

Registered number: 03725494
Charity number: 1074974

**CENTRE THIRTY THREE YOUNG PEOPLE'S COUNSELLING AND
INFORMATION SERVICE**

(A Company Limited by Guarantee)

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

CENTRE THIRTY THREE YOUNG PEOPLE'S COUNSELLING AND INFORMATION SERVICE
(A Company Limited by Guarantee)

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REFERENCE AND ADMINISTRATIVE DETAILS OF THE COMPANY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2023

Trustees

P A Carrington (appointed 28 February 2023)
E C Morgan-Tamosunas
C G Davies (resigned 29 November 2022)
R L Holland
E C Chamberlayne
S Imrie
H E James (resigned 29 November 2022)
P Windred
E M Kamel
S Owers
A C Evans
P D Clarke
S F Ferguson (appointed 28 February 2023)

Company registered number 03725494

Charity registered number 1074974

Registered office 33 Clarendon Street
Cambridge
CB1 1JX

Operating Name Centre 33

Chief Executive Officer E Green

Independent auditors Peters Elworthy & Moore
Chartered Accountants
Statutory Auditors
Salisbury House
Station Road
Cambridge
CB1 2LA

Bankers Barclays Bank PLC
Benet Street Business Centre
PO Box 2
Cambridge
CB2 3PZ

CENTRE THIRTY THREE YOUNG PEOPLE'S COUNSELLING AND INFORMATION SERVICE
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TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2023

The Trustees who are also Directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2023. 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).

Since the Company qualifies as small under section 382 of the Companies Act 2006, the Strategic Report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 has been omitted.

OBJECTIVES AND ACTIVITIES

Our Objectives

The charity's objectives are to relieve and prevent suffering caused by mental or physical ill health, or by financial hardship, or need caused by other reasons, through the provision of counselling, information, and other services for young people aged 25 and under in the City of Cambridge, the County of Cambridgeshire, the City of Peterborough and surrounding areas.

Our Public Benefit

Centre 33 carries out a range of activities in pursuance of its charitable aims. The Trustees consider that these activities comply with both Section 4 of the Charities Act 2011 and the Charity Commission's guide on public benefit. Centre 33 works to benefit both the young people who access its services and the wider community of Cambridgeshire and Peterborough.

Our Vision, Mission and Values

We opened our doors in 1981 to offer young people a safe space where they could receive free, confidential and professional support in a non-judgemental and welcoming setting.

We have grown but stay true to our founding principles in all our work. We believe young people deserve respect and excellent care and support, no matter what they come to us with.

We receive positive feedback from young people who say they feel they have been listened to, are taken seriously, and have a say in their own support which makes a difference to them. The wider sector also gives us positive feedback including commissioners who say we are a trusted and respected brand, valued for our focus on young people, data usage and local knowledge.

We are a team of over 100 staff and volunteers. We work across the county, in hubs, remotely, in schools and in the community with thousands of young people each year. Last year we supported and communicated with 11,000 people via our free services, queries, outreach work and training workshops, and worked closely with nearly 4,000 young people. The charity received an income of £2.8million through a combination of contracts, charitable grants and donations.

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Our **Vision** is:

- A future where all young people are listened to, respected and supported.

Our **Mission** in Cambridgeshire is:

- To offer young people support with practical issues and emotional needs that is free, confidential, empowering, easy-access and high quality.
- To actively work with other local services so that young people's needs are met, and their voices are heard.

We apply the following **Values** to all our work and those we work with:

<p><u>Young people led</u></p> <ul style="list-style-type: none"> • We are led by young people's needs and treat them as unique individuals • We believe in a strengths-based, humanistic approach to support • We trust and support young people to take a central part in deciding what support is right for them • We ask young people what they want from us and involve them in the decision making about our services 	<p><u>Striving for excellence</u></p> <ul style="list-style-type: none"> • We care intensely about our work - we are committed to making a positive difference to the lives of young people • We demonstrate a high level of expertise in our fields • We research best practice and work to evidence based, benchmarked standards and measured outcomes • We are professionally curious and forward thinking - we seek feedback, self-reflect and continuously learn together from our experiences
<p><u>Collaborative</u></p> <ul style="list-style-type: none"> • We genuinely value our working community, our supporters and our volunteers • We support each other through challenges and prioritise wellbeing • We actively seek working collaborations with partners and communities for better outcomes for young people • We challenge systems that don't act in young people's interests and speak out on their behalf 	<p><u>Inclusive</u></p> <ul style="list-style-type: none"> • We welcome all with no judgement • We are easy to approach, we don't turn away, we listen and support • We respect each other and our young people for our diverse experiences and qualities - everyone's views are important to us • We welcome and celebrate diversity

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ACHIEVEMENTS AND PERFORMANCE

Centre 33 achieves its aims and supports young people across Cambridgeshire and Peterborough up to the age of 25 through:

1. Direct support to young people: Offering young people support with practical issues and emotional needs through a range of services that is free, confidential, empowering, easy-access and high quality.
2. Proactive partnership: Actively working with other local services so that young people's needs are met, and their voices are heard.

'Our 'Someone to Talk to' Service (STTT)

Our 'Someone to Talk to' service is the cornerstone of our universal services. It supports young people aged 13-25 on a range of issues, in particular to become emotionally healthy, sexually healthy, safely housed, in employment/meaningful education/training and to have improved financial situations. The service offers free advice, assessment, and advocacy support to young people via open access drop-ins and workshops. The service aims to give young people access to information, to raise awareness and support them to make timely and informed choices in their lives. The support offer includes access to engagement & support workers who can provide expertise around sexual health, housing, employment, emotional wellbeing as well as counsellors and Children's Wellbeing Practitioners. Across all these offers of support, young people are able to access other professional help if more appropriate.

Last year 'Someone to Talk to' reached and responded to over 3,000 needs from young people, this includes':

- o Supported nearly 1,000 young people through our STTT drop in Service, through one-to-one support virtual or face to face.
 - 89% of young people seeking help came with more than one presenting need
 - 88% presented with needs around their mental health, 39% of young people sought help with issues around work/money/housing/poverty, 60% with needs around their relationships.
- o Providing mental health support to over 2,000 young people, via counselling, guided self-help and group support.
 - 45% of young people seeking support with their mental health were experiencing severe psychological distress and 24% moderately severe.

A key partnership that has enabled Centre 33 to deliver the support to mental health to young people is YOUNited. YOUNited is a partnership between Centre 33, Cambridgeshire and Peterborough Foundation Trust (CPFT), Cambridgeshire Community Services (CCS) and Ormiston Families. The aim of YOUNited is to ensure young people get easier and timely access to the mental health support that best meets their needs. The YOUNited Hub processes all non-crisis professional referrals for children up to the age of 18 for concerns around mental health. Young people (13 -25) can also self-refer to Centre 33 for emotional wellbeing support. Following triage children and young people are placed on the most appropriate pathway to meet their needs based on the iThrive framework of "getting advice", "getting help" and "getting more help". Centre 33's roles are to be part of the initial referral process and to deliver mental health support for young people under 'getting help'. Ormiston Families work with the younger age range under 'getting help'. CPFT work with young people with higher needs (ie "getting more help") and CCS support school age children under 'getting help'.

