



# **Youth Talk Limited**

## **Trustees' Annual Report and Unaudited Financial Statements**

### **Year ended 31 March 2023**

Charity registration - 1063572

Company number - 03322319



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## Reference and administrative details

### [Charity number](#)

1063572

### [Company number](#)

03322319

### [Registered office](#)

64 London Road  
St Albans  
Herts  
AL1 1NG

### [Trustees](#)

Gaynor Cashin	
Christopher Clulow	
Teresa Dalley	
Gareth Evans	(Treasurer)
Jackie Fowler	(Chair)
Dr David Hems	(appointed 26 May 2022)
Samantha Keith	
Alison Kiernan	(appointed 19 January 2023)
Margaret Thirlway	(Secretary)
Ian Woods	(resigned 20 October 2022)

### [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

I'm so grateful to Youth Talk and my counsellor, she made a real difference in my life and my overall well-being. Having someone to talk to without fear of judgment was exactly what I needed.

Client of Youth Talk

2022-23 has been another very busy, demanding but fruitful year for Youth Talk. We celebrated 25 years since Youth Talk was founded and used this anniversary as an opportunity to reach out to our community more widely, and as a springboard to grow further to help more young people. It has been a year full of milestones and important moments with much progress being made, as well as a few areas where we must challenge ourselves further in 2023-24. Most importantly, it has been another year of working with so many local young people, helping them to find ways to cope, come to terms with their feelings and move forward positively.

The highlight of the year was the move into our fantastic new premises at 64 London Road in May 2023 (falling just beyond this financial year being reported on). The move was the fruition of over a year of searching, negotiations, planning and refurbishment. But the wonderful resulting space is a huge step forward for our charity and sets the scene for all that Youth Talk can now do and deliver over the years to come. Our sincere thanks to our Trustee Gareth Evans for his expertise, and for the pro-bono project management support of John Valentine, whose skilled input brought invaluable expertise we couldn't have managed without.

With success comes challenge – and the greatest one we have faced over the last year has been delivering the ambitious target we set to grow the number of counselling sessions by 20%. Sadly, this was not achieved across the year and we report in more detail on this in section five of this report. It has been a concern and disappointment for us all and is the core priority and focus for us in the coming year.

Linked to this challenge is our waiting list. While the number of young people waiting is down from its peak of over 100, waiting times to the first counselling session are still 3-4 months – much too long, when you feel desperate for help right now. In the current financial year, reducing waiting times is another major area of our focus.

In tandem, it has been a challenge to recruit new counsellors quickly enough. But with our move to our new premises and more space, we are now focusing on this area urgently as we are able to recruit into a really excellent working environment, without the previous concerns about capacity.

It has also been a challenging year for recruiting the fundraising staff we need, and we still have posts vacant. Our team have worked tirelessly to raise the funds needed but, as at March 2023, with less resource than planned, as well as the impact of the rising cost of living on disposable income, fundraising has been tough.

The final upshot is that we did not quite manage to achieve our ambitious financial target for the year. But – the wonderful news is that by launching a new building appeal, appealing to our donors, friends and community as well as to companies and grant-making trusts, we were able to finance fully the whole refurbishment of our new building. The result for the year means that we only just fell short of our original income target. This has been a fantastic success – but emphasises the even greater challenge to come in 2023-24 without such a tangible project to fundraise against.

Our sincere and heartfelt thanks to all the individuals, companies, trusts, and community organisations who have risen to the challenge and given, fundraised, donated their skills, services, time and products to Youth Talk – we thank each and every one of you. You stand alongside every young person whose life is changed by the expert counselling Youth Talk provides. Quite simply, we could not do this without you.

Developing group work was also one of the aims of our 5-year strategy (2022-27), and over the year we are delighted that we have been able to kickstart an exciting pilot project to look at how this new offer could be added to the choice of services we provide to young people and how this may help to provide support faster. Our thanks to the Harpenden Trust for making this possible.

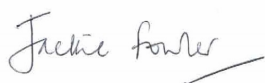
Our amazing Youth Panel has been kept busy throughout the year, coming together to discuss, debate, create, share and laugh together, and contribute their collective wisdom to so many projects. They played a fundamental role in the design and development of our new home, so it was fitting to see them collectively cutting the ribbon on the night we informally

opened 64 London Road. We are so grateful for their energy, ideas and challenge which keeps us on our toes and makes sure we put young people at the heart of all we do.

