



One Parent Families Scotland

changing lives, challenging poverty



Annual Report 2019



Single Parents in Scotland



of all families with dependent children

31%

(190,000) were lone parent families ⁽¹⁾



Over **90%** of single parents are women ⁽⁴⁾

Most single parents have just

One Child ⁽²⁾

The average age of a single parent is around

38 Years ⁽⁵⁾

Less than **2%** of single parents are teenagers ⁽³⁾

67%

of single parents are in paid work ⁽⁶⁾

Single parents will lose around

15%

of net income by 2021/22 due to 2010-17 tax & benefit reforms. ⁽⁸⁾



Children in single parent families are twice at risk of living in poverty than those in couple families. ⁽⁷⁾

47% vs 24%
Single Parent Families vs Couple Parent Families



Over **63%**

of children in single parent families are expected to live in poverty by 2021/22 ⁽⁸⁾

1) Census 2011: Detailed characteristics on Population and Households in Scotland - Release 3E (2014)
2) ONS (2016) Families and households, 2016. Table 3.
3) Gingerbread analysis of Labour Force Survey (April-June 2015).
4) ONS (2016) Families and households, 2016. Table 1.
5) Labour Force Survey (April-June 2015).
6) ONS (2017) Working and workless households: April to June 2017. Table P.
7) DWP (2017) Households below average income, 1994/95-2015/16. Table 4.14ts.
8) Portes, J. and Reed, H. (2017) Distributional results for the impact of tax and welfare reforms between 2010-17, EHRC



**OPFS works
to enable single
parent families
achieve their
potential.**



About One Parent Families Scotland

OPFS works to enable single parent families achieve their potential, to reach a decent standard of living and contribute to Scottish society. Those with the greatest expertise about what makes a real difference are single parents with lived experience. We support all single parent families whether headed by mothers or fathers, young parents or kinship carers.

Our services tailored to the needs of single parent families include:



Single parent tailored advice and information



Welfare Rights and Money Advice



Family support



Mental health and wellbeing service



Support into training, education and employment programmes



Flexible childcare services



Training for practitioners



Services to reduce the digital exclusion facing single parents

We want to change single parent families' experiences of isolation, loneliness, poverty, inequality, stigma and poor health, for the long-term.

Our approach supports single parents to build their self-esteem, confidence and skills, to take up employment, training and education opportunities and to participate in OPFS policy and campaigning activities.

Delivered by committed and experienced staff, OPFS model is tailored to the unique challenges facing single parents and has a long-lasting impact on families and communities because it:

- Is inclusive. We provide free, accessible and non-judgemental information, advice and support to increase families' confidence, resilience and capacity.
- Gives single parents the means to achieve their personal goals which increases their chances of sustainable employment.
- Strengthens families and communities. We give parents and children, from different family backgrounds, an opportunity to participate in learning and development as well as peer mentoring and group support.



Providing Vital Support

2018/19 has been another very busy year at OPFS with a number of significant developments.

Our Flexible Childcare Services in Dundee and Aberdeenshire completed their final year as part of OPFS. In 2018/19 we have proven how essential such services are for single parent and also the relevance for all parents.

This has resulted in OPFS creating a separate charitable organisation, Flexible Childcare Services Scotland, to grow and develop affordable, accessible, high quality flexible childcare services across Scotland.

In 2018/2019 we set up our new national Mental Health and Wellbeing Service providing local support for parents we work with and information and support resources for parents across Scotland to access via our website.

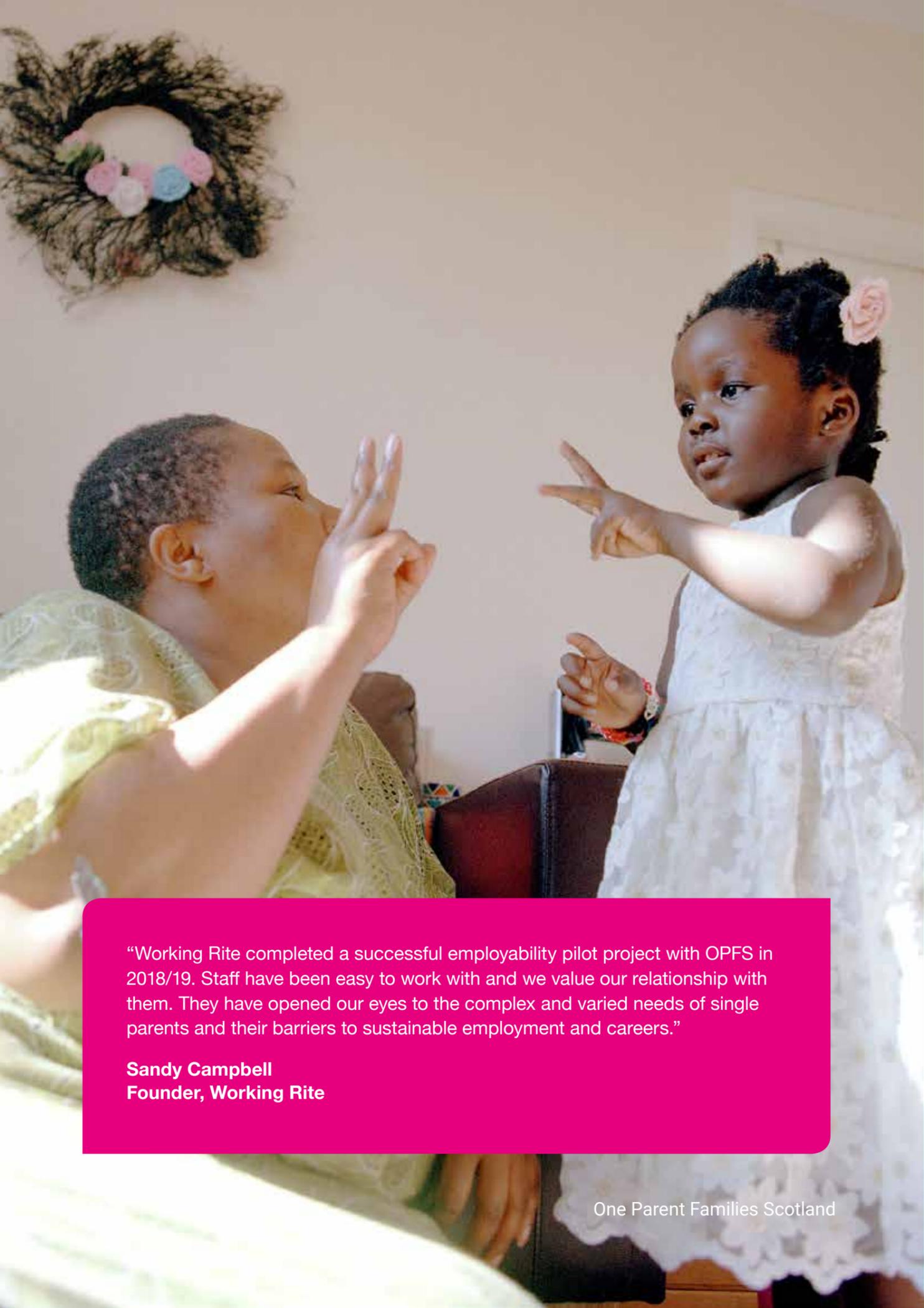
Nationally, our Information and Advice Service has continued to provide phone-based support, produce up-to-date information and resources to support families across Scotland of specific issues and at times of increased stress e.g. Christmas. We have invested in digital developments and in 2019/20 will launch a new website based on feedback from staff, parents and other stakeholders. It will be more interactive and designed with parents in mind.

