



The Centre Place

LGBT+ Service  
Nottinghamshire

Talkzone Counselling Service

Annual Review  
April 2020-March 2021

Registered Charity No:1074728

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## **Staff Team**

### **The Centre Place**

**Helen Azar**- Managing Director Safeguarding and Prevent Lead

**Jackie Randle** - Business Administrator

**Trudi Harrison** – Administration Manager

**Anita Pearson** - Domestic Support

**Andy Marks** - IT Consultant Volunteer

**Melanie Batty** – Social Prescribing Link Worker

### **LGBT+ Service Nottinghamshire**

**Claire Bradley** - LGBT+ Specialist Social Worker

**Georgia Crossland** - LGBT+ Specialist Social Worker

**Rachel Gun** - LGBT+ Project Worker

**Haley Berry** - LGBT+ Project Worker

### **Talkzone Counselling Service**

**Kerry Peppard** - Talkzone Clinical Lead Counsellor

**Ian Shaw** - Talkzone Counsellor

**Emma Samson** - Talkzone Counsellor

**Beverley Cawthorne** - Trainee Talkzone Counsellor

**Louisa Denman** - Trainee Talkzone Counsellor

**Jean Darnborough** - Trainee Talkzone Counsellor

**Noreen Gallagher** - Trainee Talkzone Counsellor

**Kimberley Flynn** - Trainee Talkzone Counsellor

**Kim Coulthard** - Trainee Talkzone Counsellor

**Auditor:** Community Accounting Plus

**Banking:** Unity Trust Bank PLC

## **Trustees**

**Carolyn Gillgrass** Chair

**Michelle Sayer** Treasurer

**Michelle Martin** Secretary

**Jodie Blaydes** Trustee

**Samantha Walker** Trustee

**Callum Sawyer** Trustee

**Lee Davenport** Trustee

## Chairs Report

After another busy year for The Centre Place, it is my privilege to write for the Annual Review. I believe that this year's achievements have been outstanding. We have had many challenges to overcome as a result of the COVID 19 pandemic. We successfully moved all our services online and continued to provide an excellent service to children and young people. Due to the dedication and commitment of the staff team, the director, and the management committee we were still able to meet the needs of the children and young people and meet the increased demand placed on our services.

### **LGBT+ Service Nottinghamshire**

Over the past year we have seen an increased demand for this service, and we have received more than double the referrals than the previous year.

We have been successful in becoming partners with the proud trust on The Rainbow Flag Award. This is a national Quality Assurance Framework for all schools and colleges, focusing on LGBT+, inclusion and visibility. We are currently recruiting schools to take part in the first roll out.

We have participated in Queer Futures2, a UK wide research project funded by the National Institute for Health Research. The aim of the project is to find out what works best for supporting LGBTQ+ young people's mental health.

We have maintained and built upon the vital services we provide. In addition to the service provision, we offer to 16- 25 years age group, we are continuing to provide the 11–16-year-old service, trans and parent and carers support. During the past year, most of the support has been offered online due to government guidelines and COVID 19. The staff team have been very innovative in ensuring they keep the young people engaged, arranging activities, sending out resources and prizes to their home, ensuring relationships are built and peer support is maintained.

Due to the pandemic our training and awareness raising work in schools and partner agencies has been put on hold. We are hoping this will all be back up and running in September.

The awareness sessions are not only beneficial to our current and prospective service users, but also to the wider school community sharing our knowledge with them of the issues faced by younger members of LGBT+ communities. Where needed we are also able to refer young people to our Counselling Service Talkzone.

All community events and PRIDE have also been cancelled but we have celebrated online with the young people and through our social media forums.

We have continued to work alongside Stonewall as a training partner and have progressed into delivering high quality training and consultations for professionals across the Private, Statutory and Voluntary Sector. After 10 years of working in this area, our staff team are subject matter experts who can assist in a range of areas including LGBT+ strategy and development.

### **Talkzone Counselling Service**

Talkzone has seen a large increase in the demand for its services. We are continuing to work in collaboration with Health Providers to improve Primary Care Mental Health interventions for children and young people across Bassetlaw. The CCG have invested in our service by providing funding for the post of our Clinical Lead which has enabled us to expand our services. We are currently providing an average of 47 sessions per week across Bassetlaw. We also provide a placement programme for trainee Counsellors, supporting the development and growth of Mental Health provision for children and young people at a local place level.

I would like to end this report by drawing attention to our Director, Helen Azar who is moving on to the NHS after 17 years of service. This will be a huge gain for the NHS and a huge loss for us. Helen initially started as a volunteer then a Project Worker and has been in her present post for 11 years. It is only Helen's hard work, determination and passion that have put us where we are today and without her, The Centre Place would have gone the way of many other valuable projects throughout the austerity and funding cuts of the past 10 years.

Helen has passed on her skills and enthusiasm to staff, volunteers and students and I know has been instrumental in changing the career paths of student placements and the team throughout the years. Her dedication to the provision of first class services has changed the lives of so many children and young people throughout her time within the organisation.

It will come as no surprise to those who know her both professionally and personally, that she was nominated for a Lifetime Achiever Award from the ITV National Diversity Awards in recognition of her pioneering work to address inequities and promote diversity for many years.

Helen - CONGRATULATIONS and THANK YOU. We are delighted that we will not be losing you all together and you will be continuing to support the organisation and Trustees as a consultant. We wish you all the best in your new role.

**Carolyn Gillgrass**  
**Chair of Trustees**

## **The Treasurers Report**

I am pleased to report that once again the professional services delivered by the organisation lead by the hard work and dedication of the Director Helen Azar and the staff team has attracted a number of funding streams and grants.

On behalf of the Management Committee, staff and young people and families accessing the service we would like to express our gratitude to the following awarding bodies for their on-going support and recognition in our services.

- The National Lottery Community Fund
- Bassetlaw Clinical Commissioning Group
- The Peoples Health Trust
- Nottinghamshire County Council Local Improvement Scheme

- Nottinghamshire Victim Care
- Active Notts

I would like to extend a thank you to CA Plus for their financial services and examining the accounts.

**Michelle Sayer**  
**Treasurer**

## **The LGBT+ Service Nottinghamshire**

LGBT+ Service Nottinghamshire is an expansion of the LGBT+ provision we have been providing since 2010 through the Worksop Out on Wednesday (W.O.W) 16-25's LGBT+ support group.

In 2016 we were awarded funding to run a pilot, we expanded and rebranded as LGBT+ Service Nottinghamshire, offering professional and specialist services for children and young people aged from 11-25, parent and carer support and specialist gender identity support. In addition to this we added training and consultancy services for professionals across Nottinghamshire. The pilot evidenced the need for the service which was incorporated into our core delivery from 2018. We continue to provide a 11-16 LGBT+ group, a 16-25 LGBT+ group, Trans and gender diverse group, parents and carers group and one-to-one support for young people and parents and carers. We also offer LGBT+ counselling and family mediation.

LGBT+ Service Nottinghamshire is the only service in North Nottinghamshire area offering professional and specialist services for children and young people aged 11-25.

2020 saw the year of the COVID19 pandemic in which LGBT+ Service Nottinghamshire like many services saw unprecedented challenges for both staff, service users and the wider community. We quickly moved our services online and held our first virtual groups. We consulted with young people to ensure we continued to deliver services which best met their needs which saw changes to the days, times and number of sessions were offered. We



continued to run our groups virtually for the remainder of the year. We were fortunate to be able to offer a small number of groups from our garden following the easing of restrictions in August 2020 however these were weather dependant and therefore groups continued solely online from October onwards.

During the beginning of the COVID19 pandemic we saw an increase in referrals for one-to-one support, although June and July saw a decrease of young people engaging in our services. Feedback from young people evidenced this was due to feeling fed-up of the virtual world we found ourselves in. August-October saw the biggest increase in referrals LGBT+ Service Nottinghamshire has ever seen. We remain the only service in the North Nottinghamshire area offering professional and specialist services for LGBT+ children and young people.

Whilst we have continued our partnership with Vision West Nottinghamshire College, due to the COVID19 pandemic and the move to online education we have received a small number of referrals appointments this reporting period however we look forward to developing this partnership next academic year.

We have continued working in partnership with Stonewall through the training partners scheme and although we have not delivered any training courses to Primary or Secondary schools via this scheme this year due to Stonewall restructuring, we have continued to be involved in attending training with them and working in active partnership.

Despite not having been able to deliver any of the Stonewall courses, we have been approached to deliver a range of bespoke training sessions to children and young people in education settings across the county, reaching 716 children and young people this year.

