



York Community Family Trust

Annual Report 2010-2011

Charity Number 1088274

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Review from Chair of Trustees

It is now 18 months since Family Matters York received funding from the Kelly Family Trust enabling us to appoint a Development Manager. This has proved to be a key milestone in the life of FMY and we as trustees believe the day to day governance of the charity is working in a much more healthy and sustainable way.

Annette Valentine who joined us in that role was with us for six months before moving on but left us with a thorough-going business plan and we have counted ourselves greatly blessed in Philippa Beardmore her replacement. Like all the best relay teams Philippa has taken up the baton with hardly any noticeable check in our progress. This would hardly be possible without the talents and abilities of Marie Platts and Emily Bailey (nee Ross-Smith) in the office.

On this solid foundation Family Matters York has been able to continue to deliver support for families in our three main areas and develop and expand our range of services. Once again this year, this has made a real difference in the lives of many families as they struggle with the strains of family life, or simply as they strive to make good relationships better - we hope you enjoy reading about this in some of the following pages. We have received grants and designated funding for specific projects and we are as ever grateful for the members at St Columba's who provide our offices so generously. However we still depend on individuals and local organisations for much of our core funding so I would like to take the opportunity to thank you all who support us. Your generosity is the seed from which some spectacular "plants" grow.

On behalf of the trustees:

Rob Askew

Chair: Family Matters York

Family Friends and supporters 2011

We are enormously thankful for the generosity and support given to FMY by all our friends, supporters and grant bodies. We acknowledge the enormous generosity of many churches and community groups who support our work through time, prayers and practical help. We also acknowledge the following who have supported us financially over the last year. It is to all of you we say a great big THANKYOU, as it is YOU who enables us to strengthen families in York.

We currently have 17 Family Friends to whom we are extremely grateful for their continuing and loyal support. It is one of our key objectives to increase our Family Friends to 200 over the next year.

Donations and Grants 2011

City of York Council
The Kelly Family Trust
Co-operative Community Fund
The Dandelion Trust
Joseph Rowntree Foundation
Big Lottery Fund (Awards for All)
York Diocese Social Care Fund
Archbishop Mission Fund
Calmcott Trust

St Luke's Church York
Acomb Baptist Church
York Evangelical Church
Elim Church
Christchurch, Stockton Lane
St Andrew's Church, Huntington
Copmanthorpe Methodist Church
St Barnabas Church
Clifton Parish Church
St Thomas with St Maurice

2011 Achievements and Plans for the Future

'Thank You' Event

At the beginning of July we held a strawberry tea to say a great big 'Thank You' to all our supporters and faithful friends of FMY. It was a great success. Almost 40 people braved the unseasonably wet and windy conditions to join our celebrations. Joe McGuinness, our guest speaker and director of Relate talked about the importance of family work in preventing family and community breakdown; communication being the key skill in enabling families to stay together. He declaimed an excellent poem about a village near a cliff which raised the question: *Is the most important issue to provide a good ambulance service to help people who fall off the cliff OR to build fences to stop people falling off the cliff edge?*

We all concluded that PREVENTION is always better than CURE. This encouraged us greatly as it supports the FMY mission statement to prevent family breakdown by strengthening families and equipping them to better face the pressures of everyday family life.

Business Plan – progress in 2011

2010 saw the production of the FMY Business Plan, providing clarity, focus and strategic direction for our work. The three major developments in 2011 have been:

Launch of the Family Friends 200 campaign

We are reliant for 50% of our income from grants and donations. We have been successful in attracting grant funding to deliver many courses, however the current economic climate is squeezing our opportunities for sustaining our core costs. Therefore in the summer we launched our Family Friends 200 campaign. This is a scheme to attract 200 more supporters to FMY by donating £10 a month initially for a period of one year. This will raise £24,000 and will enable us to strengthen 200 more families in York. We need to increase our Family Friends supporters and use every opportunity to tell people about the work of FMY.

New website

July saw the launch of our new website at www.fmy.org.uk. This provides a fresh, accessible way to get to know FMY better; giving easier access for people to register interest on our courses, a regular blog to keep people up to date with the activities of our staff and trustees, and an opportunity to support us by donating online. We are already seeing significant increase in people contacting us through the website, and you can keep in touch through our Facebook page and twitter @FMYtweets.

Monitoring and evaluation

Monitoring and evaluation is an essential part of our activities, both to feedback our activities to supporters and sponsors and also to evidence the benefits of our work to future funders and supporters. We have revised our systems and are measuring changes in family life in the four main outcomes core to our vision and aims:

- Confidence
- Relationship
- Skills
- Knowledge and understanding

Our delivery in 2011: Parenting, Couples and Money

Parenting

This year we have run 32 parenting courses for 230 parents including 16 dads. Our best attended course was a Transition workshop where 25 parents came to learn more about preparing themselves and their children for the move up to secondary school.