To celebrate Youth Talk's 25th anniversary we held a special reception at St Albans School in September 2022 (particular thanks to Headmaster Jonathan Gillespie and the school for making it possible). We'd never seen an event like it with over 120 donors, friends, trustees, volunteers, staff and key members of our local community coming together to celebrate. We were delighted to welcome many dignitaries including our Founder Ida Fairbairn, our local MP Daisy Cooper and the Mayor of St Albans Geoff Harrison. Together we recognised both the many lives changed because of Youth Talk and the scale of the challenges ahead of us. A particular thank you to our brave volunteer Rosie for sharing her own personal story. We were also able to formally launch our new 5-year strategy as well as have the opportunity to thank so many people who have enabled Youth Talk to make such a difference to the lives of local young people.

During the year, we were sorry to say goodbye to longstanding Trustee Ian Woods, whose HR expertise and unfailing common sense have helped to steer many matters over many years. And we have been delighted to welcome new Trustee Alison Kiernan, who brings her HR and corporate experience to our Board.

Finally, as we set out into our 2023-24 financial year, we know we have many challenges ahead – to shorten the time a young person has to wait, to raise the funds needed in a difficult economic climate, to keep our counselling and fundraising teams growing, and to broaden our service. But with our fantastic new home as a base, and with the commitment, dedication and energy of our wonderful community of individuals, businesses, local organisations and other supporters, we know that together we are an unbeatable team who will be there for our local young people in the year to come.



**JACKIE FOWLER**

**CHAIR**



**DAVID BARKER**

**CHIEF EXECUTIVE**

## About us

You are all fantastic and I will always be grateful for the help. Services like this are so important and I feel very lucky to have been able to benefit from it.

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.

Alongside this we have developed a set of core organisational values that will guide our work over the coming years. These are as follows:

### 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. Currently the Board works with a general organisational risk register and an additional safeguarding 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.

Thank you so much for your services and support. I have felt more understood & listened to here than any other mental health service.

Youth Talk Client



## Financial review

Thank you so much for all the support and motivation you and your team gave. I thought the event was fabulous and I look forward to the next one!

Youth Talk Fundraiser

### How we raised our money

The results for the year are set out on pages 19 to 31.

In 2022-23, we raised £479,366 to provide the best possible mental health support to local young people. Thanks to you, that's a 27% increase on the previous year.

How we achieved this together ...

• Community & Events	£31,030
• Corporate fundraising	£18,614
• Individual Giving	£60,546
• Statutory Grants	£129,942
• Trusts & Foundations	£231,376
• Other income	£7,858

Over the last year, we are incredibly grateful to have received grants from the following organisations: All Aboard, Batchworth Trust, Beds & Luton Community Foundation, The Blandford Trust, Chapman Charitable Trust, Childwick Trust, Graham Rowlandson Foundation (via HCF), Harlow Health Centre Trust, Hertfordshire County Council (CAMHS & Adult Services), Hertfordshire Community Foundation (HCF), Harpenden Building Society (via HCF), Masonic Charitable Foundation, National Lottery Community Fund, People's Postcode Trust, St Albans District Council, St Albans Cathedral Mission Allocation, The Garfield Weston Foundation, The Shanly Foundation, Mrs Smith & Mount Trust, The Harpenden Trust.

In addition we are indebted to everyone who helped us raise the significant funds required to get us into our new home at 64 London Road: Axis Foundation, Batchworth Trust, Bernard Sunley (2023/24), Beatrice Laing Trust (2023/24), Blandford Trust, The Clothworkers Foundation, Hertfordshire Community Foundation, Rowlandson Foundation, Sandra Charitable Trust, Wendy Thomas Foundation.

In addition, we are greatly indebted for the support shown from a large number of individuals, companies, local organisations, sports clubs and religious organisations across the District, all of whom have helped us to continue to be there for our local young people. 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 2022/2023 our total expenditure on running Youth Talk was £442,117. The breakdown of our spend was as follows:

• Direct costs of counselling	£279,440 (including £32,687 on fitting out the new premises - the majority of the expenditure related to this project was in April 2023)
• Direct costs of fundraising	£85,662
• Indirect costs	£77,015 (this includes rent, and management & administration costs)

## 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's 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).

## 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 six months in order to allow us to properly complete clinical programmes of counselling with existing clients. This is currently estimated to be around £200,000.