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FOR THE YEAR ENDED 31 MARCH 2023

Our 'Someone to Talk to' staff have developed strong partnerships during 2022/23 across the local children and young people's sector. For example, they:

- Continued to work locally with partners to pilot support to young people at risk of hospitalisation due to their emotional wellbeing & mental health, advocating to ensure they get the support they need.
- Worked jointly with providers of accommodation for young people in Cambridge City, enabling young people to get access to housing to meet their needs
- Continued to work with partners delivering employment support through the New Horizons partnership; Centre 33 provides direct support to young people through employing a job coach.
- Continued to work with Youth Access, working alongside similar organisations to promote youth hubs and young people's holistic support to address their wide-ranging needs including mental health.
- Continued to support working groups linked to the new local Children and Young People's Mental Health Strategy.

Our Young Carers Project

Our Young Carers Assessment and Support Service provides one-to-one support and advocacy to children and young people up to the age of 18 who take on practical and/or emotional caring responsibilities. The service aims to ensure that young carers have the same life chances, levels of wellbeing and voice as their peers by reducing the negative impact of their caring responsibilities. It fulfils the statutory requirements to identify young carers needing support and offers young carer needs assessments and transition assessments.

The service also runs a Young Carers Advisory Board with young carer representatives to give young carers a voice. This Board meets bimonthly to set and review priorities, and through the year has twelve focused workshops for specific areas of learning and development.

Last year our Young Carers Assessment and Support Service:

- Reached over 8,000 people through outreach work including Young Carers awareness raising training and assemblies/ PSHE Lessons (remote and in-person).
- Provided support to over 1,000 young carers which included an assessment of needs or one-to-one support, group support or access to trips & activities. This is a 14% increase in young carers accessing the service compared to the previous year.
- Over 30% of young carers assessed were providing very high levels of care.
- 76% of young carers saw an improvement in the impact of their caring responsibilities from the support provided
- Over 400 young carers accessed group-based support.

Young Carers staff have developed strong partnerships across the local children and young people's sector; for example, during 2022/23, they:

- Participated in the Young Carers Steering Group, bringing together stakeholders and partners from across Local Authority, Education, Health and the voluntary sector to develop and steer priorities to respond to the needs of young carers, including the development of 5 sub-groups.
- Built strong relationships and supported young carers champion roles within primary and secondary schools across Cambridgeshire and Peterborough, along with development of our offer to all schools to identify and support young carers within school.
- Worked closely with Change, Grow, Live (CGL) and the Local Authority to support identification and develop support for families with substance / alcohol use, specifically highlighting the needs for specialist staff within recovery teams to identify and support young carers.
- Contributed to several Health steering groups, developing strong partnership work with CPFT, Cambridge University Hospitals and NHS East of England.
- Worked closely with Primary Care, including young carers training to all GP surgeries and the Young Carers Flag on NHS SystemOne.

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- Partook in the Young Carer Alliance – supporting national young carers partner organisations, influencing policy, and feeding into research opportunities.
- Trained over 2,000 professionals to identify and support young carers in their roles through delivering training packs, webinars, and bitesize remote training sessions to multiple professional partners across health, education, and social care both locally and nationally.
- Delivered a regular young carers module on the LSCB training programme and co-delivered training with the Mental Health recovery team at CPFT on substance use and the impact on young carers.
- Co-developed training films and material and delivered training to all Carer Leads within CPFT.
- Operated as the young carers lead within an All-Age Carers Contract for Cambridgeshire and Peterborough, working closely with Caring Together and Making Space around transitions to adult services, ensuring a whole family approach.

Our Schools Counselling Service

Our Schools Counselling Service offers counselling within secondary schools. This provides a safe place for young people to share their feelings and explore ways of overcoming their distress.

In 2022/23, Centre 33 provided counselling in 11 schools across Cambridgeshire including South Cambridgeshire, East Cambridgeshire, Cambridge, and St Neots. Over 400 young people received one-to-one counselling.

All young people receiving mental health interventions complete verified routine outcome measurement tools. In 2022/23 75% of young people showed improvements in their mental health when completing CORE (Clinical Outcomes in Routine Evaluation – a measure of psychological distress and wellbeing that is used to monitor the progress and effectiveness of counselling) and 84% of young people reported their goals were partially/fully met.

Fullscope

Centre 33 is a founding member of Fullscope (fullscopecollaboration.org.uk) and became its host organisation in July 2020. Fullscope is a collective of Cambridgeshire-based voluntary sector organisations working to deliver comprehensive support packages for children and young people aged 0-25 across Cambridgeshire to address mental health challenges.

As host, Centre 33:

- Acts as the legal entity for employing necessary staff (namely Programme Director, Project Manager and staff with specialist expertise such data analyst and communication leads).
- Holds Fullscope funds and ensures they are used in accordance with agreed project budgets.
- Provides financial management.
- Is accountable to the National Lottery Fund and other project funds.
- Provides infrastructure and physical space to work and develop the collaboration's work.

In 2022/23, Fullscope:

- Led projects to look at the system's pressure points and worked with colleagues to break down barriers for access, including LGBTQ+ Youth and Mental Health Research, understanding self-harm in young people, and Mental Health & Homeless young people.
- Coordinated the voluntary sector mental health response, including development of the local Children & Young People Mental Health strategy, the Thriving Partners implementation, and co-ordination and engagement with the newly emerging Integrated Care System.
- Developed a strategy for Fullscope which has resulted in further funding from the National Lottery Community Fund for the next 3 years.
- Reached out to vulnerable families and young people with the Creative Care Branching Out project.

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Fundraising

In 2022/23, additional resources were brought into supplement and support the fundraising team, to work with Senior Leadership team to develop, refine and execute a change in strategic direction in fundraising, as laid out in the 5 year plan. This plan focusses on growing unrestricted funds through individual giving and corporate fundraising, to ensure long term sustainability and improve the charity's ability to allocate funds flexibly and in line with where the need is greatest. These contractors were monitored through regular meetings and had regular check-ins to ensure they adhered to the charity's ethical fundraising policy.

Centre 33 has strict standards for how donors are stewarded, and their personal data is secure and protected under GDPR legislation and our privacy notice. Throughout the year Centre 33 has received no complaints about fundraising activity. Centre 33 recognises the importance of quality reporting, to ensure accountability and transparency so that donors are fully kept up to speed with how their funds are being put to use, particularly in connection with restricted grants and contracts. Centre 33 has not registered with the Fundraising Regulator; however, the charity is evaluating the regulator's Code of Conduct and putting in place processes to ensure that all aspects of the Code are imbedded in our fundraising policies prior to application to the regulator. Centre 33 is registered with the Chartered Institute of Fundraising.

Over the next 5 years, Centre 33 plans to further diversify its income streams to ensure long term financial sustainability. 2022/23 has been a key preparatory phase in bringing this change to the organisation. As well as embedding changes in practice and processes, Centre 33 staff have been supported with training in corporate partnerships and have developed a strategy for individual giving as well as building and refreshing funding pipelines across all our key funding areas. Recruitment and investment are underway to secure permanent roles to help deliver our ambitions help achieve this.

FINANCIAL REVIEW

Key Results

In 2022/23:

- Income totalled £2,861,484 (£2,738,993 in 2021/22)
- Expenditure totalled £3,060,517 (£2,464,790 in 2021/22)
- This resulted in a negative net movement in funds for the year of £199,033 (positive net movement of £247,203 in 2021/22)

Income

Income has remained relatively stable year on year.