We have continued to chair the Bassetlaw LGBT+ forum and advocate for LGBT+ issues and inclusivity at a local level with 38 individuals sitting as part of the partnership. We have continued to expand our LGBT+ networks and are actively involved in the UK and Ireland LGBT+ Youth Network, and the National Trans Youth Network which involves over 200 people working across the sector. The aim of this is to work collaboratively, to raise national standards of LGBT+ youth work, increasing visibility of the existence and diverse needs of LGBT+ young people.

We have participated in Queer Futures 2, a UK wide research project funded by the National Institute for Health Research. The aim of the project is to find out what works best for supporting LGBTQ+ young people's mental health. Young people, parents/carers and staff have been consulted and the study is progressing well. The research will be used to develop NHS commissioning guidelines to help make mental health services more appropriate and inclusive for LGBTQ+ young people in the UK.

### **Rainbow Flag Award Delivery Partner**

We are one of only nine organisations across England to be successful in becoming a delivery partner. The Rainbow Flag Award is a national Quality Assurance Framework for all schools and colleges, focusing on LGBT+, inclusion and visibility. Previously funded by the Government Equalities Office, via the Department for Education. We started the training for this in January 2021 and hope to roll out the training during the upcoming year.

### **Group Sessions and Community Engagement**

We have continued to deliver group sessions providing information and advice on LGBT+ issues and inequalities, rights and legislation and opportunities to engage within social and community based activities. We have a structured programme of workshops and activities that we deliver on a weekly basis during a section of the group sessions. Example of some of the workshops and sessions that have been delivered are included within the appendix.

## Photography Project March

We partnered with Emerge Creative to run an 8 week photography project throughout March and April for young people aged 16-25. This project focused on developing new skills. The project focused on utilising photography skills that young people were able to practice and use at home using their mobile devices, removing barriers relating to cost of equipment. Due to the COVID19 pandemic and restrictions to face-to-face provision we were able to complete 3 weeks of the programme before we had to suspend it.

## Service Delivery

Our service provides weekly LGBT+ group supports, one-to-one support across Nottinghamshire, trans specific support groups, parents and carers support and specialist LGBT+ counselling and family mediation.

During the last 12 months we have supported a total of:

127 LGBT+ young people and 27 parents and carers through group and one-to-one support.

A demographic breakdown of the children and young people is outlined below:

Gender Identity	Aged 11-15 years	Aged 16-18 years	Aged 19 – 25 years	Aged 25 years +
Male	3	5	6	8
Female	7	10	5	19
Trans Male	23	11	6	0
Trans Female	8	7	6	0
Non-Binary	7	7	4	0
Gender fluid	4	1	1	0
Self-describe	2	3	1	0
<b>Total</b>	<b>54</b>	<b>44</b>	<b>29</b>	<b>27</b>
<b>Total number</b>				<b>154</b>
Sexual Orientation	Aged 11-15 years	Aged 16-18 years	Aged 19 – 25 years	Aged 25 years +
Heterosexual	3	3	5	27



Lesbian/Gay female	4	2	4	0
Gay male	7	5	4	0
Bisexual	7	21	9	0
Pansexual	12	6	5	0
Questioning	13	2	0	0
Asexual	0	5	1	0
Self-described	8	0	1	0
<b>Total</b>	<b>54</b>	<b>44</b>	<b>29</b>	<b>27</b>
<b>Total number</b>				<b>154</b>

<b>Health Information</b>	<b>Aged 11-15 years</b>	<b>Aged 16-18 years</b>	<b>Aged 19-25 years</b>	<b>Aged 25 years +</b>
Learning Difficulty	8	8	1	0
Visual Impairment	0	0	0	0
Hearing Impairment	0	0	0	0
Physical Impairment	2	0	0	0
Behavioral Disorder	1	1	0	0
Social Communication Disorder	2	0	0	0
Other health impairment	3	5	1	2
<b>Total</b>	<b>16</b>	<b>14</b>	<b>2</b>	<b>2</b>
<b>Total number</b>				<b>34</b>

<b>Ethnicity</b>	<b>Aged 11-15 years</b>	<b>Aged 16-18 years</b>	<b>Aged 19-25 years</b>	<b>Aged 25 years +</b>
White British	50	42	27	25
White Irish	1	0	0	1
White Other	1	0	0	0
Black British	0	1	0	0
Black African	0	0	1	0
Black Caribbean	0	1	0	0
Black Other	0	0	0	0
Asian British	2	0	1	0
Asian Indian	0	0	0	0
Asian Pakistani	0	0	0	1
Asian Other	0	0	0	0
Dual Heritage - White & Black British	0	0	0	0
Dual Heritage - White & Black Caribbean	0	0	0	0
Dual Heritage - White & Black African	0	0	0	0
Dual Heritage White & Black Asian	0	0	0	0
Dual Heritage White & Black Other	0	0	0	0
Chinese	0	0	0	0
Other	0	0	0	0
<b>Total</b>	<b>54</b>	<b>44</b>	<b>29</b>	<b>27</b>
<b>Total number</b>				<b>154</b>

### **One-to-one support**

We have provided a total of 485 one-to-one support session appointments during the last 12 months either online or face to face.

## **Service Impact**

Of the children and young people we have worked with 100% have evidenced an increase in their confidence since initially accessing support. This is monitored through one-to-one reviews and feedback forms with those accessing the services. As a result of the increased confidence the children and young people feel more empowered and are working with staff to contribute to the delivery of the project. This includes designing the content of the group support sessions, exploring the needs for a range of information sheets and working with staff to develop and assess the effectiveness of these. They have also supported staff in planning and taking part in LGBT+ events, creating a hate crime project and supporting with LGBT+ presentations to raise awareness in schools.

96% of the children and young people that have accessed the service have reported that they feel less lonely and isolated as a result of their engagement within the service. This is as a direct result of socialising and building peer support networks with other LGBT+ children and young people. The feedback we have received from those attending the groups evidences the positive impact of coming together and being part of a group of people with shared experiences has on the children, young people and the parents/carers.

## **Future Plans and Developments**

COVID19 has seen increased isolation for the LGBT+ community. We plan to hold a local community event to bring children young people and their families together once restrictions are eased.

The profile of our project has continued to increase within the community and amongst local service providers. We are seeing an increased number of beneficiaries accessing our services and anticipate these numbers will continue to grow during the forthcoming years.

We will continue to maintain and build upon the positive working relationships we have already developed with other key organisations and will ensure that wherever possible we are working in partnership to promote awareness of LGBT+ communities.

Through our work with the LGBT+ Forum and partnerships with providers we plan to explore opportunities for our work to be commissioned, evidencing how we are working in line with local, regional or national plans, strategies and initiatives and having a positive impact on the wider community and local area.

We aim to create long lasting change to the local community and area through our work addressing inequalities and promoting inclusivity. We plan to increase this work by sustaining and expanding on community events such as Pride. We aim to recruit and train additional volunteers and empower children and young people to take ownership of such events. We plan to support and train children and young people to be peer mentors and take a lead on facilitating group support and social sessions aimed at reducing isolation and exclusion.

## Talkzone Counselling Service



Talkzone is a third sector counselling service for children and young people aged 11-25; working in partnership with NHS and other external service providers we aim to provide primary care mental health interventions with particular focus on building resilience and preventing long-term mental health problems occurring. The service was established in 2004 as an addition to existing provision provided by The Centre Place, supporting vulnerable children and young people within Bassetlaw since 1996.

The Service provides one-to-one counselling across the Bassetlaw district, with the majority of appointments being provided within Worksop and Retford towns. Counselling sessions are provided for 6-12 weeks with the option to extend or re-refer if additional sessions are required.

We have seen an increase in referrals during the last year which has had an impact on waiting lists and waiting times. To meet the increased demand on the service we are in the process of recruiting additional workforce and developing a new role for a mental health and emotional well being worker. This new role will enable us to support children, young people and their families that do not require counselling but require support for a range of issues including anxiety, self-help techniques, managing stress.

We have continued to work closely with statutory services and other providers through the collaborative meetings to identify gaps in provision and work to meet the needs of local children and young people.

Our work with the Primary Care Networks has strengthened our relationships with several local GP Surgeries and as a result we now offer counselling sessions from these venues.