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

As outlined in note 12 of the accounts, at the year end our total reserves stood at £322,773 (2022: £285,524) with £50,000 (2022: £50,000) having been set aside for the refurbishment of the new premises which was completed in April 2023, and £63,490 (2022: £Nil) being restricted as to use. This leaves general reserves of £209,283 (2022: £235,524). This is within the current policy of holding at least six months of reserves as per the above.

Volunteering helps me as well the beneficiaries of the charity. It provides me with a sense of purpose and it's rewarding to be part of a caring community. I was particularly keen to join Youth Talk because it provides a vital and unique specialist service for young people. It provides counselling to those who self-refer and who can then go on to live happier lives.

Gaynor Cashin  
Retired Head Teacher & 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><b>Growing capacity and helping more young people</b></p> <p>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.</p> <p>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.</p>	<p>First and foremost a huge thank you to our clinical team and our clinical admin team who support them. Their dedication, hard work and tremendous talent continues to ensure that the young people we support receive such a high-quality service that helps to change and save lives.</p> <p>It has been a tough year for us in terms of delivery of our target number of clinical sessions. Despite our ambition to grow our counselling by 20% across the year we have unfortunately seen a slight reduction in the number of counselling sessions we have been able to deliver.</p> <p>Across the year we delivered 3,833 counselling sessions and initial assessments (4,300 in 2021/22).</p> <p>A number of factors have contributed to this:</p> <ol style="list-style-type: none"> <li>1. Departure of a couple of our regular counselling team due to them taking on other commitments.</li> <li>2. Challenges of recruiting additional counsellors to the team fast enough in order to meet the growing demand.</li> <li>3. The average length of time young people are staying in counselling has increased to 24 sessions. This is a worrying sign of the range and complexity of the issues faced by many young people today; and also shows us that with the scarcity of provision available, many more seriously unwell young people are coming through Youth Talk's doors needing help.</li> <li>4. Challenges of restricted counselling room capacity (in our old home) with increasing numbers of young people requesting face to face rather than remote counselling sessions via zoom.</li> <li>5. Growing demand on our 'premium' after-school counselling times.</li> </ol> <p>Now we are in our new home our primary focus is to get our counselling numbers back on track.</p>

What we said we'd do	How did we do?
<p><b>Piloting and roll out a new provision for group counselling</b></p> <p>As part of our five-year strategic goals we will over the coming year begin to scope, pilot and launch a new group counselling provision for local young people.</p>	<p>We are delighted that a new group counselling pilot was successfully set up over the last year in Harpenden.</p> <p>This pilot project is assessing how group therapy could possibly support the current Youth Talk therapeutic offer and create a dual pathway into the service to provide beneficial choice for young people seeking help. A further benefit of running a groups programme is to look at how groups could help us reduce the growing waiting list times.</p> <p>Our sincere thanks to the Harpenden Trust for providing the funds to run the project and also to our two lead counsellors Sally and Emma who have made this pilot possible.</p> <p>The first group course included five young people and was focused around the presenting issues of social anxiety. The sessions brought together young people who were able to gradually gain confidence, open up, share their feelings and gain strength by exploring issues as a group using art materials so that participants could communicate with and without the need for words.</p> <p>A second course is currently running after which a formal review will be undertaken. After that, we are hoping that we can begin to scale the service and add group counselling as part of the stable offer that Youth Talk provides.</p>
<p><b>Sustaining and growing our Income</b></p> <p>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.</p> <p>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.</p> <p>Over the coming year we will also use our 25th Anniversary as a strong platform for heightened awareness and call for support.</p>	<p>Our talented and hardworking fundraising team once again delivered an impressive year end result (27% up on 2021/22). This is despite the challenges we faced in terms of recruitment this year meaning that the fundraising team was not at full capacity across the year.</p> <p>However, despite not quite achieving our ambitious fundraising target this year (£506k) we were delighted to have arrived at a final year end position of £479k.</p> <p>The star performance area this year has been income from Trusts and Foundations which delivered an impressive £231k. This was bolstered by the specific income we were able to generate against the new premises appeal and we are delighted to report that we have been able to raise all the money required to get us into our new home at 64 London Road.</p> <p>It was a particularly challenging year for community fundraising, something that has been mirrored across the sector and as a result we have downsized our ambition in this area for the coming year.</p> <p>Our 25th Anniversary celebration in September 2022 gave us a good platform to launch our new five-year strategy and in tandem highlight the significant financial challenges ahead of us. As a result, we have been able to secure some additional individual supporters and corporate partners. This is something we intend to build on further in the coming year.</p> <p>Finally, we are particularly grateful for the ongoing work of our volunteer Fundraising Strategy Group who have met regularly across the year to monitor our fundraising performance and make recommendations and suggestions on any changes of course in our fundraising focus.</p>

