

FOR CHILDREN & YOUNG PEOPLE

England & Wales · Charity number 1084286

Details

Other names SUFFOLK YOUNG PEOPLE'S HEALTH PROJECT, 4YP

Status Registered

Legal form Charitable company

Company number [03954918](#)

Registered 2000-12-29

Register [View on the Charity Commission register](#)

Contact

Address 14 Lower Brook Street
Ipswich
Suffolk
IP4 1AP

Phone 01473252607

Email enquiries@4yp.org.uk

Website www.4yp.org.uk

Activities

Objects: To act as a resource for children, young people and young adults up to the age of 25, enabling them to transition to the next stage of their life, thrive and fulfil their potential through providing, (i) safe places to attend recreational and leisure time activities, and receive informal education, in the interest of social welfare and designed to improve their conditions of life; (ii) activities which develop their skills, capacities, confidence and capabilities to enable them to participate in society as mature and responsible individuals; (iii) trusted people for them to connect and journey with, for the relief of their poor mental health and wellbeing, by the provision of counselling and other individual and group support for such persons.

Activities: To act as a resource for children and young people up to the age of 25, enabling them to confidently transition to the next stage of their life, thrive and fulfil their potential, through providing safe places, positive activities and trusted people.

Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, People With Disabilities, The General Public/mankind

Geography

- **Area of benefit:** SUFFOLK
- Essex
- Suffolk

Finances

Period end	Income	Expenditure	Assets	Employees
2025-08-31	£1,462,321	£769,866	£1,274,976	34
2024-08-31	£761,784	£708,374	£582,521	31
2023-08-31	£928,642	£841,153	£529,111	32
2022-03-31	£490,065	£451,753	-	-
2021-03-31	£566,614	£549,198	£403,310	28

Trustees

Name	Role	Appointed
Richard Lister	Chair	2020-01-28
Anne-Marie HARDWICK		2017-10-24
Anthony Garnham		2025-05-08
Bernadette Mooney		2025-05-08
CLAIRE BARRITT-HAYES		2016-10-25
Dr Rosemary Gravell		2023-09-20
Elliott Watson		2026-06-04
Helen KENT		2023-05-12
Nicholas Parker		2022-01-17
Peter Broughton		2024-04-25

FOR CHILDREN & YOUNG PEOPLE

England & Wales - Charity number 1084286

Accounts

COMPANY REGISTRATION NUMBER: 03954918

CHARITY REGISTRATION NUMBER: 1084286

**For Children & Young People
Company Limited by Guarantee
Financial statements
31 August 2025**

For Children & Young People

Company Limited by Guarantee

Financial statements

Year ended 31 August 2025

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For Children & Young People

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report)

Year ended 31 August 2025

The trustees, who are also the directors for the purposes of company law, present their report and the financial statements of the charity for the year ended 31 August 2025.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Companies Act 2006 and 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 published in October 2019.

Chair's report


The year has proved to be a very positive and pivotal one in the life of For Children & Young People (4YP). As our organisation grows and delivers an ever-wider range of services for young people, we're investing in the infrastructure needed to support our exceptional team. We managed to make a successful bid to the Towns Fund, managed by Ipswich Borough Council (IBC), which delivered a significant capital grant. This allowed us to secure the freehold on a property on Ipswich waterfront which, when it opens in mid 2026, will give us a wonderful new home, a larger space to help more young people in need and a prominent position overlooking the waterfront in Ipswich, close to both Suffolk New College and the University of Suffolk. It will provide room to grow over the coming years and a safe and welcoming space for those who need us. We thank our partners at IBC for helping us and working together to secure this new home. We also expanded our activities in the year, not just numerically but geographically too. We are developing and implementing a new hub in Newmarket in collaboration with Newmarket Charitable Foundation. We have a new and successful youth club in East Bergholt and have delivered services through another school, this time in Felixstowe.

We celebrated 25 years of 4YP in early 2025, with an event inviting many stakeholders past and present. It was a great celebration of all that has been achieved since our inception. Our CEO, Gavin Stone, moved on and up during the year to head up a national charity and we thank him for his brilliant leadership of the organisation. We welcomed his replacement Becky Warnock who has slotted in immediately and kept the spirit, ethos and momentum of 4YP from day one. It is a tribute to the character and resilience of 4YP that such significant change over the year has been seamless and serene.

We strengthened our trustee board again this year and I must thank all my fellow trustees for the work and dedication over the year. A farewell to those who have completed their term of office and a warm welcome to new members who are already making a great contribution.

I must of course also thank our funders who enable the important work we do. Without them we could not do it and we are extremely grateful for your support.

Finally, and perhaps most importantly, I'd like to thank the staff at 4YP. A year of change and uncertainty but they have never been deflected from the primary focus which is to treat every young person as an individual and to deliver the best support they can for each of them whatever the context. This they do with charm and good humour and they are backbone of our organisation. I hope, like me, they are looking forward to working in our new home and delivering bigger and better support to those who need it; a group which alas continues to grow at a pace all organisations struggle to keep up with.