## Counselling sessions

We have provided a total of 1459 counselling assessments in the last 12 months

A demographic breakdown of the children and young people is outlined below:

Gender Identity	Aged 11-15 years	Aged 16-18 years	Aged 19 – 25 years
Male	45	28	32
Female	113	65	55
Trans Male	9	8	3
Trans Female	6	6	7
Non-Binary	7	9	4
Gender fluid	2	2	1
Self-describe	8	5	2
<b>Total</b>	<b>190</b>	<b>123</b>	<b>104</b>
<b>Total number</b>	<b>417</b>		

Sexual Orientation	Aged 11-15 years	Aged 16-18 years	Aged 19 – 25 years
Heterosexual	107	41	65
Lesbian/Gay female	6	4	5
Gay male	5	2	6
Bisexual	36	30	19
Pansexual	13	28	4
Questioning	9	8	1
Asexual	2	2	1
Self-described	12	8	3
<b>Total</b>	<b>190</b>	<b>123</b>	<b>104</b>
<b>Total number</b>			<b>417</b>

Health Information	Aged 11-15 years	Aged 16-18 years	Aged 19-25 years
Learning Difficulty	6	2	8
Visual Impairment	2	2	2
Hearing Impairment	4	0	5
Physical Impairment	4	12	11
Behavioral Disorder	3	1	0
Social Communication Disorder	1	2	4
Other health impairment	3	0	3
<b>Total</b>	<b>23</b>	<b>19</b>	<b>33</b>

Ethnicity	Aged 11-15 years	Aged 16-18 years	Aged 19-25 years
White British	160	103	98
White Irish	3	0	1
White Other	9	4	0
Black British	1	2	0
Black African	0	4	0
Black Caribbean	0	0	0
Black Other	0	0	0
Asian British	4	0	1
Asian Indian	0	0	0
Asian Pakistani	0	0	0
Asian Other	1	0	0
Dual Heritage - White & Black British	0	4	0

Dual Heritage - White & Black Caribbean	1	3	2
Dual Heritage - White & Black African	0	0	0
Dual Heritage White & Black Asian	0	0	0
Dual Heritage White & Black Other	6	0	0
Chinese	1	3	0
Other	4	0	2
<b>Total</b>	<b>190</b>	<b>123</b>	<b>104</b>
<b>Total</b>	<b>417</b>		

## Social Prescribing Link Worker

In collaboration with Retford and Villages Primary Care Network (PCN) we have developed the role of a Young Person's Social Prescribing Link Worker. This role is managed by The Centre Place whilst being based and embedded within the PCN.

The role of the Social Prescribing Link Worker is to employ non-medical holistic practice methods, providing personalised one-to-one support to young people aged 11-19, to enable them to take control of their wellbeing, live independently and improve their health outcomes, focusing on the wider determinates of health.

As part of this they:

- Co-produce wellbeing action plans with young people focusing on asset building, prevention and self-management.
- Enable young people to identify the wider issues that impact on their health and wellbeing, such as debt, poor housing, being unemployed, loneliness and caring responsibilities.
- Connect and support young people to community groups and statutory services.
- Where necessary, physically introduce young people to community groups, activities and statutory services, ensuring they are comfortable. Follow up to ensure they are happy, able to engage, included and receiving good support.

- Support the local mapping of community based services and assets and services in support of personalised care available, to facilitate independence and build on individual capacity and resilience.

Our organisational history and local knowledge of connecting people to voluntary sector services combined with our expertise and skillsets when working with young people creates a credible personalised care approach to the local social prescribing offer, supporting a person-centred, asset-led approach at grassroots level in communities.

This work will work across our Talkzone and LGBT+ Service Provision retuning to the organisational roots of providing holistic combined support within one service

## **Appendix 1 – Group sessions and community engagement**

During the group sessions we provide information and advice on LGBT+ issues and inequalities, rights and legislation and opportunities to engage within social and community based activities. We have a structured programme of workshops and activities that we deliver on a weekly basis during a section of the group sessions.

The workshops do not dominate the entire session to ensure that young people are provided with the opportunity access one to one support from staff, build stronger links with peers, realise that they are not alone with their experiences and develop support networks. The aim of these workshops are to engage young people in positive, interactive and age appropriate social education sessions that increase their understanding of LGBT+ issues, legislation, rights, history and information building their knowledge of their community and confidence to be open about they identify. Below is some examples of the activities we have delivered this past year.

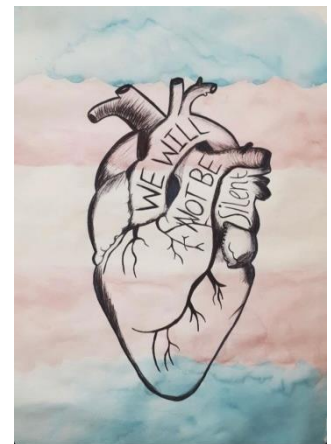


## Photography project



## Trans Visibility Week 30<sup>th</sup> March- 3<sup>rd</sup> April

To mark Trans Day of Visibility 31<sup>st</sup> March we ran a number of inactive trans awareness sessions within our online groups. We also challenged the young people within the groups to create some artwork to raise awareness of Trans day of Visibility to raise awareness and share on our social media channels.



## Baking Challenge

To continue to engage young people in positive activities we set a baking challenge for each group. This encouraged them to get creative in the kitchen. To ensure majority of young people were able to participate they were asked to make something in the kitchen such as baking a cake, pancakes, rice crispy buns, ensuring everyone of all abilities were able to participate.

Young people submitted evidence of their baking creations and these were shared across our social media platforms and within the online groups.

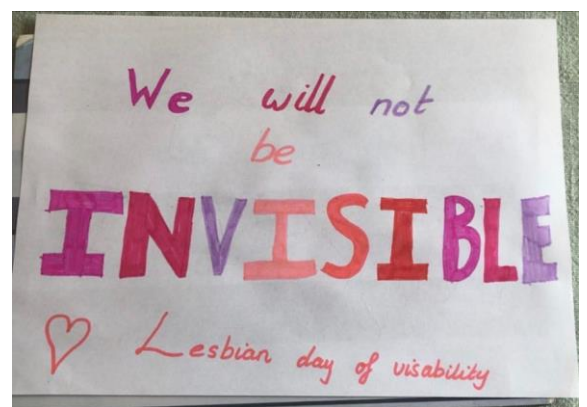
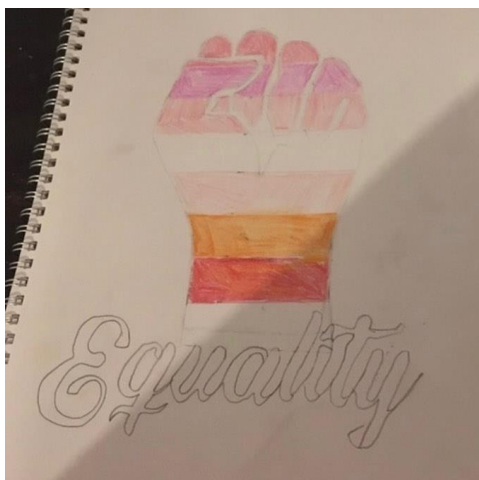


## Games Week

Following feedback from the children and young people we incorporated a number of interactive games within our groups. We played Wheel of Fortune game over google hangouts with a PowerPoint presentation used to display the words. Information was highlighted yellow to ensure it was accessible to all due to some young people in the group having additional support needs such as dyslexia.

## Lesbian Visibility Week 20<sup>th</sup>-24<sup>th</sup> April

To mark Lesbian Day of Visibility on the 26<sup>th</sup> April we ran a number of workshops and quizzes during the group sessions. We also set challenges for children and young people to create art work that we could use to raise awareness of the day to across our social media platforms.

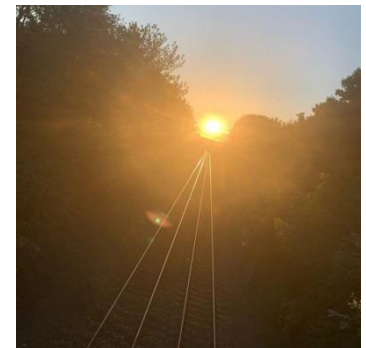
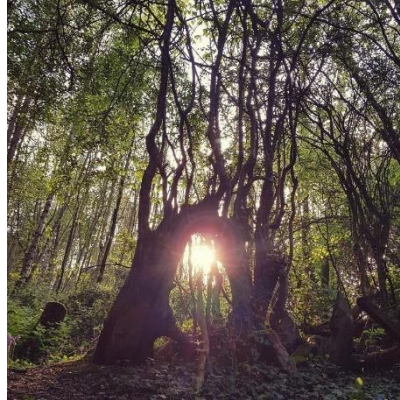


## Get Out and be Active

To continue with keeping active we an outdoor nature challenge. Through discussions in our online groups it was noticed by staff young people were staying inside for prolonged periods of



time due to COVID- 19 restrictions and not going for their daily exercise. To mitigate the impact of this and promote more positive well-being we challenged them to utilise their daily exercise allowance of 30 minutes to find an interesting image of nature. We had over 50 images submitted for this challenge and it encouraged two young people who had not left the house in 4 weeks to go for a walk. They have continued with this routine each day following on from this challenge.