What we said we'd do	How did we do?
<p><b>A new home for Youth Talk</b></p> <p>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.</p>	<p>Without a doubt one major focus for us over the last year has been in negotiating and finalising the lease and undertaking an extensive programme of fit out works needed to transform 64 London Road into a wonderful new home and centre for counselling. We now have eight counselling suites, proper office space for our clinical admin team as well as meeting space and potential spaces for group counselling work going forwards.</p> <p>The project has been a huge undertaking and we are enormously grateful for all the hard work of our project manager John Valentine who very generously volunteered his time and expertise.</p> <p>Huge thanks also to our Treasurer Gareth Evans who was our lead Trustee for the project and brought significant property experience and expertise to the project.</p> <p>Finally, our sincere thanks to our Operations Manager Kaz Underwood who worked so hard with our Youth Panel to get our new home fit for purpose and ready to receive our young people.</p> <p>Our new home is the significant first plank of our five-year strategy for growth. Counselling began at 64 London Road on the 8th May 2023 – a major milestone for the charity and one we intend to build on in the coming months and years.</p>
<p><b>Continued modernisation and building of a robust infrastructure to facilitate growth</b></p> <p>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:</p> <ul style="list-style-type: none"> <li>the continued development of our clinical system (laptus)</li> <li>the full integration of our financial systems with our supporter database</li> <li>development of our supporter database to enable regular communications with our supporter base and volunteers</li> <li>updating of our HR policies and procedures</li> <li>further development of our website and social media channels.</li> </ul>	<p>Across the year we have continued our ongoing programme of modernisation and development of a strong infrastructure that will support our ambitious growth plans. We have made good progress on the following:</p> <ul style="list-style-type: none"> <li>Embedding our clinical system (laptus) into the day-to-day clinical work and administration of the service including the development of a suite of more meaningful reporting and management insight.</li> <li>Thanks to our fundraising team we are delighted that our supporter database (Donorfy) is now fully integrated with our financial system (Xero). This has been a huge undertaking which has helped us to increase efficiencies and make more intelligent use of automated processes etc.</li> <li>As a result of the above we are now able to monitor and collect gift aid payments more regularly as well as use automated systems much more effectively.</li> <li>In addition, we were delighted this year to launch a regular monthly supporters e-newsletter – an important part of our ongoing and regular communications programme.</li> <li>We are delighted to have recruited a new Trustee to the Board of Trustees with specific skills around HR. We will be working with her over the coming months to revise some of our core HR policies and ways of working.</li> <li>Our social media presence and followers have increased across the year, and we have worked hard on a programme of regular postings and engagement across our social channels.</li> </ul>

## 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

As mentioned earlier in this report it has been a tough year for us in terms of delivering our target number of counselling sessions. Our target of reaching 120 sessions of counselling per week was not achieved and our core focus over the coming year will be to:

- Identify and implement a clear programme of action and work to bring things back into line with our five-year strategic growth goals.
- Successfully recruit 3 more counsellors to the team to increase our counselling capacity.
- Work with our Board of Trustees, clinical team and staff to review current ways of working and make recommendations to improve efficiencies and waiting times for counselling.

### Roll out a new provision for group counselling

During the year we will extract the learnings from the current group counselling pilot in Harpenden and deliver a final report with clear recommendations for the future. These recommendations will be made to our Board of Trustees on how the charity might best scale a future group counselling provision and we will identify how we could secure the additional funds to deliver this new programme of work.

Over the coming year we are keen to continue to offer group counselling in Harpenden whilst also identifying ways to deliver some group counselling provision within our new home at 64 London Road.

### Sustaining and growing our Income

With the growing societal concerns around young people's mental health, we remain positive that we will be able to inspire and engage our local community to support us with our five-year strategy for growth. We are focused on growing our fundraising capacity to enable us to achieve an income target of £537k in the year ahead.

