



Youth Talk Limited

Trustees Annual Report and Unaudited Financial Statements

Year ended 31 March 2022

Charity registration - 1063572

Company number - 03322319

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Reference and administrative details

Charity number

1063572

Company number

03322319

Registered office

Lower Ground Floor
Dagnall House
2 Lower Dagnall Street
St Albans
AL3 4PA

Trustees

Gaynor Cashin	(appointed March 2022)
Christopher Clulow	
Teresa Dalley	
Gareth Evans	(Treasurer – appointed March 2022)
Jackie Fowler	(Chair)
Dr Roger Gibbs	(Stepped down September 2021)
Susan Holliday	(Treasurer – stepped down September 2021)
Samantha Keith	
Margaret Thirlway	(Secretary)
Ian Woods	

Chief Executive

David Barker

Independent examiners

Andy Nash Accounting & Consultancy
Units 24 & 25
Goodsheds Container Village
Hood Road
Barry
CF62 5QU

Principal Bankers

The Co-Operative Bank plc
PO Box 101
1 Balloon Street
Manchester
M60 4EP

Introduction

A word from our Chair & CEO

Thank you for all your help over the past six months. I will never be able to explain how much this has helped me. I feel the best I ever have and that's down to having you to help me get through the hard days. I wish you all the best and thank you again. Always remembering you can't have the good days without the bad.

Client of Youth Talk

2021 – 2022 has been another very difficult year for many young people. As COVID-19 restrictions relaxed in September 2021, schools started to get more back to normal – but with the arrival of the COVID-19 omicron variant over the winter months, school absences, disruptions and uncertainties continued. Young people are navigating a world full of challenges from personal to global, and the incidence of mental health issues of all kinds continues to rise – as we are all too well aware from national headlines.

We have seen this directly at Youth Talk. Demand for our service is unprecedented, and that pressure has led to the waiting list reaching a new high of 100 young people. Knowing these young people are waiting, struggling, unable to access help, drives us to innovate and grow as fast as we can.

This urgent need for growth and development drove the outcomes of our recent rigorous five-year planning exercise, where we consulted with many different people, reviewed our service, evaluated the changing needs of our community, and developed Youth Talk's five-year plan. This challenges us to double in size over the next five years, to develop group work alongside individual counselling, to focus more on some under represented groups, to support people through the transition to university, to continue to attract experienced counsellors, and to evolve our fundraising to deliver the challenging targets that lie ahead. This plan was completed towards the end of the financial year 2021-22, including developing a detailed financial and fundraising plan, and work has already begun on the delivery of our agreed strategic goals. In the coming year we look forward to reporting on the progress we are making.

During the year we have continued to develop not just our funding but awareness of Youth Talk and its work. We have been privileged to be the chosen partner charity of the Mayor of St Albans Edgar Hill and his Mayoress Caroline Jane Lee. Together they have worked tirelessly to organise some wonderful events enjoyed by many and bringing not just income but stronger awareness of the mental health struggles faced by so many young people and the services offered to our young people by Youth Talk. Our sincere and grateful thanks to you, Edgar and Caroline, for all you have done.

Our thanks as ever go to our staff and counsellors who give their energy and commitment to Youth Talk. Over the past few challenging years they have continued to always give their best, adapting to rapidly changing needs, embracing new systems and ways of working, and continuing to ensure we are there for so many local young people. Our thanks too to our Board of Trustees who give their time, talents and skills to steward Youth Talk into the future.

We extend a huge and heartfelt thank you to every one of our supporters, funders and volunteers – who give, care, fundraise, organise, help, and spread the word. You are the network within the community who work so hard to make sure we can stand by the young people reaching out for help.

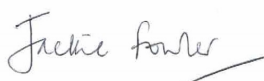
In December 2021 we said goodbye to our longstanding Operations Manager Jo Banks. During her 17 years of service Jo has embraced a multitude of challenges and been a constant stalwart: caring, thoughtful, efficient and effective. We also said farewell to our outgoing Treasurer Sue Holliday and past Chair Roger Gibbs – we thank you for giving your time, energy, and professional skills to Youth Talk for many years.

In March 2022 we welcomed new Trustees: a new Treasurer Gareth Evans who brings a wealth of business and financial expertise and Gaynor Cashin, a former Headteacher and educational specialist. More recently we were delighted to welcome a newly retired GP David Hems to the Board. We have also welcomed our new Operations Manager Kaz Underwood in February, and two new counsellors also joined us across the year.

As this annual report is published, we are making plans to move into much bigger new premises on London Road in St Albans. As well as this significant challenge, we are planning to celebrate Youth Talk's 25th anniversary. With our proud track record of lives changed, the main focus will be to look forward and focus on the need to grow, and we will use this as a springboard to reach out further, to raise more funds, to grow awareness further, and to be able to say yes to more young people who need help.

It will be an important year for Youth Talk with daunting new challenges ahead, not least the growing demand on the service and the significant funds that we need to raise to enable our plans for growth. But with all of you beside us, we are confident we can achieve the progress we need.

Thank you, as ever, for your vital support.



JACKIE FOWLER

CHAIR



DAVID BARKER

CHIEF EXECUTIVE

About us

I just wanted to send a message to let you know how incredible my therapist was! I feel I've progressed so much thanks to our time together. Thank you for existing as a local charity, it means the world to me that I was able to access such quality counselling free of charge. Wishing you all the best!