## International Day Against Homophobia, Biphobia and Transphobia (IDAHOBIT) Week 11th-15<sup>th</sup> May

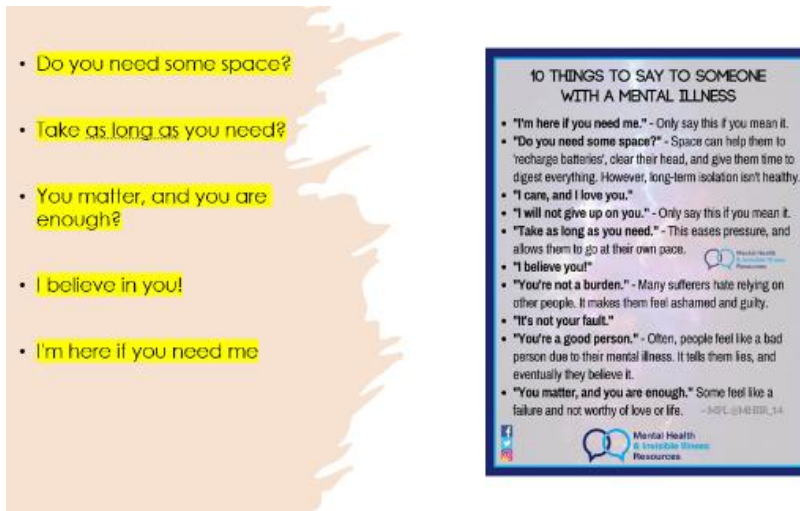
In recognition of International Day against Homophobia Biphobia and Transphobia on the 17<sup>th</sup> May we ran a number of interactive story sessions within the groups. We used this to discuss the early history of pride, the LGBT+ movement, the positive changes in legislation and attitudes relating to LGBT+ identities and the progress in equality that has yet to be achieved. We also promoted IDAHOBIT across our social media platforms to aid with increasing inclusion and raise awareness.



## Mental Health Awareness Week 18-24<sup>th</sup> May



To mark Mental Health Awareness Week we produced a PowerPoint discussion presentation that was delivered across each of the groups. It was based on the theme of kindness, enabling the young people are able to discuss the ways in which they have been kind to others during these difficult and challenging times. Suggestions were also given on how to reach out to others, what to avoid saying to people and what you could say instead when in conversation.



## July – August 2020 – Sports Project

We have engaged young people in an interactive programme involving alternative physical and healthy eating activities with the aim of increasing healthier lifestyles, peer support and reducing social isolation amongst children and young people during these challenging times. Below is some examples of the activities.




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**lgbtplusnotts** Today marks the start of Black History Month a time to look forward and celebrate the here and now – and the future possibilities. We will be doing different activities throughout the month and will share these with you.  
#blackhistorymonth2020 #lgbtyouthwork #lgbtplusnotts

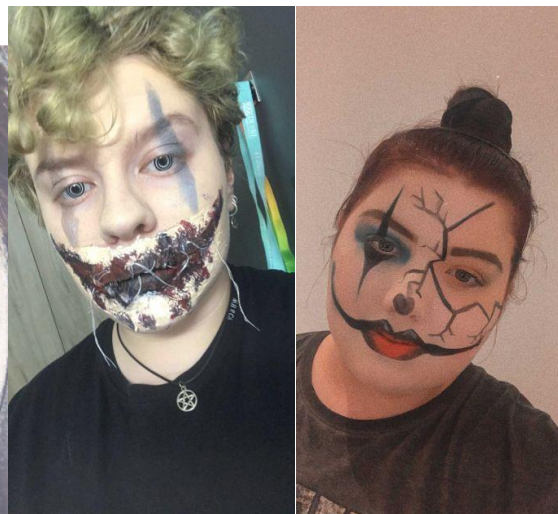
1 October 2020

## Black History Month

Throughout October we used our social media stories to interact with young people raising awareness for black history month. We used stories to share information and quiz questions that young people, professionals and members of the public following our pages were able to engage in.

## Halloween

To keep the young people engaged we continued to post activities and challenges on social media for children and young people to participate in. Below are the two young people who won the challenge.



## Anti- Bullying Week – November

We supported Anti-Bullying week by signing up to the national campaign and encouraged young people to do this to. We ran an art competition for the young people to submit a poster

with the winner having their artwork featured on our social media.





## Peer led sessions

Due to the limitation of activities while the groups were running virtually, the young people agreed to take some responsibility for the activities by putting together quizzes around their hobbies and interests. This has been extremely successful in building peer relationships and young people have gotten to know each other better by finding out other things they have in common, this has increased peer relationships outside the group and young people have begun to keep in contact and reach out to each other for support when needed outside of the usual 1 group a week.

Some young people have continued to deliver quizzes around LGBT+ awareness and celebration days. The quizzes continued through to December and young people delivered Christmas quizzes.



What was the first country to Legalize same sex marriage?

- A. Netherlands
- B. Germany
- C. Sweden
- D. Australia

## December

The young people were consulted with what activities they wanted in December. We provided a safe space for the young people to choose what is importance to them to be included in the planned activities. Feedback was they enjoyed the themed quizzes and requested Christmas themes quizzes around general knowledge and music. We made sure everyone participating was happy to do this as we were aware not everyone celebrates Christmas. We held a discussion in every group around different faith's and religion and how the festive period could look different for some people. At this time, everyone participating in the group sessions did celebrate Christmas and was happy with these sessions going ahead.

Every year the young people look forward to our festive party towards the end of the year, unfortunately due to the COVID19 pandemic and running the sessions online we were unable to do this. We thought about how we could still reach out to young people and feedback from previous years evidenced how the young people enjoyed receiving a card from the service with one young person saying one year it was the only card they had received, and it meant a lot to them. We decided to make sure everyone still got a card by sending them to their home address. All young people were asked whether this was ok to ensure we were not sending anything home if their parents were unaware, they were accessing the service.

## Discord

Young people reported they were using discord for gaming and to talk to each other and that is where they were getting their Young people were asking us to get discord and we noticed other organisations were using the platform. We consulted on whether it was a good idea for us to have a discord and it was agreed it would be useful as we could have different forums for information which young people can go back and look at.

## February – LGBT+ History Month

### Terminology

LGBT+ Terminology – We delivered this as a “fastest fingers first” competition where a member of staff read out the definition of a word and the young people had to guess what word the definition relates to by typing in the chat box of the meeting. This meant everyone was able to participate without having to speak or have their camera on.

Ally	Asexual	Bisexual
Cis/ Cisgender	Gay	Straight
Intersex	Lesbian	Non-binary
Pansexual	Queer	Trans/ Transgender

### Bingo

LGBT+ Bingo – Following on from learning the terminology and definitions the previous week, we had a game of LGBT+ Bingo. All young people were sent a bingo card by email or social media message and they either used the card on their device or copied it down on a piece of paper. This activity was positive and engaging and reinforced the definitions and terminology they had learnt the week previous.

BINGO		
Androgynous	Trans	Gender
Parade	Non-Binary	Asexual
Rainbow	Pronouns	Queer

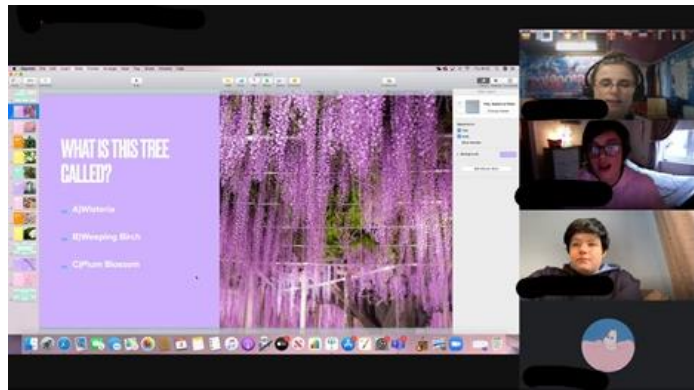
  

BINGO		
Gender Queer	Dysphoria	Bisexual
Agender	Hate Crime	Gay
Parade	Coming out	Non-Binary

### Peer-led sessions

Due to the limitations of the sessions being run online we continued to run the peer-led sessions to enable young people to share their hobbies and interests with each other. This enabled the young people to get to know each other better, learn new things and find out what they had in common. This supported in increasing their peer relationships. Some of the Quiz's delivered by young people are listed below.

