

OTR ANNUAL REPORT

2024 TO
2025

**SUPPORTING YOUNG
PEOPLE'S MENTAL HEALTH
TO FULFIL THEIR
POTENTIAL FOR A
BRIGHTER FUTURE**

OFF THE RECORD (SOUTH EAST HAMPSHIRE)

REGISTERED OFFICE: THREEWAYS, 138 PURBROOK WAY LEIGH PARK HAVANT HAMPSHIRE PO9 3SU

REGISTERED COMPANY NUMBER: 3333729 (ENGLAND AND WALES) REGISTERED CHARITY 1064275

**REPORT OF THE TRUSTEE DIRECTORS AND UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR
ENDED 31st MARCH 2025**

FOR OFF THE RECORD (South East Hampshire)

PATRONS Mr S Frampton MBE, Mrs K Sexton MBE.

TRUSTEE DIRECTORS:

- Mr A Carter (Chair)
- Mr N Glover
- Mrs K D Holmes
- Miss M Drummond (appointed September 19th 2024)
- Ms C Davies (appointed May 20th 2024)
- Ms E Dovener (appointed September 19th 2024)
- Mr H Thompson (resigned January 24th 2025)
- Mrs N Giles (resigned October 24th 2024)

INDEPENDENT EXAMINER: S Mackie, FCA Morris Crocker Chartered Accountants Station House
North Street Havant Hampshire PO9 1QU

BANKERS: CAF Bank Limited 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ

The Trustee Directors present their report with the financial statements of the Charitable Company for the year ended 31st March 2025.

The trustees have adopted the Provisions of 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) (effective 1 January 2019).

Chair's Report 2024-2025

My first priority in this years report is to outline the change of Chief Executive Officer. I'll start with the outgoing CEO, in July 2024, Kate Glasby stood down as CEO and moved to a new role with the Department of Works and Pensions. Myself and the Board of Trustees thank Kate for her drive and passion in taking OTR forward and leaving the Charity in such a strong position. Kate was the force behind many successful funding bids and founded a strong team within the organisation. Kate was succeeded by Corniche Plumridge, an internal candidate, the Family Services Manager, who successfully led the organisation as the interim CEO. Since taking up her tenure permanently, she has shown the same drive and passion and brought her knowledge and experience in the Sector to continue taking OTR forward.

I'd like to continue by recognising our funders who enabled us to deliver the services we provide. Their support has been fundamental in our overall increase in our income by just over 12%, resulting in a surplus of c.£36K a significant increase from the previous year. This year, like past years, we've been fortunate to continue to receive funding from major trust funders such as the John Pritchard Trust, The Henry Smith Charity, Garfield Weston and the Blagrove Trust, along with the National Lottery Community Fund, Hampshire County Council and East Hants District Council. We have also benefited from funding from various Local Community Partnerships, other charitable organisations, businesses, clubs and individual donations. It is without doubt the investment in bringing in a dedicated Fundraising Manager that has contributed to the success of our fundraising, working closely with the CEO and other members of staff to implement income initiatives and secure the level of funding required.

This report highlights the services we have provided throughout this year and the impact these have made on the wellbeing of young people and their families. As well as our counselling activities our outreach programmes into schools have been a success with requests for more managing emotions workshops. Projects such as 'energise me' continue to contribute to supporting young carers with activities that help with a healthier lifestyle and our new Young Adult Carers project providing support with vital life skills such as managing finances and CV writing.

In this next year we anticipate some challenges with fundraising as we come to the end of some of our funding streams and foundations and trusts switch their focus onto other charities/areas. Our focus will be on ensuring that new streams are founded and extending our fundraising team further will be a priority. In addition, we will be looking at the possibility of rationalising our services into one location as the availability of the building attached to the main office, The Original Place, becomes open and are actively liaising with the Diocese of Portsmouth about the possibility of taking over its lease.

I would like to thank all the Team at OTR for their continued contribution to the success of the Charity and the Trustee Board is confident that we have the necessary foundations to strengthen and build a better service our young people in the Borough and beyond.

The Chair

OFF THE RECORD

Supporting young people's mental health to fulfil their potential for a brighter future.

OTR (Off the Record South East Hampshire) is an emotional health and wellbeing charity since 1977, supporting young people and their families in the Havant Borough and its surrounding area.

Off The Record's mission is to help young people to achieve emotional health and wellbeing, through early intervention counselling, groupwork, and a young carers service.

In the period of transition between CEO's we extended the 2022-2024 business plan where we continued our commitment to:

- Youth Voice
- Protecting the future of community-based counselling
- Monitoring and protecting equality of access for marginalised communities.
- Offer a fully blended service model to give choice to young people and their family, whilst protecting in-person services in a digital world.
- Delivering face to face services from community locations, allowing for equity of access and increased awareness so all young people know we are here for them.
- Being a placement of choice for student counsellors in training, offering a high standard of support, training and recognition.

SERVICES 2024 – 2025 – Offered services this year:

Counselling Delivery

We continue to manage our in-person spaces via our main office in Leigh Park and via our outposts, bringing services closer to harder to reach communities. We have outposts in Emsworth, Bordon and on Hayling Island. We continue to look for free / low cost premises in order for us to have a presence over a wider local area. Currently for those young people less likely to be able to afford travel, or have parents/carers unable to bring them along, we can still offer our services via other means, telephone or video call. However, demand continues to clearly demonstrate that the need for face-to-face services continues to grow, with 82% of counselling delivered via this means, an increase of a further 3% from the previous financial year.