Client of Youth Talk

Our vision

Every young person can talk to someone who can help with whatever's worrying them.

Our mission

To provide the best possible mental health support to young people in St Albans and surrounding areas.

Our values

We are open and accepting

We do not judge. Whatever a young person is going through we take time to listen, understand and respond in confidence.

We always give our best

From the expertise and care of our qualified counsellors, to the professionalism of our staff, the energy, passion and creativity of our fundraisers to the ambition of our strategy – we always give our absolute best in everything we do.

We are stronger together

We can't deliver our mission alone. By working with others we can achieve more and make a lasting difference to the lives of young people.

Our message to young people

When you need help, you can contact Youth Talk directly for free, confidential counselling support. Our expert team have time for you and provide a safe space to talk. We will listen, respond and support you with your mental health and emotional wellbeing.

Structure, governance and management

Constitution

The Company was incorporated on 21st February 1997. The governing document is the Memorandum and Articles of Association adopted on that date and amended by special resolution on 5th June 1997. On 15th July 2004 a further resolution increased the limit on the number of trustees to 14; and on 24th September 2015 another special resolution removed the specific limits on the age of beneficiaries.

Objectives and activities

The charity's primary objective is to improve young people's mental health. This is delivered by one-to-one counselling, outreach and information services for young people.

Organisation

The Company is under the control of the Trustees who usually meet 6 times a year. The Chief Executive reports to the Chair of Trustees, and is responsible for all members of the clinical team and administrative/fundraising staff.

Trustees and officers

The names of the Trustees and Officers who have served during the year are shown on page 4 of this report.

Trustee, recruitment, induction and training

Trustees are appointed from people who have the necessary skills and experience to fulfil specific areas of need within the charity. In addition we look for individuals who have experience of or an interest in dealing with young people and their welfare.

New Trustees are provided with documentation to enable them to appreciate our objectives, organisation, method of operation and their responsibilities under the law. In addition, existing Trustees assist them in becoming fully conversant with their role.

Public benefit

The Trustees confirm that they have complied with the duty in Charities Act 2011 to have due regard to the Charity Commission General Guidance on Public Benefit, when reviewing their aims and objectives and in planning future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives they have set.

Risk assessment

The major risks to the charity have been identified and documented for assessment. The Trustees and management have an ongoing process to review these risks via the charity's risk register.

There are policies for Health and Safety, Safeguarding, Lone Working, Data Protection, Equality and Diversity, Grievance/Harassment and Whistleblowing. All policies are reviewed regularly and updated as appropriate. Disclosure and Barring Service (DBS) checks are undertaken annually on each member of staff and our counsellors.

Clinical procedures are under the regular scrutiny of our consultant clinical supervisors, who review all cases considered to be high risk.

The Trustees and management regularly review operational processes to ensure ongoing delivery of activities. Investment in these processes is made as appropriate.

My counsellor was great. She really helped me. I feel like a different person to when I came in.

Youth Talk Client

Financial review

How we raised our money

The results for the year are set out on pages 17 to 30.

In 2021-22, we raised £376,857 to provide the best possible mental health support to local young people. Thanks to you, that's just under a 10% increase on the previous year.

How we achieved this together ...

• Community & Events	£106,454
• Corporate fundraising	£7,527
• Individual Giving	£34,901
• Statutory Grants	£120,460
• Trusts & Foundations	£89,038
• Other income	£18,477

Over the last year, we are incredibly grateful to have received grants from the following organisations: The Batchworth Trust, The Blandford Trust, Children in Need, Graham Rowlandson Foundation (via HCF) Hertfordshire County Council - Children and Adolescents Mental Health Service (CAMHS), Hertfordshire Community Foundation (HCF), Harpenden Building Society (via HCF), The Childwick Trust, St Albans District Council, The Masonic Charitable Foundation, The Garfield Weston Foundation, The Shanly Foundation, Mrs Smith & Mount Trust.

In addition, we are greatly indebted for the support shown from a large number of local organisations, sports clubs and religious organisations across the District which can be found on our website. In particular we are very grateful to the Mayor and Mayoress of St Albans City and District who over the last year selected Youth Talk as their chosen charity for the year, and worked tirelessly for the charity's benefit.

This crucial funding has supported both the provision of our counselling services and our general operating costs.

How we spent your money

At Youth Talk, we pride ourselves on our focus. We place young people at the centre of everything we do, ensuring they're supported by the expert care of our qualified counsellors and dedicated staff.

In 2021/2022 our total expenditure on running Youth Talk was £328,827. The breakdown of our spend was as follows:

• Direct costs of counselling	£214,706
• Direct costs of fundraising	£55,655
• Indirect costs	£58,466

Staff remuneration

Youth Talk is committed to ensuring a proper balance between (i) paying the people who work for us fairly so that we attract and retain people with the right experience, skills and qualities and (ii) careful management of our charity funds. In so doing we ensure the greatest effectiveness in delivering our charitable objectives and meeting the needs of the local young people who need our help.

Our work is dependent on voluntary donations and we act in an open and transparent way that respects the money, time and energy given by donors and volunteers. In our commitment to openness, we disclose information about senior staff salaries within our annual report. This is in line with recommendations and guidelines from the Charity Commission and the National Council for Voluntary Organisations (NCVO).

