

**Expressions Child Therapy CIC**  
**Abbreviated Financial Statements**  
**For The Year Ended 31 March 2010**

**Registered Number 4716988**

TUESDAY



\*RRZTS06W\*

RM 12/10/2010 381  
COMPANIES HOUSE

**Expressions Child Therapy CIC**  
**Abbreviated Financial Statements**  
**For The Year Ended 31 March 2010**

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**Expressions Child Therapy CIC**

**Report To The Directors on The Preparation of The Unaudited Statutory Accounts of**

**Expressions Child Therapy CIC**

**For The Year Ended 31 March 2010**

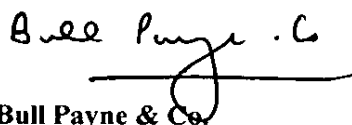
In order to assist you to fulfill your duties under the Companies Act 2006, we have prepared for your approval the accounts of Expressions Child Therapy CIC for the year ended 31 March 2010 as set out on pages 2 to 5 which comprise the Balance Sheet and associated notes from the Company's accounting records and from information and explanations you have given us

As a practising member firm of the Association of Chartered Certified Accountants, we are subject to its ethical and other professional requirements which are detailed at [http //rulebook accaglobal com/](http://rulebook.accaglobal.com/)

This report is made solely to the Board of Directors of Expressions Child Therapy CIC, as a body, in accordance with the terms of our engagement. Our work has been undertaken solely to prepare for your approval the accounts of Expressions Child Therapy CIC in accordance with the requirements of the Association of Chartered Certified Accountants as detailed at [http //www accaglobal com/factsheet163](http://www.accaglobal.com/factsheet163). To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than Expressions Child Therapy CIC and its Board of Directors as a body for our work or for this report.

It is your duty to ensure that Expressions Child Therapy CIC has kept adequate accounting records and to prepare statutory accounts that give a true and fair view of the assets, liabilities, financial position and the profit/(loss) of Expressions Child Therapy CIC. You consider that Expressions Child Therapy CIC is exempt from the statutory audit requirement for the year.

We have not been instructed to carry out an audit or a review of the accounts of Expressions Child Therapy CIC. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory accounts.



**Bull Payne & Co**  
**Chartered Certified Accountants**  
**25 Bruns Street**  
**Mansfield**  
**Nottinghamshire**  
**NG18 1AX**

**Date: 27 August 2010**

**Expressions Child Therapy CIC**

**Abbreviated Balance Sheet**

**At 31 March 2010**

|  | <b><u>Notes</u></b> | <b><u>2010</u></b> |              | <b><u>2009</u></b> |              |
|--|---------------------|--------------------|--------------|--------------------|--------------|
|  |                     | <b>£</b>           | <b>£</b>     | <b>£</b>           | <b>£</b>     |
| <b><u>Fixed Assets</u></b>                                   |                     |                    |              |                    |              |
| Tangible Assets  | 2                   |                    | 1,987        |                    | 1,645        |
| <b><u>Current Assets</u></b>                                 |                     |                    |              |                    |              |
| Debtors  |                     | 1,040              |              | 2,673              |              |
| Cash at Bank and in Hand                                     |                     | 3,910              |              | 1,802              |              |
|  |                     | <u>4,950</u>       |              | <u>4,475</u>       |              |
| <b><u>Creditors: amounts falling due within one year</u></b> |                     | <u>(5,255)</u>     |              | <u>(4,416)</u>     |              |
| <b><u>Net Current (Liabilities)/Assets</u></b>               |                     |                    | <u>(305)</u> |                    | <u>59</u>    |
| <b><u>Total Assets Less Current Liabilities</u></b>          |                     |                    | 1,682        |                    | 1,704        |
| <b><u>Provisions for Liabilities</u></b>                     |                     |                    | <u>(343)</u> |                    | <u>(252)</u> |
| <b><u>Net Assets</u></b>                                     |                     |                    | <u>1,339</u> |                    | <u>1,452</u> |
| <b><u>Capital and Reserves</u></b>                           |                     |                    |              |                    |              |
| Called Up Share Capital                                      |                     |                    | 1            |                    | 1            |
| Profit and Loss Account                                      |                     |                    | <u>1,338</u> |                    | <u>1,451</u> |
| <b><u>Shareholders' Funds</u></b>                            |                     |                    | <u>1,339</u> |                    | <u>1,452</u> |

The notes on pages 4 to 5 form an integral part of these financial statements.

**Expressions Child Therapy CIC**

**Abbreviated Balance Sheet (continued)**

**Director's Statements Required by Section 475 (2) & (3)**  
**For The Year Ended 31 March 2010**

In approving these abbreviated accounts as Director of the company I hereby confirm

(a) that for the year stated above the company was entitled to the exemption conferred by Section 477 of the Companies Act 2006,

(b) that no notice has been deposited at the registered office of the company pursuant to Section 476 requesting that an audit be conducted for the year ended 31 March 2010 , and

(c) that I acknowledge my responsibilities for

(1) ensuring that the company keeps accounting records which comply with Section 386, and

(2) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit or loss for the year then ended in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the provisions of the Companies Act relating to financial statements, so far as applicable to the company

These abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 and the Financial Reporting Standard for Smaller Entities (effective April 2008) relating to small companies

The abbreviated accounts were approved by the Board on 26 August 2010 and signed on its behalf by

S Lester  
Director



Registered Number : 4716988

**The notes on pages 4 to 5 form an integral part of these financial statements.**

**Expressions Child Therapy CIC**

**Notes to the Abbreviated Financial Statements**  
**For The Year Ended 31 March 2010**

**1. Accounting Policies**

**1.1. Accounting Convention**

The accounts are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008)