Individual Counselling Services

Counselling for 11 - 25 year olds (1 Assessment plus a minimum of 6 ongoing sessions)

Counselling for Parents / Carers to provide counselling to better support their child (1 Assessment plus a maximum 6 ongoing sessions).

Family Counselling Services

Family Counselling for families of 8 years plus children (2 Assessments plus 6 ongoing sessions)

Group Work Services

All our group work services are delivered in person in our youth work room at Leigh Park Community Centre or as outreach in Havant secondary schools

- Group Work – Managing Emotions 6 week course or 1 day Courses for 11 - 25 year olds.
- Family Work – You First 8-week support course for Parents / Carers.

Young Carers Services are delivered in person at our youth work room at Leigh Park Community Centre and community locations.

- Havant Young Carers Project – Supporting Young Carers ages 8 to 18 through fortnightly support sessions, leisure trips and activities in the school holidays, 121 support when needed, in addition to advocating and raising awareness.
- Young Adult Carers – a pilot project supporting young adult carers 18 to 25 in transitioning into adulthood.

Information and Support Calls

Our Support Volunteers maintain regular contact with individuals on our waiting list, offering weekly, fortnightly, or monthly check-in calls based on each client's preference. These calls serve to:

- Confirm continued interest in our services
- Check for any changes in availability
- Provide wellbeing support
- Offer signposting to relevant local agencies and national websites

Between them, our volunteers delivered **117 hours of support calls** to **661 newly registered clients**.

These conversations not only help clients feel heard and supported while they wait, but also ensure they are aware of other services that may be able to assist them in the meantime.

Counselling Service

927 new clients registered for counselling during the year, these included 634 young people, 27 parent / carers and 266 individuals for our family counselling service.

977 engaged with a service, 598 for individual counselling & 379 for family counselling (some pre-registered before year started)

3898 sessions offered, 3417 for individual counselling, 481 for family counselling.

A blended team of qualified, and voluntary trainee / qualified counsellors work with our clients. The qualified counsellors working with individuals aged 11 and up, families from age 8 years, and the trainees working with the 16 and overs. All counsellors being supervised throughout via our team of clinical supervisors.

Issues and contextual factors of our young people: Through our clients sharing what their top presenting issues are, we have identified that within the top 5 issues, Anxiety remains at the top, followed by Family & Relationship issues, Low Mood, Low Self Esteem and then Depression. These top 5 issues represent 59% of all shared presenting issues from young people. Our young people also share what their contextual factors are, through these we have identified that the top 5 factors that they present with are, Safeguarding issues at the forefront, followed by School Issues, Autism Spectrum condition, ADHD and then bullying. These top 5 factors represent 59% of all shared contextual factors from young people.

Family & relationships issues are the second highest presenting issue, we continue to deliver our family counselling service provision alongside our young people and parent / carer offer. We believe early intervention and longer lasting outcomes for young people can be improved by working systemically with and around the young person, where this is appropriate and welcomed by the young person.

Family counselling can help those in close relationships to better understand and support each other. It can enable those in the family to express and to explore difficult thoughts and emotions safely. The safe space the family is within can help each member of the family to understand each other's experiences and opinions, to appreciate each other's needs, to build on the family strengths and work together on making changes to improve their relationships and their lives.

GROUPWORK ACTIVITIES

Managing Emotions

- **35 Group Work courses delivered**
- **2 Group Work day courses delivered**
- **257 young people completed courses**
- **311 young people offered group work sessions**
- **1804 sessions were offered per individual in total and 1169 attended per individual, per session.**

Group work delivers a managing emotions course for those 11 to 25 years old, which is a 6-week exploration course consisting of anxiety, stress, anger, low mood, relationships and concluding with a self-care session. The benefits of doing this within a group setting is the invaluable input of peers going through similar emotions, which normalises the emotion and decreases thoughts of being isolated in one's thoughts.

The course is offered as outreach within secondary schools in Havant and in our centre, this ensures we break down any barriers of attending by going into schools and the in centre ensure those who want to attend outside of school or are home educated have an available alternative.

One of the managing emotions day course was delivered to 18 plus due to feedback we received that it is difficult to commit to a 6 week course due to work or education so a day course was most suited. We delivered our pilot school transition day course, the school transition course has been designed to support young people leaving primary school before starting at their given secondary school, as this was highlighted as a cause for high amount anxiety during our managing emotions sessions.

The top three presenting issues amongst young people completing group work courses were anxiety, low self esteem and low mood.

Group work combines using different wellness techniques and methods with youth work principles to be able to deliver courses and tailor as necessary to meet the needs of young people, including young people with special educational needs. Having strong relationships with schools ensures we are up to date with current trends and helps us tailor the session to meet the need, which included a specific course on resilience,

Feedback gained from young people on completion of their sessions showed that they felt listened to and understood during their sessions. They shared they found techniques explained to them during

sessions such as grounding and breathing techniques helped them to better to understand and manage their emotions.

You First

You First is a parenting programme focused on enhancing parent wellbeing and emotional resilience to support parents to better understand their young person.

6 parents/carers onboarded to the course

4 parents / carers completing the course.