- Plant quiz
- Dr Who Quiz
- Animals Quiz
- Eurovision Quiz



## **Pamper night**

Due to the limitations in activities available whilst working online and an increase in low-mood and motivation across the groups due to the national lockdown we planned into our programme of activity a pamper night. We spoke about the importance of self-care and what made people feel good. Young people were able to request a “pamper pack” from us which included skincare items such as cleanser, toner, exfoliator, face mask and moisturiser, these were sent to the home addresses prior to the group. Those who did not want to participate in the activity were encouraged to use the time for them to do something they enjoy and makes them feel good, some used the time to paint their nails.

## **Appendix 2 - Feedback**

### **4 week mindfulness programme at valley**

“The staff were lovely and caring and the sessions were amazing and helpful thankyou”

“Staff were great and approachable”

“Best staff that could do it 10/10”

“Being able to share opinions in the group without judgement in an openly kind, caring environment that is relaxed”.

“Staff were nice and understanding and always asked about everyone”

### **1-1 and group LGBT+ support**

"The support I got was insightful and helpful in recommending and finding new ways of dealing with some of my issues, It's helped me a lot when trying to talk to people and how to approach certain aspects that I was nervous about"

"They have supported me and helped me talk about my problems"

"I have felt able to express myself without fear of being judged! It has meant a great deal for me to be able to do this. Thank You"

"The sessions have been helpful, learning about gender identity."

"I've been able to figure out my gender and it has made me a lot more positive and confident"



"They offered one-to-one support when I needed it and helped me a lot when I felt like I couldn't talk to anyone else"

"It's good to see friends because without the groups I wouldn't see or speak to anyone"

"Georgia was an absolute trooper- getting anything from B was like getting blood from a stone. Georgia was amazing."

"Really impressed with Georgia, Q felt comfortable speaking to her and has not engaged with other services previously."

"Thank you so much for your support it has been amazing, the service you provide is astoundingly fabulous."

"can't thank you enough for yesterday, you were amazing and the lovely young people in the group - as M chatted to them via my phone - made M feel sssooo welcome 😊 really made her smile!"

"Simply having someone to open up to and speak freely with has been very helpful and allowed me confidence to express myself verbally about my gender identity, as well as helping keep me grounded through positive and negative thoughts."

"they've been very helpful, and very informative, and felt very safe."

"They have made me feel better about myself as I finally have words to describe how I feel"

### **Feedback from Parents and carers support services**

"Amazing service- fantastic that it's out there. It's a gem."

"Also a quick thanks for joining me in parents WhatsApp group. I feel so much better about things."

### **Counselling Provision**

"i have enjoyed it and I feel a lot better about myself."

"I have felt very safe, and a lot of advice has been given. Thankyou"

"Because of trust issues it took me a long time to trust them so by the time I did the sessions were almost over"

"Some of my problems can't be fixed and that's okay. But my councillor was there for me and kept me sane throughout. My life is becoming a lot more normal again."

"The counselling helped me make the first step into improving my mental wellbeing. It allowed me to be realistic about setting goals."

"It was nice to have someone else to confide in, especially when talking about anxieties."

"I am so thankful Talkzone exists, just being able to talk about things has helped me so much."

"The service was great, it makes me feel very comfortable"

"I really felt listened too and I was given great advice that has helped me feel a lot better about everything I was going through."

"Therapy has significantly changed my life for the better. The support I had with my therapist (Kerry) was amazing, she listened while also giving advice when necessary. Although the wait for the sessions/an appointment to become available was long; it is understandable due to the high demand. When it became available to me, the sessions were definitely long enough for what I personally needed. And I was thankful that after my 6 initial sessions, that it was prolonged to 12 as it was necessary."

"Firstly I'd like to say Kerry was great, she always listened and was very sympathetic no matter how big or small the problem was which made me feel a bit more normal. I felt like I could talk about anything and she would understand and it made me understand that some things are too small to be worrying about and how to look on the positive side whereas before I couldn't see a positive side. The only thing I would say is this is my first time talking to anyone about anything, obviously it was different over the phone but in the first session I didn't know what to expect or what to say so I would suggest you could ask a few questions to get the conversation going and make people feel more comfortable, but I did already feel comfortable with Kerry as I had already met her. I'm going to miss her and I'm very grateful for everything you all do!"

"Very pleased with my experience, I felt listened to and was offered good tips and techniques on how to manage my problems"

"Good for people who have a lot they need to get off their chest, in a safe space / without judgement Not so good for people with more challenging mental health problems because there's a lot of rumination weekly and there's no specialist advice"

"Great service, always felt listened to and understood, never once felt like I was being judged, after receiving counselling I feel 1000x better than I did beforehand."

"Kerry helped me realize that I can make decisions without thinking solely about my anxiety, I'm really grateful for her helping me talk through my problems."

"The whole process has been amazing from the first step. The people on the Office number have been very kind and helped to arrange the initial appointment and information effectively and are very professional. The counsellor I worked with (Kerry) was absolutely outstanding. Helped me so much throughout the weeks of communication and deserves every piece of credit she receives."

Charity registration number: 1074728

# The Centre Place

Annual Report and Financial Statements

for the Year Ended 31 March 2021

Community Accounting Plus  
Units 1 & 2 North West  
41 Talbot Street  
Nottingham  
NG1 5GL

## **The Centre Place**

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## **The Centre Place**

### **Reference and Administrative Details**

<b>Trustees</b>	Michelle Sayer Carolyn Gillgrass Callum Sawyer Jodie Fowler Lee Davenport Michelle Martin
<b>Senior Management Team</b>	Helen Azar, CEO
<b>Principal Office</b>	The Abbey Street Community Centre Abbey Street Worksop Nottinghamshire S80 2LA
<b>Charity Registration Number</b>	1074728
<b>Independent Examiner</b>	John O'Brien, employee of Community Accounting Plus Units 1 & 2 North West 41 Talbot Street Nottingham NG1 5GL

## **The Centre Place**

### **Trustees' Report**

The trustees present the annual report together with the financial statements of the charity for the year ended 31 March 2021.

#### **Objectives and activities**

##### ***Objects and aims***

The principal objects of the charity are:

To promote any charitable purpose, especially but not exclusively, for the benefit of young people residing within Nottinghamshire, by the advancement of education, the relief of poverty and distress and the protection of health and wellbeing, in particular by the provision of advice, support and information with object of improving the conditions of life.

##### ***Objectives, strategies and activities***

See separate annual review for full details, available on request.

##### ***Public benefit***

We support and empower young people to make positive changes to their lives and the lives of their families through providing a wide range of free and accessible information, support, advice and professional counselling services, as well as providing them with a safe place to meet away from pubs, drugs, violence and crime. We provide a range of informal and formal workshops and activities, enabling young people to develop their skills and gain recognised accreditations, that will enhance their chances of secured employment or furthering their education.

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

##### **Financial review**

The trustees are happy with the overall financial performance, especially during these times of the COVID pandemic.

##### ***Policy on reserves***

The Management Committee have established a policy whereby the unrestricted funds (the free reserves) held by the Charity should be between three and six months of the resources expended in general funds. At this level the Management Committee felt that they would be able to continue the current charity's activities in the event of a significant drop in income.

At the 31/3/2021 the free reserves were £168,993.

#### **Structure, governance and management**

##### ***Nature of governing document***

The charity is operated under the rules of its constitution dated 14 May 1998, amended 4 February 1999 and most recently amended 30th November 2017.

##### ***Recruitment and appointment of trustees***

Overall management of the charity is the responsibility of the trustees who are elected and co-opted under the terms of the constitution. Day to day project activity is managed and carried out by paid staff.

New Trustees are elected at the AGM.

## The Centre Place

### Statement of Trustees' Responsibilities


The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable 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 charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees of the charity on 24.10.2021 and signed on its behalf by:



Michelle Sayer  
Trustee

## The Centre Place

### Independent Examiner's Report to the trustees of The Centre Place

#### Independent examiner's report to the trustees of The Centre Place

I report to the trustees on my examination of the accounts of The Centre Place (the Charity) for the year ended 31 March 2021.

#### Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable directions given by the Charity Commission under section 145(5)(b) of the Act.

#### Independent examiner's statement

Since the Charity'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 and Fellow of the Association of Charity Independent Examiners, 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 that in any material respect:

1. accounting records were not kept in respect of the Charity as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.