In 2021 the Board of Trustees made a commitment to formally review staff remuneration annually and to also regularly review the sessional rates paid to our freelance counsellors, with a view to making changes if the charity is financially able to do so.

Reserves policy

The charity's policy is to have sufficient resources to fund at least 6 months' operations on hand at any given time. This is important so that in the event of the charity needing to cease activities we are able to operate for a period of at least six months in order to allow us to properly complete clinical programmes of counselling with existing clients.

Free reserves comprise the total reserves available to the charity, less those reserves which are restricted or designated for specific purposes.

At the year end our total reserves stood at £285,524 (2021: £237,494) with £50,000 (2021: £Nil) having been set aside for the new premises that are currently being found as noted on page 12 of this report. This leaves general reserves of £235,524 (2021: £237,494). This is within the current policy of holding at least six months of reserves.

As a result of the unprecedented demand on the service, the need to grow and scale up our counselling provision as well as the urgent need to secure new premises, we anticipate there will be significant pressure placed on our finances and reserves in the coming year. During the next financial year the trustees are also intending to review the reserves policy to ensure it is robust and fit for the challenges ahead.

During my time as a GP, I always viewed Youth Talk as the 'Rolls Royce' service for local young people struggling with their mental health and wellbeing. As a newly appointed Trustee I am now truly honoured to be part of this vital charity offering such an important and desperately needed service to our local young people.

David Hems
Retired GP & new Youth Talk Trustee

The difference we've made

Last year in our annual report we set out some of the main priorities for the coming year.

So how have we done?

What we said we'd do	How did we do?
<p>Meet the growing demand</p> <p>Over the coming year we plan to grow the number of counselling sessions we are able to offer each week. By the end of the coming year, we want to be in a position where we are able to offer at least 20% more counselling sessions a week.</p>	<p>It has been an extremely busy year, one in which we have seen unprecedented demand on the service. We are proud to report that across the year we have been able to significantly increase the number of counselling sessions offered to local young people.</p> <p>In 2021/22 we offered 4,304 counselling sessions – an increase of 32% on the previous year.</p> <p>During the year we increased our number of counsellors to eleven and also welcomed an additional Clinical Supervisor to the team as well as a new Operations Manager. We have also continued work on embedding our new clinical system into the day-to-day workings of the charity. This has been a challenging project to implement but it has given us a solid, secure platform from which to grow the service and increase our efficiencies, clinical insight and service reporting.</p> <p>Despite this significant increase in the number of sessions we have been able to offer, we have struggled to meet the demand and we currently have over 100 young people on our waiting list – the highest number we have seen in our 25 year history.</p>
<p>Sustaining and growing our income</p> <p>In order to set us up to meet the growing demand on the service a key priority is to review our finances and identify the steps we need to take to grow and sustain our income.</p>	<p>As outlined on page 9 we are delighted to report that despite the tough economic environment we were able to grow our overall income by just under 10% (from £341k to £377k) over the last year. We saw a strong showing from our community fundraising efforts, helped by the support we received from being selected as the Mayor of St Albans' chosen charity.</p> <p>Innovative work was undertaken this year to enable people to easily donate or give regularly to the charity through our website. A significant amount of time and effort has been spent developing the back-end systems to support this and we are delighted that people can now easily give to Youth Talk via this route.</p> <p>Across the year our Board reviewed progress against our fundraising strategy, our financial targets and our priority areas of focus. We are pleased with the progress we have made, but it is clear that we need to invest further in our fundraising efforts in order to be able to provide the necessary resources required to scale up and grow our counselling capacity in the future.</p> <p>As such, the Board have agreed to a new fundraising structure and investment, to be implemented from April 2022, designed to help us deliver an ambitious new five-year financial and operational plan.</p> <p>Work has already begun on building the fundraising capacity we will require and we look forward to reporting further on this next year.</p> <p>In order to ensure we are able to grow, nurture and look after our supporters, fundraisers and volunteers we have this year worked hard on the implementation of a new supporter database which will enable us to develop more effective stewardship and communication with our local community.</p>

What we said we'd do	How did we do?
<p>A focus on our premises</p> <p>Our current premises no longer give us the provision we need to run the service and a major focus over the coming year will be to find suitable new premises for the charity.</p>	<p>Across the year we have looked at a number of options for new premises for the charity. We are delighted to report that we have recently agreed Heads of Terms with St Albans District Council on a new property in central St Albans which will give us a tremendous new home for the charity.</p> <p>The new facility will give us nine counselling suites (up from three), a waiting area for our young people, proper office space and capacity to run group sessions in the future which is an area we identified as a priority as part of our five-year strategy.</p> <p>Detailed negotiations are currently underway on the lease agreement, and we are currently securing contractors to assist us with the fit-out work that will be required. It is our intention to be in our new space by early 2023.</p>
<p>Finalising & embedding our five-year strategy</p> <p>In the coming year we will consolidate and complete this work and build a clear and ambitious operational and financial plan for Youth Talk's next five years, supported by a clear and ambitious fundraising plan.</p>	<p>During the year the Board agreed the key areas of priority for our five-year strategy (2022-2027) as follows:</p> <p>Grow our psychodynamic therapy capacity</p> <ul style="list-style-type: none"> • Over 5 years, to double the total number of counselling sessions we offer (from 100 sessions a week to 200) • Introduce group-based counselling work • Invest in additional counselling resource (and associated supervision) with a focus on developing our recruitment practices in order to continue to attract high calibre counsellors <p>Extend reach within the following areas:</p> <ul style="list-style-type: none"> • Support for 17-19 year olds during any transition period when moving away from St Albans to University etc • A focus on encouraging under represented groups to access the service <p>Priority focus on securing new premises for the charity</p> <p>Investment in fundraising in order to grow income</p> <ul style="list-style-type: none"> • We have set an ambitious stretch target for fundraising over the coming year where we need to raise over a third more income (£506k) • In order to achieve this we will invest in fundraising resource in order to grow fundraising • Invest in and develop a volunteering programme (volunteer led fundraising) <p>Ensuring a strong and scalable platform to enable our future growth plans</p> <ul style="list-style-type: none"> • Appropriate investment in IT, clinical systems, supporter database and the necessary supporting infrastructure etc <p>Good progress has been made to develop a detailed five-year financial plan to help us deliver the five-year strategy and in tandem time has been spent reviewing our fundraising capability and strategy.</p> <p>Due to other organisational pressures, work has been delayed on turning the high-level goals into a detailed annual operational plan and a set of organisational KPI's but this will be a focus for us over the coming year. In the meantime, the key strategic aims agreed drive our detailed ongoing planning.</p>