You First has delivered one course this year after listening to feedback and reaction to the needs of our client base, this has resulted in the course being condensed to be delivered in 6 weeks instead of 8 making this more achievable for parents to complete. During this time, we trained further staff to deliver.

The course was well received by those who attended. Two attendees did not complete the course this is not unusual within groupwork and is due to timing not being right for them physically or emotionally at that time.

One of the attendees of the course said they had felt overwhelmed prior to the course but after completion said they were feeling more able to deal with the unknown and had taken on board the importance of self-care.

Another attendee shared that helped them to gain a better understanding of how the brain works and how important everyone's emotions are and how others have similar problems to them.

Outcomes inclusive of Counselling and Group work

GBOs are based on the concept that it is more powerful to measure the self-reported impact of an intervention against the service users' own goals, rather than observed improvements or pre-determined measures / scoring tools.

A young person / adult will start a programme of counselling, or a group work course, and set their own goals or family goals that they are looking to work on.

For example, real goal examples set by our service users are:

- Reduce the conflict at home and make things better
- Gain better understanding and communication with each other
- Have more self-worth
- To explore and understand my feelings
- To be happy

With 1 being furthest away from goal, and 10 being 'goal met', young people score themselves every week until counselling / group work ends. We measure the difference in start and end score.

Our latest report for counselling data response tracked 1751 goals across 1142 service users. Group work tracked 1279 goals across 546 service users.

In total all service users report a 169% improvement for the whole YTD cumulative scores on their self-reported goals score to score between starting with us and leaving us, this means that the average improvement is individual feeling twice as good at the end of their journey compared to the start.

Young Carers

- **107 Young Carers supported throughout the year**
- **Support Sessions – 53 sessions took place**
- **Out of school club & activities – 49 sessions took place**
- **45 New Referrals**
- **37 Assessments**

The Young Carers service continues to support young people aged 8 to 18 and this year we have extended this to include young adult carers up to the age of 25. The project offers an exploration program to ensure that all young carers have the opportunity to explore their caring roles, understand different disabilities, gain resilience skills and get support from their peers to ensure they do not feel alone. The exploration program takes place during our fortnightly, 2 hour support sessions throughout term time, the Young Carers are divided into three different age ranges to ensure age-appropriate support, with each age group having a support club. To ensure we meet the varied needs of the Young Carers, each session has a set exploration activity and at least half the club is dedicated to free time to ensure they have plenty of time for fun away from their caring responsibilities, we ensure that there are enough staff members to allow the young people to have one to one support during the sessions if they or staff identify a need. To inform our sessions and to monitor the Young Carers, we use the Carers Star as an outcome measure.

To ensure the Young Carers have the same opportunities and childhood experiences as their non-caring peers, alongside the young carers support sessions throughout the year we arrange leisure activities for them to have a break from their caring responsibilities during the school holidays, these include theme parks, theatres and meals out. We also provided a residential by attending the annual Young Carers festival, ensuring that they not only get a substantial break but get to meet other young carers across the England and have their voices heard.

Over the year the young carers took part in the ‘energise me’ project which aimed at having happier and healthier communities through physical activity and sport, young carers are particularly vulnerable due to their caring needs and the barriers this can lead to for physical health and healthy lifestyles. We developed a program that incorporated the following themes:

- Energise my confidence – activities that could be done at home
- Energise my body -Leisure centre based activities
- Energise My Future - Activities to become healthy habits
- Energise My Mind - activities that can become hobbies

- Energise My Happiness - fun activities

This was in conjunction with activities throughout half term, including different activity centers, natural spaces. As part of this project, young carers trained and participated in the Junior Great South Run.

The new Young Adult Carers Project began to meet monthly towards the end of the year extending the age range of young carers that can be supported to age 25. This ensures that Young Carers are supported through their transition into adulthood, a phase of life where often other services end. The group focuses on building skills such as CV writing, employment focus and managing finances in addition to wellbeing support, caring support and to meet other young adult carers. This group is in its infancy and will continue to grow into the next year. We are strengthening our presence in local colleges which been beneficial in building this service.

SAFEGUARDING – ALL SERVICES

We continue to see a high level of safeguarding across all our services and review these on a daily basis within the safeguarding team, we also hold weekly meetings to review the previous weeks safeguarding. We are aware that the level of safeguarding that we work with, is in part linked to the overstretched local CAMHS service, with many clients now being signposted to us as the wait for CAMHS is reported to be as long as 2 years.

During this year we are supporting 398 clients that has safeguarding concerns, they shared a total of 737 concerns, the most prevalent of these, 561 concerns, were for suicidal thoughts, previous suicidal attempts or self-harm. 41 of those reports were sharing concerns around neglect / abuse or exploitation. If we identify that the young person is at risk of harm then the DSOs will complete a MASH referral or if services are already involved with the young person, then a disclosure to their caseworker would take place. In situations whereby OTR doesn't specialise in the presentation that the young person wishes to explore, our team of counsellors and designated safeguarding officers support the young person and their family to access the right service for them at this time, this can entail OTR completing an external referral on behalf of the young person.

We are proactive in ensuring widespread annual training, investment in online training platforms for year-round access to training and refreshers, and regularly revised safety planning tools and up to date protocols in line with our LCSB obligations. We have two Designated Safeguarding Officers in post and one Designated Safeguarding Lead; these posts are key to the support and management of these safeguarding concerns. These positions monitor all clients with safeguarding concerns depending on risk, either weekly or monthly.