**1.2. Turnover**

Turnover represents the total invoice value, excluding value added tax, of services rendered during the year

**1.3. Tangible Fixed Assets and Depreciation**

Tangible fixed assets are stated at cost or valuation

Depreciation is provided at rates calculated to write off the cost less residual value of each asset over its expected useful life, as follows

Plant and Machinery                      -     15% Reducing Balance

**1.4. Deferred Taxation**

The charge for taxation takes into account taxation deferred as a result of timing differences between the treatment of certain items for taxation and accounting purposes. In general, deferred taxation is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date. However, deferred tax assets are recognised only to the extent that the directors consider that it is more likely than not that there will be suitable taxable profits from which the future reversal of the underlying timing differences can be deducted. Deferred taxation is measured on a non discounted basis at the tax rates that are expected to apply in the periods in which the timing differences reverse, based on tax rates and the law enacted or substantively enacted at the balance sheet date.

**Expressions Child Therapy CIC**

**Notes to the Abbreviated Financial Statements**  
**For The Year Ended 31 March 2010**

**2. Fixed Assets**

**Tangible**  
**Fixed**  
**Assets**  
**£**

**Cost**

At 1 April 2009

3,627

Additions

693

At 31 March 2010

4,320

**Depreciation**

Charge for Year

351

At 31 March 2010

2,333

**Net Book Values**

At 31 March 2010

1,987

At 31 March 2009

1,645

**3. Controlling Interest**

The company is under the control of S Lester

000119/15

000119 £15

# CIC 34

## Community Interest Company Report

For official use  
(Please leave blank)

|  |
|--|
|  |
|--|

Please  
complete in  
typescript, or  
in bold black  
capitals.

Company Name in  
full

Expressions Child Therapy CIC

Company Number

4716988

Year Ending

31st March 2010

This template illustrates what the Regulator of Community Interest Companies considers to be best practice for completing a community interest company report. All such reports must be delivered in accordance with section 34 of the Companies (Audit, Investigations and Community Enterprise) Act 2004 and contain the information required by Part 7 of the Community Interest Company Regulations 2005. For further guidance see chapter 8 of the Regulator's information and guidance notes.

Please note that you must give details in this report of transfer of assets for less than full consideration e.g. donations to outside bodies, or paid directors at less than market value.

### PART 1 – GENERAL DESCRIPTION OF THE COMPANY'S ACTIVITIES AND IMPACT

In the space provided below, please insert a general account of the company's activities in the financial year to which the report relates, including a fair and accurate description of how they have benefited the community or section of the community which the company is intended to serve.

Please see attached document.

(Please continue on separate page)

TUESDAY

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12/10/2010

COMPANIES HOUSE

COMPANIES HOUSE

28/09/2010

COMPANIES HOUSE

175

175

Company Number

4716988

Year Ending

31st March 2010

## PART 2 – CONSULTATION WITH STAKEHOLDERS

A “stakeholder” is any person or organisation affected by the company’s activities. Indicate what steps the company has taken during the financial year to which the report relates to consult its stakeholders, whether formally or informally. If there has been no consultation, this should be made clear.

Please indicate who the company’s stakeholders are:

Children  
Parents/Carers  
Schools Staff

Please indicate how the stakeholders have been consulted:

I conduct interviews with all stakeholders before, during and after the interventions and this interview includes asking them about what they need, how the work Expressions has done is helping them. In some circumstances depending on the client they also complete a questionnaire that can measure the differences.

What action, if any, has the company taken in response to feedback from its consultations? If there has been no consultation, this should be made clear

We consult with teachers, other school staff and professionals to seek their views on our service

(Please continue on separate continuation sheet if necessary.)

Company Number 4716988

Year Ending 31st March 2010

## **PART 3 –DIRECTORS’ REMUNERATION (See Appendix A)**

All community interest companies are required to report certain information about their directors’ remuneration.

The information required is specified in Schedule 3 to the Small Companies and Groups (Accounts and Directors’ Report) Regulations 2008, for companies which are subject to the “small companies regime” under Part 15 of the Companies Act 2006

All companies are required to provide some of this information in the notes to their annual accounts. **If you have provided all of this information in your accounts, you need not reproduce it here, but you must state where that information can be found.**

| <b>1. Total amount of directors’ remuneration etc</b> |   |
|---|---|
| (a)   | The overall total amount of remuneration paid to or receivable by directors in respect of qualifying services<br>£7,799   |
| (b)   | The overall total amount of money paid to or receivable by directors, and the net value of assets (other than money, share options or shares) received or receivable by directors, under long term incentive schemes in respect of qualifying services.<br>£7,799                               |
| (c)   | The overall total value of any company contributions—<br>(i) paid, or treated as paid, to a pension scheme in respect of directors’ qualifying services, and<br>(ii) by reference to which the rate or amount of any money purchase benefits that may become payable will be calculated<br>NONE |
| (d)   | The number of directors (if any) to whom retirement benefits are accruing in respect of qualifying services—  |

|  |  |
|--|--|
|  | (i) under money purchase schemes, and<br>(ii) under defined benefit schemes.<br><br>NONE |
|--|--|

*NB For the purposes of section 1 above, any reference to a "subsidiary undertaking" of the company, is to an undertaking which is a subsidiary undertaking at the time the services were rendered*

## 2. Compensation to directors for loss of office

|  |   |
|--|---|
|  | The aggregate amount of any payments made to directors, or past directors, for loss of office.<br><br><del>ONE</del> NONE |
|--|---|