The coming year

In the coming year we intend to focus our efforts on the following key priorities:

Growing capacity and helping more young people

Over the coming year we intend to grow further the number of counselling sessions we are able to offer each week. By the end of the coming year, we want to be in a position where we are able to offer at least 20% more counselling sessions. This will mean that we will be supporting up to 120 young people every week. In order to achieve this growth we will need to make further investment in our professional counselling team and the associated infrastructure required in order to deliver this increase.

Piloting and roll out a new provision for group counselling

As part of our five-year strategic goals we will over the coming year begin to scope and pilot a new group counselling provision for local young people.

Sustaining and growing our Income

As part of our five-year strategy, we have agreed a new financial plan for the charity. Our most ambitious fundraising target to date has been set for the coming year and we are aiming to raise in excess of £500k.

In order to deliver this we will increase our fundraising capacity, develop a new team structure and ensure we have the necessary systems and processes in place to develop a strong foundation for income generation. We will focus on growing our individual giving portfolio in order to provide us with greater security for the future and we will concentrate our efforts on growing our income from Trusts and Foundations. In parallel we will actively work on establishing and strengthening our supporter base and growing a volunteer led fundraising model.

Over the coming year we will also use our 25th Anniversary as a strong platform for heightened awareness and call for support.

A new home for Youth Talk

As mentioned earlier we have agreed a Heads of Terms for a new home for the charity in central St Albans and over the coming year there will be an intense focus on finalising all of the legal/practical requirements and refurbishing the premises so that it is fit for purpose and provides a fantastic base from which to deliver and grow the service over the next ten years and beyond.

Continued modernisation and building of a robust infrastructure to facilitate growth

We have worked hard over the last year to modernise and develop our internal infrastructure, systems, procedures and processes. Over the coming year we aim to build on this further, to unlock greater efficiencies and improved ways of working across the charity. In particular we intend to focus on:

- the continued development of our clinical system (laptus)
- the full integration of our financial systems with our supporter database
- development of our CRM system to enable regular communications with our supporter base and volunteers
- updating of our HR policies and procedures
- further development of our website and social media channels
- embedding and developing our supporter database

Our 2021-2022 accounts

Statement of Board of Trustees' responsibilities

The Trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and regulations. Company law requires the Trustees to prepare financial statements for each financial year. Under that law they are required to prepare the financial statements in accordance with UK Accounting Standards and applicable law (UK Generally Accepted Accounting Practice), including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland.

Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the excess of expenditure over income for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and,
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue its activities.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They have general responsibility for taking such steps as are reasonably open to them to safeguard the assets of the charitable company and to prevent and detect fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the UK governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions. In addition, the Trustees confirm that they are happy that the content of the annual review on pages 4 to 15 of this document, meet the requirements of both the Trustees' Annual Report under charity law and the Directors' Report under company law.

They also confirm that the financial statements have been prepared in accordance with the accounting policies set out in the notes to the accounts and comply with the Charity's governing document, the Charities Act 2011, the 'Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) second edition (effective 1 January 2019)', the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Trustees confirm that:

- so far as each Trustee is aware, there is no relevant information of which the Charity's independent examiner is unaware; and,
- each Trustee has taken all the steps that they should have taken as a Trustee/Director in order to make themselves aware of any relevant independent examination information and to establish that the Charity's independent examiner is aware of that information.

Preparation of the report

This report has been prepared taking advantage of the small companies exemption of section 415A of the Companies Act 2006, and the exemptions available for smaller charities under the Statement of Recommended Practice.

A final thank you

This has been another very challenging year for so many of our local young people, who have turned to Youth Talk to help them through a difficult time.

We could not have been there to support so many young people and achieved what we have over the last year without YOU and we send all our supporters, friends, volunteers and partners a most heartfelt THANK YOU for continuing to support Youth Talk and the young people we are able to help across the District.

We know that the coming year is going to bring ever greater challenges for Youth Talk – in terms of meeting the anticipated and significant growth in demand for our service, getting us into a new home whilst facing a challenging year of very ambitious fundraising ahead of us.