Trusts and Foundations have long played a vital role in Youth Talk's income. After this year's success we want to retain a similar momentum for the year ahead. We're alert to how the charity sector's needs mean funding pots are becoming saturated with lots of organisations in need of support yet Trusts are an important focus area of our time and resource.

As a charity providing a vital service to local young people, we firmly believe our community remains at the heart of all that we do. As mentioned earlier, community fundraising is proving tricky in the current financial climate and whilst we will continue to invest time and effort in growing this area we will pivot more effort into corporate fundraising and individual giving.

The local business community is very supportive of Youth Talk with many employing under 25 year-olds and with a responsibility to look after their employees' wellbeing. Many small and medium sized companies want to be seen as actively involved with their local community. We recognise great potential to generate new income and corporate partnerships that will help companies to fulfil their Environmental, Social and Governance requirements (ESG).

With a loyal and growing number of individuals supporting us on a monthly basis, this helps provide us with much needed security. We are continually striving to improve our efficiencies through the use of our supporter database, Donorfy. We aim to build further on our regular e-newsletter and improved stewardship which will help us to further nurture relationships, sharing the impact our donors' support has on the lives of our local young people.

### Extending our reach – redressing the balance

As part of our five-year strategy commitment, we stated that we wanted to focus on encouraging under-represented groups to access our service – with a particular focus on encouraging more boys.

Over the year we will begin to identify some of the barriers that may prevent boys referring themselves into the service and in tandem look at ways in which we can begin to create a more representative balance across genders. We will work with our youth panel on this new area of work.

## Continued modernisation and building of a robust infrastructure to facilitate growth

Good progress has been made in a number of areas of infrastructure improvements and organisational efficiencies over the last year.

Over the coming year we aim to build on this further, to unlock greater efficiencies and create improved/smarter ways of working across the charity. In particular we intend to focus on:

- Development of a new suite of regular clinical reports/dashboard from our clinical system laptus.
- Development of a suite of reports to measure and track progress against our operational plans and strategic priorities.
- Further development of our CRM system to enable effective and regular communications and stewardship with our supporter base and volunteers.
- Building further on the work to date developing a strong volunteering offer for the charity.



## Our 2022-2023 accounts

### Statement of Board of Trustees' responsibilities

The Trustees, who are also directors of the Charity for the purposes of the Companies Act, 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 income over expenditure 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 17 of this document meets 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

What a year – one which has seen a number of historic milestones for the charity that will now set us on a good course for the future. Of course, none of this would have been possible without the unwavering support and hard work of so many individuals, groups, businesses and organisations. Whether it's our Board of Trustees, staff team, clinical team, youth panel, supporters, volunteers, fundraisers – the list just goes on, and we thank you all.


We know from talking to our founder Ida Fairbairn at our special 25th Anniversary event in September 2022 that she could never have imagined the vital role Youth Talk was going to play in the lives of so many local young people. Our 25-year journey has only been made possible by all of you. It is something we should all be so proud of, as we acknowledge that as a result countless lives have been changed for the better and in some instances saved. Thank you.

We know that the coming year is going to bring ever greater challenges for Youth Talk – in terms of meeting our significant plans for growth against a backdrop of constant and increasing demand – whilst in parallel facing another challenging year of very ambitious fundraising targets.

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 our vital service without you.

This report was approved and authorised for issue by the Board of Trustees on 13 July 2023 and signed on its behalf by:



**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 2023 which are set out on pages 19 to 31.

### 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;
- follow the procedures laid down in the general directions given by the Charity Commission under section 145(5) (b) of the Charities Act; and,
- 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

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England & Wales, which is one of the listed bodies. 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: 13 JULY 2023**

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 2023

		<b>Unrestricted Funds Year ended 31-Mar-23 £</b>	<b>Restricted Funds Year ended 31-Mar-23 £</b>	<b>Total Funds Year ended 31-Mar-23 £</b>	<b>Total Funds Year ended 31-Mar-22 £</b>
	<b>Notes</b>				
<b>Income from:</b>					
Donations and legacies	3	136,975	206,547	<b>343,522</b>	255,561
Charitable activities	4	129,942	-	<b>129,942</b>	120,460
Other trading activities		5,902	-	<b>5,902</b>	836
<b>Total income</b>		<b>272,819</b>	<b>206,547</b>	<b>479,366</b>	376,857
<b>Expenditure on:</b>					
Raising funds	5 & 6	96,162	7,570	<b>103,732</b>	67,690
Charitable activities	5 & 7	202,898	135,487	<b>338,385</b>	261,137
<b>Total expenditure</b>		<b>299,060</b>	<b>143,057</b>	<b>442,117</b>	328,827
<b>Net income/(expenditure)</b>		<b>(26,241)</b>	<b>63,490</b>	<b>37,249</b>	48,030
<b>Reconciliation of funds</b>					
Total funds brought forward	12 & 13	285,524	-	<b>285,524</b>	237,494
Total funds carried forward	12 & 13	<b>259,283</b>	<b>63,490</b>	<b>322,773</b>	285,524

The notes on pages 21 to 31 form part of the financial statements.

