decision to keep the names of the services the same was taken as they are long running services which are well known to community partners.

The outcome measures were agreed as:

**Dragonflies** - increased resilience, improved communication and self-concept

**My Time** - improved self-confidence and self-esteem, improved relationships with others increased social engagement

## The Hub - Additional Support

Working with families living in temporary accommodation in Hastings and Eastbourne, the Hub offers a space for families to come together for support, play and a hot meal. Staff offer a range of support and guidance, helping to liaise with other agencies and referring for specialist support. In response to families and to help them moving into more permanent accommodation, FSN secured Health Inequalities funding to deliver Moving In, Moving On course. The course includes managing money and budgeting, employability and different tenancy agreements.



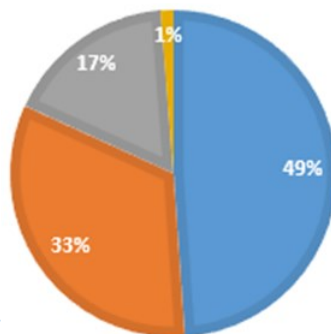
**“I feel more confident with money now especially understanding credit scores. I have also opened up a savings account since starting this course”. PARENT**



## FINANCIAL SUMMARY

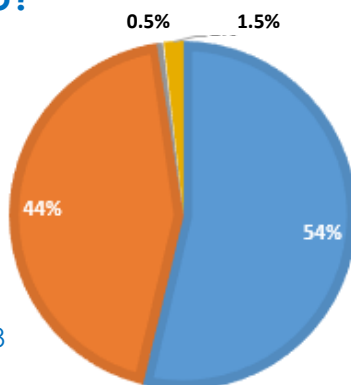
### Where does the money come from? 2023/2024

Charitable Activities	£804,802
Other Trading Activities	£541,165
Donations, Legacies & Grants	£279,389
Investment Income	£20,518
	£1,645,874



### Where does the money go? 2021/2022

Childcare Projects	£909,305
Family Support Projects	£743,565
Administration Costs	£9,029
Support Costs	£29,783
	£1,691,68



Full audited accounts are available for viewing on our website [www.fsncharity.co.uk](http://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:

Albion Chapter Rose Croix No.54; Amazon Smile; Battle Bonfire Society; Battle Methodist Church; Blagrove Trust; Blooming Marvellous Florist; BMR Construction; Brede Carol Singers; Centurion Management; Christchurch Methodist Church, Bexhill; Christian Voices; Dan Lee Golf Day; Eastbourne Archers; Easy Fundraising; Forrester Family Trust; Francis & Eric Ford Trust; Groundwork UK (One Stop); Hastings & St Leonards Muffin Club; Hastings Crematorium; Hastings Lions Club; Hastings Masonic Lodge; Hastings Voluntary Action (HVA); Hastings Winkle Club; Homelands Charitable Trust; Karma Bank; Magdalen & Lasher Charity; MCT Solicitors, Eastbourne; Out of the Blue; Nationwide Building Society; Paragon Trust; Rotary Club of Hastings; Sainsburys, St Leonards; Smudgers Legacy Golf Day; Spencer Wills Trust; St Andrews Trust; St Augustine's, Bexhill; St Leonards Methodist Church; St Lukes Church, Silverhill; St Mary's Church, Battle; St Mary's Golf Society; St Michaels Church, Bexhill; St Peter & St Paul Church, Hastings; St Thomas' Church, Winchelsea; Sussex Community Foundation; The Northiam Community; Three Oaks Trust; Vinehall Pre-Prep School

Thank You