We have a duty to every young person experiencing mental health challenges to do everything we possibly can to make sure Youth Talk is there for them when they need us.

Thank you so much in advance for your continued support and everything you will do for us over the coming year. We could not deliver this vital service without you.

This report was approved and authorised for issue by the Board of Trustees on 21 July 2022 and signed on its behalf by:

A handwritten signature in black ink, reading 'Jackie Fowler', with a long horizontal stroke extending from the end of the name.

JACKIE FOWLER

CHAIR OF TRUSTEES

Independent examiner's report

I report to the Trustees on my examination of the accounts of Youth Talk Limited (charity number 1063572, company number 03322319) for the year ended 31 March 2022 which are set out on pages 17 to 30.

Respective responsibilities of trustees and examiner

The Trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act'). The Trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 ('the 2011 Act') nor under Part 16 of the 2006 Act, and that an independent examination is needed. Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general directions given by the Charity Commission under section 145(5) (b) of the Charities Act; and,
- to state whether particular matters have come to my attention.

This report, including my statement, has been prepared for and only for the Charity's Trustees as a body. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body for my examination work, for this report, or for the statements I have made.

Basis of independent examiner's statement

My examination was carried out in accordance with general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or,
- the accounts do not accord with those records; or,
- the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or,
- the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



ANDREW PHILIP NASH ACA

MEMBER OF THE INSTITUTE OF CHARTERED ACCOUNTANTS IN ENGLAND AND WALES - 2461833

DATED: 21 JULY 2022

Andy Nash Accounting & Consultancy Ltd
Units 24 & 25
Goodsheds Container Village
Hood Road, Barry
CF62 5QU

Statement of financial activities**Incorporating the Income and Expenditure Account & Statement of Realised Gains and Losses**

For the year ended 31 March 2022

		Unrestricted Funds Year ended 31-Mar-22 £	Restricted Funds Year ended 31-Mar-22 £	Total Funds Year ended 31-Mar-22 £	Total Funds Year ended 31-Mar-21 £
	Notes				
Income from:					
Donations and legacies	3	188,583	66,978	255,561	227,983
Charitable activities	4	120,460	-	120,460	113,095
Other trading activities		836	-	836	-
Investments		-	-	-	73
Total income		309,879	66,978	376,857	341,151
Expenditure on:					
Raising funds	5 & 6	67,690	-	67,690	46,943
Charitable activities	5 & 7	194,159	66,978	261,137	251,302
Total expenditure		261,849	66,978	328,827	298,245
Net income/(expenditure)		48,030	-	48,030	42,906
Reconciliation of funds					
Total funds brought forward	12 & 13	237,494	-	237,494	194,588
Total funds carried forward	12 & 13	285,524	-	285,524	237,494

The notes on pages 19 to 30 form part of the financial statements.

Following the appointment of a new independent examiner, the Charity carried out a review of its fund allocation model and has subsequently redesigned the model to more suitably reflect the areas of work the Charity is engaged in. As a result, the prior year expenditure figures have been reallocated to reflect this change. Total expenditure remains unchanged.

In addition, income has been reallocated to more accurately represent the correct headings under the SORP, and the prior period figures have been represented to reflect this. Total income remains unchanged.

Balance sheet

As at 31 March 2022

	Notes	£	Total Funds 31-Mar-22 £	Total Funds 31-Mar-21 £
Fixed assets				
Tangible assets	9		2,970	3,858
Current assets				
Debtors and prepayments	10	25,121		4,825
Cash at bank		262,116		233,854
Total current assets		287,237		238,679
Creditors:				
Amounts falling due within one year	11	(4,683)		(5,043)
Net current assets			282,554	233,636
Net assets			285,524	237,494
Funds of the charity:				
Restricted funds	12 & 13		-	-
Unrestricted funds				
General funds	12 & 13	235,524		237,494
Designated funds	12 & 13	50,000		-
Total unrestricted funds			285,524	237,494
Total funds			285,524	237,494

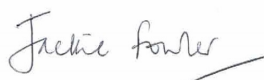
The notes on pages 19 to 30 form part of the financial statements.

The financial statements have been prepared in accordance with section 415A of the Companies Act 2006 relating to small companies and FRS 102 Section 1A.

The charitable company is entitled to exemption from audit under section 477 of the Companies Act 2006 for the year ended 31 March 2022, and the members have not required the charitable company to obtain an audit of its financial statements for the year ended 31 March 2022 under section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

They were approved and authorised for issue by the Board of Trustees on 21 July 2022 and signed on their behalf by:



JACKIE FOWLER

CHAIR OF TRUSTEES

Notes to the financial statements

1. Accounting policies

Basis of preparation of the financial statements

The financial statements have been prepared in accordance with 'Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) second edition (effective 1 January 2019)', the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), including Update Bulletin 1, and the Companies Act 2006.

The effect of any event relating to the year ended 31 March 2022, which occurred before the date of approval of the financial statements by the Board of Trustees has been included in the financial statements to the extent required to show a true and fair view of the state of affairs at 31 March 2022 and the results for the year ended on that date.

The functional currency of the Charity is GBP and amounts in the financial statements are rounded to the nearest pound.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

Going concern

The financial statements have been prepared on the going concern basis as the Board of Trustees is confident that future reserves and future income is more than sufficient to meet current commitments. There are no material uncertainties that impact this assessment, and the ongoing global COVID-19 pandemic has had no material impact on this assessment.