## Balance sheet

As at 31 March 2023

	Notes	£	Total Funds 31-Mar-23 £	Total Funds 31-Mar-22 £
<b>Fixed assets</b>				
Tangible assets	9		1,339	2,970
<b>Current assets</b>				
Debtors and prepayments	10	28,433		25,121
Cash at bank		319,027		262,116
<b>Total current assets</b>		<b>347,460</b>		287,237
<b>Creditors:</b>				
Amounts falling due within one year	11	(26,026)		(4,683)
<b>Net current assets</b>			<b>321,434</b>	282,554
<b>Net assets</b>			<b>322,773</b>	285,524
<b>Funds of the charity:</b>				
Restricted funds	12 & 13		63,490	-
Unrestricted funds				
General funds	12 & 13	209,283		235,524
Designated funds	12 & 13	50,000		50,000
<b>Total unrestricted funds</b>			<b>259,283</b>	285,524
<b>Total funds</b>			<b>322,773</b>	285,524

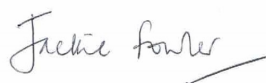
The notes on pages 21 to 31 form part of the financial statements.

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 2023, and the members have not required the charitable company to obtain an audit of its financial statements for the year ended 31 March 2023 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 13 July 2023 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 2023, 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 2023 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 64 London Road, St Albans, Herts, AL1 1NG.

#### 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-22 £	Restricted Funds Year ended 31-Mar-22 £	Total Funds Year ended 31-Mar-22 £
	<b>Notes</b>			
Income from:				
Donations and legacies	3	188,583	66,978	255,561
Charitable activities	4	120,460	-	120,460
Other trading activities		836	-	836
Total income		309,879	66,978	376,857
Expenditure on:				
Raising funds	5 & 6	67,690	-	67,690
Charitable activities	5 & 7	194,159	66,978	261,137
Total expenditure		261,849	66,978	328,827
Net income/(expenditure)		48,030	-	48,030
Reconciliation of funds				
Total funds brought forward	12 & 13	237,494	-	237,494
Total funds carried forward	12 & 13	285,524	-	285,524

### 3. Income from donations and legacies

#### Year ended 31 March 2023

Donations  
Grant income

Unrestricted Funds	Restricted Funds	Total Funds
Year ended 31-Mar-23	Year ended 31-Mar-23	Year ended 31-Mar-23
£	£	£
101,237	3,051	<b>104,288</b>
35,738	203,496	<b>239,234</b>
<b>136,975</b>	<b>206,547</b>	<b>343,522</b>

#### 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

### 4. Income from charitable activities

#### Year ended 31 March 2023

Contracts for services

Unrestricted Funds	Restricted Funds	Total Funds
Year ended 31-Mar-23	Year ended 31-Mar-23	Year ended 31-Mar-23
£	£	£
129,942	-	<b>129,942</b>
<b>129,942</b>	<b>-</b>	<b>129,942</b>

#### 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



5. Total expenditure

	Direct staff costs	Direct other costs	Indirect costs	Total costs
Year ended 31-Mar-23	Year ended 31-Mar-23	Year ended 31-Mar-23	Year ended 31-Mar-23	Year ended 31-Mar-23
£	£	£	£	£
Raising funds	78,626	7,036	18,070	<b>103,732</b>
Charitable activities	97,426	182,014	58,945	<b>338,385</b>
	<b>176,052</b>	<b>189,050</b>	<b>77,015</b>	<b>442,117</b>

	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
	<b>117,784</b>	<b>152,577</b>	<b>58,466</b>	<b>328,827</b>

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.

As part of the charity's five-year strategy for growth there has been continued investment in fundraising over the current year, and in particular investment in starting to grow an experienced team to help the charity achieve its five-year strategy. As a result, there has been an increase in the direct staff costs attributed to raising funds.