- We ran two Quidz In courses at the beginning of the year, one at Aroma coffee shop and one at the Travellers' Trust. The course gives parents the knowledge and skills they need to talk with their children about money. Both courses were very much valued by the parents who attended. Comments from the course evaluation included:
 - "I've learnt a lot about things I took for granted".*
 - "You've got to talk with your partner – you can't keep it to yourself"*
 - "I've right enjoyed it"*
- A grant from the Joseph Rowntree Trust is funding Drug Proof Your Kids and Time out for Parents courses as well as Money Management workshops in Chapelfields, Foxwood and Tang Hall. Again, the parents who have attended those already run have got a great deal out of the courses and workshops and have shared the difference they have made in their families' lives.
- York City Council have funded several courses in this financial year - Time Out for Special Needs, four Time out for Dads, two Strengthening Families, Strengthening Communities courses and also two Toddler Training courses which will take place at Children's Centres in the new year.
- The Co-op provided funding to run four Toddler Training courses, and two of these have run in Acomb and Strensall this summer. The others will be running in January/February 2012.
- We have had funding from the Archbishop's Mission Fund to set up and run Time Out for Teens courses at secondary schools across the city. Some of these have required a lot of preliminary groundwork, but we are delighted this year to have run five courses at York High, Manor, Burnholme and two at Archbishop Holgate, with another planned to run at Millthorpe school in January. After only one week of the course, a parent reported:
 - "It's working already – home has been a much calmer place this week".*
- We are continuing to work on our relationships with primary schools, and now have very positive relationships with a number of schools across the city. This has resulted in a few schools paying for one-off workshops on topics such as Anti-Bullying, Coping with Christmas, and Transition sessions for both moving up to primary school and from primary to secondary school.
- We have also run a 4 week Time Out for Parents course for a Farsi-speaking church in Leeds. Facilitating discussion in another language has been very interesting, but the principles of positive parenting – building a positive relationship with your child, raising your child's self-esteem and setting and maintaining reasonable boundaries are important irrespective of language or culture, and the parents we were working with have greatly appreciated the tools, knowledge and understanding we have shared with them.

Couples

Our couples work responds to three strengths of relationship, rather like a traffic light:

Green for go – the relationship is working well and these programmes can strengthen the relationship further.

Amber for get ready – the relationship may be a little unsteady and you may be unsure how to move it forwards. These programmes provide you with the toolkit to kick-start communication and gain a better understanding of skills to build good relationship habits.

Red for stop – the relationship has hit crisis point and you will need specific help to start communicating, resolve conflict and negotiate how best to move forward.

Green for Go:

- Our marriage and marriage preparation courses are for couples already together or those just starting out. These courses are for couples who want to build on positive relationships, strengthen existing relationship skills and learn how to make the relationship even stronger. In March 2011 we ran a slightly longer marriage course called 'Together' for 5 couples. These are comments from one couple:

"The course helped us examine some issues that we were not aware of - feelings and attitudes that were under the surface in our relationship. We became aware of these in group sessions but the homework sessions helped us address these in private which was very valuable for us. The course sessions included a meal together; these were often hilarious. We got to know the other couples and the views shared later in the group were stimulating and encouraging."

FMY trains facilitators to deliver marriage courses in their own communities and churches, enabling many more couples to benefit.

- On 14 February at HMP Wolds we ran a **Valentine Special** for 5 couples in association with the charity 'Time for Families'. FMY partners with Time for Families working to support prisoners and partners. This was a one day workshop focusing on couple communication and love languages. A comment from one participant:
"I came really to spend the day with my partner. I did not really think the course material would be useful. But I was really surprised. It was good fun to see how different we are. My partner really needs me to do thoughtful things for him. That makes him feel loved more than loving words. I need lovey dovey words all the time - that makes him feel silly. We will have to work at it!"
- This autumn we were invited to two churches to talk about FMY and we hope there will be more opportunities early in 2012. We need active participation from the church in York to serve our communities in the area of relationships.

Amber for get ready:

- This autumn has seen the launch of a new programme within FMY. The Building Family Bridges programme is a 4 to 6 week course for couples looking to develop communication skills, understand and recognise negative patterns and try out new techniques to strengthen their relationship. It also has sessions looking at parenting together and managing money together. We received funding from the Big Lottery Fund (Awards for All) to train 12 facilitators and to run three pilot courses in York. We are partnering with agencies across the city to develop and deliver this programme, including Children's centres, Children's Trust, the Family Intervention

Programme (Catalyst) and teenage pregnancy service amongst others. We ran the 2 day Building Family Bridges training programme on 21/22 November. It was really exciting to have a mixture of FMY trainers and people from partner agencies together in the room and engaging with the task of understanding the materials and seeing where and how it will be relevant and applicable locally. We are currently making arrangements to run the first pilot at Clifton Children's Centre. We look forward to telling you more in the New Year.