John O'Brien MSc, FCCA, FCIE, employee of Community Accounting Plus  
Fellow of the Association of Charity Independent Examiners

Units 1 & 2 North West  
41 Talbot Street  
Nottingham  
NG1 5GL

Date 29/11/2021



## The Centre Place

### Statement of Financial Activities for the Year Ended 31 March 2021

	Note	Unrestricted funds £	Restricted funds £	Total 2021 £	Total 2020 £
<b>Income and Endowments from:</b>					
Donations and legacies	2	68,868	-	68,868	60,521
Charitable activities	3	61,710	175,876	237,586	172,271
Investment income	5	20	-	20	78
Total Income		<u>130,598</u>	<u>175,876</u>	<u>306,474</u>	<u>232,870</u>
<b>Expenditure on:</b>					
Charitable activities	6	<u>(32,752)</u>	<u>(152,539)</u>	<u>(185,291)</u>	<u>(165,736)</u>
Total Expenditure		<u>(32,752)</u>	<u>(152,539)</u>	<u>(185,291)</u>	<u>(165,736)</u>
Net movement in funds		97,846	23,337	121,183	67,134
<b>Reconciliation of funds</b>					
Total funds brought forward		<u>71,147</u>	<u>44,093</u>	<u>115,240</u>	<u>48,106</u>
Total funds carried forward	11	<u>168,993</u>	<u>67,430</u>	<u>236,423</u>	<u>115,240</u>

All of the charity's activities derive from continuing operations during the above two periods.  
The funds breakdown for the period is shown in note 11.

## The Centre Place

### Statement of Financial Activities for the Year Ended 31 March 2021

These are the figures for the previous accounting period and are included for comparative purposes

	Note	Unrestricted funds £	Restricted funds £	Total 2020 £
<b>Income and Endowments from:</b>				
Donations and legacies	2	60,521	-	60,521
Charitable activities	3	7,791	164,480	172,271
Investment income	5	78	-	78
Total Income		<u>68,390</u>	<u>164,480</u>	<u>232,870</u>
<b>Expenditure on:</b>				
Charitable activities	6	<u>(29,731)</u>	<u>(136,005)</u>	<u>(165,736)</u>
Total Expenditure		<u>(29,731)</u>	<u>(136,005)</u>	<u>(165,736)</u>
Net movement in funds		38,659	28,475	67,134
<b>Reconciliation of funds</b>				
Total funds brought forward		<u>32,488</u>	<u>15,618</u>	<u>48,106</u>
Total funds carried forward	11	<u>71,147</u>	<u>44,093</u>	<u>115,240</u>

## The Centre Place

### Notes to the Financial Statements for the Year Ended 31 March 2021 (Registration number: 1074728) Balance Sheet as at 31 March 2021

	Note	2021 £	2020 £
<b>Current assets</b>			
Cash at bank and in hand		237,625	116,416
<b>Creditors: Amounts falling due within one year</b>	10	<u>(1,202)</u>	<u>(1,176)</u>
<b>Net assets</b>		<u>236,423</u>	<u>115,240</u>
<b>Funds of the charity:</b>			
<b>Restricted funds</b>		67,430	44,093
<b>Unrestricted income funds</b>			
Unrestricted funds		<u>168,993</u>	<u>71,147</u>
<b>Total funds</b>	11	<u>236,423</u>	<u>115,240</u>

The financial statements on pages 5 to 14 were approved by the trustees, and authorised for issue on 27<sup>th</sup> October 2021 and signed on their behalf by:



Carolyn Gillgrass  
Trustee

#### 1 Accounting policies

##### Statement of compliance

The financial statements have been prepared in accordance with 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 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

##### Basis of preparation

The Centre Place meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

## **The Centre Place**

### **Notes to the Financial Statements for the Year Ended 31 March 2021**

#### **1 Accounting policies**

##### **Statement of compliance**

The financial statements have been prepared in accordance with 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 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

##### **Basis of preparation**

The Centre Place meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

##### **Exemption from preparing a cash flow statement**

The charity opted to adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

##### **Going concern**

The financial statements have been prepared on a going concern basis.

The trustees assess whether the use of going concern is appropriate i.e. whether there are any material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The trustees make this assessment in respect of a period of one year from the date of approval of the financial statements.

##### **Income and endowments**

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

##### **Donations and legacies**

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured.

##### **Grants receivable**

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

##### **Investment income**

Dividends are recognised once the dividend has been declared and notification has been received of the dividend due.

## **The Centre Place**

### **Notes to the Financial Statements for the Year Ended 31 March 2021**

#### **Expenditure**

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregates similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

#### **Charitable activities**

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

#### **Government grants**

Government grants are recognised based on the accrual model and are measured at the fair value of the asset received or receivable. Grants are classified as relating either to revenue or to assets. Grants relating to revenue are recognised in income over the period in which the related costs are recognised. Grants relating to assets are recognised over the expected useful life of the asset. Where part of a grant relating to an asset is deferred, it is recognised as deferred income.

#### **Pensions**

The charity operates a defined contribution pension scheme for employees. The assets of the scheme are held separately from those of the charity. Pension costs charges in the Statement of Financial Activities represent the contributions payable by the charity during the year.

#### **Taxation**

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

#### **Cash and cash equivalents**

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

#### **Borrowings**

Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

## The Centre Place

### Notes to the Financial Statements for the Year Ended 31 March 2021

#### Fund structure

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

#### 2 Income from donations and legacies

	Unrestricted funds		
	General £	Total 2021 £	Total 2020 £
Donations and legacies;			
Donations from individuals	49	49	-
Grants, including capital grants;			
Government grants	66,319	66,319	54,097
Grants from other charities	2,500	2,500	6,424
	<u>68,868</u>	<u>68,868</u>	<u>60,521</u>

#### 3 Income from charitable activities

	Unrestricted funds			
	General £	Restricted funds £	Total 2021 £	Total 2020 £
Grants and donations	-	175,876	175,876	164,480
Service delivery	60,754	-	60,754	-
Room hire	396	-	396	-
Sales and fees	360	-	360	2,775
Training income	200	-	200	5,016
	<u>61,710</u>	<u>175,876</u>	<u>237,586</u>	<u>172,271</u>

## The Centre Place

### Notes to the Financial Statements for the Year Ended 31 March 2021

#### 4 Grants and donations

	Unrestricted funds £	Restricted funds £	Total funds £
Bassetlaw CCG	58,265	-	58,265
Active Notts	2,010	-	2,010
Rotary Club	2,500	-	2,500
HMRC JRS	6,044	-	6,044
Sundry	49	-	49
National Lottery Community Fund	-	142,504	142,504
Peoples Health Trust	-	13,117	13,117
Lottery Covid Response	-	20,255	20,255
	<u>68,868</u>	<u>175,876</u>	<u>244,744</u>

#### 5 Investment income

	Unrestricted funds General £	Total 2021 £	Total 2020 £
Interest receivable and similar income;			
Interest receivable on bank deposits	<u>20</u>	<u>20</u>	<u>78</u>

#### 6 Expenditure on charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2021 £	Total 2020 £
Office costs	676	125	801	2,605
Wages, Ni and pensions	23,354	137,887	161,241	141,642
Equipment repairs and renewals	187	4,092	4,279	644
Insurance	719	719	1,438	1,333
Legal and professional	2,425	2,949	5,374	3,851
Clinical supervision	764	451	1,215	970
Premises costs	2,586	2,586	5,172	5,456
Workshops	185	344	529	225
Staff travel	50	-	50	2,116
Training and conference	320	-	320	1,408
Utilities	1,486	2,935	4,421	4,422
Volunteer expenses	-	451	451	1,064
	<u>32,752</u>	<u>152,539</u>	<u>185,291</u>	<u>165,736</u>

## The Centre Place

### Notes to the Financial Statements for the Year Ended 31 March 2021

#### 7 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

#### 8 Staff costs

The aggregate payroll costs were as follows:

	2021 £	2020 £
<b>Staff costs during the year were:</b>		
Wages and salaries	150,251	130,779
Social security costs	7,845	8,074
Pension costs	3,145	2,789
	<u>161,241</u>	<u>141,642</u>

The monthly average number of persons (including senior management team) employed by the charity during the year was as follows:

	2021 No	2020 No
Average number of employees	<u>9</u>	<u>8</u>

8 (2020 - 8) of the above employees participated in the Defined Contribution Pension Schemes.

Contributions to the employee pension schemes for the year totalled £3,145 (2020 - £2,789).

No employee received emoluments of more than £60,000 during the year

The total employee benefits of the key management personnel of the charity were £52,329 (2020 - £52,959).

#### 9 Taxation

The charity is a registered charity and is therefore exempt from taxation.