Expenditure

Costs have increased year on year, particularly staff costs. In 2021/22, recruitment challenges within the prior year artificially reduced costs. In 2022/23, additional staff and increased salaries have brought cost up to expected levels. Staff costs, which in the main relate to direct service delivery, account for 78% of total expenditure.

Assets and Liabilities

At 31 March 2023, Centre 33 had:

- Net assets of £901,873 (2022 - £1,100,906)
 - Fixed assets of £194,810 (2022 - £146,233). This comprises the Clarendon Street property valued at cost and the refurbishment of the Peterborough offices
 - Current assets of £1,276,378 (2022 - £1,184,290). Of this, £780,023 (2022 - £1,033,607) was cash
 - Creditors of £569,315 (2022 - £229,617)
-

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FOR THE YEAR ENDED 31 MARCH 2023

Pensions

Centre 33's pension scheme is operated through Creative Pension Trust. All staff are auto enrolled under the current legislation. The scheme does not carry a liability.

Reserves policy

The Trustees have resolved that the Charity should aim to keep a level of free reserves equal to between two and three months average expenditure.

This policy is based on a thorough review of risks and needs. In developing this policy, Trustees have considered the following:

- The priority of spending incoming funds on meeting the organisation's core strategic purpose
- The requirement to ensure essential services for vulnerable beneficiaries are maintained if any funding streams are reduced / removed, large, unexpected expenses materialise or a short-term deficit in cashflow materialises
- The importance of scaling reserves with the growth of the organisation
- The desire to maintain flexibility to future opportunities and to launch new initiatives
- The ownership of a freehold property that could be sold in the medium-term to leverage additional funds

Trustees and management do not want to hold surplus funds unnecessarily, but believe long-term sustainability is paramount to beneficiaries and therefore on balance are comfortable that this policy is appropriate for the organisation.

The reserves levels are reviewed on an annual basis as a minimum, at Board level, and whenever deemed necessary appropriate action is taken so that the reserves level complies with this policy.

Unrestricted Reserves

At 31 March 2023, Centre 33 held unrestricted reserves of £691,501 (2022 - £811,770).

It is important to note that £61,561 of this total can only be realised through the disposal of a tangible fixed asset, namely the Cambridge premises (33 Clarendon Street). In addition, £133,249 represents the remaining carrying value of tangible fixed assets held by Centre 33 for operational use to carry out its activities.

This leaves unrestricted funds amounting to £496,691.

Budgeted expenditure for 2023/24, including activities funded by restricted donations/grants but excluding Fullscope, is in the region of £2.9m and therefore target free reserves are in the range of £490k to £735k. The current free reserves are modestly below this target and the Charity will continue to fundraise and seek further unrestricted funds.

Restricted Reserves

At 31 March 2023, Centre 33 held restricted reserves of £210,372 (2022 - £289,136).

Restricted reserves are funds which have been given by funders for a particular service. The charity is unable to use these funds outside of the agreed purpose.

These funds relate to unspent amounts ongoing projects within the Someone to Talk to and Fullscope services.

No restricted funds were in deficit.

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FOR THE YEAR ENDED 31 MARCH 2023

Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Company has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Documentation and Constitution

Centre 33 constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006. It is also a registered charity. It is governed by its Articles of Association.

Appointment, Induction and Training of Trustees

Trustee recruitment is managed by the HR Sub-Committee.

In selecting a person to be appointed as a trustee, consideration is given to how their residence, occupation, employment, special knowledge, and personal or professional qualifications may contribute to delivering against the objects of the charity. A periodic trustees' skills audit is also conducted to assess any areas where additional expertise may be required.

The minimum number of trustees is three and the maximum is fifteen.

New Trustees are elected by the Board of Trustees at the Annual General Meeting.

All new Trustees are provided with comprehensive induction and training to become familiar with their roles and responsibilities and Centre 33's work. This includes meeting with key staff and receipt of an induction pack containing copies of key policies and documents and a copy of Good Trustee Guide.

Following their appointment, Centre 33 provides trustees with ongoing training as appropriate.

Organisational structure and decision-making policies

The Trustees of Centre 33 are responsible for the overall direction and management of the Charity.

The Board of Trustees meets regularly throughout the year to discuss and decide on issues affecting the Charity, delegating appropriate matters to its sub-committees and operational management to the Chief Executive Officer.

Trustees are required to disclose all relevant interests and declare potential conflicts of interest at each Trustee meeting which is then recorded in the minutes.

The core Senior Leadership Team consists of the Chief Executive Officer, Deputy Chief Executive Officer, Director of Finance and HR and Head of Operations, Projects and Communication, with a wider SLT including two Director of Services, Head of Impact and Quality and a Head of Partnerships and Development (currently recruiting).

The Senior Management Team includes the above and the service and specialist managers.

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TRUSTEES' REPORT (CONTINUED)
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Volunteers

Centre 33 would not be able to deliver its services without the skills, dedicated support, and commitment of its volunteers. In 2022/23, the organisation was supported by over 50 volunteers. Most volunteer activity relates to the delivery of counselling and support services to young people. These volunteers are supported by specialist supervision in addition to the general volunteer support package. Some volunteer activity offers practical support in running and maintaining services. Volunteers receive full induction as well as on-going training and support during their time at Centre 33.

Pay policy for key management personnel

The Board reviews and approves the overall pay rise policy for the whole staff group, in line with the financial performance of the charity. This is with support from both the Financial and Risk and HR Sub-Committees, who review the proposed budget and salary increase principles respectively.

The Chair, Deputy Chair and Treasurer set the salary for the Chief Executive Officer.

Related party relationships

Centre 33 has no related party arrangements to disclose.

Risk management

Risks are identified, monitored, managed, and recorded in a Risk Log.

The Board of Trustees is responsible for overseeing the development and implementation of the risk management strategy. The Board and SLT reviews the Risk Log annually to confirm that the major risks have been identified correctly and that controls are in place to manage them.

The Finance and Risk Sub Committee is responsible for the ongoing monitoring of the Risk Log to ensure that all significant risks are identified and prioritised and that appropriate controls and actions are in place and will highlight significant changes to the full board.

Centre 33's Senior Leadership Team is responsible for ensuring that the risk management policy is implemented and for co-ordinating risk management activity across Centre 33.

Principal current risks have been influenced by inflation, organisation growth, the employment market, and the continued impact of Covid-19. In addition, whilst the YOUNited partnership is a positive development for the Charity's beneficiaries it involves significant service development which comes with associated risks.

Principal Risks and Uncertainties

In 2022/23 the principal risks have been in the following areas:

Increase in distress experienced by young people

Concerns about young people's mental health rose in the wake of the Covid-19 pandemic. There is worrying evidence that rates of mental distress have risen sharply amongst young people, and that this, combined with deferred demand from the lockdown periods threatens to overwhelm services. Alongside this, the effect of the pandemic on young people's mental health has disproportionately affected some young people, and this threatens to exacerbate existing inequalities. The increase in severity of issues and demand is being monitored. Centre 33 is sharing knowledge and planning with partners across the sector to manage future demand. However, the impact of increased demand locally means the waiting time for some services will be significant for young people.