We also continue to invest in separate mandatory online and annual classroom training for all. We continue to strengthen and enhance our organisation wide suicide awareness and prevention training, and safety planning toolkits.

FINANCIAL REVIEW

The results for the financial year and the financial position of Off the Record (South East Hampshire) are shown in the accompanying financial statements.

Income received from all sources for the financial year ending 31st March 2025 was £525,774 compared to the prior year of £468,218 (up 12.29%). We continued to receive funding from Guinness Housing Association and Southampton & IOW NHS towards our Family Counselling service, a joint venture between OTR and Hart Voluntary Action. We also secured another round of funding from the National Lottery Community Fund to contribute towards our service over the next 4 years.

Operating expenses for the year were £489,693 which represented an increase of 4.91% on the prior year of £466,755. The increase in expenditure was mainly due to the decision in 2022/23 to employ 2 Groupwork leaders to support our Family Services Manager and a Head of Fundraising, these roles have now impacted our expenditure based on a full financial year. Our increase in salaries is partly driven by being a member of the real living wage foundation, through which we strive to ensure that our salaries remain competitive. Our expenditure on young carers activities increased due to funding through Hampshire County Council as part of the Energize Me program designed to get young people active. Our major expenditures continue to be the employment of a skilled staff team including a dedicated Head of Fundraising, the infrastructure to run a small local charity office such as IT, maintenance, recruitment, training, support and the supervision of counsellors and supporting teams.

The net income for the financial year ending 31st March 2025 was a surplus £36,081 compared to a prior year surplus of £1,463.

Major Trust Funders (£10,000 or over) John Pritchard Trust (50k), The Henry Smith Charity (90k) The National Lottery Community Fund (71.2k) Garfield Weston (25k) Blagrove Trust (21k) TNLCF-Awards 4 All (20k) East Hants District Council (10k) Hampshire County Council (44.1k)

We are delighted to have received funding from the George Michael Fund made possible by some of George's record royalties from sales of Last Christmas'

Our membership of two Hampshire wide consortiums, Hampshire Youth Access (66.7k) continues to protect our counselling for 11-17 year olds in the Havant Borough. Hampshire Young Carers Alliance (24.5k) our ability to deliver young carers services, although this was a 5 year award which came to an end September 2024.

We have had success with a variety of local engagements receiving funded work from OPCC, Havant Local Communities Partnership, East Hants Local Communities Partnership, New Forest Local Communities Partnership, Hampshire & Isle of Wight Community Fund and gratefully received donations and grants from Dare 2 Express, Kelly Family Charitable Trust, Platinum Care Solutions and Havant Rotary Club.

The trustees are of the opinion that the organisation has appropriate financial reserves and resources to maintain its business risks successfully and continue its operational existence, despite the continuing cost of living crisis.

STRUCTURE AND GOVERNANCE

Off The Record is a Company limited by guarantee (with no share capital). The Memorandum and Articles of Association form the governing document which also determines the re-appointment and resignation of Trustee Directors. The Trustees hold the charity in trust for current and future beneficiaries by:

- providing leadership and direction within the ethos and values of the charity
- being responsible for the effective performance and management of the charity
- ensuring that the charity complies with all legal and regulatory requirements
- undertaking ambassadorial roles
- working as a team

The Board of Trustees is legally responsible for the strategic direction of the charity including approving the annual plan and budget. The Board monitors risk and progress against these plans and budgets and it makes decisions about the appointment of trustees and senior staff. Lead trustees are appointed to oversee key areas of work as needed.

PUBLIC BENEFIT

The trustees confirm that they have referred to the Charity Commission's guidance on public benefit when reviewing the charity's activities and in planning future activities. All our charitable activities deliver public benefit because they exist to serve the public and ensure that children, young people, their parents, and families as well as professionals working in the field of mental health benefit from our work and services.

RISK ASSESSMENT

The trustees continue to review of the major risks to which the charity is exposed. Where appropriate systems, controls or procedures have been established to mitigate the risks the charity faces. Eight risk areas are routinely reviewed, and an audit kept on the findings.

- | | |
|---|---|
| 1. Governance | 5. Financial Management |
| 2. External Environment | 6. Fundraising |
| 3. Service Delivery – clients, funders, partners | 7. Operational - staff, volunteers, policy/practice |
| 4. Compliance – legal, charity regulation, ethics | 8. Technology & IT Security |

The aim of the mitigations is to ensure sustainability, good governance and safe work practices and good service management.

Financial monitoring and review are ongoing, with reports tabled for each board meeting along with a service update from the CEO. All policy and procedures are reviewed every 2 years, or sooner in line with our policy routines.

INVESTMENT POLICY

The Board of Trustees have reviewed the financial situation and concluded it is unable to consider long-term investments. All funds are currently dedicated to running and delivering a quality information, support, groupwork and counselling service and meeting the charity reserve policy.

RESERVES POLICY

The reserves policy considers the Charity Commission's guidance on reserves. We have looked at why we need reserves, how much this should be and that we compare the need regularly with the amount held. Our current policy is to hold at least reserve of 3 months running costs ideally 6 months, to ensure well-managed ethical endings or hand-over of support for clients, if a major cut in funding ever occurs. Reducing or ending support to young people, especially those such as the young carers who have long-term support with Off the Record, would take time to organise and enact in the way we would wish for the safety etc., of our clients. The reserves in case of closure would also need to enable redundancy and other closure costs.