Red for stop:

- Our Couples in Crisis programme provides couple to couple support for people at periods of crisis in their relationship. It includes training in specific skills such as negotiation, forgiveness and communication. The programme is led by our Couples Co-ordinator with support from trained, volunteer support couples. These support couples have been through crisis in their own relationships and recovered balance and resilience which gives them real strength and empathy with the crisis couple. Over the last year we have supported 15 couples through this programme. These are some of their comments:

"Our supporters have helped us look at some of our most difficult issues with each other and with our own lives. It has been helpful to do this in a confidential place and it has given us time and space to consider who we are as a couple, where we are going in our future and whether we want to go there together. It has triggered some better communication between us and made us consider seriously what we must do for each other."

"Excellent supportive service acts as a good milestone to stop, think and evaluate. Models calm, sensible communication and enabled us to begin communicating again, especially important when you've stopped talking about certain issues"

This year FMY has partnered with one church denomination to set up a Couples in Crisis programme for their church leaders. It became active in September 2011. We hope to develop this partnership further and include church leaders from a wider group.

- Our support couples meet regularly 3-4 times a year for supervision and training. We held a Volunteer Couple Supporter Training day on 18th June. Having a whole day to explore a particular subject and apply it properly to our own relationships is very helpful. This year we examined Forgiveness and how we might respond to sexual difficulties when this comes up with couples we are working with. The evening was spent viewing the 'Laugh your Way to a Better Marriage' DVD with some invited guests. These were comments from one support couple:
"We work hard to support other couples and are often really challenged in the process. Sometimes problems seem insurmountable. It was so good to have each other's support on our day together and really valuable to have time and space with our own partner to communicate at a deep level about our own journey. "
- Babys shock: FMY has worked a lot with first time parents in the past in partnership with Health Visitors. Due to funding cuts sessions have been discontinued. However we do see young parents struggling with transition into parenthood via our Couples in Crisis programme, and have been looking for ways to develop this service again. As a response we have been successful with grant funding to recruit and train more support couples in spring 2012 whose remit will be to work with couples making the transition to parenthood. Please contact us if you are interested in helping with this service or you know someone else who might be.

Money

Goodbye Mel...

This year sees a change in our Money Matters co-ordination at FMY. For the last ten years our money activities, training, development and support have been co-ordinated by Mel Griggs. Mel's expertise, sensitivity and passion for this work is unbounded and has strengthened hundreds of families, students and young people across York and wider, equipping them with a range of skills to understand how to manage money better. This year has seen the time for Mel to retire from delivering courses on behalf of FMY. We will miss Mel greatly; he has been a corner stone of FMY over the last decade. However we are very grateful he will still provide a support and mentor role, occasionally dipping his hand in for one off workshops where needed.

Welcome Peter.....

Mel has not left us empty handed and has introduced Peter White to FMY to take over the money co-ordination role. He is supported in delivery by Anina Holmes, another experienced facilitator who delivers financial literacy courses across the city and is currently revamping and streamlining the Learn and Thrive workshops. Peter has twenty years of experience within CCCS, the Consumer Credit Counselling Service. Over this time he has spoken to thousands of people one to one about money management and dealing with debt, has trained groups and individuals and has been counsellor to the counsellors. Now retired, Peter attends the Living Word Church and is involved in changing the Fossway pub into a place of worship and a centre for community activity. He would love to see the new building reaching into the local community and support the practical help provided by FMY.

Our priority focus for 2012 is to respond to family stress as we know that family budgets are coming under more and more pressure in the current economic crisis. We are developing funding applications to increase the number of money management courses we can deliver in response to this increasing need:

- **Minimum Wage Project.** The proposal is to run courses for those on minimum wage such as supermarket employees. This course will focus on equipping staff with practical family budgeting skills. We are in discussion with a major retail outlet and we are hopeful that courses could start in early 2012.
- **Financial Literacy.** We have applied for funding to run courses for Further Education students, giving them the basic knowledge of what money is and cover practical skills to understand wage slips, budgeting, banks, borrowing, bills and debt.

Vision and Aims

Family Matters York (FMY) registered as a charity in August 2001 as York Community Family Trust. We are a charity aiming to strengthen family relationships across York. We deliver programmes, courses and workshops giving families practical tools and skills which will help to build confidence and increase resilience to overcome challenges. We work to strengthen families in three of the main areas of family pressure: parenting, couple relationships and money.