*NB For the purposes of this paragraph, any reference to a "subsidiary undertaking" of the company, is to an undertaking which is a subsidiary undertaking immediately before the loss of office as director*

## 3. Sums paid to third parties in respect of directors' services

|  |  |
|--|--|
|  | The aggregate amount, and nature, of any consideration (including benefits otherwise than in cash) paid to or receivable by third parties for making available the services of any person— <ul style="list-style-type: none"> <li>(i) as a director of the company, or</li> <li>(ii) while director of the company—             <ul style="list-style-type: none"> <li>(a) as director of any of its subsidiary undertakings, or</li> <li>(b) otherwise in connection with the management of the affairs of the company or any of its subsidiary undertakings.</li> </ul> </li> </ul> NONE |
|--|--|

*NB For consideration otherwise than in cash, the reference to its amount is to the estimated money value of the benefit*

*NB "Third party" means a person other than*  
*(a) the director himself or a person connected with him or body corporate controlled by him, or*  
*(b) the company or any of its subsidiary undertakings*

(Please continue on separate continuation sheet if necessary )

## **NOTES**

### **General nature of obligations**

- (1) Information has to be given only so far as it is contained in the company's books and papers, or the company has the right to obtain it from the persons concerned
- (2) Any information is treated as shown if it is capable of being readily ascertained from other information which is shown

### **Provisions as to amounts to be shown**

- (1) The amount in each case includes all relevant sums, whether paid by or receivable from the company, any of the company's subsidiary undertakings or any other person
- (2) References to amounts paid to or receivable by a person include amounts paid to or receivable by a person connected with him or a body corporate controlled by him (but not so as to require an amount to be counted twice)
- (3) Except as otherwise provided, the amounts to be shown for any financial year are—
  - (a) the sums receivable in respect of that year (whenever paid) or,
  - (b) in the case of sums not receivable in respect of a period, the sums paid during that year
- (4) Sums paid by way of expenses allowance that are charged to United Kingdom income tax after the end of the relevant financial year must be shown in a note to the first accounts in which it is practicable to show them and must be distinguished from the amounts to be shown apart from this provision.
- (5) Where it is necessary to do so for the purpose of making any distinction required in complying with this Schedule, the directors may apportion payments between the matters in respect of which they have been paid or are receivable in such manner as they think appropriate.

### **Exclusion of sums liable to be accounted for to company etc**

- (1) The amounts to be shown do not include any sums that are to be accounted for—
  - (a) to the company or any of its subsidiary undertakings, or
  - (b) by virtue of sections 219 and 222(3) of the Companies Act 2006 (payments in connection with share transfers: duty to account), to persons who sold their shares as a result of the offer made.
- (2) Where—
  - (a) any such sums are not shown in a note to the accounts for the relevant financial year on the ground that the person receiving them is liable to account for them, and
  - (b) the liability is afterwards wholly or partly released or is not enforced within a period of two years,

those sums, to the extent to which the liability is released or not enforced, must be shown in a note to the first accounts in which it is practicable to show them and must be distinguished from the amounts to be shown apart from this provision

### **Money purchase benefits and defined benefits**

*Where a pension scheme provides for any benefits that may become payable to or in respect of any director to be whichever are the greater of—*

- (a) money purchase benefits as determined by or under the scheme; and
- (b) defined benefits as so determined,

the company may assume for the purposes of this paragraph that those benefits will be money purchase benefits, or defined benefits, according to whichever appears more likely at the end of the financial year

For the purpose of determining whether a pension scheme is a money purchase or defined benefit scheme, any death in service benefits provided for by the scheme are to be disregarded.

### **Remuneration**

Remuneration paid or receivable or share options granted in respect of a person's accepting office as a director are treated as emoluments paid or receivable or share options granted in respect of his services as a director

| <b>Definitions</b>             |   |
|--------------------------------|---|
| <b>Company contributions</b>   | means –<br><br>in relation to a pension scheme and a director, any payments (including insurance premiums) made, or treated as made, to the scheme in respect of the director by a person other than the director |
| <b>Consideration</b>           | includes benefits otherwise than in cash, and in relation to such consideration the reference to its amount is to the estimated money value of the benefit  |
| <b>Defined benefit scheme</b>  | means –<br><br>a pension scheme that is not a money purchase scheme   |
| <b>Defined benefits</b>        | means -<br><br>retirement benefits payable under a pension scheme that are not money purchase benefits  |
| <b>Money purchase benefits</b> | means -   |

|                            |  |
|----------------------------|--|
|                            | retirement benefits payable under a pension scheme the rate or amount of which is calculated by reference to payments made, or treated as made, by the director or by any other person in respect of the director and which are not average salary benefits  |
| Money purchase scheme      | means -<br><br>a pension scheme under which all of the benefits that may become payable to or in respect of the director are money purchase benefits   |
| Net value                  | means –<br><br>In relation to any assets received or receivable by a director, value after deducting any money paid or other value given by the director in respect of those assets  |
| Payment for loss of office | has the same meaning as in section 215 of the Companies Act 2006   |
| Pension scheme             | means –<br><br>a retirement benefits scheme as defined by section 611 of the Income and Corporation Taxes Act 1988   |
| Qualifying services        | means -<br><br>in relation to any person, that person's services as a director of the company, and that person's services while director of the company—<br><br>(a) as director of any of its subsidiary undertakings, or<br><br>(b) otherwise in connection with the management of the affairs of the company or any of its subsidiary undertakings |
| Remuneration               | includes—<br><br>(a) salary, fees and bonuses, sums paid by way of expenses allowance (so far as they are chargeable to UK income tax), and<br><br>(b) subject to the exclusion below, the estimated money value of any other benefits received by him otherwise than in cash.   |