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Staff Recruitment and Retention (including inflationary pressures on salaries)

Recruitment in social care is a challenge across the UK. There are many factors influencing this situation including unprecedented levels of inflation, a tough labour market, Covid-19 and the changes in general working patterns, a concern regarding job security, and Brexit and the subsequent changes in employment patterns within some social care settings. Centre 33 found it challenging to recruit and retain quality staff to meet its growth in funding.

Young Peoples Support Hubs and office hubs

The growth in Centre 33 over the last few years has meant that our Cambridge and Huntingdon premises are no longer fit for purpose. Service and staff needs have been reviewed and other premises are being sought.

PLANS FOR FUTURE PERIODS

Centre 33 has developed a multi-year Strategic Plan (April 2022 - March 2028). This plan has four overarching strategic goals.

Impact goals

1. All young people across Cambridgeshire and Peterborough can receive holistic support that is accessible, high quality, impactful, targeted and led by them.
2. Centre 33 advocates for positive change for young people through dissemination of knowledge and best practice, and collaborative working to ensure high levels of understanding of their needs and clear pathways of support.

Enabling goals

3. Centre 33's workforce and governance is high quality, stable and diverse: working in quality community-based hubs and practices.
4. Centre 33 has financial stability over this five-year period; achieved through a clear vision, adequate resources, complies with best practice and legal requirements; and an established funding mix.

Priorities

- Continuing to ensure that we fulfil our contract/grant requirements
- Working towards providing a comprehensive and equitable Someone to Talk to Service across Cambridgeshire & Peterborough which targets young people who are most disadvantaged young people who are facing barriers to accessing services
- Reviewing the Young Carers assessment and support model ready for the re-tender expected in early 2024
- Investigating how digital tools could enhance young people and staff's experience
- Progressing our three influencing priorities, with a particular focus on young people participation:
- Ensuring local services support young people up to 25 (Mental Health and Young Carers)
- Ensuring all support is person-centred and holistic (both practical and emotional needs)
- Championing accessibility particularly for vulnerable targeted groups
- Establishing new and more fit for purpose Cambridge and Huntingdon Young People Support Hubs
- Raising sufficient funding to maintain our current delivery of services and our ambitions and progress the fundraising vision to ensure a more flexible and sustainable funding mix
- Ensuring staff receive a fair and competitive salary

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The Trustees (who are also the directors of the Company for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial . Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Company and of its incoming resources and application of resources, including its income and expenditure, 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 of the Charities SORP (FRS 102);
- make judgements and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Disclosure of information to auditors

Each of the persons who are Trustees at the time when this Trustees' Report is approved has confirmed that:

- so far as that Trustee is aware, there is no relevant audit information of which the charity's auditors are unaware, and
- that Trustee has taken all the steps that ought to have been taken as a Trustee in order to be aware of any relevant audit information and to establish that the charity's auditors are aware of that information.

Approved by order of the members of the board of Trustees and signed on their behalf by:



E C Chamberlyne

Trustee

Date: 20 October 2023

CENTRE THIRTY THREE YOUNG PEOPLE'S COUNSELLING AND INFORMATION SERVICE
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**INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF CENTRE THIRTY THREE YOUNG
PEOPLE'S COUNSELLING AND INFORMATION SERVICE**

OPINION

We have audited the financial statements of Centre Thirty Three Young People's Counselling and Information Service (the 'charitable company') for the year ended 31 March 2023 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2023 and of its incoming resources and application of resources, including its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

BASIS FOR OPINION

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the United Kingdom, including the Financial Reporting Council's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

CONCLUSIONS RELATING TO GOING CONCERN

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

CENTRE THIRTY THREE YOUNG PEOPLE'S COUNSELLING AND INFORMATION SERVICE
(A Company Limited by Guarantee)

**INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF CENTRE THIRTY THREE YOUNG
PEOPLE'S COUNSELLING AND INFORMATION SERVICE (CONTINUED)**

OTHER INFORMATION

The other information comprises the information included in the Annual Report other than the financial statements and our Auditors' Report thereon. The Trustees are responsible for the other information contained within the Annual Report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

OPINION ON OTHER MATTERS PRESCRIBED BY THE COMPANIES ACT 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees' Report for the financial year for which the financial statements are prepared is consistent with the financial statements.
- the Trustees' Report has been prepared in accordance with applicable legal requirements.

MATTERS ON WHICH WE ARE REQUIRED TO REPORT BY EXCEPTION

In the light of our knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Report.

We have nothing to report in respect of the following matters in relation to which Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of Trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the Trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees' Report and from the requirement to prepare a Strategic Report.

CENTRE THIRTY THREE YOUNG PEOPLE'S COUNSELLING AND INFORMATION SERVICE
(A Company Limited by Guarantee)

**INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF CENTRE THIRTY THREE YOUNG
PEOPLE'S COUNSELLING AND INFORMATION SERVICE (CONTINUED)**

RESPONSIBILITIES OF TRUSTEES

As explained more fully in the Trustees' Responsibilities Statement, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

AUDITORS' RESPONSIBILITIES FOR THE AUDIT OF THE FINANCIAL STATEMENTS

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditors' Report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- the senior statutory auditor ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations;
- we identified the laws and regulations applicable to the Charity through discussions with Trustees and other management, and from our knowledge and experience of the sector;
- we obtained an understanding of the legal and regulatory framework applicable to the Charity and how the Charity is complying with that framework;
- we obtained an understanding of the Charity's policies and procedures on compliance with laws and regulations, including documentation of any instances of non-compliance;
- we identified which laws and regulations were significant in the context of the Charity. The Laws and regulations we considered in this context were Companies Act 2006, Charities Act 2011 and taxation legislation. We assessed the required compliance with these laws and regulations as part of our audit procedures on the related financial statement items;
- in addition, we considered provisions of other laws and regulations that do not have a direct effect on the financial statements but compliance with which might be fundamental to the Charity's ability to operate or to avoid material penalty; and
- identified laws and regulations were communicated within the audit team regularly and the team remained alert to instances of non-compliance throughout the audit.

CENTRE THIRTY THREE YOUNG PEOPLE'S COUNSELLING AND INFORMATION SERVICE
(A Company Limited by Guarantee)

**INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF CENTRE THIRTY THREE YOUNG
PEOPLE'S COUNSELLING AND INFORMATION SERVICE (CONTINUED)**

We assessed the susceptibility of the Charity's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud; and
- considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations.

To address the risk of fraud through management bias and override of controls, we;

- tested journal entries to identify unusual transactions;
- assessed whether judgements and assumptions made in determining the accounting estimates set out in the accounting policy were indicative of potential bias; and
- investigated the rationale behind significant or unusual transactions.

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

- agreeing financial statement disclosures to underlying supporting documentation;
- reviewing minutes of meetings of those charged with governance; and
- enquiring of management as to actual and potential litigation and claims.

There are inherent limitations in our audit procedures described above. The more removed that laws and regulations are from financial transactions, the less likely it is that we would become aware of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the directors and other management and the inspection of regulatory and legal correspondence, if any.

Material misstatements that arise due to fraud can be harder to detect than those that arise from error as they may involve deliberate concealment or collusion.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our Auditors' Report.