Legal status

Youth Talk Ltd is a charitable company registered in England & Wales and meets the definition of a public benefit entity. In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per member. The registered address is Lower Ground Floor, Dagnall House, 2 Lower Dagnall Street, St Albans, AL3 4PA.

Fund Accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Designated funds comprise of unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in note 12 of the financial statements.

Restricted funds are funds that are to be used in accordance with specific restrictions imposed by donors or that have been raised by the Charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in note 12 of the financial statements.

Income

Income is recognised when the Charity has entitlement to the funds, any performance indicators attached to the item(s) of income have been met, it is probable that the income will be received, and the amount can be measured reliably.

Donations are recognised in full in the Statement of Financial Activities when entitled, receipt is probable and when the amount can be quantified with reasonable accuracy. Gift aid receivable is included when claimable. Client contributions are classed as donations as they are entirely voluntary and do not impact access to service.

Grant income is credited to the Statement of Financial Activities when received or receivable whichever is earlier, unless the grant relates to a future period, in which case it is deferred.

Income from charitable activities and other trading activities is credited to the Statement of Financial Activities when received or receivable whichever is earlier, unless it relates to a specific future period or event, in which case it is deferred, except for tickets sales and bar revenue which are recognised on a cash basis.

1. Accounting policies (continued from previous page)

Expenditure and irrecoverable VAT

All expenditure is accounted for on an accruals basis and has been included under expense categories that aggregate all costs for allocation to activities.

Indirect costs, including governance costs, which cannot be directly attributed to activities, are allocated between activities proportionate to the direct costs incurred in those activities.

Irrecoverable VAT is charged against the category of expenditure for which it was incurred.

Tangible fixed assets and depreciation

All assets costing more than £500 are capitalised.

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their residual value, over their useful life, on a straight-line basis. The useful life used is:

Computer equipment	3 years
Office equipment	5 years

Cash at bank and in hand

Cash at bank and in hand includes cash in hand, deposits with banks and funds that are readily convertible into cash at, or close to, their carrying values, but are not held for investment purposes.

Debtors and prepayments

Trade and other debtors are recognised at the settlement amount after any trade discount is applied. Prepayments are valued at the amount prepaid net of any trade discounts due.

Creditors and accruals

Creditors are recognised where the Charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party, and the amount due to settle the obligation can be measured or estimated reliably.

Pensions

The Charity operates a defined contribution pension scheme which is administered by an external independent pension provider. Contributions are recognised in the Statement of Financial Activities as they fall due.

Financial instruments

Basic financial instruments are measured at amortised cost other than investments which are measured at fair value.

Critical estimates and judgements

In preparing financial statements it is necessary to make certain judgements, estimates and assumptions that affect the amounts recognised in the financial statements. The treatment of tangible fixed assets is sensitive to changes in useful economic lives and residual values of assets. In the view of the Trustees in applying the accounting policies adopted, no judgements were required that have a significant effect on the amounts recognised in the financial statements nor do any estimates or assumptions made carry a significant risk of material adjustment in the next financial year.

2. Comparative statement of financial activities

		Unrestricted Funds Year ended 31-Mar-21 £	Restricted Funds Year ended 31-Mar-21 £	Total Funds Year ended 31-Mar-21 £
	Notes			
Income from:				
Donations and legacies	3	169,130	58,853	227,983
Charitable activities	4	113,095	-	113,095
Other trading activities		-	-	-
Investments		73	-	73
Total income		282,298	58,853	341,151
Expenditure on:				
Raising funds	5 & 6	46,943	-	46,943
Charitable activities	5 & 7	174,449	76,853	251,302
Total expenditure		221,392	76,853	298,245
Net income/(expenditure)		60,906	(18,000)	42,906
Reconciliation of funds				
Total funds brought forward	12 & 13	176,588	18,000	194,588
Total funds carried forward	12 & 13	237,494	-	237,494

3. Income from donations and legacies

Year ended 31 March 2022

Donations
Grant income

Unrestricted Funds	Restricted Funds	Total Funds
Year ended 31-Mar-22	Year ended 31-Mar-22	Year ended 31-Mar-22
£	£	£
151,919	-	151,919
36,664	66,978	103,642
188,583	66,978	255,561

Year ended 31 March 2021

Donations
Grant income
HMRC Coronavirus Job Retention Scheme

Unrestricted Funds	Restricted Funds	Total Funds
Year ended 31-Mar-21	Year ended 31-Mar-21	Year ended 31-Mar-21
£	£	£
95,020	-	95,020
74,110	57,700	131,810
-	1,153	1,153
169,130	58,853	227,983

Income has been reallocated to more accurately represent the correct headings under the SORP, and the prior period figures have been represented to reflect this. Total income remains unchanged.

4. Income from charitable activities

Year ended 31 March 2022

Contracts for services

Unrestricted Funds	Restricted Funds	Total Funds
Year ended 31-Mar-22	Year ended 31-Mar-22	Year ended 31-Mar-22
£	£	£
120,460	-	120,460
120,460	-	120,460

Year ended 31 March 2021

Contracts for services

Unrestricted Funds	Restricted Funds	Total Funds
Year ended 31-Mar-21	Year ended 31-Mar-21	Year ended 31-Mar-21
£	£	£
113,095	-	113,095
113,095	-	113,095

Income has been reallocated to more accurately represent the correct headings under the SORP, and the prior period figures have been represented to reflect this. Total income remains unchanged.