|                         |   |
|-------------------------|---|
|                         | <p>The expression does not include—</p> <p>(a) the value of any share options granted to a director or the amount of any gains made on the exercise of any such options,</p> <p>(b) any company contributions paid, or treated as paid, in respect of him under any pension scheme or any benefits to which he is entitled under any such scheme, or</p> <p>(c) any money or other assets paid to or received or receivable by him under any long term incentive scheme</p> |
| Retirement benefits     | has the meaning given by section 612(1) of that Act   |
| Share option            | <p>means -</p> <p>a right to acquire shares</p>   |
| Shares                  | <p>means -</p> <p>shares (whether allotted or not) in the company, or any undertaking which is a group undertaking in relation to the company, and includes a share warrant as defined by section 779(1) of the Companies Act 2006</p>  |
| Subsidiary undertakings | <p>Any reference to a subsidiary undertaking of the company, in relation to a person who is or was, while a director of the company, a director also, by virtue of the company's nomination (direct or indirect) of any other undertaking, includes that undertaking, whether or not it is or was in fact a subsidiary undertaking of the company</p>   |

Company Number 4716988

Year Ending 31st March 2010

## **PART 4 – TRANSFERS OF ASSETS OTHER THAN FOR FULL CONSIDERATION (EXCLUDING DIVIDENDS)**

Community interest companies are only permitted to transfer assets other than for full consideration (i.e. at less than market value) if

- (i) the assets in question are transferred to an asset-locked body (a community interest company, charity or equivalent body established outside Great Britain) which is specified in the company's constitution, or where the Regulator has consented to the transfer; or
- (ii) the transfer, although not made to an asset-locked body, is nevertheless made for the benefit of the community

Where transfers of either kind are made, the community interest company report must disclose the amount of the transfer, or, where this cannot be given precisely, a fair estimate of the value of the assets transferred. Please give the following details:

- i) A description of the asset and the amount of the transfer or estimate of its value  
Please state 'none', if applicable and move to section 5

NONE

- ii) Details of the recipient, to which the asset was transferred, including whether or not it is an asset-locked body

N/A

- iii) If the recipient is an asset-locked body, whether it is specified in the company's memorandum or articles of association as a recipient of transfers of the company's assets other than for full consideration.

N/A

- iv) If the recipient is an asset-locked body, but is not so specified, brief details of how the Regulator's consent to the transfer was given.

N/A

- v) If the recipient is not an asset-locked body, how the transfer will benefit the community

N/A

(Please continue on separate continuation sheet if necessary.)

Company Number 4716988

Year Ending 31st March 2010

## PART 5 – DIVIDENDS FOR THE FINANCIAL YEAR TO WHICH THE REPORT RELATES

This part of the template should be completed if the company is limited by shares and has declared or proposed to declare a dividend in respect of the financial year to which the report relates or has declared a dividend in respect of any of the four financial years immediately preceding that financial year. If the company is limited by shares but has not declared or proposed any dividends in respect of the financial year to which the report relates, please indicate this.

Before completing this part you should consult Chapter 6.2 of, and Annex G to, the Regulator's information and guidance notes and regulations 17 to 20 of the Community Interest Company Regulations 2005, which contain the rules on dividend payments.

**For all dividends declared or proposed in respect of the financial year to which the report relates, please supply the following information:**

- (i) A description of the class, number and paid up value of the shares on which the dividend has been declared or paid. Please state 'none', if applicable and move to section 6
- (ii) The amount of dividend declared or paid per share  
1 Dividend paid on 2<sup>nd</sup> May 2009  
for £1,000.
- (iii) Whether or not the dividend is an exempt dividend (in essence, a dividend paid directly or indirectly to an asset-locked body where the asset-locked body is either specified in the company's constitution as a possible recipient of its assets, or the Regulator has consented to payment of the dividend, but see regulations 17(3) to (5) of the Community Interest Company Regulations 2005)
- (iv) If it is an exempt dividend, why it is an exempt dividend.  
This dividend was paid prior to the company being converted to a CIC

(Please continue on separate continuation sheet if necessary)

**Company Number**

**4716988**

**Year Ending**

**31st March 2010**

*Where a dividend which is not an exempt dividend is declared or proposed in respect of the financial year to which the report relates, the report must explain how it complies with regulations 17 to 20 of the Community Interest Company Regulations 2005 by giving details of*

- (i) The applicable share dividend cap
- (ii) The maximum dividend per share
- (iii) Whether any unused dividend capacity from previous financial years is included in the dividend (and, if so, how much and from which year)
- (iv) The maximum aggregate dividend
- (v) How each of the above figures has been calculated.
- (vi) In addition to the above information, the total amount of (a) all exempt, and (b) all non-exempt dividends declared or proposed in respect of the financial year to which the report relates should be given.

(Please continue on separate continuation sheet if necessary )

Company Number

4716988

Year Ending

31st March 2010

## PART 6 – DIVIDENDS FOR PREVIOUS FINANCIAL YEARS

This part of the template should be completed if the company is limited by shares and has declared or proposed to declare a dividend in respect of the financial year to which the report relates or has declared a dividend in respect of any of the four financial years immediately preceding that financial year. If the company is limited by shares but has not declared any dividends in respect of any of the preceding four financial years, please indicate this.