CENTRE THIRTY THREE YOUNG PEOPLE'S COUNSELLING AND INFORMATION SERVICE
(A Company Limited by Guarantee)

**INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF CENTRE THIRTY THREE YOUNG
PEOPLE'S COUNSELLING AND INFORMATION SERVICE (CONTINUED)**

USE OF OUR REPORT

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an Auditors' Report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its members, as a body, for our audit work, for this report, or for the opinions we have formed.

Michael Hewett (Senior Statutory Auditor)

for and on behalf of

Peters Elworthy & Moore

Chartered Accountants

Statutory Auditors

Salisbury House

Station Road

Cambridge

CB1 2LA

Date: 20 October 2023

CENTRE THIRTY THREE YOUNG PEOPLE'S COUNSELLING AND INFORMATION SERVICE
(A Company Limited by Guarantee)

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2023

	Note	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
INCOME FROM:					
Donations and legacies	3	125,513	52,824	178,337	226,803
Charitable activities	4	2,098,125	578,915	2,677,040	2,512,075
Other trading activities	5	4,484	-	4,484	-
Investments	6	1,623	-	1,623	115
TOTAL INCOME		2,229,745	631,739	2,861,484	2,738,993
EXPENDITURE ON:					
Raising funds	7	82,283	-	82,283	81,458
Charitable activities	8,9	2,284,155	694,079	2,978,234	2,383,332
TOTAL EXPENDITURE		2,366,438	694,079	3,060,517	2,464,790
NET (EXPENDITURE)/INCOME		(136,693)	(62,340)	(199,033)	274,203
Transfers between funds	16	16,424	(16,424)	-	-
NET MOVEMENT IN FUNDS		(120,269)	(78,764)	(199,033)	274,203
RECONCILIATION OF FUNDS:					
Total funds brought forward	16	811,770	289,136	1,100,906	826,703
Net movement in funds		(120,269)	(78,764)	(199,033)	274,203
TOTAL FUNDS CARRIED FORWARD		691,501	210,372	901,873	1,100,906

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 21 to 42 form part of these financial statements.

CENTRE THIRTY THREE YOUNG PEOPLE'S COUNSELLING AND INFORMATION SERVICE
(A Company Limited by Guarantee)
REGISTERED NUMBER: 03725494

BALANCE SHEET
AS AT 31 MARCH 2023

	Note	2023 £	2023 £	2022 £	2022 £
FIXED ASSETS					
Tangible assets	13		194,810		146,233
			194,810		146,233
CURRENT ASSETS					
Debtors	14	496,355		150,683	
Cash at bank and in hand		780,023		1,033,607	
		1,276,378		1,184,290	
Creditors: amounts falling due within one year	15	(569,315)		(229,617)	
NET CURRENT ASSETS			707,063		954,673
TOTAL NET ASSETS			901,873		1,100,906
CHARITY FUNDS					
Restricted funds	16		210,372		289,136
Unrestricted funds	16		691,501		811,770
TOTAL FUNDS			901,873		1,100,906

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:



E C Chamberlayne

Trustee

Date: 20 October 2023

The notes on pages 21 to 42 form part of these financial statements.

CENTRE THIRTY THREE YOUNG PEOPLE'S COUNSELLING AND INFORMATION SERVICE
(A Company Limited by Guarantee)

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2023

	Note	2023 £	2022 £
CASH FLOWS FROM OPERATING ACTIVITIES			
Net cash used in operating activities	18	(193,607)	304,650
CASH FLOWS FROM INVESTING ACTIVITIES			
Interest received		1,623	115
Purchase of tangible fixed assets	13	(61,600)	(84,672)
NET CASH USED IN INVESTING ACTIVITIES		(59,977)	(84,557)
CHANGE IN CASH AND CASH EQUIVALENTS IN THE YEAR		(253,584)	220,093
Cash and cash equivalents at the beginning of the year		1,033,607	813,514
CASH AND CASH EQUIVALENTS AT THE END OF THE YEAR	19	780,023	1,033,607

The notes on pages 21 to 42 form part of these financial statements

CENTRE THIRTY THREE YOUNG PEOPLE'S COUNSELLING AND INFORMATION SERVICE
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

1. GENERAL INFORMATION

Centre Thirty Three Young People's Counselling & Information Service is a charitable company limited by guarantee and incorporated in England and Wales. It's registered office and principal place of business is 33 Clarendon Street, Cambridge, CB1 1JX.

2. ACCOUNTING POLICIES

2.1 BASIS OF PREPARATION OF FINANCIAL STATEMENTS

The financial statements 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), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Centre Thirty Three Young People's Counselling and Information Service 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.

2.2 GOING CONCERN

The Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future having made due regard to secured and pipeline funding and planned charitable activities. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

CENTRE THIRTY THREE YOUNG PEOPLE'S COUNSELLING AND INFORMATION SERVICE
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

2. ACCOUNTING POLICIES (CONTINUED)

2.3 INCOME

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance Sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Gifts in kind donated for distribution are included at valuation and recognised as income when they are distributed to the projects. Gifts donated for resale are included as income when they are sold.

Where the donated good is a fixed asset, it is measured at fair value, unless it is impractical to measure this reliably, in which case the cost of the item to the donor should be used. The gain is recognised as income from donations and a corresponding amount is included in the appropriate fixed asset class and depreciated over the useful economic life in accordance with the Charity's accounting policies.

On receipt, donated professional services and facilities are recognised on the basis of the value of the gift to the Charity which is the amount it would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

2.4 EXPENDITURE

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on raising funds includes all expenditure incurred by the Charity to raise funds for its charitable purposes and includes costs of all fundraising activities events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

CENTRE THIRTY THREE YOUNG PEOPLE'S COUNSELLING AND INFORMATION SERVICE
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

2. ACCOUNTING POLICIES (CONTINUED)

2.5 INTEREST RECEIVABLE

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charity; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

2.6 TANGIBLE FIXED ASSETS AND DEPRECIATION

Tangible fixed assets costing £1,500 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

No depreciation is provided on the freehold buildings. It is the policy of the Trustees to maintain the Freehold building in such condition that its useful economic life is indeterminate. In the opinion of the Trustees, this policy results in the residual value of the property (by reference to the price ruling at the time of acquisition) being not less than its present value in the accounts. Consequently, no depreciation is charged on this property.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following basis:

Plant and machinery	-	10%
Fixtures and fittings	-	25%
Office equipment	-	25%

2.7 DEBTORS

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

2.8 CASH AT BANK AND IN HAND

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

CENTRE THIRTY THREE YOUNG PEOPLE'S COUNSELLING AND INFORMATION SERVICE
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

2. ACCOUNTING POLICIES (CONTINUED)

2.9 LIABILITIES AND PROVISIONS

Liabilities are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of Financial Activities as a finance cost.

2.10 FINANCIAL INSTRUMENTS

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.11 OPERATING LEASES

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight-line basis over the lease term.

2.12 PENSIONS

The Charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Company to the fund in respect of the year.