All of this feeds into our policy, strategy and influencing work. Our main activities and achievements are detailed in the policy section of this report and we have worked closely with colleagues to ensure that the needs of one parent families are addressed in the design and delivery of Social Security benefits and measures to tackle child poverty such as the Scottish Child Payment.

2019/20 will see significant changes at OPFS as FCSS becomes an independent charity. Some major funding will also be ending, and we will use our new strategic plan to prioritise areas for development and campaigning.

Satwat Rehman

Satwat Rehman,
Director



2018/19 at OPFS

Supported 7,590 parents, children and young people.



Directly supported **1,693** parents through one-to-one support



Supported **3,862** families resulting in financial gains of over **£499,274**



Directly supported **721** parents through group support



Engaged **411** people in employability programmes



Directly supported **1,826** children (other than childcare)



Trained **114** practitioners from public sector and charity organisations



Supported **545** children with additional support needs



Dealt with **4,707** helpline enquiries from single parents



Provided flexible, high quality childcare to **493** families



Enabled **9,800** publications to be downloaded from OPFS website

“Working Rite completed a successful employability pilot project with OPFS in 2018/19. Staff have been easy to work with and we value our relationship with them. They have opened our eyes to the complex and varied needs of single parents and their barriers to sustainable employment and careers.”

Sandy Campbell
Founder, Working Rite



OPFS Aberdeenshire

Flexible Childcare Services

This year saw the expansion of our vital group work and home care for children with additional support needs (ASN). Our work for Aberdeenshire Council's Social Work Department increased from five areas of Aberdeenshire to eleven.

The impressive growth in services meant an increase in childcare staff and in the management team, providing employment to local people. We see most of the children on a weekly basis, which leads to the service being busy. Inverurie and Fraserburgh are areas where we run waiting lists for most of the year.

Our Christmas Party at The Tufted Duck Hotel, near Fraserburgh, for our children with ASN was again an enormous success and the numbers who attend this event continue to increase.

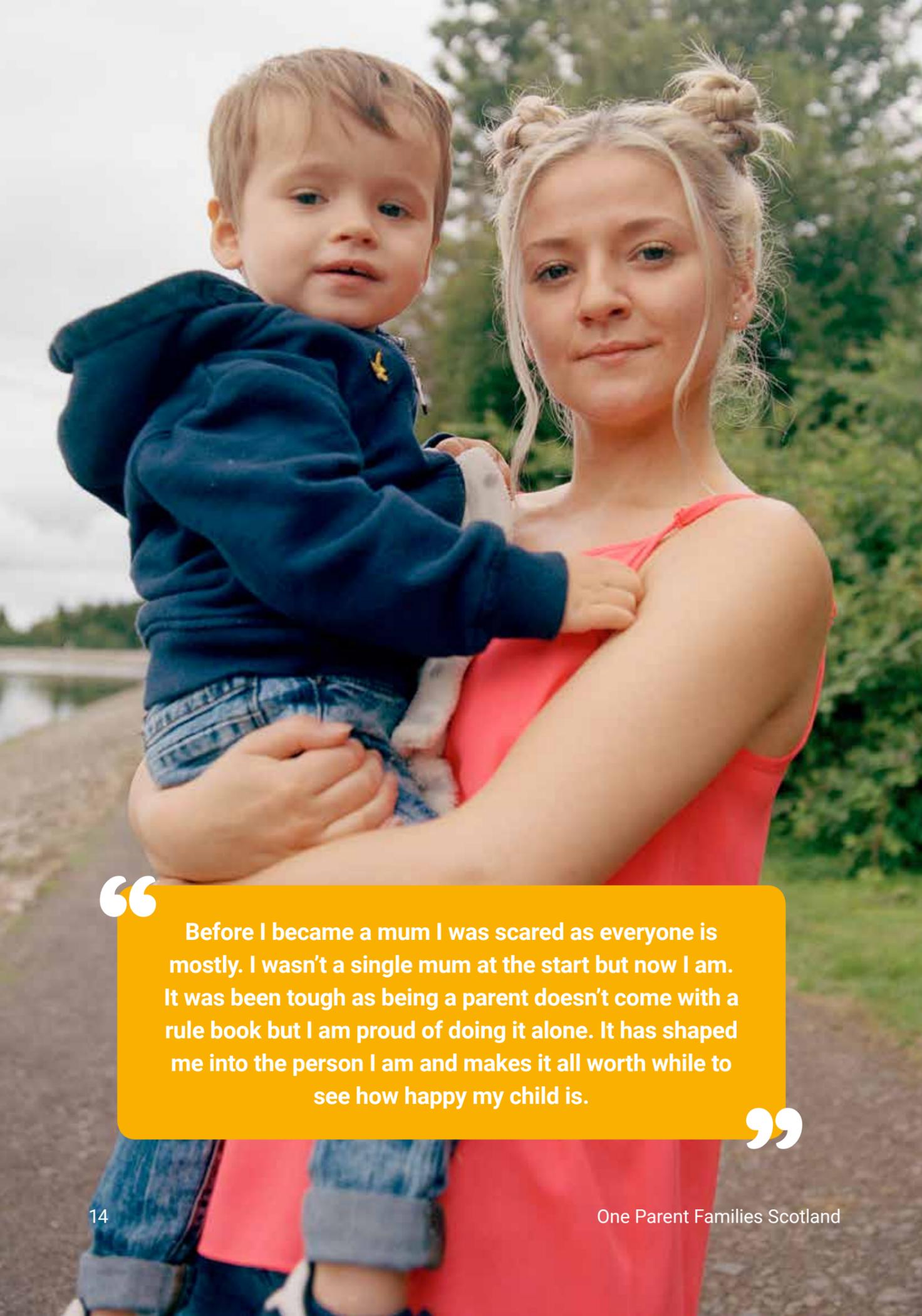
There was also a rise in the number of children attending our breakfast and after school services in Portlethen which meant we also had to increase the staffing in this area as well.