For each of the previous four financial years, and for all dividends declared or paid in respect of those years, the following information should be supplied:

- (i) A description of the class, number and paid up value of the shares on which the dividend has been declared or paid. Please state 'None' if applicable and move to section 7.
- (ii) The amount of dividend declared or paid per share. *Dividends declared in previous years*
- |                   |                    |
|-------------------|--------------------|
| 14.03.09 - £500   | 06.04.07 - £6,500  |
| 21.06.08 - £2,000 | 01.12.06 - £4,000  |
| 6.02.08 - £2,000  | 06.04.06 - £12,000 |
| 31.08.07 - £1,500 |                    |
- (iii) Whether or not the dividend is an exempt dividend (in essence, a dividend paid directly or indirectly to an asset-locked body where the asset-locked body is either specified in the company's constitution as a possible recipient of its assets, or the Regulator has consented to payment of the dividend)
- (iv) If it is an exempt dividend, why it is an exempt dividend
- All dividends were paid prior to company being converted to a CIC.*
- (v) The maximum dividend per share.

(Please continue on separate continuation sheet if necessary)

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|  |
|--|
|  |
|--|

## PART 7 – INTEREST PAID AT A PERFORMANCE-RELATED RATE

**This part should only be completed if the company has, at any time during the financial year to which this report relates, had a debt outstanding, or a debenture in issue on which a performance-related rate of interest was payable. A performance-related rate of interest is a rate which varies according to the level of the company's profits or turnover, or any item on its balance sheet. See further Chapter 6.3 of the Regulator's information and guidance notes, and regulation 21 of the Community Interest Company Regulations 2005 (this part is designed to monitor compliance with regulation 21 and Schedule 4 to the Regulations, which set out the interest capping regime and define its key terms).**

Under the Regulations, the rate of performance-related interest payable is capped by reference to the Bank of England's base lending rate. However, this cap only applies in respect of agreements to pay a performance-related rate, which were entered into on or after the date on which the company became a community interest company

**In order to demonstrate compliance with the rules on performance-related rates of interest, please give the following details:**

- (i) The rates of interest paid on any debt or debenture of the company on which a performance-related rate of interest was payable as calculated over a 12 month period ending with the most recent date on which interest became payable in respect of that debt or debenture during the financial year **Please state 'none', if applicable and move to section 8**
- (ii) (If the interest cap applied to that debt or debenture) how any such rates of interest were calculated

- (iii) Either the interest cap applicable to the debt or debenture concerned (with an explanation of how it has been calculated), or an explanation of why the cap does not apply to it (i.e. because the agreement was entered into before the company became a community interest company).

(Please continue on separate continuation sheet if necessary.)

Company Number 4716988

Year Ending 31st March 2010

(N.B. Please enclose a cheque for £15 payable to Companies House)

## PART 8 - SIGNATORY

Please ensure that a director or secretary signs the original CIC Report, which should be retained for your records. Please send a copy of the CIC Report to the Registrar of Companies (see below)

Signed

*S. Lester*

Date

8/10/10

Office held (delete as appropriate) Director/Secretary

You do not have to give any contact information in the box opposite but if you do, it will help the Registrar of Companies to contact you if there is a query on the form. The contact information that you give will be visible to searchers of the public record

Suzanne Lester

61 Forest Road

Mansfield

Notts NG18 4BY Tel 07985412953

DX Number

DX Exchange

Please send a completed copy to one of the following addresses, with a cheque for £15 (payable to Companies House)

**Companies registered in England and Wales** Companies House, Crown Way, Cardiff, CF14 3UZ (DX 33050 Cardiff)

**Companies registered in Scotland** Companies House, 4<sup>th</sup> Floor, Edinburgh Quay 2, 139 Fountainbridge, Edinburgh EH3 9FF (DX235 Edinburgh)

**Companies registered in Northern Ireland** Companies House, 2nd Floor, The Linenhall, 32-38 Linenhall Street, Belfast, BT2 8BG

## **Expressions Child Therapy CIC - Year 1 Report**

**July 2010**

### **Introduction**

Expressions was set up in August 2009 as a Community Interest Company offering children who have psychological difficulties and complex life experiences an opportunity to explore their emotions through play. Expressions is a not for profit, community interest company with an aim is to support the emotional development of children, families and professionals through a programme of play therapy, training for professionals and the sale of therapeutic play kits.

We aspire to provide therapeutic work that has been designed with young children in mind, that can be made available and accessible to all children and their carers who need it, on an equal basis and be available to respond to their needs at the point of crisis, in the early stages so that we can make an impact on the future mental health of children and help them to overcome life's difficulties and achieve their full potential.

To provide a high quality service that is inclusive and responsive to individual needs and works in partnership with children, young people, their families and carers, child care providers and local organisations to design, deliver and develop a therapeutic support service that is most needed in areas of deprivation.

The Company's objectives are to carry on activities which benefit the community and in particular to

- Deliver child therapy for children aged between 3 years and 14 years old (occasionally for older adolescents)
- Conduct assessments of children's needs
- Deliver intensive 1:1 therapeutic work
- Deliver group therapy sessions,
- Deliver parenting therapy sessions with parents and carers of children with emotional needs
- Deliver interventions that are designed around individual and family needs
- Deliver training and offer support to professionals working with children to raise awareness and improve their skills in how to develop children's social, emotional and psychological wellbeing.
- Contribute to the early intervention and prevention of future mental health problems
- Increasing the confidence of staff who work with children and young people
- Promote emotional health and resilience in children and young people

- Increasing in the number of staff to support the emotional health needs of children
- Training practitioners to identify and assess the early signs of anxiety, emotional distress and behavioural problems among children and to be able to assess whether a specialist should be involved.
- To work in partnership with professionals from health, social care, education and voluntary and community sectors

**The company identified a number of strengths;**

- Commitment to providing a high quality service that is responsive to the users needs.
- A good understanding of the needs facing children and their carers
- Possession of a highly respected internationally recognised and BAPT\* accredited post graduate qualification in Non-Directive Play Therapy (PG Dip NDPT, York)
- Over 20 years experience working with children and their families in numerous settings
- Previous experience as a teacher and trainer, working in educational and clinical settings and running a business and experience of working in successful partnerships
- Working in partnership with other professionals working with children through education, health and social care is a major aspect of our work and we aim to deliver a joined up approach to helping vulnerable children and their families.