2.13 FUND ACCOUNTING

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

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

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Company for particular purposes. Where possible, an allocation of the costs of administering such funds is charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

CENTRE THIRTY THREE YOUNG PEOPLE'S COUNSELLING AND INFORMATION SERVICE
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

3. INCOME FROM DONATIONS AND LEGACIES

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
Donations	98,513	52,824	151,337
Grants	27,000	-	27,000
	<u>125,513</u>	<u>52,824</u>	<u>178,337</u>
	<u>125,513</u>	<u>52,824</u>	<u>178,337</u>
	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Donations	158,038	47,765	205,803
Grants	21,000	-	21,000
	<u>179,038</u>	<u>47,765</u>	<u>226,803</u>
	<u>179,038</u>	<u>47,765</u>	<u>226,803</u>

Donated services of trained volunteer counsellors to assist the charity with counselling services are valued at £14,775 (2022: £16,200). The value of these services is recognised within incoming resources as a donation, and an equivalent charge includes within expenditure on charitable activities.

The charity also benefits from support from volunteers to assist with general administration. In accordance with the Charities SORP (FRS 102), the economic contribution of general volunteers is not recognised in the accounts.

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

	2023 £	2022 £
Batterson Chivers Trust	2,000	-
Cambridgeshire and Peterborough CCG	-	15,000
The Pye Foundation	4,000	-
Buckles Solicitors	16,000	-
Rhododendron Trust	1,000	-
City & University Cambridge Masonic Trust	2,000	-
The Ivan and Rebecca Twigden Charitable Trust	2,000	-
Anonymous/Other	-	6,000
	<u>27,000</u>	<u>21,000</u>
	<u>27,000</u>	<u>21,000</u>

CENTRE THIRTY THREE YOUNG PEOPLE'S COUNSELLING AND INFORMATION SERVICE
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

4. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
Young Carers Services - grant income	-	34,517	34,517
Young Carers Services - contracted income	410,935	-	410,935
Someone to Talk to - grant income	-	268,418	268,418
Someone to Talk to - contracted income	1,527,906	-	1,527,906
Schools - contracted income	159,284	-	159,284
Fullscope - grant income	-	235,980	235,980
Fullscope - contracted income	-	40,000	40,000
Fullscope - other income	-	-	-
	<u>2,098,125</u>	<u>578,915</u>	<u>2,677,040</u>

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Young Carers Services - grant income	-	40,360	40,360
Young Carers Services - contracted income	410,935	-	410,935
Someone to Talk to - grant income	-	553,636	553,636
Someone to Talk to - contracted income	1,183,832	-	1,183,832
Schools - contracted income	116,865	-	116,865
Fullscope - grant income	-	144,811	144,811
Fullscope - contracted income	-	40,000	40,000
Fullscope - other income	-	21,636	21,636
	<u>1,711,632</u>	<u>800,443</u>	<u>2,512,075</u>

CENTRE THIRTY THREE YOUNG PEOPLE'S COUNSELLING AND INFORMATION SERVICE
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

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

	2023 £	2022 £
Children in Need	-	23,319
John Huntingdon's Charity	4,712	3,720
Cambridge Community Foundation	22,930	12,794
Cambridgeshire County Council	2,375	-
Wright's Clock Land	4,500	-
Other	-	527
Young Carers Services - grant income	34,517	40,360
Department of Health and Social Care Health and Wellbeing Fund	-	54,800
Children in Need	-	48,576
The Evelyn Trust	13,500	-
New Horizons	28,403	16,658
Cambridge City Council Homelessness Prevention Grant	40,000	43,000
Cambridgeshire County Council Community Grants	36,500	36,500
Masonic Trust	4,463	35,702
Harry Cureton Charitable Trust	20,000	-
Innovate & Cultivate	6,148	74,162
Cambridgeshire and Peterborough ICB	-	243,739
Cole Charitable Trust	2,200	-
Ely Trinity Dole	2,000	-
Thomas Parsons Charity	3,000	-
ECU Trust	3,000	-
Bishop Laney's Charity	5,000	-
Percy Bilton Charity	4,700	-
Huntingdon Freeman's Trust	30,348	-
Cambridge Community Foundation	3,736	-
John Apthorp Charity	14,364	-
Nationwide Building Society	48,056	-
Anonymous/Other	3,000	499
Someone to Talk to - grant income	268,418	553,636

CENTRE THIRTY THREE YOUNG PEOPLE'S COUNSELLING AND INFORMATION SERVICE
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

Big Lottery Fund-Community Fund	125,611	78,386
Cambridgeshire County Council	15,000	-
Cambridgeshire County Council	95,369	-
Cambridgeshire and Peterborough CCG - Winter Pressures	-	44,424
The Evelyn Trust	-	13,204
Other	-	8,797
Fullscope - grant income	235,980	144,811

We acknowledge the grant received from the Innovate & Cultivate Fund, a fund provided by Cambridgeshire County Council and managed by Cambridgeshire Community Foundation.

£125,611 was received during the year from the National Lottery Community Fund in relation to the RC London and South East Region programme.

5. INCOME FROM OTHER TRADING ACTIVITIES

Income from non charitable trading activities

	Unrestricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Rental income, recharges and management fees	4,484	4,484	-

6. INVESTMENT INCOME

	Unrestricted funds 2023 £	Total funds 2023 £
Deposit account interest	1,623	1,623

	Unrestricted funds 2022 £	Total funds 2022 £
Deposit account interest	115	115

CENTRE THIRTY THREE YOUNG PEOPLE'S COUNSELLING AND INFORMATION SERVICE
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

7. EXPENDITURE ON RAISING FUNDS

COSTS OF RAISING VOLUNTARY INCOME

	Unrestricted funds 2023 £	Total funds 2023 £
Fundraising	44,378	44,378
Wages and salaries	33,463	33,463
National insurance	3,001	3,001
Pension costs	1,441	1,441
	<u>82,283</u>	<u>82,283</u>
	Unrestricted funds 2022 £	Total funds 2022 £
Fundraising	29,744	29,744
Wages and salaries	45,815	45,815
National insurance	3,794	3,794
Pension costs	2,105	2,105
	<u>81,458</u>	<u>81,458</u>

CENTRE THIRTY THREE YOUNG PEOPLE'S COUNSELLING AND INFORMATION SERVICE
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

8. ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES

Summary by fund type

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Young Carers Services	322,856	31,565	354,421
Someone to Talk to	1,847,681	316,106	2,163,787
Schools	113,618	-	113,618
Fullscope	-	346,408	346,408
	<u>2,284,155</u>	<u>694,079</u>	<u>2,978,234</u>

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Young Carers Services	310,320	43,128	353,448
Someone to Talk to	1,266,903	478,254	1,745,157
Schools	87,972	-	87,972
Fullscope	-	196,755	196,755
	<u>1,665,195</u>	<u>718,137</u>	<u>2,383,332</u>

9. ANALYSIS OF EXPENDITURE BY ACTIVITIES

	Activities undertaken directly 2023 £	Support costs 2023 £	Total funds 2023 £
Young Carers Services	346,575	7,846	354,421
Someone to Talk to	2,131,925	31,862	2,163,787
Schools	110,932	2,686	113,618
Fullscope	341,620	4,788	346,408
	<u>2,931,052</u>	<u>47,182</u>	<u>2,978,234</u>

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9. ANALYSIS OF EXPENDITURE BY ACTIVITIES (CONTINUED)

	Activities undertaken directly 2022 £	Support costs 2022 £	Total funds 2022 £
Young Carers Service	344,198	9,250	353,448
Someone to Talk to	1,716,805	28,352	1,745,157
Schools	87,341	631	87,972
Fullscope	196,155	600	196,755
	<u>2,344,499</u>	<u>38,833</u>	<u>2,383,332</u>