We have continued to provide support in two areas of Aberdeenshire through our partnership work with Aberdeenshire Council's Education Department in providing childcare to 2-year olds. This vital service provides support to families who need it most.

The mobile creche service has continued to be exceptionally busy. This unique service has enabled parents to attend training on English as an additional language; parenting sessions; one to one support sessions and enabled parents to attend Parent's Evenings where childcare was a barrier.

Overall, this has been a very busy year for the service, and we have seen an huge increase in our childcare delivery across the region, with over 110,000 hours of childcare across Aberdeenshire being delivered in the past year.





OPFS Dundee

Flexible Childcare Services

Flexible Childcare Services Dundee operates within the Fintry area, offering access to complete flexibility in childcare to families in the local community and across Dundee. We pick children up from all schools and transport them to our service.

We have delivered a consistently high-quality person-centred services to families and created new employment opportunities, especially for local people, due to the growth of the service. This expansion supports the Scottish Governments aim to increase free early learning and childcare provision to 1140 hours per year by 2020. The increase in qualified childcare workers, who have been trained within the service, means they understand the complex needs of the children we care for, so delivering a high-quality learning experience.

We are situated in a disadvantaged area of Dundee where poverty is extremely high. By holistically supporting parents to discuss the issues they face we offer support or link them in to appropriate services. These issues often stem from concerns about their child, their own and their family's future and juggling multiple commitments from different facets of life. Supporting parents by providing a signposting service, or even just a listening ear, helps them to sustain their employment, training or education by

reducing the stressors that would often lead them to give up.

The success of digital marketing activities has resulted in an increase in demand, helping to increase occupancy whilst still being able to offer complete flexibility to families. Occupancy varies from week to week due to shift working, holidays and the ad hoc use of the service by foster and kinship carers.

The consistency of our childcare staff and the quality training they receive, as well as the introduction of play using natural resources, has resulted in excellent outcomes for the children in our care. Parents often say how settled their children are, how much they have "come on" and the knowledge that the staff have of their children.

We have built on our positive relationship with 'Cash for Kids' through Tay FM to fund much appreciated outings with the children. This partnership supported us in growing and promoting the service through joint campaigns using social media and broadcasting.

The number of families supported by the service has increased by 21% and the number of children by 28%.



Before I became a mum I was scared as everyone is mostly. I wasn't a single mum at the start but now I am. It was been tough as being a parent doesn't come with a rule book but I am proud of doing it alone. It has shaped me into the person I am and makes it all worth while to see how happy my child is.





OPFS Dundee

Family Support Service

Our services in Dundee provide support on an individual and group basis and include home visiting. Delivered from our community hubs or other community venues our services offer flexibility to meet family needs. We know that parents want to remain in control of their family lives and to be listened to and for us, relationships are at the heart of this process. We also know that it takes time for parents to get to know our work and the individual workers assigned to support them. Through the services we have learned the need to engage with parents and families at a level that has clear identified goals, makes sense to them, engages and motivates them.

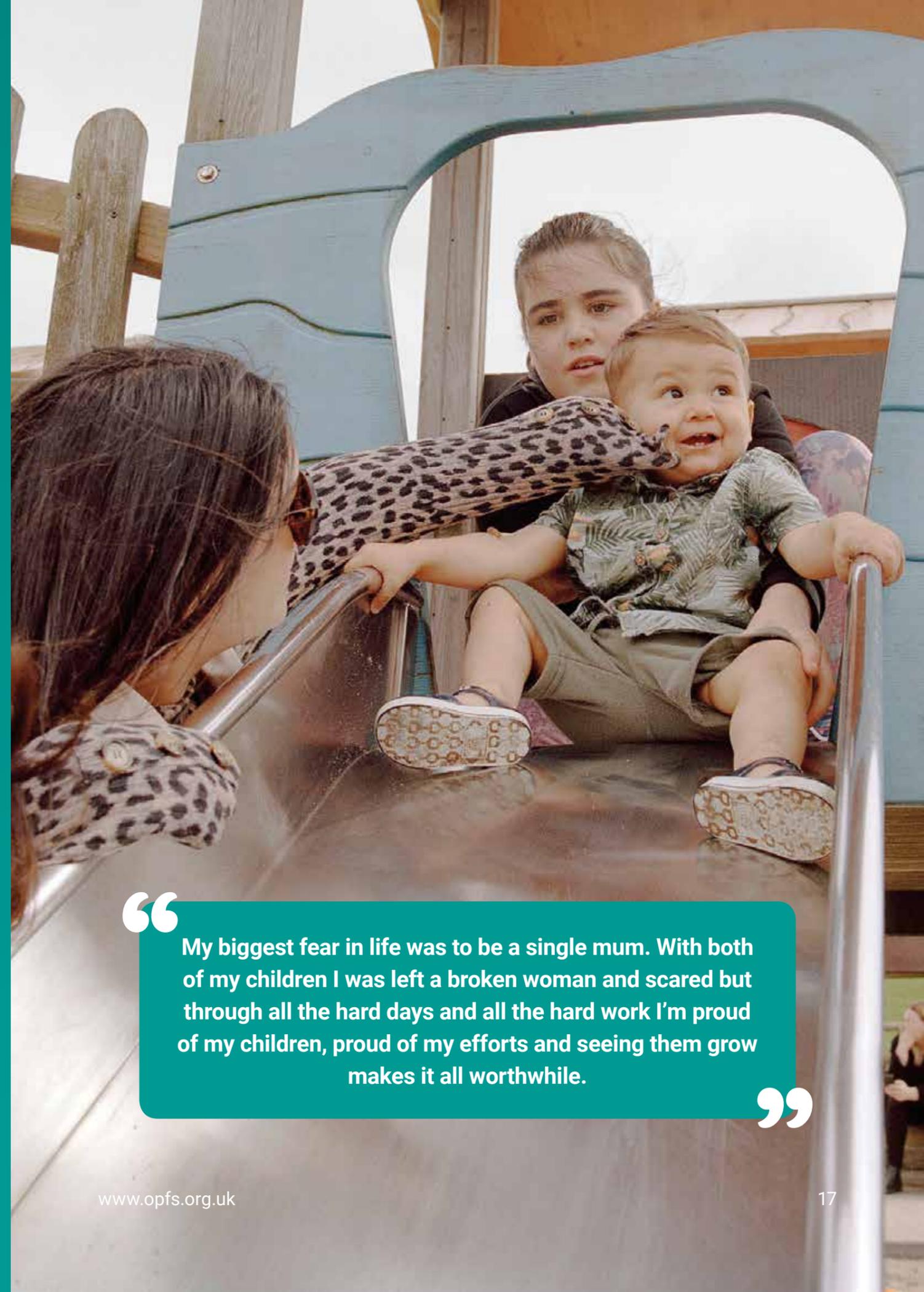
Supportive services were delivered that meet with local and national political and policy agendas. We continued to identify the benefits of early interventions so that babies and children have the best start in life and the challenges that families face are minimised to prevent escalation that requires formal interventions. Our Family Support workers maintained work with parents, families and children through our provision of home visiting, group work and community engagement events.