5. Total expenditure

	Direct staff costs	Direct other costs	Indirect costs	Total costs
Year ended 31-Mar-22	Year ended 31-Mar-22	Year ended 31-Mar-22	Year ended 31-Mar-22	Year ended 31-Mar-22
£	£	£	£	£
Raising funds	43,341	12,314	12,035	67,690
Charitable activities	74,443	140,263	46,431	261,137
	117,784	152,577	58,466	328,827

	Direct staff costs	Direct other costs	Indirect costs	Total costs
Year ended 31-Mar-21	Year ended 31-Mar-21	Year ended 31-Mar-21	Year ended 31-Mar-21	Year ended 31-Mar-21
£	£	£	£	£
Raising funds	22,734	13,334	10,875	46,943
Charitable activities	61,451	131,632	58,219	251,302
	84,185	144,966	69,094	298,245

Following the appointment of a new independent examiner, the Charity carried out a review of its fund allocation model and has subsequently redesigned the model to more suitably reflect the areas of work the Charity is engaged in. As a result, the prior year expenditure figures have been reallocated to reflect this change. Total expenditure remains unchanged.

Direct staff and other costs include costs that can be directly attributed to activities. Other direct costs relating to charitable activities includes clinical supervision costs, freelance counsellor costs, and costs relating to the clinical database. Indirect costs, including governance costs, which cannot be directly attributed to activities, are allocated between activities proportionate to the direct costs incurred in those activities.

A breakdown of expenditure on raising funds between restricted and unrestricted funds can be found in note 6.

A breakdown of charitable expenditure between restricted and unrestricted funds can be found in note 7.

An analysis of staff costs can be found in note 8.

5. Total expenditure (continued from previous page)

Indirect costs consists of the following:

	Total Funds	Total Funds
	Year ended	Year ended
	31-Mar-22	31-Mar-21
	£	£
Staff costs	18,326	18,599
Premises	19,423	19,853
Other people costs	4,461	2,346
Marketing and communications	2,293	16,714
Administration	12,133	8,681
Governance	1,830	2,901
	58,466	69,094

Governance costs includes:

	Total Funds	Total Funds
	Year ended	Year ended
	31-Mar-22	31-Mar-21
	£	£
Independent examination	1,830	2,901
	1,830	2,901

6. Expenditure on raising funds**Year ended 31 March 2022**

Direct staff costs
Direct other costs
Indirect costs

Unrestricted Funds	Restricted Funds	Total Funds
Year ended 31-Mar-22	Year ended 31-Mar-22	Year ended 31-Mar-22
£	£	£
43,341	-	43,341
12,314	-	12,314
12,035	-	12,035
67,690	-	67,690

Year ended 31 March 2021

Direct staff costs
Direct other costs
Indirect costs

Unrestricted Funds	Restricted Funds	Total Funds
Year ended 31-Mar-21	Year ended 31-Mar-21	Year ended 31-Mar-21
£	£	£
22,734	-	22,734
13,334	-	13,334
10,875	-	10,875
46,943	-	46,943

Following the appointment of a new independent examiner, the Charity carried out a review of its fund allocation model and has subsequently redesigned the model to more suitably reflect the areas of work the Charity is engaged in. As a result, the prior year expenditure figures have been reallocated to reflect this change. Total expenditure remains unchanged.

7. Expenditure on charitable activities

Year ended 31 March 2022

	Unrestricted Funds	Restricted Funds	Total Funds
Year ended 31-Mar-22	Year ended 31-Mar-22	Year ended 31-Mar-22	Year ended 31-Mar-22
£	£	£	£
Direct staff costs	55,349	19,094	74,443
Direct other costs	104,287	35,976	140,263
Indirect costs	34,523	11,908	46,431
	194,159	66,978	261,137

Year ended 31 March 2021

	Unrestricted Funds	Restricted Funds	Total Funds
Year ended 31-Mar-21	Year ended 31-Mar-21	Year ended 31-Mar-21	Year ended 31-Mar-21
£	£	£	£
Direct staff costs	60,298	1,153	61,451
Direct other costs	78,471	53,161	131,632
Indirect costs	35,680	22,539	58,219
	174,449	76,853	251,302

Following the appointment of a new independent examiner, the Charity carried out a review of its fund allocation model and has subsequently redesigned the model to more suitably reflect the areas of work the Charity is engaged in. As a result, the prior year expenditure figures have been reallocated to reflect this change. Total expenditure remains unchanged.

8. Staff costs

	Total Funds	Total Funds
Year ended 31-Mar-22	Year ended 31-Mar-21	Year ended 31-Mar-21
£	£	£
Gross salaries	126,938	96,197
Employers NIC	5,914	4,198
Employers pension	3,258	2,389
	136,110	102,784

The average headcount during the period was 6 persons (2021: 5 persons).

No employee received employee benefits of more than £60,000 (2021: NIL).

The total employee benefits paid to key management personnel during the year was £66,298 (2021: £69,468).

The Charity also employs a number of freelance counsellors and clinical supervisors on a freelance basis - these costs reflect within other direct costs in note 7 above.