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.

Indirect costs consists of the following:

	Total Funds	Total Funds
Year ended 31-Mar-23	Year ended 31-Mar-22	Year ended 31-Mar-22
£	£	£
Staff costs	<b>17,110</b>	18,326
Premises	<b>32,070</b>	19,423
Other people costs	<b>8,423</b>	4,461
Marketing and communications	<b>591</b>	2,293
Administration	<b>16,901</b>	12,133
Governance	<b>1,920</b>	1,830
	<b>77,015</b>	<b>58,466</b>

## 5. Total expenditure (continued from previous page)

Governance costs includes:

	<b>Total Funds</b>	Total Funds
	<b>Year ended 31-Mar-23</b>	Year ended 31-Mar-22
	<b>£</b>	£
Independent examination	<b>1,920</b>	1,830
	<b>1,920</b>	1,830

## 6. Expenditure on raising funds

### Year ended 31 March 2023

	<b>Unrestricted Funds</b>	<b>Restricted Funds</b>	<b>Total Funds</b>
	<b>Year ended 31-Mar-23</b>	<b>Year ended 31-Mar-23</b>	<b>Year ended 31-Mar-23</b>
	<b>£</b>	<b>£</b>	<b>£</b>
Direct staff costs	71,056	7,570	<b>78,626</b>
Direct other costs	7,036	-	<b>7,036</b>
Total direct costs	<b>78,092</b>	<b>7,570</b>	<b>85,662</b>
Indirect costs	18,070	-	<b>18,070</b>
	<b>96,162</b>	<b>7,570</b>	<b>103,732</b>

### Year ended 31 March 2022

	<b>Unrestricted Funds</b>	<b>Restricted Funds</b>	<b>Total Funds</b>
	<b>Year ended 31-Mar-22</b>	<b>Year ended 31-Mar-22</b>	<b>Year ended 31-Mar-22</b>
	<b>£</b>	<b>£</b>	<b>£</b>
Direct staff costs	43,341	-	43,341
Direct other costs	12,314	-	12,314
Total direct costs	55,655	-	55,655
Indirect costs	12,035	-	12,035
	67,690	-	67,690

As part of the charity's five-year strategy for growth there has been continued investment in fundraising over the current year, and in particular investment in starting to grow an experienced team to help the charity achieve its five-year strategy. As a result, there has been an increase in the direct staff costs attributed to raising funds.

7. Expenditure on charitable activities**Year ended 31 March 2023**

Direct staff costs
Direct other costs (incl. clinical team)
Total direct costs
Indirect costs

Unrestricted Funds	Restricted Funds	Total Funds
Year ended 31-Mar-23	Year ended 31-Mar-23	Year ended 31-Mar-23
£	£	£
97,426	-	97,426
46,527	135,487	182,014
<b>143,953</b>	<b>135,487</b>	<b>279,440</b>
58,945	-	58,945
<b>202,898</b>	<b>135,487</b>	<b>338,385</b>

**Year ended 31 March 2022**

Direct staff costs
Direct other costs (incl. clinical team)
Total direct costs
Indirect costs

Unrestricted Funds	Restricted Funds	Total Funds
Year ended 31-Mar-22	Year ended 31-Mar-22	Year ended 31-Mar-22
£	£	£
55,349	19,094	74,443
104,287	35,976	140,263
159,636	55,070	214,706
34,523	11,908	46,431
194,159	66,978	261,137

8. Staff costs

Gross salaries
Employers NIC
Employers pension

Total Funds	Total Funds
Year ended 31-Mar-23	Year ended 31-Mar-22
£	£
178,417	126,938
9,809	5,914
4,936	3,258
<b>193,162</b>	136,110

The average employed headcount during the period was 8 persons (2022: 6 persons).

No employee received employee benefits of more than £60,000 (2022: Nil).

The total employee benefits paid to key management personnel during the year was £84,303 (2022: £66,298). The increase in the current year is due to changes to the Operations Manager role including moving it from part time to a full-time role.