We entered the final year of our employability partnership and were able to support 115 single parents on their employability journey. Through funding secured from the Scotch Whisky Action

Fund, we developed a new service to deliver 'Clear Thinking Smart Drinking' that supported families to adopt healthier lifestyles practically and emotionally. The success of this will be integrated into our core services moving forward. We also developed a new city centre family group to support child development and parenting. Other specialist services for single and contact dads have highlighted the complex issues and challenges these parents face. We have been able to support them with legal, housing and financial issues along with the everyday challenges of parenting alone.

Within our local community hubs, we have continued to engage with families and supply drop-in sessions to alleviate social isolation and the impact of poverty. Our community Family Clubs and Children's Laughter Clubs had a very successful year and this prompted OPFS to take the decision to hand over the running of these clubs to the local communities who could better meet their needs.

We were able to supply direct support to 860 adults and children and another 340 individuals via our community engagement work. Our services are continuously developed to enable us to supply expert support, advice and information to single parent families so that they can realise their potential.



“ My biggest fear in life was to be a single mum. With both of my children I was left a broken woman and scared but through all the hard days and all the hard work I'm proud of my children, proud of my efforts and seeing them grow makes it all worthwhile. ”



OPFS Edinburgh

Services responding to the needs of single parents in the city are limited, so we've worked hard to make sure that parents get the right support to connect with others, as well as having the information and confidence they need to go forward. We have seen different strands of our services become even more integrated. This has offered single parents a trusted source that they can return to for different issues that affect their role as parents over time.

Our new Mental Health and Wellbeing Service is an example of being able to support parents who may be suffering with mental health issues, but ultimately supporting them to maximise their income, take up paid work and secure better housing. The service supported single mothers on a one-to-one basis through home visiting, but also runs groups in different parts of Edinburgh which promote the best ways to look after wellbeing, particularly amongst the stresses of parenting alone.

We have offered family support to single (and contact) dads via the family activity groups run every Saturday of the year, as well as crucial support for dads needing more individualised support to be the best

parent they can be. While much of this funding is dad focused, we have been able to offer regular activities throughout the year for mums and children as well.

Our Counselling Service has been an immense help to single mums and dads struggling with issues that are holding them back from reaching their full potential.

Employment support offered to single parents increased through both individual and group work. We collaborated with other agencies to find job placements for parents as well as continuing to offer of our successful 'Preparing for the Future' course. This has supported many single parents to come together, to examine their strengths, and learn how to best overcome some of the practical hurdles to work such as childcare, and transitions in benefits.

The project worked to make connections with others to raise awareness of the needs of single parent families, while also collaborating with other agencies to maximize the benefits we can offer. Some partners have included, the City of Edinburgh, the University of Edinburgh, Dr Bells Family Centre, Workingrite and the Department of Works and Pensions.



We are only single parents when we are choosing to be alone - join groups, other parents, children at the swing park - do sport, cook & eat some food and just do some silly stuff.





In 2018/19 our Falkirk service supported 125 single parents and 250 children and young people.



OPFS Falkirk

Our Falkirk Service offers a range of group-based and one-to-one support for children and parents in the Upper Braes area of Falkirk.

The Family Centre has been serving communities in the Upper Braes area since 1988 and continues to grow and adapt to meet the changing needs of local families.

It offers a community hub which supports families especially single parent families by giving them a space to meet with other families living in the local community.

Parents can join our gardening, craft, walking or weekly community meal and activities group or they can come along and learn useful strategies to help their children with issues around toilet training, sleep or literacy. Families experiencing financial difficulties can access the centre's emergency items store or school clothing bank.

Where families require one-to-one support, we have Family Support Workers who can support families with issues around debt, money management, home energy reduction, benefits advice, parenting, low mood and developing positive boundaries and routines.