*\*BAPT – British Association of Play Therapy*

**Our Unique Selling Points are:**

- Therapy designed with young children in mind
- Flexible, quick response service to meet the needs of children and families where and when they need it
- Preventative and sustainable business model

**How and why business was formed**

Suzanne has been the Director of Living Success Life Coaching Company Ltd for six years in which time she worked within the local community on project management, children's coaching and consultancy. More recently, her attention has been drawn to the difficulty many children have in accessing provision.

Suzanne has worked with children and their families who live in deprived areas for over twenty years through community-based projects that aimed at improving their education, social skills, parenting, health and well-being. She noticed how some vulnerable children and families were disadvantaged; many times, they were not able to access the projects because of their psychological and emotional needs. This led Suzanne to pursue a specialist and intensive post-graduate training course in Non Directive Play Therapy and subsequently decided there was a gap in the current market and set up Expressions to help to fulfill this need. Expressions is a new innovative, dynamic therapy service aimed at children that has developed from the specialist training undertaken by its founder and director, Suzanne Lester and to respond to the need for therapeutic intervention designed with children in mind.

### **Staffing and structure**

The Board includes.

|                  |                                    |
|------------------|------------------------------------|
| Suzanne Lester   | Director, Play Therapist & Trainer |
| Mark Chapman     | Secretary                          |
| Jayne Littlewood | Member                             |
| Valerie Lindley  | Member                             |

### **Legal matters**

Expressions Child Therapy CIC is registered with companies House as a Community Interest Company limited by shares and has a legal obligation to reinvest profits from the business into further community benefits. If the Company is wound up under the Insolvency Act 1986, and all its liabilities have been satisfied, then any residual assets shall be given or transferred to the specified Asset Locked Body specified in the Memorandum and Articles.

Suzanne Lester is a member of the British Association of Play Therapists (BAPT) who have clinical guidelines that I must comply with. (see their website if you want more details; [www.bapt.co.uk](http://www.bapt.co.uk)) As a part of this I have clinical supervision to support my practice which is undertaken by a BAPT approved supervisor. Future Therapists contracted will be required to hold similar status as required by their field, such as BACP (British Association of Counsellors & Psychotherapy).

Policies are in place that are required when working with vulnerable children

Child Protection, Disclosure, Safeguarding Children, Health & Safety, Safe Working with children, Risk Assessment, Equality & Diversity, our code of conduct referrals policy

Staff and volunteers are all required to hold a current Criminal Records Bureau (CRB) check and required to keep this up to date and this will be monitored annually

## **Salaries**

Suzanne Lester is the only employee of Expressions to date and in the first nine months took minimal or no salary as the business has grown. The aim was to increase the salary to be in line with salary recommendations set by the BAPT (British Association of Play Therapists) In May the salary was increased to meet the BAPT's minimum salary.

Add actual figures here

## **Insurance:**

The company holds £250,000 Professional Indemnity Insurance, £10,000,000 Employers Liability, £2,000,000 Public Liability and £2,000,000 Product Liability and the necessary insurance for vehicles used for business use.

## **Clinical Supervision**

Suzanne Lester holds a full BAPT membership and attends regular clinical supervision which follows their expectations.

Clinical Supervision in Play Therapy is defined as:

"A formal and mutually agreed relationship between two Play Therapists where the supervisor is a significantly more experienced and competent Play Therapist than the supervisee. The aim of this supervision is to monitor, develop and support the supervisee's Play Therapy practice." The Ethical Basis for Good Practice in Play Therapy states

"All Play Therapists, including Supervisors, are required to receive on-going, appropriate, formal and regular supervision independently of their managerial relationships.

"Supervision must be provided by an appropriately qualified and experienced Play Therapist

"Play Therapists must receive supervision adequate to maintaining their level of competency, functioning and good practice."

*(British Association of Play Therapists (2002))*

To maintain Full membership of BAPT, an annual MINIMUM of 12 hours of individual supervision is a requirement. BAPT recommends a structure of one supervision hour each week for a full-time work commitment of 12-16 face-to-face Play Therapy clients (pro rata for part time.)

## **What is Play Therapy?**

Play Therapy is an effective therapy that helps children modify their behaviours, clarify their self-concept and build healthy relationships. In Play Therapy, children enter into a dynamic relationship with the therapist that enables them to express, explore and make sense of their difficult and painful experiences. Play Therapy helps children find healthier ways of communicating, develop fulfilling relationships, increase resiliency and facilitate emotional literacy. Children use play as a form of

communication however so often children referred to Play Therapy do not have the words to describe their thoughts, feelings and perceptions of their internal and external world

### **Who it is for**

A play therapist works with children aged between three and fourteen years of age, and occasionally older adolescents, suffering from a range of psychological difficulties and complex life experiences. Psychological difficulties include attachment disorders, depression, anxiety, aggression, learning difficulties and ADHD. Difficult life experiences include abuse, grief, family breakdown, domestic violence and trauma. A professionally trained play therapist, helps children to increase their insight, decrease internal conflict and to increase their resiliency, coping skills and emotional literacy. This model of working very relies on working closely with the child's parents/carers and all the professionals involved with the family throughout the play therapy intervention and if appropriate undertake parent-child relationship interventions

### **How it works**

The play therapy is delivered in community venues that are easily and most comfortably accessed by children and families, which could be Children's Centres, Health Centres, schools or Doctors surgeries, wherever is most comfortable as the Play Therapist has a transportable playroom. The children may be excluded from education due to their behaviour and those children's emotional needs often have a serious impact on their learning experience and social interactions. Hence the caseload is very varied and cases are often complex. Referrals for Play Therapy are usually made by professionals working closely with the child such as teachers or social workers but can come directly from parents or other professionals.