Approved by order of the board of trustees on 18/9/25 2025.



A CARTER – Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
OFF THE RECORD (SOUTH EAST HAMPSHIRE)**

Independent examiner's report to the trustees of Off the Record (South East Hampshire) ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2025.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

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, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. 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
4. 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.

Stuart Mackie

Stuart Mackie FCA

Morris Crocker
Chartered Accountants
Station House
North Street
Havant
Hampshire
PO9 1QU

Date: 19/09/2025.....

OFF THE RECORD (SOUTH EAST HAMPSHIRE)

STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2025

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	30,000	-	30,000	8,913
Charitable activities	4				
Support for young people		139,268	352,115	491,383	457,504
Investment income	3	<u>4,391</u>	<u>-</u>	<u>4,391</u>	<u>1,801</u>
Total		<u>173,659</u>	<u>352,115</u>	<u>525,774</u>	<u>468,218</u>
EXPENDITURE ON					
Raising funds	5	71,735	2,413	74,148	44,418
Charitable activities	6				
Support for young people		<u>77,977</u>	<u>337,568</u>	<u>415,545</u>	<u>422,337</u>
Total		<u>149,712</u>	<u>339,981</u>	<u>489,693</u>	<u>466,755</u>
NET INCOME		23,947	12,134	36,081	1,463
RECONCILIATION OF FUNDS					
Total funds brought forward		201,263	92,760	294,023	292,560
TOTAL FUNDS CARRIED FORWARD		<u>225,210</u>	<u>104,894</u>	<u>330,104</u>	<u>294,023</u>

The notes form part of these financial statements

OFF THE RECORD (SOUTH EAST HAMPSHIRE)

BALANCE SHEET
31 MARCH 2025

	Notes	2025 £	2024 £
FIXED ASSETS			
Tangible assets	12	6,975	7,888
CURRENT ASSETS			
Debtors	13	16,007	44,517
Cash at bank		<u>328,407</u>	<u>262,474</u>
		344,414	306,991
CREDITORS			
Amounts falling due within one year	14	(21,285)	(20,856)
NET CURRENT ASSETS		<u>323,129</u>	<u>286,135</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		330,104	294,023
NET ASSETS		<u>330,104</u>	<u>294,023</u>
FUNDS	16		
Unrestricted funds		225,212	201,263
Restricted funds		<u>104,892</u>	<u>92,760</u>
TOTAL FUNDS		<u>330,104</u>	<u>294,023</u>

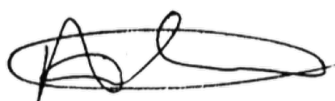
The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The financial statements were approved by the Board of Trustees and authorised for issue on 18/9/25 and were signed on its behalf by:



A Carter - Trustee

The notes form part of these financial statements

OFF THE RECORD (SOUTH EAST HAMPSHIRE)

CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2025

	Notes	2025 £	2024 £
Cash flows from operating activities			
Cash generated from operations	1	<u>65,128</u>	<u>(20,623)</u>
Net cash provided by/(used in) operating activities		<u>65,128</u>	<u>(20,623)</u>
Cash flows from investing activities			
Purchase of tangible fixed assets		(3,586)	(2,465)
Interest received		<u>4,391</u>	<u>1,801</u>
Net cash provided by/(used in) investing activities		<u>805</u>	<u>(664)</u>
		<hr/>	<hr/>
Change in cash and cash equivalents in the reporting period		65,933	(21,287)
Cash and cash equivalents at the beginning of the reporting period		<u>262,474</u>	<u>283,761</u>
Cash and cash equivalents at the end of the reporting period		<u><u>328,407</u></u>	<u><u>262,474</u></u>

The notes form part of these financial statements

OFF THE RECORD (SOUTH EAST HAMPSHIRE)

NOTES TO THE CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2025

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2025 £	2024 £
Net income for the reporting period (as per the Statement of Financial Activities)	36,081	1,463
Adjustments for:		
Depreciation charges	4,499	5,029
Interest received	(4,391)	(1,801)
Decrease/(increase) in debtors	28,510	(28,841)
Increase in creditors	<u>429</u>	<u>3,527</u>
Net cash provided by/(used in) operations	<u><u>65,128</u></u>	<u><u>(20,623)</u></u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.4.24 £	Cash flow £	At 31.3.25 £
Net cash			
Cash at bank	<u>262,474</u>	<u>65,933</u>	<u>328,407</u>
	<u>262,474</u>	<u>65,933</u>	<u>328,407</u>
Total	<u><u>262,474</u></u>	<u><u>65,933</u></u>	<u><u>328,407</u></u>

OFF THE RECORD (SOUTH EAST HAMPSHIRE)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with 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) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Improvements to property	- 10% on cost
Computer equipment	- 25% on cost

Individual fixed assets costing £500 or more are capitalised at cost.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

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

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Financial instruments

The charity only enters into basic financial instruments transactions that result in the recognition of financial assets and liabilities like trade and other accounts receivable and payable, loans from banks and other third parties and loans to related parties and investments in non-puttable ordinary shares.

continued...