ANALYSIS OF DIRECT COSTS

	Young Carers Services 2023 £	Someone to talk to 2023 £	Schools 2023 £	Fullscope 2023 £	Total funds 2023 £
Staff costs	298,258	1,768,716	103,953	80,683	2,251,610
Other staff related costs	6,425	74,137	2,781	59,223	142,566
Office costs	12,021	143,787	196	-	156,004
Property costs	21,510	71,812	715	198,886	292,923
Service costs	8,361	73,473	3,287	2,828	87,949
	<u>346,575</u>	<u>2,131,925</u>	<u>110,932</u>	<u>341,620</u>	<u>2,931,052</u>

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9. ANALYSIS OF EXPENDITURE BY ACTIVITIES (CONTINUED)

ANALYSIS OF DIRECT COSTS (continued)

	Young Carers Services 2022 £	Someone to talk to 2022 £	Schools 2022 £	Fullscope 2022 £	Total funds 2022 £
Staff costs	294,079	1,358,958	75,320	57,811	1,786,168
Other staff related costs	6,112	76,716	2,614	41,417	126,859
Office costs	17,601	97,953	-	253	115,807
Property costs	16,354	108,343	3,055	95,039	222,791
Service costs	10,052	74,835	6,352	1,635	92,874
	<u>344,198</u>	<u>1,716,805</u>	<u>87,341</u>	<u>196,155</u>	<u>2,344,499</u>

ANALYSIS OF SUPPORT COSTS

	Young Carers Services 2023 £	Someone to talk to 2023 £	Schools 2023 £	Fullscope 2023 £	Total funds 2023 £
Legal and professional fees (governance)	4,665	18,945	1,597	2,847	28,054
Auditors' remuneration (governance)	2,694	10,940	922	1,644	16,200
Auditors' remuneration - non audit (governance)	487	1,977	167	297	2,928
	<u>7,846</u>	<u>31,862</u>	<u>2,686</u>	<u>4,788</u>	<u>47,182</u>

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9. ANALYSIS OF EXPENDITURE BY ACTIVITIES (CONTINUED)

ANALYSIS OF SUPPORT COSTS (continued)

	Young Carers Services 2022 £	Someone to talk to 2022 £	Schools 2022 £	Fullscope 2022 £	Total funds 2022 £
Legal and professional fees (governance)	6,547	17,855	631	600	25,633
Auditors' remuneration (governance)	2,212	8,588	-	-	10,800
Auditors' remuneration - non audit (governance)	491	1,909	-	-	2,400
	<u>9,250</u>	<u>28,352</u>	<u>631</u>	<u>600</u>	<u>38,833</u>

Legal and professional governance costs are allocated to each activity. Auditors' remuneration is allocated to charitable activities in proportion to charitable income generated by those activities.

10. AUDITORS' REMUNERATION

The auditors' remuneration (inclusive of VAT) amounts to an auditor fee of £13,500 (2022 - £10,800), and preparation of the statutory financial statements of £1,980 (2022 - £1,800) and tax compliance services of £660 (2022 - £600).

11. STAFF COSTS

	2023 £	2022 £
Wages and salaries	2,009,744	1,631,682
Social security costs	187,252	134,526
Pension costs	92,519	71,674
	<u>2,289,515</u>	<u>1,837,882</u>

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11. STAFF COSTS (CONTINUED)

The average number of persons employed by the Company during the year was as follows:

	2023	2022
	No.	No.
Young Carers Services	12	11
Someone to Talk to	38	39
Schools	9	5
Trainees	3	7
Central (including fundraising)	19	13
Fullscope	2	2
	83	77

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2023	2022
	No.	No.
In the band £60,001 - £70,000	1	-

Key management personnel are those persons having authority and responsibility for planning, directing and controlling the activities of the Charity. They consist of the Chief Executive Officer and all Trustees. The aggregate cost of key management remuneration (inclusive of employer NIC and pension contributions) was £82,113 (2022 - £58,584). Remuneration for key management personnel is set using industry benchmarking and overseen by the Chair.

12. TRUSTEES' REMUNERATION AND EXPENSES

During the year, no Trustees received any remuneration or other benefits (2022 - £NIL).

During the year ended 31 March 2023, no Trustee expenses have been incurred (2022 - £NIL).

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NOTES TO THE FINANCIAL STATEMENTS
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13. TANGIBLE FIXED ASSETS

	Freehold property £	Leasehold additions £	Fixtures and fittings £	Office equipment £	Total £
COST					
At 1 April 2022	61,561	84,672	20,525	22,833	189,591
Additions	-	-	61,600	-	61,600
At 31 March 2023	61,561	84,672	82,125	22,833	251,191
DEPRECIATION					
At 1 April 2022	-	-	20,525	22,833	43,358
Charge for the year	-	-	13,023	-	13,023
At 31 March 2023	-	-	33,548	22,833	56,381
NET BOOK VALUE					
At 31 March 2023	61,561	84,672	48,577	-	194,810
At 31 March 2022	61,561	84,672	-	-	146,233

All the charity's assets were used in furtherance of the charity's objectives. The freehold property, 33 Clarendon Street, Cambridge is shown at cost.

The freehold property, 33 Clarendon Street, Cambridge has a restriction over its sale as described in note 21.

14. DEBTORS

	2023 £	2022 £
DUE WITHIN ONE YEAR		
Trade debtors	472,543	90,290
Prepayments and accrued income	23,812	60,393
	496,355	150,683

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NOTES TO THE FINANCIAL STATEMENTS
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15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade creditors	26,200	27,951
Other taxation and social security	38,127	39,834
Other creditors	14,637	18,619
Accruals and deferred income	490,351	143,213
	569,315	229,617
	2023	2022
	£	£
Deferred income at 1 April 2022	107,684	294,726
Resources deferred during the year	261,481	107,684
Amounts released from previous periods	(107,684)	(294,726)
	261,481	107,684

Grants and contracts received in advance refers to payments received on account for contracts or performance-related grants.

Deferred income is income, other than that described above, received in the year for services to be provided in the next financial period.

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

16. STATEMENT OF FUNDS

STATEMENT OF FUNDS - CURRENT YEAR

	Balance at 1 April 2022 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2023 £
UNRESTRICTED FUNDS					
DESIGNATED FUNDS					
33 Clarendon Street	61,561	-	-	-	61,561
Cyclical maintenance fund	41,392	-	-	(41,392)	-
Other fixed assets	84,672	-	-	48,577	133,249
Service delivery fund	261,137	-	-	(261,137)	-
	<u>448,762</u>	<u>-</u>	<u>-</u>	<u>(253,952)</u>	<u>194,810</u>
GENERAL FUNDS					
General Funds	363,008	2,229,745	(2,366,438)	270,376	496,691
TOTAL UNRESTRICTED FUNDS	<u>811,770</u>	<u>2,229,745</u>	<u>(2,366,438)</u>	<u>16,424</u>	<u>691,501</u>
RESTRICTED FUNDS					
Young Carers Services	-	31,565	(31,565)	-	-
Someone to Talk to	35,863	320,694	(316,105)	(16,424)	24,028
Fullscope	253,273	279,480	(346,409)	-	186,344
	<u>289,136</u>	<u>631,739</u>	<u>(694,079)</u>	<u>(16,424)</u>	<u>210,372</u>
TOTAL OF FUNDS	<u>1,100,906</u>	<u>2,861,484</u>	<u>(3,060,517)</u>	<u>-</u>	<u>901,873</u>