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 £
<b>Cost</b>			
As at 1 April 2022	515	4,584	5,099
As at 31 March 2023	<b>515</b>	<b>4,584</b>	<b>5,099</b>
<b>Accumulated depreciation</b>			
As at 1 April 2022	119	2,010	2,129
Charge in year	103	1,528	1,631
As at 31 March 2023	<b>222</b>	<b>3,538</b>	<b>3,760</b>
<b>Net book value</b>			
As at 1 April 2022	396	2,574	2,970
As at 31 March 2023	<b>293</b>	<b>1,046</b>	<b>1,339</b>

## 10. Debtors and prepayments

	Total Funds 31-Mar-23 £	Total Funds 31-Mar-22 £
Accounts receivable	11,880	13,251
Prepayments	5,128	11,719
Rent deposit	11,425	-
Other debtors	-	151
	<b>28,433</b>	<b>25,121</b>

## 11. Creditors: amounts falling due within one year

	Total Funds 31-Mar-23 £	Total Funds 31-Mar-22 £
Accruals	2,032	3,858
Office lease rent free benefit	13,209	-
Deferred revenue	9,856	-
Pensions payable	929	825
	<b>26,026</b>	<b>4,683</b>

Deferred revenue consists of grant income to support counselling services in 2023-2024.

12. Analysis of charity funds

	Funds brought forward Year ended 31-Mar-23	Income in the period Year ended 31-Mar-23	Expenditure in the period Year ended 31-Mar-23	Transfers between funds Year ended 31-Mar-23	Funds carried forward Year ended 31-Mar-23
	£	£	£	£	£
<b>Year ended 31 March 2023</b>					
<b>Restricted funds</b>					
New premises	-	90,051	(32,687)	-	57,364
KickStart	-	7,570	(7,570)	-	-
Harpenden Groups Pilot	-	11,000	(4,874)	-	6,126
Counselling services	-	97,926	(97,926)	-	-
<b>Total restricted funds</b>	<b>-</b>	<b>206,547</b>	<b>(143,057)</b>	<b>-</b>	<b>63,490</b>
<b>Unrestricted funds</b>					
General fund	235,524	272,819	(299,060)	-	209,283
Designated funds					
New premises	50,000	-	-	-	50,000
Total designated funds	50,000	-	-	-	50,000
<b>Total unrestricted funds</b>	<b>285,524</b>	<b>272,819</b>	<b>(299,060)</b>	<b>-</b>	<b>259,283</b>
<b>Total funds</b>	<b>285,524</b>	<b>479,366</b>	<b>(442,117)</b>	<b>-</b>	<b>322,773</b>

**New premises** restricted fund is funds the charity has received to support the refurbishment of the new premises on London Road.

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

**Harpenden Groups Pilot** grant was awarded to support the groupwork pilot in Harpenden.

**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 £322,773 (2022: £285,524) with £50,000 (2022: £50,000) having been set aside for the refurbishment of the new premises which was completed in April 2023, and £63,490 (2022: £Nil) being restricted as to use. This leaves general reserves of £209,283 (2022: £235,524). 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-22	Income in the period Year ended 31-Mar-22	Expenditure 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
<b>Total unrestricted funds</b>	<b>237,494</b>	<b>309,879</b>	<b>(261,849)</b>	<b>-</b>	<b>285,524</b>
<b>Total funds</b>	<b>237,494</b>	<b>376,857</b>	<b>(328,827)</b>	<b>-</b>	<b>285,524</b>

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

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

13. Analysis of net assets**Year ended 31 March 2023**

Fixed assets  
Current assets  
Current liabilities

Unrestricted Funds 31-Mar-23 £	Restricted Funds 31-Mar-23 £	Total Funds 31-Mar-23 £
1,339	-	1,339
283,970	63,490	347,460
(26,026)	-	(26,026)
<b>259,283</b>	<b>63,490</b>	<b>322,773</b>

**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)
<b>285,524</b>	<b>-</b>	<b>285,524</b>

14. Other financial commitments

On 31 March 2023, the Charity had annual future minimum lease payments under a non-cancellable operating lease for the office premises as set out below:

	<b>Total 31-Mar-23 £</b>	Total 31-Mar-22 £
Within one year	<b>16,511</b>	13,000
Within two to five years	<b>202,849</b>	-
	<b>219,360</b>	13,000

15. Trustee remuneration

During the year, no Trustee received any remuneration (2022: £Nil). No members of the Board of Trustees received reimbursement of expenses (2022: £Nil).

16. Related party transactions

During the year there were no related party transactions (2022: £Nil).

17. Capital commitments

As of 31 March 2023 the Charity had capital commitments related to the refurbishment of the new premises and equipment relating to them of around £70,000 (2022: £Nil).