Besides the direct work with children the therapist also liaises with their parents/carers and professionals involved in their care and offers consultations to staff and team members and acts as a link between the numerous professionals involved with the family.

Group Play Therapy is also an option for children who find social interaction difficult. A previously trained volunteer/assistant works with the qualified play therapist and a group of up to six children using therapeutic methods. Work with parents/carers and their children can include play therapy as a way of helping build attachment relationships and improve parenting skills.

Training for professionals and volunteers will be a part of the service and will be expanded into a range of training courses that can be accessed by those working with vulnerable children. To begin with the training will include, awareness raising, training to identify the early signs of difficulties, signposting for access to appropriate support, setting up support groups, beginner to intermediate courses. Courses for parents and carers will be provided to improve parenting and help them support their children.

Throughout the interventions meetings are held with parents/carers, professionals involved in the child's life to enable a joined up approach and at the end of any intervention, review meetings will be held with child, parents/carers and teachers, and recommendations for further work will be suggested

Brief clinical reports are written following each session and a full report is produced at the end. Children, parents/carers and professionals are asked to contribute to an evaluation of the intervention, verbally and using a progress measuring tool.

### Benefits

Children's social and emotional wellbeing is important in its own right but also because it affects their physical health (both as a child and as an adult) and can determine how well they do in their future life. Good social, emotional and psychological health helps protect children against emotional and behavioural problems, violence and crime, teenage pregnancy and the misuse of drugs and alcohol.

| Benefits to the child & family   | Social Benefits   |
|--|---|
| <ul style="list-style-type: none"> <li>○ Restore balance to child mental health</li> <li>○ Improve parents skills and practice as parents</li> <li>○ Builds self esteem of children, parents./carers, professionals</li> <li>○ Improve family life</li> <li>○ Improve relationships</li> </ul> | <ul style="list-style-type: none"> <li>○ Reduce crime &amp; vandalism</li> <li>○ Reduce alcohol/drug abuse</li> <li>○ Reduce mental health issues</li> <li>○ Reduce the barriers to therapy</li> <li>○ Build the capacity of professionals working with children</li> </ul> |

### When play therapy is used

The main reasons children are referred to the play therapy service are:

Aggressive behaviour

Tantrums

Not playing or sharing with other children

Communication problems at home or a school

Withdrawn behaviour

Concentration problems

Answering back to parents or teachers

Hitting other children

Trauma experienced by child e.g. alcoholic parent, death in family

Feeding problems

Toileting issues

### The role of play therapy

Although some have raised questions as to whether play can provide structural change (Gil 1991); research has shown that play is essential for healthy development. According to Erikson (1977) "to 'play it out' is the most natural self-healing measure childhood affords."

Play therapy based on this concept, provides an opportunity for the child to play out his feelings and emotions within a supervised setting. (Axline 1969.) ) The play therapist's focus is on the process of play (Cattanach 1992) and will be concerned with the child's feelings not just their behaviour (West

1996). Schriver (2001) states: "Play therapy also helps children solve problems, it allows a child to express their needs, and it helps stimulate language growth".

Research shows that play therapy has reduced certain behavioural problems that children have faced and therefore it is seen as an effective intervention for a broad range of difficulties, (Kot 1995, Springer 1992 Ray 200 )

A range of evidence supports the fact that early social, behavioral and emotional development is important for a child's future. The Surestart government programme states that; "A child's social and emotional development has significant implications for current and later social functioning, for educational, and employment success." Thus if "emotional development is fostered at a young age" then children are more likely to develop confidence, independence and work co-operatively. A child that has low emotional and social development is at risk of having problems in their adult life. These could include educational, physical or mental health problems, involvement in crime and the risk of having poor relationships with peers

The Department for Education and Skills highlights that children learn and thrive when they are healthy, safe and engaged. Evidence shows that educational achievement is the most effective route out of poverty and that improving outcomes also involves narrowing the gap between disadvantaged children and their peers

The Every Child Matters: Change for Children Government programme aims to put in place a national framework to support the joining up of services so that every child can achieve the Every Child Matters outcomes. These outcomes are that whatever a child's background or circumstances, they have the support they need to:

- Be healthy
- Stay safe
- Enjoy and achieve
- Make a positive contribution
- Achieve economic well-being

## **Background**

Play therapy contracts are run for a school term or 12 weeks. If the school, parents and play therapist feel that sessions need to be continued; the contact may be extended for another 12 weeks. If the contract is to be extended for more than 12 weeks then this will be discussed with those concerned. The contract includes:

- Collection of referral information including indications for therapy, history and current family situation. Information is collected from schools, agencies involved such as social services, parent support workers and the family.
- Completion of the Goodmans Strengths and Difficulties Questionnaire with teacher and the child themselves if they are considered able to complete it.
- the number of sessions required
- length of the sessions
- time, place and days that the play therapy will take place on
- What will improve and how they will improve

The play therapists liaise with the families of the child, and any professionals involved with the child i.e. health visitors, nursery key workers or speech therapist. If the therapist decides the problem is severe and beyond the scope of play therapy, then the child will be referred to Child Adolescent Health and Mental Health Services (CAHMS) or the Educational Psychology Service

## **Settings**

Play therapy has been delivered in Rosebrook Primary Schools, Ladybrook, Mansfield, Berry Hill Primary School Mansfield, Eastlands Primary School Meden Vale, Church Vale Infant School, Hetts Lane Infant School, Birklands Infants School, Sherwood Junior School and Netherfield Infant School. Sheffield Social Services commissioned a seven session assessment for a looked after child that was delivered in the foster carers home.