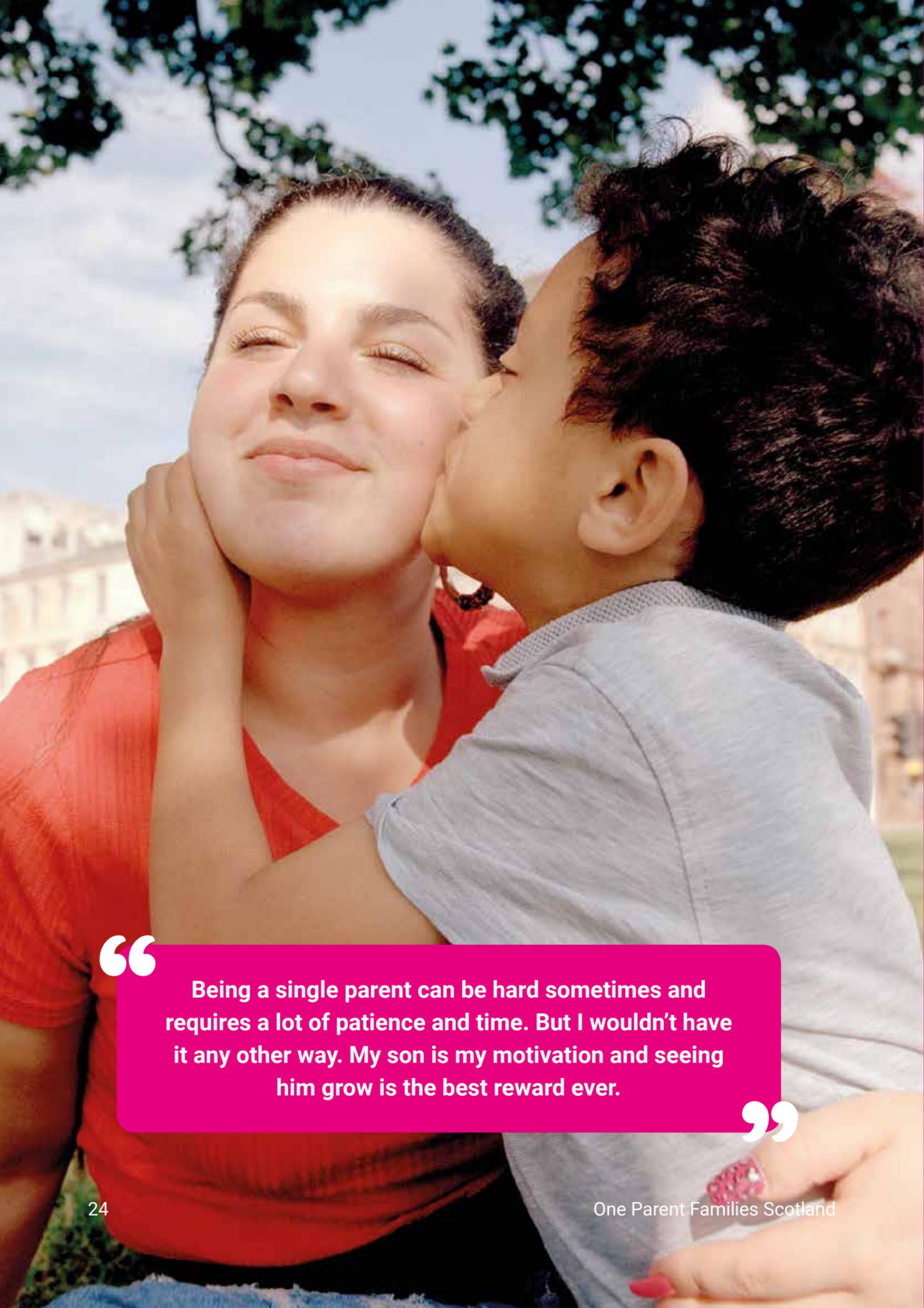
We give support to children both in school and at home, and we deliver group work programmes on issues including nurture, friendships, transitions and confidence building. We also offer a befriending service which supports children to access fun activities while discussing issues they be experiencing at school or at home.

Respite is offered to families that perhaps need extra help to access appointments or just need time to recharge their batteries during particularly challenging times.

Our childcare service is a placement provider for children aged two to three who are eligible for government funded childcare.



“
People always ask me what it's like being a lone parent, but I'm not alone. I've got three beautiful boys, my partners in crime. They're hard work, and make me want to pull my hair out, but I wouldn't change it for the world. They're my best friends. Besides, who needs a man when you have got three already.
”



OPFS Glasgow

The Glasgow service supplies a unique integrated package of holistic support, tailored to meet the needs of single parent families across the city, developed through single parent consultation and co-production activities. We provide crisis intervention; family support; employability programmes; preventative health and well-being input and financial inclusion services. These are complimented by the provision of our specialist universal credit service and young single parent project.

The provision of home visit appointments, one-to-one meetings, group work sessions and training programmes enable single parents to address the issues, barriers and daily challenges they face. Most of our parents are raising their children whilst living in persistent and severe poverty.

Parents are able to build their confidence, prepare for and go into employment, enter college, build skills and awareness in family budgeting, reduce fuel poverty, managing mental health issues and gain suitable childcare provision. We also ensure parents access local resources and services to help reduce isolation support family well-being and alleviate circumstances of crisis.

Single parents were supported to take part in Glasgow's '16 Days of Action' raising awareness of and gaining access to services dealing with the impact of domestic abuse.

Single parents co-designed our 'School Holiday Activity' programmes ensuring that children who would otherwise have been entitled to free school meals were involved

in our 'Family Fun Days. Families from across the city took part in activities including healthy eating enabling parents, children and their siblings to look forward to the school holidays.

Over 100 families were supported to go on day trips, short breaks and holidays to help alleviate stress and build happy memories, have new experiences and gain quality time together as a family.

Through OPFS consultation events, focus groups, small working groups, on-line surveys and individual interviews, over 100 single parents were encouraged to actively participate in sharing their experiences, views and opinions on a range of issues with Scottish Government and Glasgow City Council. This included: the impact of universal credit, baby boxes, best start grant, best start food, achieving work life balance, quality standards for employability services, out of school childcare and the impact of isolation and loneliness.

Over 840 children across the city were able to have a happy Christmas through our '12 Weans of Christmas Appeal', The Spirit of Christmas Appeal, Govan Toy Bank and Cash for Kids. The OPFS Glasgow Staff Team would like to thank all the generous and kind donations which made such an impact.

OPFS Glasgow supported just over 1,000 single parents of which approx. 700 accessed welfare rights and money advice, resulting in financial gains of £309,564.24.

“
Being a single parent can be hard sometimes and requires a lot of patience and time. But I wouldn't have it any other way. My son is my motivation and seeing him grow is the best reward ever.
”



OPFS Lanarkshire

The Lanarkshire service offers an integrated package of support, tailored to meet the needs of single parent families across the Lanarkshire. Our service delivers family and crisis support, health and wellbeing workshops, a single parent tailored financial inclusion service and employability support for young parents as well as a dedicated service for single dads and their children.