#### 10 Creditors: amounts falling due within one year

	2021 £	2020 £
Other creditors	<u>1,202</u>	<u>1,176</u>



## The Centre Place

### Notes to the Financial Statements for the Year Ended 31 March 2021

#### 11 Funds

	Balance at 1 April 2020 £	Incoming resources £	Resources expended £	Balance at 31 March 2021 £
<b>Unrestricted funds</b>				
<i>General</i>				
General fund	71,147	130,598	(32,752)	168,993
<b>Restricted funds</b>				
National Lottery Community Fund	24,618	142,504	(119,433)	47,689
LGBT+ support	19,475	13,117	(15,244)	17,348
Covid Lottery	-	20,255	(17,862)	2,393
<b>Total restricted funds</b>	<u>44,093</u>	<u>175,876</u>	<u>(152,539)</u>	<u>67,430</u>
<b>Total funds</b>	<u>115,240</u>	<u>306,474</u>	<u>(185,291)</u>	<u>236,423</u>
	Balance at 1 April 2019 £	Incoming resources £	Resources expended £	Balance at 31 March 2020 £
<b>Unrestricted funds</b>				
<i>Unrestricted general funds</i>				
General fund	32,489	68,390	(29,732)	71,147
<b>Restricted funds</b>				
National Lottery Community Fund	-	141,093	(116,475)	24,618
LGBT+ support	15,617	23,387	(19,529)	19,475
<b>Total restricted funds</b>	<u>15,617</u>	<u>164,480</u>	<u>(136,004)</u>	<u>44,093</u>
<b>Total funds</b>	<u>48,106</u>	<u>232,870</u>	<u>(165,736)</u>	<u>115,240</u>

The specific purposes for which the funds are to be applied are as follows:

National Lottery Community Fund provides funding for Salaries and support costs.

LGBT+ Support provides funding for specialist staffing and support costs.

Covid Lottery provides funds to cover the additional costs relating to the pandemic.

## The Centre Place

### Notes to the Financial Statements for the Year Ended 31 March 2021

#### 12 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total funds
	General £	£	£
Current assets	168,993	68,632	237,625
Current liabilities	-	(1,202)	(1,202)
Total net assets	<u>168,993</u>	<u>67,430</u>	<u>236,423</u>

	Unrestricted funds	Restricted funds	Total funds at 31 March 2020
	General £	£	£
Current assets	71,147	45,269	116,416
Current liabilities	-	(1,176)	(1,176)
Total net assets	<u>71,147</u>	<u>44,093</u>	<u>115,240</u>

#### 13 Independent examiner's fees

During the period, the fees payable (excluding VAT) to the charity's independent examiner Community Accounting Plus are analysed as follows:

	2021 £	2020 £
Independent examination	980	980
Other financial services	567	518
	<u>1,547</u>	<u>1,498</u>

#### 14 Related party transactions

There were no related party transactions in the year.

Charity registration number: 1074728

# The Centre Place

Annual Report and Financial Statements

for the Year Ended 31 March 2021

Community Accounting Plus  
Units 1 & 2 North West  
41 Talbot Street  
Nottingham  
NG1 5GL

## **The Centre Place**

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## **The Centre Place**

### **Reference and Administrative Details**

<b>Trustees</b>	Michelle Sayer Carolyn Gillgrass Callum Sawyer Jodie Fowler Lee Davenport Michelle Martin
<b>Senior Management Team</b>	Helen Azar, CEO
<b>Principal Office</b>	The Abbey Street Community Centre Abbey Street Worksop Nottinghamshire S80 2LA
<b>Charity Registration Number</b>	1074728
<b>Independent Examiner</b>	John O'Brien, employee of Community Accounting Plus Units 1 & 2 North West 41 Talbot Street Nottingham NG1 5GL

## **The Centre Place**

### **Trustees' Report**

The trustees present the annual report together with the financial statements of the charity for the year ended 31 March 2021.

#### **Objectives and activities**

##### ***Objects and aims***

The principal objects of the charity are:

To promote any charitable purpose, especially but not exclusively, for the benefit of young people residing within Nottinghamshire, by the advancement of education, the relief of poverty and distress and the protection of health and wellbeing, in particular by the provision of advice, support and information with object of improving the conditions of life.

##### ***Objectives, strategies and activities***

See separate annual review for full details, available on request.

##### ***Public benefit***

We support and empower young people to make positive changes to their lives and the lives of their families through providing a wide range of free and accessible information, support, advice and professional counselling services, as well as providing them with a safe place to meet away from pubs, drugs, violence and crime. We provide a range of informal and formal workshops and activities, enabling young people to develop their skills and gain recognised accreditations, that will enhance their chances of secured employment or furthering their education.

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

##### ***Financial review***

The trustees are happy with the overall financial performance, especially during these times of the COVID pandemic.

##### ***Policy on reserves***

The Management Committee have established a policy whereby the unrestricted funds (the free reserves) held by the Charity should be between three and six months of the resources expended in general funds. At this level the Management Committee felt that they would be able to continue the current charity's activities in the event of a significant drop in income.

At the 31/3/2021 the free reserves were £168,993.

#### **Structure, governance and management**

##### ***Nature of governing document***

The charity is operated under the rules of its constitution dated 14 May 1998, amended 4 February 1999 and most recently amended 30th November 2017.

##### ***Recruitment and appointment of trustees***

Overall management of the charity is the responsibility of the trustees who are elected and co-opted under the terms of the constitution. Day to day project activity is managed and carried out by paid staff.

New Trustees are elected at the AGM.

## The Centre Place

### Statement of Trustees' Responsibilities


The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable 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 charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees of the charity on 24.10.2021 and signed on its behalf by:



Michelle Sayer  
Trustee

## **The Centre Place**

### **Independent Examiner's Report to the trustees of The Centre Place**

#### **Independent examiner's report to the trustees of The Centre Place**

I report to the trustees on my examination of the accounts of The Centre Place (the Charity) for the year ended 31 March 2021.

#### **Responsibilities and basis of report**

As the trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable directions given by the Charity Commission under section 145(5)(b) of the Act.

#### **Independent examiner's statement**

Since the Charity'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 and Fellow of the Association of Charity Independent Examiners, 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 that in any material respect:

1. accounting records were not kept in respect of the Charity as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.



John O'Brien MSc, FCCA, FCIE, employee of Community Accounting Plus  
Fellow of the Association of Charity Independent Examiners

Units 1 & 2 North West  
41 Talbot Street  
Nottingham  
NG1 5GL

Date 29/11/2021



## The Centre Place

### Statement of Financial Activities for the Year Ended 31 March 2021

	Note	Unrestricted funds £	Restricted funds £	Total 2021 £	Total 2020 £
<b>Income and Endowments from:</b>					
Donations and legacies	2	68,868	-	68,868	60,521
Charitable activities	3	61,710	175,876	237,586	172,271
Investment income	5	20	-	20	78
<b>Total Income</b>		<b>130,598</b>	<b>175,876</b>	<b>306,474</b>	<b>232,870</b>
<b>Expenditure on:</b>					
Charitable activities	6	(32,752)	(152,539)	(185,291)	(165,736)
<b>Total Expenditure</b>		<b>(32,752)</b>	<b>(152,539)</b>	<b>(185,291)</b>	<b>(165,736)</b>
Net movement in funds		97,846	23,337	121,183	67,134
<b>Reconciliation of funds</b>					
Total funds brought forward		71,147	44,093	115,240	48,106
Total funds carried forward	11	168,993	67,430	236,423	115,240

All of the charity's activities derive from continuing operations during the above two periods.  
The funds breakdown for the period is shown in note 11.

## The Centre Place

### Statement of Financial Activities for the Year Ended 31 March 2021

These are the figures for the previous accounting period and are included for comparative purposes

	Note	Unrestricted funds £	Restricted funds £	Total 2020 £
<b>Income and Endowments from:</b>				
Donations and legacies	2	60,521	-	60,521
Charitable activities	3	7,791	164,480	172,271
Investment income	5	78	-	78
Total Income		<u>68,390</u>	<u>164,480</u>	<u>232,870</u>
<b>Expenditure on:</b>				
Charitable activities	6	<u>(29,731)</u>	<u>(136,005)</u>	<u>(165,736)</u>
Total Expenditure		<u>(29,731)</u>	<u>(136,005)</u>	<u>(165,736)</u>
Net movement in funds		38,659	28,475	67,134
<b>Reconciliation of funds</b>				
Total funds brought forward		<u>32,488</u>	<u>15,618</u>	<u>48,106</u>
Total funds carried forward	11	<u>71,147</u>	<u>44,093</u>	<u>115,240</u>

## The Centre Place

### Notes to the Financial Statements for the Year Ended 31 March 2021 (Registration number: 1074728) Balance Sheet as at 31 March 2021

	Note	2021 £	2020 £
<b>Current assets</b>			
Cash at bank and in hand		237,625	116,416
<b>Creditors: Amounts falling due within one year</b>	10	<u>(1,202)</u>	<u>(1,176)</u>
<b>Net assets</b>		<u>236,423</u>	<u>115,240</u>
<b>Funds of the charity:</b>			
<b>Restricted funds</b>		67,430	44,093
<b>Unrestricted income funds</b>			
Unrestricted funds		<u>168,993</u>	<u>71,147</u>
<b>Total funds</b>	11	<u>236,423</u>	<u>115,240</u>

The financial statements on pages 5 to 14 were approved by the trustees, and authorised for issue on 27<sup>th</sup> October 2021 and signed on their behalf by:



Carolyn Gillgrass  
Trustee

#### 1 Accounting policies

##### Statement of compliance

The financial statements have been prepared in accordance with 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 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

##### Basis of preparation

The Centre Place meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

## **The Centre Place**

### **Notes to the Financial Statements for the Year Ended 31 March 2021**

#### **1 Accounting policies**

##### **Statement of compliance**

The financial statements have been prepared in accordance with 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 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

##### **Basis of preparation**

The Centre Place meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

##### **Exemption from preparing a cash flow statement**

The charity opted to adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

##### **Going concern**

The financial statements have been prepared on a going concern basis.