Our vision is to make a positive, demonstrable difference to the lives of all families in need across the City of York, unlocking their potential to live life to the full.

Aims

1. We strengthen existing couple relationships, building resilience and helping to prevent relationship breakdown.
2. We give families the confidence and tools to manage their finances and help them to better cope with financial stresses and challenges.
3. We give parents the tools and confidence they need to parent positively which leads to better relationships within the family, reduced stress and better outcomes for their children.

Ethos and Values

At Family Matters York, we are motivated by our Christian faith to support the communities within which we operate with love, compassion and respect. Our faith informs the way we relate to one another, how we relate to organisations and individuals with whom we work, and how we relate to those we seek to help and support. In this we will:

- work with, support and respect all people regardless of their gender, marital status, race, ethnic origin, religion, age, sexual orientation or physical and mental capability
- acknowledge the freedom of people of all faiths or none both to hold and to express their beliefs and convictions respectfully and freely, within the limits of the UK law
- never impose our Christian faith or belief on others
- develop partnerships with and work alongside other churches, voluntary groups, statutory agencies and local government wherever appropriate in order to achieve strategic alignment and create an effective, integrated service for our clients. In doing this, we will strive for value for money in all our activities and avoid unnecessary duplication of resources.

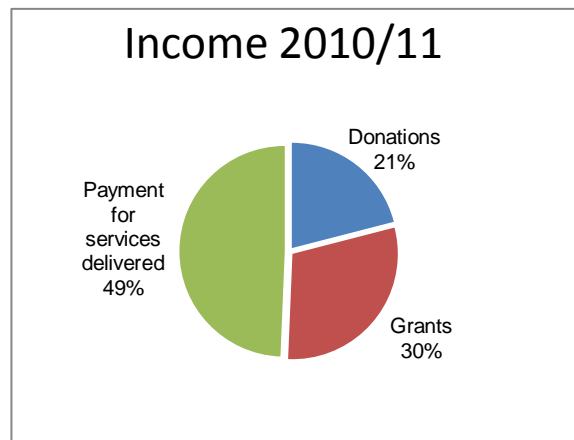
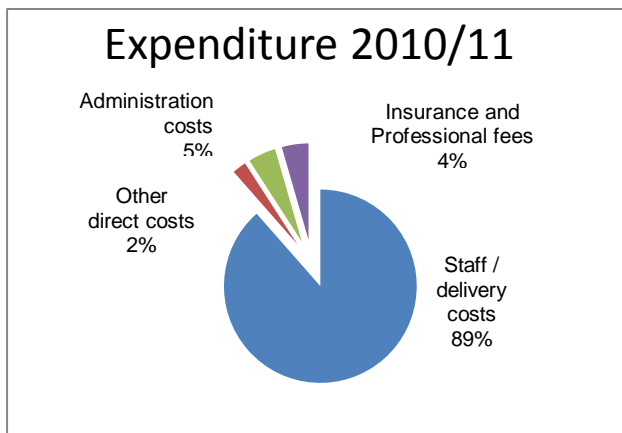
Our organisational values are inspired by our faith. In our work, we will:

- Listen to people without judgement and treat everyone with respect and dignity.
- Operate with integrity, humility and professionalism in our work with clients and our relationships with stakeholders and partner organisations. We will acknowledge our vulnerabilities, be honest about and learn from our mistakes, be open to new ideas and seek innovative solutions to the challenges we face.
- Value our people, nurturing and supporting them in their personal and professional development and growth.
- Equip people to build strong and secure family relationships, striving for excellence in all our programmes.

Financial Information

For year 1 April 2010 to 31 March 2011

A full copy of the annual accounts is available by request.



Total income for the year was £52,580; expenditure was £51,648. The closing balances at 31 March 2011 were £25,085, an increase of £932 over the year.

Who we are

Led by a Board of six Trustees, FMY operates with a small team of six experienced and qualified professionals and a team of trained volunteer facilitators. We work in partnership with a range of organisations across the city to extend the impact of our work.

Trustees

Rob Askew – Chair
Chris Cullwick
Jo Bloss
David Atkinson
Phil Harding
Jill Ross

Staff

Philippa Beardmore – Development Manager
Emily Bailey – Development Co-ordinator
Marie Platts – Office Manager
Helen Atkinson – Parenting Co-ordinator
Lynden Askew – Couples Co-ordinator
Mel Griggs – Money Co-ordinator
(retired Summer 2011)
Peter White – Money Co-ordinator
(from September 2011)

Volunteers

9 trained parenting facilitators
2 trained money facilitators
6 couple supporters for Couples in Crisis

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