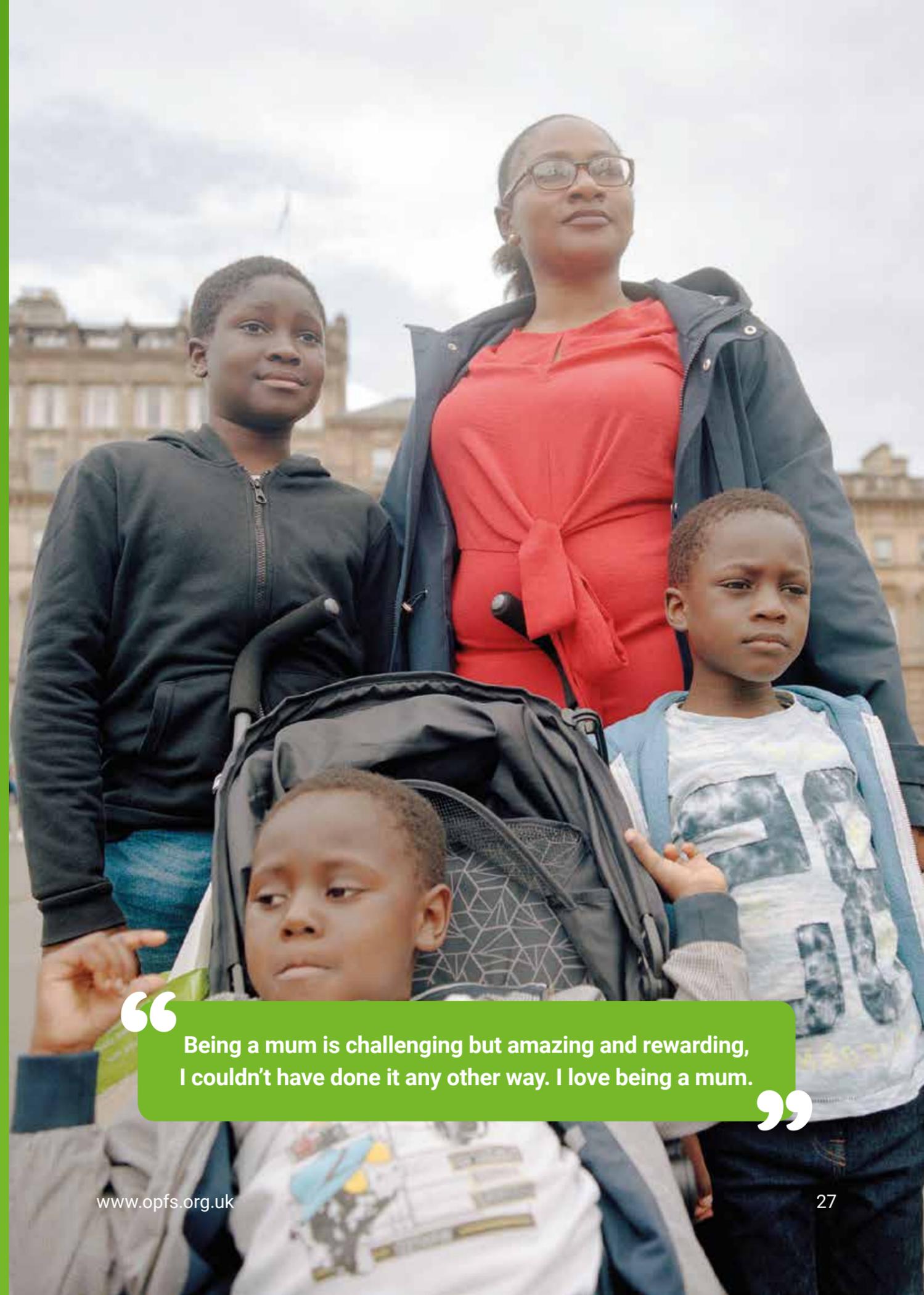
Over the last year 350 parents have been supported and encouraged to participate in our services. Our community hubs enable single parents to address complex barriers through taking part in one to one support meetings, group work sessions, personal development and health and wellbeing workshops. We also support families to access the services, resources and opportunities available in their local area.

Our 'Transforming Lives Programme', funded by William Grant Foundation and Baird Watson Trust, has been developed to build

confidence, resilience and address the barriers young parents face when moving on in their lives. In the last year, 34 young parents have successfully completed the programme, progressed into education, training and employment opportunities and gained the Personal Development Award.

Universal Credit continues to have an extremely detrimental effect on many single parents, particularly young parents, and over the last year OPFS Lanarkshire has seen a 73% increase in families in crisis. Our family finance service has supported parents to maximise their income, address concerns around debt and give them the power to make the most of their money.

Looking forward to the year ahead, we aim to develop single parent peer support hubs, expand our mental health and wellbeing service and further develop our employability services to support single parents we work with to achieve their potential.



“ Being a mum is challenging but amazing and rewarding, I couldn't have done it any other way. I love being a mum. ”



Advice and Information

The OPFS Advice & Information team runs our free national telephone helpline to support single parents and practitioners with advice from Monday to Friday. The team also write information for single parents and deliver training courses to practitioners working with single parents.



Helpline

The number of inquiries and unique callers to the helpline increased and we handled over 4,700 inquiries. To make our service for single parents as accessible as possible we introduced an on-demand interpreted advice service.

With the roll-out of universal credit across Scotland benefit inquiries on this increased, reflecting the wide range of issues that single parent families face when dealing with the bureaucracy, complications of the benefit and the long wait before receiving money.

Single parent inquiries on wellbeing and poverty issues are now a major feature in many of the calls we handle. Advice needs on child contact, parental legal rights and child maintenance continued to feature heavily.

A survey of callers to the helpline in 2018-19 showed all felt satisfied with the service they received and would recommend the service to a friend with 97% feeling more knowledgeable about their situation.



“ I feel more prepared for the meeting at the job centre to discuss the claimant commitment. The phone call gave me information about how to prepare for that meeting which I hadn't found online and didn't know about. ”





Advice and Information



Training for practitioners

We delivered training courses on universal credit to share our expertise with practitioners working with single parents. A survey found all of the training attendees would recommend our training course. Attendees estimated that their increased knowledge could potentially reach a further 15,000 single parents.



Information

We updated all our written advice guides on a wide range of subjects in respond to popular demand from single parents. The publications supplied information and advice on issues ranging from universal Credit, benefits for single parents, moving into work, maternity rights and entitlements, separation and divorce and child maintenance entitlement.

The advice guides were downloaded 9,800 times, and over 47,000 people viewed our 'advice news update' web pages.

“

Fantastic service I will definitely recommend to others. Invaluable service as I feel for single parents- the situation regarding support is only getting worse in today's climate.

”



Mental Health and Wellbeing



This year saw the launch and integration across OPFS local services of our new Mental Health and Wellbeing Service (MHWS).

OPFS knows that poverty and inequality, alongside the particular challenges that single parents across Scotland face, can have a significant impact on the mental health and wellbeing of both parent and child(ren).

Many single parents experience the impact of stresses such as financial hardship, food and fuel poverty and sacrifices which are made to provide for a child's basic needs. Relationship breakdown and other losses can continue to have an impact on family life for many years and societal perceptions and stigma can trigger feelings of guilt and shame, which also play a huge part in the isolation that single parents tell us impacts so deeply on their mental and emotional health.

In our local services, Edinburgh, Glasgow, Falkirk, Dundee and Lanarkshire we have full time support workers employed to deliver support to those most in need.