The trustees assess whether the use of going concern is appropriate i.e. whether there are any material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The trustees make this assessment in respect of a period of one year from the date of approval of the financial statements.

##### **Income and endowments**

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

##### **Donations and legacies**

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured.

##### **Grants receivable**

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

##### **Investment income**

Dividends are recognised once the dividend has been declared and notification has been received of the dividend due.

## **The Centre Place**

### **Notes to the Financial Statements for the Year Ended 31 March 2021**

#### **Expenditure**

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregates similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

#### **Charitable activities**

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

#### **Government grants**

Government grants are recognised based on the accrual model and are measured at the fair value of the asset received or receivable. Grants are classified as relating either to revenue or to assets. Grants relating to revenue are recognised in income over the period in which the related costs are recognised. Grants relating to assets are recognised over the expected useful life of the asset. Where part of a grant relating to an asset is deferred, it is recognised as deferred income.

#### **Pensions**

The charity operates a defined contribution pension scheme for employees. The assets of the scheme are held separately from those of the charity. Pension costs charges in the Statement of Financial Activities represent the contributions payable by the charity during the year.

#### **Taxation**

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

#### **Cash and cash equivalents**

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

#### **Borrowings**

Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

## The Centre Place

### Notes to the Financial Statements for the Year Ended 31 March 2021

#### Fund structure

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

#### 2 Income from donations and legacies

	Unrestricted funds		
	General £	Total 2021 £	Total 2020 £
Donations and legacies;			
Donations from individuals	49	49	-
Grants, including capital grants;			
Government grants	66,319	66,319	54,097
Grants from other charities	2,500	2,500	6,424
	<u>68,868</u>	<u>68,868</u>	<u>60,521</u>

#### 3 Income from charitable activities

	Unrestricted funds			
	General £	Restricted funds £	Total 2021 £	Total 2020 £
Grants and donations	-	175,876	175,876	164,480
Service delivery	60,754	-	60,754	-
Room hire	396	-	396	-
Sales and fees	360	-	360	2,775
Training income	200	-	200	5,016
	<u>61,710</u>	<u>175,876</u>	<u>237,586</u>	<u>172,271</u>

## The Centre Place

### Notes to the Financial Statements for the Year Ended 31 March 2021

#### 4 Grants and donations

	Unrestricted funds £	Restricted funds £	Total funds £
Bassetlaw CCG	58,265	-	58,265
Active Notts	2,010	-	2,010
Rotary Club	2,500	-	2,500
HMRC JRS	6,044	-	6,044
Sundry	49	-	49
National Lottery Community Fund	-	142,504	142,504
Peoples Health Trust	-	13,117	13,117
Lottery Covid Response	-	20,255	20,255
	<u>68,868</u>	<u>175,876</u>	<u>244,744</u>

#### 5 Investment income

	Unrestricted funds General £	Total 2021 £	Total 2020 £
Interest receivable and similar income;			
Interest receivable on bank deposits	<u>20</u>	<u>20</u>	<u>78</u>

#### 6 Expenditure on charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2021 £	Total 2020 £
Office costs	676	125	801	2,605
Wages, Ni and pensions	23,354	137,887	161,241	141,642
Equipment repairs and renewals	187	4,092	4,279	644
Insurance	719	719	1,438	1,333
Legal and professional	2,425	2,949	5,374	3,851
Clinical supervision	764	451	1,215	970
Premises costs	2,586	2,586	5,172	5,456
Workshops	185	344	529	225
Staff travel	50	-	50	2,116
Training and conference	320	-	320	1,408
Utilities	1,486	2,935	4,421	4,422
Volunteer expenses	-	451	451	1,064
	<u>32,752</u>	<u>152,539</u>	<u>185,291</u>	<u>165,736</u>

## The Centre Place

### Notes to the Financial Statements for the Year Ended 31 March 2021

#### 7 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

#### 8 Staff costs

The aggregate payroll costs were as follows:

	2021 £	2020 £
<b>Staff costs during the year were:</b>		
Wages and salaries	150,251	130,779
Social security costs	7,845	8,074
Pension costs	3,145	2,789
	<u>161,241</u>	<u>141,642</u>

The monthly average number of persons (including senior management team) employed by the charity during the year was as follows:

	2021 No	2020 No
Average number of employees	<u>9</u>	<u>8</u>

8 (2020 - 8) of the above employees participated in the Defined Contribution Pension Schemes.

Contributions to the employee pension schemes for the year totalled £3,145 (2020 - £2,789).

No employee received emoluments of more than £60,000 during the year

The total employee benefits of the key management personnel of the charity were £52,329 (2020 - £52,959).

#### 9 Taxation

The charity is a registered charity and is therefore exempt from taxation.

#### 10 Creditors: amounts falling due within one year

	2021 £	2020 £
Other creditors	<u>1,202</u>	<u>1,176</u>



## The Centre Place

### Notes to the Financial Statements for the Year Ended 31 March 2021

#### 11 Funds

	Balance at 1 April 2020 £	Incoming resources £	Resources expended £	Balance at 31 March 2021 £
<b>Unrestricted funds</b>				
<i>General</i>				
General fund	71,147	130,598	(32,752)	168,993
<b>Restricted funds</b>				
National Lottery Community Fund	24,618	142,504	(119,433)	47,689
LGBT+ support	19,475	13,117	(15,244)	17,348
Covid Lottery	-	20,255	(17,862)	2,393
<b>Total restricted funds</b>	<u>44,093</u>	<u>175,876</u>	<u>(152,539)</u>	<u>67,430</u>
<b>Total funds</b>	<u>115,240</u>	<u>306,474</u>	<u>(185,291)</u>	<u>236,423</u>
	Balance at 1 April 2019 £	Incoming resources £	Resources expended £	Balance at 31 March 2020 £
<b>Unrestricted funds</b>				
<i>Unrestricted general funds</i>				
General fund	32,489	68,390	(29,732)	71,147
<b>Restricted funds</b>				
National Lottery Community Fund	-	141,093	(116,475)	24,618
LGBT+ support	15,617	23,387	(19,529)	19,475
<b>Total restricted funds</b>	<u>15,617</u>	<u>164,480</u>	<u>(136,004)</u>	<u>44,093</u>
<b>Total funds</b>	<u>48,106</u>	<u>232,870</u>	<u>(165,736)</u>	<u>115,240</u>

The specific purposes for which the funds are to be applied are as follows:

National Lottery Community Fund provides funding for Salaries and support costs.

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Covid Lottery provides funds to cover the additional costs relating to the pandemic.

## The Centre Place

### Notes to the Financial Statements for the Year Ended 31 March 2021

#### 12 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total funds
	General £	£	£
Current assets	168,993	68,632	237,625
Current liabilities	-	(1,202)	(1,202)
Total net assets	<u>168,993</u>	<u>67,430</u>	<u>236,423</u>

	Unrestricted funds	Restricted funds	Total funds at 31 March 2020
	General £	£	£
Current assets	71,147	45,269	116,416
Current liabilities	-	(1,176)	(1,176)
Total net assets	<u>71,147</u>	<u>44,093</u>	<u>115,240</u>

#### 13 Independent examiner's fees

During the period, the fees payable (excluding VAT) to the charity's independent examiner Community Accounting Plus are analysed as follows:

	2021 £	2020 £
Independent examination	980	980
Other financial services	567	518
	<u>1,547</u>	<u>1,498</u>

#### 14 Related party transactions

There were no related party transactions in the year.