CENTRE THIRTY THREE YOUNG PEOPLE'S COUNSELLING AND INFORMATION SERVICE
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

16. STATEMENT OF FUNDS (CONTINUED)

STATEMENT OF FUNDS - PRIOR YEAR

	Balance at 1 April 2021 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2022 £
UNRESTRICTED FUNDS					
DESIGNATED FUNDS					
33 Clarendon Street	61,561	-	-	-	61,561
Fundraising	79,390	-	-	(79,390)	-
Cyclical maintenance fund	41,392	-	-	-	41,392
Other fixed assets	-	-	-	84,672	84,672
Service delivery fund	-	-	-	261,137	261,137
	<u>182,343</u>	<u>-</u>	<u>-</u>	<u>266,419</u>	<u>448,762</u>
GENERAL FUNDS					
General Funds	400,776	1,890,785	(1,746,653)	(181,900)	363,008
	<u>400,776</u>	<u>1,890,785</u>	<u>(1,746,653)</u>	<u>(181,900)</u>	<u>363,008</u>
TOTAL UNRESTRICTED FUNDS	<u>583,119</u>	<u>1,890,785</u>	<u>(1,746,653)</u>	<u>84,519</u>	<u>811,770</u>
RESTRICTED FUNDS					
Young Carers Services	-	43,128	(43,128)	-	-
Fullscope	243,584	206,446	(196,757)	-	253,273
Someone to Talk to	-	598,634	(478,252)	(84,519)	35,863
	<u>243,584</u>	<u>848,208</u>	<u>(718,137)</u>	<u>(84,519)</u>	<u>289,136</u>
TOTAL OF FUNDS	<u>826,703</u>	<u>2,738,993</u>	<u>(2,464,790)</u>	<u>-</u>	<u>1,100,906</u>

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NOTES TO THE FINANCIAL STATEMENTS
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16. STATEMENT OF FUNDS (CONTINUED)

RESTRICTED FUNDS

Young Carers Services

The charity receives various grants and donations which fund certain aspects of its work on the young carers project.

Someone to Talk to

Someone to Talk to is a free and confidential one-stop shop for young people who have mental health and practical needs. The service is for all young people but actively targets those experiencing mental health inequalities and barriers to accessing services. The most common needs we see are mental health/emotional wellbeing, homelessness, financial competence and safer sexual choices. The service also provides specialist mental health support through short-term, solution-focussed counselling to young people.

The charity receives various grants and donations which are restricted for various projects within the Somone to Talk to charitable activities.

Fullscope

Fullscope is a consortium of seven local charities with a shared mission to improve mental health and wellbeing of children and young people in Cambridgeshire and Peterborough. Initially funded by The Big Lottery Fund the consortium was established in June 2019 and is managed by the members based on a Memorandum of Understanding. On 1 July 2020 Centre 33 went from a Partner to become the Lead Partner. As a result it is responsible for the income and expenses of the consortium. All income and expenses related to Fullscope are included within this fund.

DESIGNATED FUNDS

33 Clarendon Street

The fund represents the funds expended when the freehold property was purchased in 1991, along with subsequent costs.

Cyclical maintenance fund

The fund is to provide cyclical maintenance to 33 Clarendon Street. These funds have been transferred and used for other property maintenance in the year.

Other fixed assets

This fund represents the net book value of the charity's remaining tangible fixed assets. As these are used for operational purposes these funds are otherwise not freely available for use by the charity.

Service delivery fund

This fund represented the unrestricted budgeted deficit for the 2022/23 financial year. This amount has been transferred to general funds at the year end.

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NOTES TO THE FINANCIAL STATEMENTS
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17. ANALYSIS OF NET ASSETS BETWEEN FUNDS

ANALYSIS OF NET ASSETS BETWEEN FUNDS - CURRENT YEAR

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
Tangible fixed assets	194,810	-	194,810
Current assets	1,066,006	210,372	1,276,378
Creditors due within one year	(569,315)	-	(569,315)
TOTAL	691,501	210,372	901,873

ANALYSIS OF NET ASSETS BETWEEN FUNDS - PRIOR YEAR

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Tangible fixed assets	146,233	-	146,233
Current assets	895,154	289,136	1,184,290
Creditors due within one year	(229,617)	-	(229,617)
TOTAL	811,770	289,136	1,100,906

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NOTES TO THE FINANCIAL STATEMENTS
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18. RECONCILIATION OF NET MOVEMENT IN FUNDS TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2023 £	2022 £
Net (expenditure)/income for the year (as per Statement of Financial Activities)	(199,033)	274,203
ADJUSTMENTS FOR:		
Depreciation charges	13,023	-
Interest received	(1,623)	(115)
(Increase)/decrease in debtors	(345,672)	205,573
Increase/(decrease) in creditors	339,698	(175,011)
Net cash (used in)/provided by operating activities	(193,607)	304,650

19. ANALYSIS OF CASH AND CASH EQUIVALENTS

	2023 £	2022 £
Cash in hand	780,023	1,033,607
TOTAL CASH AND CASH EQUIVALENTS	780,023	1,033,607

20. ANALYSIS OF CHANGES IN NET DEBT

	At 1 April 2022 £	Cash flows £	At 31 March 2023 £
Cash at bank and in hand	1,033,607	(253,584)	780,023
	1,033,607	(253,584)	780,023

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NOTES TO THE FINANCIAL STATEMENTS
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21. CONTINGENT LIABILITIES

In 1991, Cambridge City Council advanced £17,000 to the Charity in order to enable it to buy the freehold property 33 Clarendon Street, Cambridge for the sum of £48,361. The was advanced on the condition that the building be only used for purposes specified in the Charity's objectives and that, in the event of the property being sold, an amount would be repayable, being the lower of £17,000 plus interest calculated at 2% below the base rate of Midland Bank and 17/66ths of the market value of the property, provided that, in the event of the £17,000 plus interest figure being the lower of the two, the difference between this and the 17/66ths figure is applied for the purposes of the Charity, otherwise the higher would be repayable. The contingent liability at the year end has been calculated at £28,005 (2022: £27,920). In the event that the building were never sold, no sum would ever be repayable.

22. PENSION COMMITMENTS

During the year the charity made contributions of £92,519 (2022 - £71,674) to a defined contribution pension scheme for the benefit of employees. Contributions payable to the pension fund at the balance sheet date were £14,637 (2022: £18,619).

The basis for allocation of the cost between activities and funds is the same as for other costs, as described in the accounting policies.

23. OPERATING LEASE COMMITMENTS

At 31 March 2023 the Company had commitments to make future minimum lease payments under non-cancellable operating leases as follows:

	2023	2022
	£	£
Not later than 1 year	49,262	38,403
Later than 1 year and not later than 5 years	31,500	79,262
	80,762	117,665

24. RELATED PARTY TRANSACTIONS

The Company has not entered into any related party transaction during the year, nor are there any outstanding balances owing between related parties and the Company at 31 March 2023.