9. Tangible fixed assets

	Office equipment £	Computer equipment £	Total £
Cost			
As at 1 April 2021	515	12,210	12,725
Additions in year	-	600	600
Disposals in year	-	(8,226)	(8,226)
As at 31 March 2022	515	4,584	5,099
Accumulated depreciation			
As at 1 April 2021	15	8,852	8,867
Charge in year	104	1,384	1,488
Disposals in year	-	(8,226)	(8,226)
As at 31 March 2022	119	2,010	2,129
Net book value			
As at 1 April 2021	500	3,358	3,858
As at 31 March 2022	396	2,574	2,970

10. Debtors and prepayments

	Total Funds 31-Mar-22 £	Total Funds 31-Mar-21 £
Accounts receivable	13,251	-
Prepayments	11,719	4,825
Other debtors	151	-
	25,121	4,825

11. Creditors: amounts falling due within one year

	Total Funds 31-Mar-22 £	Total Funds 31-Mar-21 £
Accruals	3,858	4,364
Pensions payable	825	679
	4,683	5,043

12. Analysis of charity funds

	Funds brought forward Year ended 31-Mar-22 £	Income in the period Year ended 31-Mar-22 £	Expended in the period Year ended 31-Mar-22 £	Transfers between funds Year ended 31-Mar-22 £	Funds carried forward Year ended 31-Mar-22 £
Year ended 31 March 2022					
Restricted funds					
BBC Children in Need	-	15,803	(15,803)	-	-
KickStart	-	7,793	(7,793)	-	-
Masonic Charitable Foundation	-	5,000	(5,000)	-	-
Counselling services	-	38,382	(38,382)	-	-
Total restricted funds	-	66,978	(66,978)	-	-
Unrestricted funds					
General fund	237,494	309,879	(261,849)	(50,000)	235,524
Designated funds					
New premises	-	-	-	50,000	50,000
Total designated funds	-	-	-	50,000	50,000
Total unrestricted funds	237,494	309,879	(261,849)	-	285,524
Total funds	237,494	376,857	(328,827)	-	285,524

BBC Children in Need grant was awarded to provide counselling services.

KickStart grant was awarded to employ staff under the government KickStart scheme.

Masonic Charitable Foundation grant was awarded to extend the opening hours of the service to include Monday sessions.

Counselling services fund consists of a number of grants provided to support the counselling services offered by the charity.

New premises designated fund is funds the trustees have set aside to support the search for and fit out of new premises in the next financial year.

At the year end our total reserves stood at £285,524 (2021: £237,494) with £50,000 (2021: £Nil) having been set aside for the new premises that are currently being found as noted on page 12 of the trustees' report. This leaves general or free reserves of £235,524 (2021: £237,494). This is within the current policy of holding at least six months of reserves. More details of the reserves policy can be found on page 10 of the trustees' report.

12. Analysis of charity funds (continued from previous page)

	Funds brought forward Year ended 31-Mar-21	Income in the period Year ended 31-Mar-21	Expended in the period Year ended 31-Mar-21	Transfers between funds Year ended 31-Mar-21	Funds carried forward Year ended 31-Mar-21
	£	£	£	£	£
Year ended 31 March 2021					
Restricted funds					
BBC Children in Need	-	34,295	(34,295)	-	-
The Childwick Trust	-	20,000	(20,000)	-	-
Harpenden Building Society	8,000	3,405	(11,405)	-	-
Blandford Trust	5,000	-	(5,000)	-	-
Masonic Charitable Foundation	5,000	-	(5,000)	-	-
Government furlough grant	-	1,153	(1,153)	-	-
Total restricted funds	18,000	58,853	(76,853)	-	-
Unrestricted funds					
General fund	160,088	282,298	(208,896)	4,004	237,494
Designated funds					
IT spend	16,500	-	(12,496)	(4,004)	-
Total designated funds	16,500	-	(12,496)	(4,004)	-
Total unrestricted funds	176,588	282,298	(221,392)	-	237,494
Total funds	194,588	341,151	(298,245)	-	237,494

The Childwick Trust grant was awarded to cover rental and overhead costs in the year.

Harpenden Building Society grant was awarded to provide counselling services.

Blandford Trust grant was awarded to support a database upgrade.

Government furlough grant was awarded to support furloughed staff through the HMRC Coronavirus Job Retention Scheme.

13. Analysis of net assets

Year ended 31 March 2022

Fixed assets
Current assets
Current liabilities

Unrestricted Funds 31-Mar-22 £	Restricted Funds 31-Mar-22 £	Total Funds 31-Mar-22 £
2,970	-	2,970
287,237	-	287,237
(4,683)	-	(4,683)
285,524	-	285,524

Year ended 31 March 2021

Fixed assets
Current assets
Current liabilities

Unrestricted Funds 31-Mar-21 £	Restricted Funds 31-Mar-21 £	Total Funds 31-Mar-21 £
3,858	-	3,858
238,679	-	238,679
(5,043)	-	(5,043)
237,494	-	237,494

14. Other financial commitments

On 31 March 2021, the Charity had annual future minimum lease payments under a non-cancellable operating lease for the office premises as set out below:

	Total 31-Mar-22 £	Total 31-Mar-21 £
Within one year	13,000	13,000
	13,000	13,000

15. Trustee remuneration

During the year, no Trustee received any remuneration (2021 - £NIL). No members of the Board of Trustees received reimbursement of expenses (2021 - £NIL).

16. Related party transactions

During the year there were no related party transactions (2021 - Nil).