Training has been provided at Nettleworth Infant School in Mansfield Woodhouse for three Teaching Assistants. The training provided them with a basic understanding of the benefits of using therapeutic play with children and guided them through the process of setting up small group sessions. Six mentoring sessions followed for each teaching assistant. Training was also provided for 15 trained or in training counselors who volunteer for CASY in Newark

## **One-to-one sessions**

The therapist works on an individual basis with the child and the play therapy can either be non-directive or directive. In non-directive play therapy the child decides what to do in a session, within safe boundaries. Directive play therapy is where the therapist leads the way. The therapist may decide to use both methods, depending on the needs of the child.

## **Group Sessions**

A number of children work with the therapist in small groups. Emphasis is given to co-operation, sharing, taking turns; help with social interaction and expressing needs and feelings. The aim is to promote social support between peers.

## **Family Sessions**

Family sessions are offered for parents and other family members. The aim is to encourage adults and children to interact with each other. Interaction is facilitated through activities such as sharing games, role-play, creative play and small world play. Adults are encouraged to play with each other's children. The therapist supports them offering encouragement when things have gone well and modelling different approaches where necessary. Further training has been planned for October 2010 when Suzanne Lester will attend a four day training course in Filial Therapy Training.

## **Achievements over Year**

- Rosebrook Primary School, Mansfield

12 children between the ages of 5 and 10 years have had individual play therapy sessions. This includes a child who had his sessions held at the Oakdale Pupil Referral Unit. Group sessions were also held for groups of 4 children and 20 different children have accessed this provision.

- Church Vale Infant School

2 children have had individual play therapy sessions

- Sherwood Junior School

2 children have had individual play therapy sessions

- Hetts Lane Infant School

2 children have had individual play therapy sessions

- Netherfield Infant School

1 child has had individual play therapy sessions

- Birklands Infant School

1 child has had individual play therapy sessions

- Eastlands Junior School

1 child has had individual play therapy sessions

- Berry Hill Primary School

1 child has had individual play therapy sessions

- Sheffield Social Services

1 child had 7 sessions of Play Therapy that formed an assessment of her needs to contribute to the court review.

- Nettleworth Infant School

Training was delivered for three teaching assistants and a whole school staff inset day was provided to raise staff awareness

- CASY Counseling, Newark

Training was provided for volunteer counselors who had undergone counseling training or were in the process of completing their training. This was provided for 15 adults.

- Preliminary Development of a Therapeutic play kit

A Make a World playkit has been begun to be developed and funding was achieved from Notts County Council Social Enterprise to pilot the project. Marketing help was also sourced through Market Aid who have brought in the marketing department of Wilkinsons to assist.

## **Outcomes**

- 44 children accessed play therapy
- 18 adults received training in using therapeutic play
- 22 adults received awareness raising training
- 44 parents/carers have received on going support and advice on parenting and meeting children's emotional needs.
- Individual detailed reports have been written for each child which have been given to schools.
- Meetings have been held with parents at the beginning and at intervals in the intervention to discuss progress and recommendations for them to support their child.
- Meetings have been held with class teacher at beginning and on-going throughout the intervention to discuss progress, issues and make recommendations for supporting the child.
- Review meetings have been attended by Suzanne Lester for all children who have a CAF, are on the Social Services Child Protection register or where review meetings are held.

## **Findings-benefits for children**

### **Feedback from Parents**

Less physical attacks on mother and sibling  
 Still struggling with listening  
 Reduction in swearing  
 More willing to do as asked  
 More willing to be helpful and volunteer help  
 Less mood swings, more settled  
 More able to express feelings without getting angry/withdrawn  
 Able to communicate worries to mother  
 Not being bullied by sibling  
 Accepting rules and boundaries

### **Feedback from School**

B is more responsive to adults in school which has enabled him to build more positive relationships with the staff  
 Less physical attacks on children/staff  
 Doesn't lash out so quickly  
 Able to stay in classroom/school longer  
 Finds new ways to calm himself down  
 Slight improvement in peer and adult relationships  
 Slight improvement in classroom learning  
 Slightly less burden on rest of class

Very calm and collected  
 Accepting rules and boundaries  
 Still struggling with listening  
 Stays on task for longer periods  
 Listens better  
 He is distracting others in class less  
 Less anxious and withdrawn  
 Increased confidence  
 Appears happier/no longer has the worries of the world on his shoulders  
 A great support service for children and school

### **Summary**

All children experience some improvement from the Play Therapy interventions however some benefited to a greater degree. The children who made the most progress appeared to when parents and school were able to take on board the recommendations made and worked with the intervention.

### **The next stage**

3 trained counselors have been approached to deliver childrens counseling from September 2010 and they have been trained to use play therapeutically by Suzanne Lester.

- At least two new counselors to take on work with child experiencing mild to moderate needs
- Access marketing advise and mentoring from Market Aid
- Development of a therapeutic product - 'Make a World' Play kits
- Source and purchase kit products
- Market and distribute 10 kits as trials and evaluate the success
- Market and distribute 50 kits through a range of marketing avenues