OFF THE RECORD (SOUTH EAST HAMPSHIRE)

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

1. ACCOUNTING POLICIES - continued

Financial instruments**Trade and other debtors**

Short term debtors are measured at transaction price, less any impairment. Loans receivable are measured initially at fair value, net of transaction costs, and are measured subsequently at amortised cost using the effective interest method, less any impairment.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, deposits with banks and other short-term highly liquid investments and bank overdrafts. In the balance sheet, bank overdrafts are shown within borrowings or current liabilities.

Trade and other creditors

Short term trade creditors are measured at the transaction price. Other financial liabilities, including bank loans, are measured initially at fair value, net of transaction costs, and are measured subsequently at amortised cost using the effective interest method.

2. DONATIONS AND LEGACIES

	2025	2024
	£	£
Donations	<u>30,000</u>	<u>8,913</u>

3. INVESTMENT INCOME

	2025	2024
	£	£
Bank interest	<u>4,391</u>	<u>1,801</u>

All investment income is derived from assets held in the United Kingdom.

4. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2025	2024
		£	£
Grants	Support for young people	<u>491,383</u>	<u>457,504</u>

Grants received, included in the above, are as follows:

	2025	2024
	£	£
Grants from local councils	-	738
No Limits Consortium	-	2,373
Hampshire County Council	-	3,572
Children In Need	9,000	-
HYCA Consortium	24,527	35,222
Henry Smith Charity	90,000	60,000
Garfield Weston	25,000	-
Blagrove Trust	21,000	22,000
HYA	66,769	63,072
Moneybarn	-	7,500
Hampshire & Isle of Wight Community Foundation	9,340	-
Awards For All	20,000	-
National Lottery	71,250	75,955
John Pritchard	50,000	90,000
Cllr Jackie Branson	<u>650</u>	<u>1,000</u>
Carried forward	387,536	361,432

continued...

OFF THE RECORD (SOUTH EAST HAMPSHIRE)

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

4. INCOME FROM CHARITABLE ACTIVITIES - continued

	2025	2024
	£	£
Brought forward	387,536	361,432
EHDC	12,284	10,000
The Guinness Partnership Ltd	-	11,000
NHS Southampton & IOW CCG	-	20,000
Office of Police & Crime Commissioner	4,501	4,161
Reducing Parental Conflict	10,000	9,998
LCP grant	7,234	3,260
Edward Gostling	-	10,000
D'Oyly Trust	-	3,500
Energise me	-	24,153
Kelly Family Charitable Trust	1,500	-
Pixel Fund	5,000	-
Severn Stars	1,000	-
Tesco	2,250	-
The Talent Fund	20,000	-
New Forest LCP	1,000	-
Leadership Grant	10,000	-
Cllr Prad Baines	3,800	-
Cllr Ann Briggs	500	-
Cllr Lulu Bowerman	625	-
	<u>467,230</u>	<u>457,504</u>

5. RAISING FUNDS

Raising donations and legacies

	2025	2024
	£	£
Staff costs	70,329	39,806
Other attributable costs	<u>3,819</u>	<u>4,612</u>
	<u>74,148</u>	<u>44,418</u>

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 7) £	Totals £
Support for young people	<u>307,929</u>	<u>107,616</u>	<u>415,545</u>

continued...

OFF THE RECORD (SOUTH EAST HAMPSHIRE)

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

7. SUPPORT COSTS

	Management £	Governance costs £	Totals £
Support for young people	<u>104,313</u>	<u>3,303</u>	<u>107,616</u>

Support costs, included in the above, are as follows:

Management

	2025 Support for young people £	2024 Total activities £
Salaries	61,749	46,659
Establishment costs	20,846	18,363
Administrative expenses	17,219	19,701
Depreciation of tangible fixed assets	<u>4,499</u>	<u>5,029</u>
	<u>104,313</u>	<u>89,752</u>

Governance costs

	2025 Support for young people £	2024 Total activities £
Meeting costs	614	845
Support costs	551	565
Accountancy fees	<u>2,138</u>	<u>1,840</u>
	<u>3,303</u>	<u>3,250</u>

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2025 £	2024 £
Depreciation - owned assets	<u>4,499</u>	<u>5,029</u>

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

continued...

OFF THE RECORD (SOUTH EAST HAMPSHIRE)

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

9. TRUSTEES' REMUNERATION AND BENEFITS - continued

Trustees' expenses

During the year no trustee(s) were reimbursed out of pocket expenses (2024: £nil).

10. STAFF COSTS

	2025 £	2024 £
Wages and salaries	<u>294,863</u>	<u>260,773</u>
	<u>294,863</u>	<u>260,773</u>

The average monthly number of employees during the year was as follows:

	2025 <u>17</u>	2024 <u>16</u>
Average number of all types of staff		

No employees received emoluments in excess of £60,000.

Key management personnel consisted of the CEO and 3 managers in 2025 (2024: CEO and 3 managers) with a total cost of £131,519 (2024: £129,190).

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	8,663	250	8,913
Charitable activities			
Support for young people	175,811	281,693	457,504
Investment income	<u>1,801</u>	<u>-</u>	<u>1,801</u>
Total	<u>186,275</u>	<u>281,943</u>	<u>468,218</u>
EXPENDITURE ON			
Raising funds	41,565	2,853	44,418
Charitable activities			
Support for young people	<u>139,507</u>	<u>282,830</u>	<u>422,337</u>
Total	<u>181,072</u>	<u>285,683</u>	<u>466,755</u>
NET INCOME/(EXPENDITURE)	5,203	(3,740)	1,463
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>196,060</u>	<u>96,500</u>	<u>292,560</u>
TOTAL FUNDS CARRIED FORWARD	<u>201,263</u>	<u>92,760</u>	<u>294,023</u>

continued...