The services available through our MHWS include:

- One-to-one individual support
- Group work
- A Counselling Service (currently piloting in Edinburgh)
- Parent Ambassador programme





Mental Health and Wellbeing



Group support varies across the service; from walking and gardening activity groups to psychoeducational groups which focus on topics suggested by our parents, such as coping with stress and worry, understanding anxiety and looking at body image. These groups offer a confidential and safe space to share experiences, learn from others and help reduce feelings of isolation. Feedback from parents shows us that these are valued, therapeutic and powerful.

As the MHWS matures we will develop the next phase of our Parent Ambassador Programme. We are keen to work closely with those who have lived experience of mental health issues and who are passionate about empowering other parents to seek help, talk about their difficulties and through their own growth/understanding feel able to share some of their stories of healing.

We respect that single parents have the deepest knowledge and understanding of their lived experiences; we are committed to learning from them in order to provide the most relevant, useful and sustainable services possible.





Policy and Influencing

OPFS policy work aims to challenge policies, attitudes and systems that create child poverty, discrimination and stigma and applauds single parents and their children for their achievements. Social impact is the key criteria to judge our policy and influencing success. We have enabled the issues affecting single parent families are at the forefront of relevant national and local policy developments.

We participated in key coalitions that impacted on child poverty in one parent families & delivered improved outcomes for families through a range of interventions: ensuring that single parents are a key target group in local Child Poverty Delivery Plans; through involving parents, initiated the development of Glasgow City Council's automated model of clothing grant payments using Housing Benefit and Council Tax Reduction records; facilitated single parents to work with Scottish Government researchers to design the Best Start Grant & Best Start Foods Payment Card including the payment models to maximise take-up and brought young single parents from rural areas together with Scottish Government to input views on new Job Start Payment for young people.

OPFS continued to co-chair the Scottish Campaign on Welfare Reform and supported its successful transition to the

Scottish Campaign on Rights to Social Security with refreshed principles. We successfully lobbied, with End Child Poverty Campaign colleagues, for the early introduction of Scottish Child Payment which will reach thousands of single parents. We have highlighted, with Scottish Government the lack of single parent focused monitoring and evaluation of their employment support service 'Fair Start Scotland' and need for their new Parental Employability Programme to have a single parent tailored element.

We have also drawn attention to the impact of high-quality childcare which can act as a protective factor for children against the negative effects of poverty and how access to flexible, affordable childcare reduces pressures on family income and help parents work, train or study.

Over the coming year OPFS will work to achieve systemic change. We will engage with and involve single parents, experts through experience, to tell their stories and ensure their voice is heard by the decision-makers.

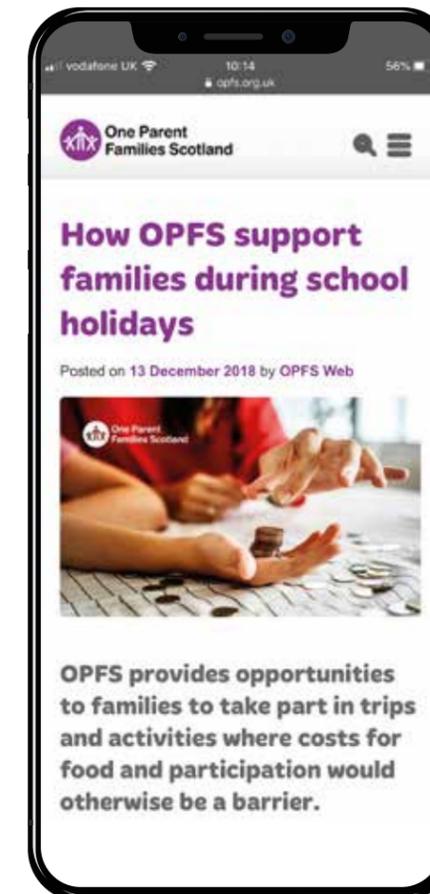


www.opfs.org.uk

The website offers information to parents and practitioners about issues affecting single parents. It provides free access to all our factsheets, information on services and an opportunity for single parents to voice their opinions on current issues.

 **59,852**
visitors to our website
in 2018/19

 **2,231**
E-newsletter
subscribers



 **3,932**
followers on twitter

 **1,672**
Facebook
likes



Thanks to all our funders, supporters and donors including:

Aberdeenshire Council	Glasgow Guarantee
Agnes Hunter Trust	Health & Social Care North Lanarkshire
Baird Watson Charitable Trust	North Lanarkshire Council
Big Energy Saving Network	Pupil Equity Fund
Big Lottery Fund Scotland ESF Programme	Robertson Trust
The Cattanach Trust	Routes To Work South
Chance To Flourish	Social Innovation Partnership
Children In Need	Scottish Government Children, Young People and Families Early Intervention Fund and Adult Learning and Empowering Communities Fund
City Of Edinburgh Council	Scottish Government ESF Aspiring Communities Fund
Comic Relief	Scottish Government ESF Social Innovation Fund
Dundee City Council	Scottish Government Social Innovation Partnership
Dundee Partnership	Scottish Whisky Action Fund
Erasmus +	SCVO Digital Fund
Falkirk Council	STV Childrens Appeal
Glasgow City Council ESF Employability Fund	UK Government Tampon Tax Fund
Glasgow City Council Integrated Grant Fund	William Grant Foundation
Glasgow City Council Children's Holiday Food Programme	
Glasgow City Council Universal Credit Fund	



Board of Directors

Chair

Jennifer Paice - Managing Director, Cornerstone Asset Management

Treasurer

Marlene Wood - Board Member, Scottish Funding Council for Further and Higher Education

Company Secretary

Ann McKenzie – Deputy Director

Board Members

Kevin Cadman - Retired financial services Executive - ex Chief Executive of the Grameen Scotland Foundation and Regional Director at RBS plc.

Rhona Cunningham - CEO, Fife Gingerbread

Stuart Duffin - National Manager, Legal Services for Shelter Scotland

Mark Ferguson - Public Policy Manager, Pinsent Masons

Neil Mathers – Chief Executive, Children’s University Scotland

Beverley Read - Director, Firsthand Lothian

Kirsteen Sinclair, Chief Operating Officer, Glasgow Children’s Hospital Charity

Elected Nov 2018: Kirsteen Sinclair, Chief Operating Officer, Glasgow Children’s Hospital Charity

Elections Nov 2019: Bev Read (1)

Finance Group: Charles Sweeny, Satwat Rehman, Kirsteen Sinclair, Marlene Wood, Beverley Read, Jennifer Paice

Personnel Group: Kevin Cadman, Rhona Cunningham, Neil Mathers, Ann McKenzie, Jennifer Paice, Beverley Read
1) to be elected for 3 years.