OFF THE RECORD (SOUTH EAST HAMPSHIRE)

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

12. TANGIBLE FIXED ASSETS

	Improvements to property £	Computer equipment £	Totals £
COST			
At 1 April 2024	10,321	62,312	72,633
Additions	<u>1,155</u>	<u>2,431</u>	<u>3,586</u>
At 31 March 2025	<u>11,476</u>	<u>64,743</u>	<u>76,219</u>
DEPRECIATION			
At 1 April 2024	8,652	56,093	64,745
Charge for year	<u>359</u>	<u>4,140</u>	<u>4,499</u>
At 31 March 2025	<u>9,011</u>	<u>60,233</u>	<u>69,244</u>
NET BOOK VALUE			
At 31 March 2025	<u>2,465</u>	<u>4,510</u>	<u>6,975</u>
At 31 March 2024	<u>1,669</u>	<u>6,219</u>	<u>7,888</u>

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Trade debtors	9,030	33,307
Prepayments	<u>6,977</u>	<u>11,210</u>
	<u>16,007</u>	<u>44,517</u>

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Trade creditors	15,329	16,420
Accrued expenses	<u>5,956</u>	<u>4,436</u>
	<u>21,285</u>	<u>20,856</u>

15. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
Fixed assets	6,975	-	6,975	7,888
Current assets	239,522	104,892	344,414	306,991
Current liabilities	<u>(21,285)</u>	<u>-</u>	<u>(21,285)</u>	<u>(20,856)</u>
	<u>225,212</u>	<u>104,892</u>	<u>330,104</u>	<u>294,023</u>

continued...

OFF THE RECORD (SOUTH EAST HAMPSHIRE)

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

16. MOVEMENT IN FUNDS

	At 1.4.24 £	Net movement in funds £	At 31.3.25 £
Unrestricted funds			
General fund	201,263	23,949	225,212
Restricted funds			
Children In Need	-	9,000	9,000
Garfield Weston Trust	-	16,070	16,070
HYCA	-	934	934
Henry Smith Charity	-	33,546	33,546
Moneybarn Trust	5,625	(5,625)	-
Big Lottery Fund	33,899	(23,269)	10,630
Cllr Jackie Branson	1,000	(1,000)	-
EHDC-SCF	5,557	(272)	5,285
Guinness	8,053	(8,053)	-
OPCC	1,000	(384)	616
Reducing Parental Conflict	8,363	(8,363)	-
D Oyly	3,500	(3,500)	-
Edward Gostling	833	(833)	-
Energise Me	23,844	(23,844)	-
LCP Grant	1,086	269	1,355
HIWCF	-	8,331	8,331
Leaders Community Grant	-	6,058	6,058
Pixel Fund	-	2,480	2,480
Seven Stars	-	685	685
Tesco	-	10	10
The Talent Fund	-	9,892	9,892
	<u>92,760</u>	<u>12,132</u>	<u>104,892</u>
TOTAL FUNDS	<u>294,023</u>	<u>36,081</u>	<u>330,104</u>

continued...

OFF THE RECORD (SOUTH EAST HAMPSHIRE)

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

16. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	173,660	(149,711)	23,949
Restricted funds			
Awards for all	20,000	(20,000)	-
Children In Need	9,000	-	9,000
Garfield Weston Trust	25,000	(8,930)	16,070
HYCA	24,527	(23,593)	934
Henry Smith Charity	90,000	(56,454)	33,546
Moneybarn Trust	-	(5,625)	(5,625)
Big Lottery Fund	71,250	(94,519)	(23,269)
Cllr Jackie Branson	650	(1,650)	(1,000)
EHDC-SCF	10,000	(10,272)	(272)
Guinness	-	(8,053)	(8,053)
OPCC	4,501	(4,885)	(384)
Reducing Parental Conflict	10,000	(18,363)	(8,363)
D Oyly	-	(3,500)	(3,500)
Edward Gostling	-	(833)	(833)
Energise Me	24,153	(47,997)	(23,844)
LCP Grant	7,234	(6,965)	269
East Hants LCP	2,284	(2,284)	-
HIWCF	9,340	(1,009)	8,331
Leaders Community Grant	10,000	(3,942)	6,058
New Forest LCP	1,000	(1,000)	-
Pixel Fund	5,000	(2,520)	2,480
Seven Stars	1,000	(315)	685
Tesco	2,250	(2,240)	10
The Talent Fund	20,000	(10,108)	9,892
Cllr Ann Briggs	500	(500)	-
Cllr Lulu Bowerman	625	(625)	-
Cllr Prad Baines	3,800	(3,800)	-
	<u>352,114</u>	<u>(339,982)</u>	<u>12,132</u>
TOTAL FUNDS	<u>525,774</u>	<u>(489,693)</u>	<u>36,081</u>

continued...