Financial Statement

Statement of Financial Activities (incorporating Income and Expenditure Account)
Year ended 31 March 2019

Incoming Resources:

	Restricted Funds	Unrestricted Funds	2019 Total	2018 Total
Donations	£696	£193,690	£194,386	£201,390
Investments:				
Bank interest	-	£1,007	£1,007	£98
Charitable activities:				
Awareness of need, training & policy research	£92,018	-	£92,018	£62,984
National information & support services	£190,150	£0	£190,150	£216,848
Family support services	£1,168,029	£87,072	£1,255,101	£1,139,001
Childcare	£445,482	£892,670	£1,338,152	£1,284,233
Other income				
Gain on sale of fixed asset	-	£522,737	£522,737	-
Total incoming resources	£1,896,375	£1,697,176	£3,593,551	£2,904,554



Financial Statement

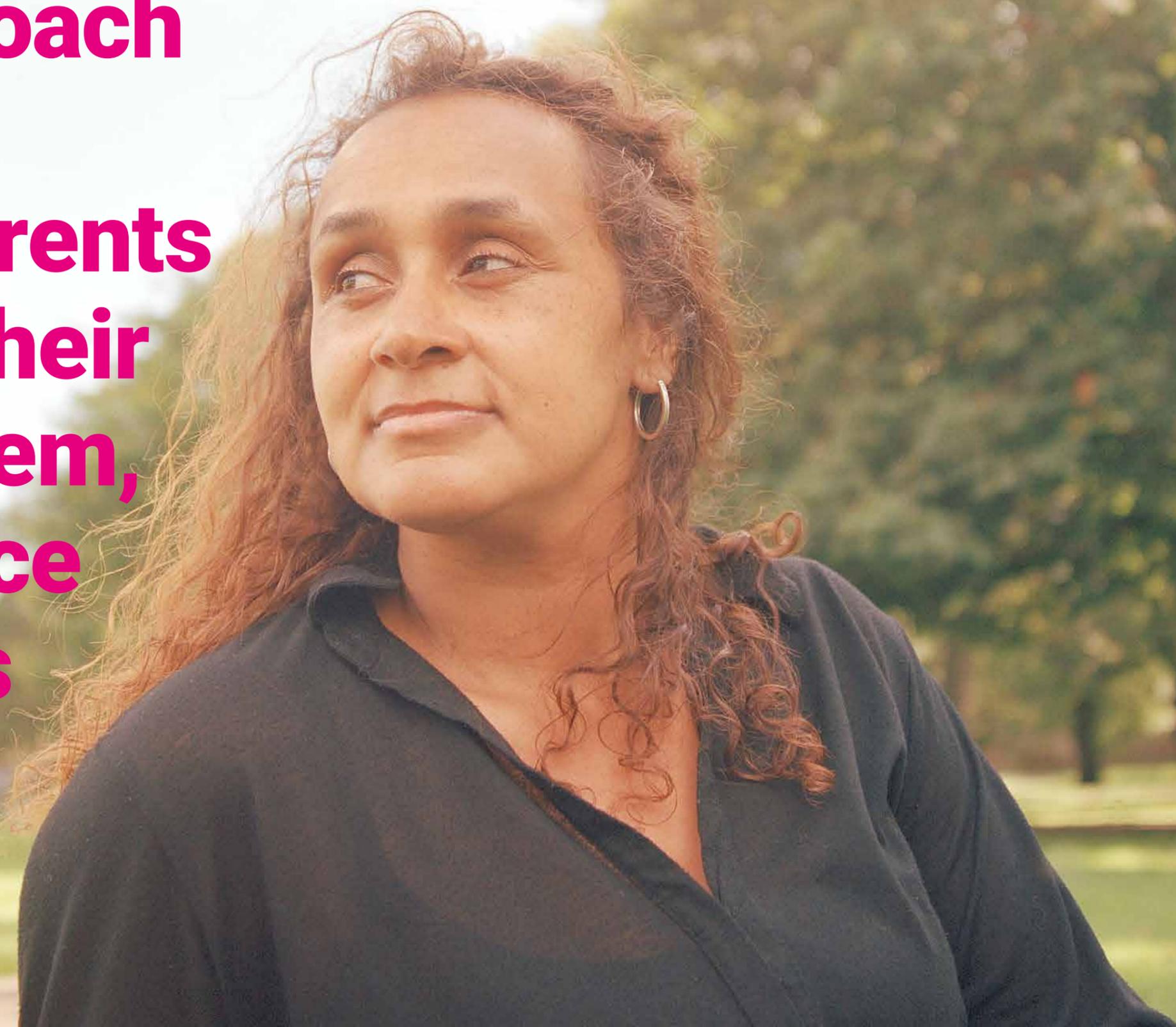
The accounts have been prepared under Financial Reporting Standard 102 and the Statement of Recommended Practice for Charities.

Resources Expended:

	Restricted Funds	Unrestricted Funds	2019 Total	2018 Total
Charitable activities:				
Awareness of need, training & policy research	£99,213	£301,548	£400,761	£260,264
National information & support services	£183,463	-	£183,463	£218,276
Family support services	£1,252,937	£33,648	£1,286,585	£1,077,527
Childcare	£447,915	£748,376	£1,196,291	£1,116,049
Total resources expended	£1,983,528	£1,083,572	£3,067,100	£2,672,116
Net income (expenditure) for the year	(£87,153)	£613,604	£526,451	£232,439
Transfer between funds	£2,953	(£2,953)	-	-
Actuarial gains on defined benefit pension scheme	-	£29,107	£29,107	-
Net movement in funds	(£84,200)	£639,758	£555,558	£232,439
Total funds brought forward	£260,179	£17,375	£277,554	£45,115
Net funds carried forward	£175,979	£657,133	£833,112	£277,554

Full accounts available on request from OPFS, 2 York Place, Edinburgh, EH1 3EP.

**Our approach
supports
single parents
to build their
self-esteem,
confidence
and skills**



OPFS Offices

Edinburgh Headquarters

One Parent Families Scotland,
2 York Place, Edinburgh, EH1 3EP

Helpline: 0808 801 0323

Helpline email: helpline@opfs.org.uk

Tel: 0131 556 3899

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OPFS Aberdeenshire

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