OFF THE RECORD (SOUTH EAST HAMPSHIRE)

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

16. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.23 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	196,060	5,203	201,263
Restricted funds			
Garfield Weston Trust	25,000	(25,000)	-
HYCA	3,610	(3,610)	-
Moneybarn Trust	-	5,625	5,625
Big Lottery Fund	37,640	(3,741)	33,899
Ports NHS CCG	6,000	(6,000)	-
Cllr Jackie Branson	-	1,000	1,000
EHDC-SCF	5,557	-	5,557
Guinness	-	8,053	8,053
OPCC	-	1,000	1,000
Reducing Parental Conflict	18,693	(10,330)	8,363
D Oyly	-	3,500	3,500
Edward Gostling	-	833	833
Energise Me	-	23,844	23,844
LCP Grant	-	1,086	1,086
	<u>96,500</u>	<u>(3,740)</u>	<u>92,760</u>
TOTAL FUNDS	<u>292,560</u>	<u>1,463</u>	<u>294,023</u>

continued...

OFF THE RECORD (SOUTH EAST HAMPSHIRE)**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025****16. MOVEMENT IN FUNDS - continued**

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	186,274	(181,071)	5,203
Restricted funds			
Garfield Weston Trust	-	(25,000)	(25,000)
HYCA	35,472	(39,082)	(3,610)
Henry Smith Charity	60,000	(60,000)	-
Moneybarn Trust	7,500	(1,875)	5,625
No Limits Consortium	2,373	(2,373)	-
Big Lottery Fund	75,955	(79,696)	(3,741)
Ports NHS CCG	-	(6,000)	(6,000)
Cllr Jackie Branson	1,000	-	1,000
EHDC-SCF	10,000	(10,000)	-
Guinness	11,000	(2,947)	8,053
NHS Southampton & IOW CCG	20,000	(20,000)	-
OPCC	4,161	(3,161)	1,000
Reducing Parental Conflict	9,998	(20,328)	(10,330)
D Oily	3,500	-	3,500
Edward Gostling	10,000	(9,167)	833
Energise Me	24,153	(309)	23,844
LCP Grant	<u>6,832</u>	<u>(5,746)</u>	<u>1,086</u>
	<u>281,944</u>	<u>(285,684)</u>	<u>(3,740)</u>
TOTAL FUNDS	<u>468,218</u>	<u>(466,755)</u>	<u>1,463</u>

Designated Income

As the financial situation for the charity has improved over the year, the Directors believe it would be prudent to designate those unrestricted funds to build up the Reserves Fund to enable us to carry on through leaner years expected in the future.

Restricted Funds

HYCA: to enable to supply of services across Hampshire including activities in school and the community and family support in the Havant Borough.

Henry Smith Charity: for service development costs including staff and other core costs with focus on services development in deprived areas.

Garfield Weston Trust: This award was to help improve young persons mental health through counselling and groupwork.

Big Lottery Fund: Award to support all off the record young persons counselling and group work services.

EHDC-SCF: Provision of a dedicated young persons counselling outpost to the Bordon and Whitehill district of East Hants.

Guinness: Funding provided to help with start up costs of Family Counselling including training of counsellors.

continued...

OFF THE RECORD (SOUTH EAST HAMPSHIRE)

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025**

16. MOVEMENT IN FUNDS - continued

OPCC: Funding dedicated to counselling provision for the OPCC Youth Board and provision of supervision to the Youth Board Officer.

Reducing Parental Conflict: 3 year award provided by Hampshire County Council for Family Counselling, this is a joint venture between OTR & Hart Voluntary Action.

D'Oyly: To provide essential respite activities benefiting Young Carers aged 8-18 in the Havant Borough.

Edward Gostling: Young Carers support including weekly clubs and trips

LCP Grant: To fund young persons counselling on Hayling Island and to fund Managing Emotions courses in schools on Hayling Island.

HiWCF Moneybarn: Funding to run support clubs and trips for young carers.

Energise Me: Managed by Energise Me on behalf of Hampshire County Council, a grant to encourage and provide physical activity opportunities for young carers, including a healthy and active future.

National Lottery Awards 4 All: Contribution towards running our young carers project.

East Hants LCP: Funding provided to run two Managing Emotions courses in East Hants area schools and cost of Family counselling in East Hants area.

Tesco Stronger Starts: Blue token scheme in Havant & Bordon Tesco stores to provide youth counselling.

New Forest LCP: to provide Family Counselling for three families in the New Forest area not covered by existing contract.

Pixel Fund: to fund youth counselling.

The Talent Fund: Contribution towards youth counselling.

HIWCF Moneybarn: Funding to pilot a young carers project, assist their transition into adulthood, aimed at 19 to 25 year olds.

Leaders's Community Grant Fund: to support the adaptation of Youth Counselling services to better support autistic young people.

Cllr Prad Baines: To provide youth counselling for young people living in PO7 & PO8 postcode area.

The 7 Stars Foundation: To provide activities for young carers.

Children in Need: A 3 year award towards the running costs of the young carers project.

Cllr Ann Briggs: To run Managing Emotions in the Cowplain school.

Cllr Lulu Bowerman: To run Managing Emotions in Glenwood school.

Cllr Jackie Branson: To purchase resources for counselling.

continued...

OFF THE RECORD (SOUTH EAST HAMPSHIRE)

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025**

17. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2025.

18. ULTIMATE CONTROLLING PARTY

The charitable company is not under the control of another entity or any one individual.