R Lister
Chair

For Children & Young People

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 August 2025

Reference and administrative details

Registered charity name	For Children & Young People
Charity registration number	1084286
Company registration number	03954918
Principal office and registered office	14 Lower Brook Street Ipswich IP4 1AP Suffolk

The trustees

The trustees who served during the year and at the date of approval were as follows:

R Lister (Chair)
A M Hardwick (Treasurer)
C Barritt-Hayes
P Broughton
H Clarke (Appointed 20/03/2025 and Resigned 23/01/2026)
A Garnham (Appointed 08/05/2025)
R Gravell
H Kent
N Parker
G Peverley (Resigned 16/10/2025)
S Robertson (Resigned 10/11/2025)
B Mooney (Appointed 08/05/2025)

For Children & Young People

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 August 2025

Patron Z Taitte

Strategic Leadership Team

Chief Executive Officer: R Warnock (Appointed 30 June 2025)
G Stone (Until 16 May 2025)
Operations Manager: J Weller
Wellbeing Clinical Manager: N Merfeld
CYP Services Manager: S McMurtry (Until 30 September 2024)
CYP Development Officer: S Doling (Appointed 13 January 2025)
Finance Manager: D Herbert
Marketing & Communications
Officer: L Hall

Bankers CAF Bank Ltd
25 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4JQ

Auditor Lovewell Blake LLP
Chartered accountants & statutory auditor
Bankside 300
Peachman Way
Broadland Business Park
Norwich
NR7 0LB

For Children & Young People

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 August 2025

Objectives and activities

Charitable objectives

The Charity's strategic Aims and Objectives are:

To act as a resource for children, young people and young adults up to the age of 25, enabling them to transition to the next stage of their life, thrive and fulfil their potential through providing,

- safe places to attend recreational and leisure time activities, and receive informal education, in the interest of social welfare and designed to improve their conditions of life;
- activities which develop their skills, capacities, confidence and capabilities to enable them to participate in society as mature and responsible individuals;
- trusted people for them to connect and journey with, for the relief of their poor mental health and wellbeing, by the provision of counselling and other individual and group support for such persons.

Why is 4YP needed?

Suffolk Young People's Health Project evolved from a 1996 conference organised by Dr Fran Reader, researching into sexual health needs of young people. In 2000 the company and charity were formed, and in 2003 opened an Ipswich town centre hub. In 2005 the charity became more commonly known as 4YP, before formally renaming and rebranding in 2023 to better reflect the more holistic nature of services provided to meet the needs of young people.

Phase 7 of Healthwatch Suffolk's 'My Health, Our Future' survey of more than 13,000 Year 7 to Year 10 Suffolk secondary school pupils revealed:

- About five thousand had seen different forms of potential sexual harassment in school or college.
- 37% of young people had 'moderate' or 'severe' anxiety levels.
- Just one in three young people feel optimistic about their future.
- Nearly a quarter were either 'worried' or 'very worried' about the rising cost of living on their lives, and the lives of their families.
- 12% were vaping at the time of the survey, and more than 300 said they were addicted to it.

Furthermore, Suffolk County Council Public Health & Communities Knowledge, Intelligence and Evidence team, reported that:

- 2.4% of Suffolk school children had a record of social, emotional, and mental health needs, an increase of 0.8 percentage points from 1.6% in 2015. The percentage of children with social, emotional, and mental health needs has statistically significantly increased each year since 2018.
- Suffolk's self-harm rate for young people aged 10-24 was statistically significantly higher than the national average. The rate is 16.4% higher than the national average.
- New referrals to secondary mental health services per 100,000 in Suffolk are statistically significantly higher than the national average.

In response, 4YP believes that all children, young people and young adults have somewhere safe to go, something positive to do and someone to connect and journey with. Our mission is to:

- respond with agility to the changing needs of children, young people and young adults as they occur
- ensure children, young people and young adults are confident to transition to the next stage of their life
- ensure children, young people and young adults are enabled to thrive and fulfil their potential

For Children & Young People

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Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 August 2025

This is achieved by implementing a hub & spokes model that:

- increases engagement, participation and leadership of children, young people and young adults;
- provides a trusted presence (people and/or place) for children, young people and young adults when and where it is most needed;
- grows and develops therapeutic services in schools and the community.

Public benefit

The Trustees are aware of and have due regard to Charity Commission guidance on public benefit and have taken it into account when making any decision. The Charity targets a beneficiary age range of up to 25-year-olds (until their 26th birthday).

4YP's success with early intervention delivers a significant public benefit by avoiding the long-term higher costs associated with public intervention: by health authorities (Tier 4 A&E admissions and/or mental services), and/or by social services, and/or by police and justice systems.

Activities

The key activities comprise:

1. One-to-one counselling service hosted at the Hub, and in schools and the community, which is confidential, where the individual will be listened to and taken seriously, in a non-judgemental way.
2. Hub group work and drop-in services complement individual counselling by offering a safe space for young people, to engage with positive activities and be supported by trusted professionals and volunteers. These groups are developed in direct response to the needs of young people, like the gender specific Girls Group and Walk n Talk mental health support group.
3. Other activities including hosting a young people's online community ("Hangout"), providing services and support within schools and working within and for local communities by providing detached (street) youth work and youth clubs, and youth workers within healthcare settings, like a Health Coach to the Ipswich Hospital Diabetes Transition Service. 4YP also provide advocacy and signposting to other appropriate specialist services.

Diversity

4YP and partner agencies offer services and activities to as diverse a group of young people as possible. Support is facilitated for young adults with highly complex needs and chaotic lives, those who are Not in Education, Employment and Training (NEET), people with learning difficulties, young offenders, plus people from ethnic minorities or who are LGBT*Q+.

Achievements and performance

Between 1 September 2024 and 31 August 2025, 4YP was accessed a total of 9,996 times by young people throughout our services. We offered 5,137 counselling sessions of which 75% were attended, delivered 723 youth work one-to-ones, and our drop-in service was accessed 85 times. 918 young people received counselling, 411 via the Hub and 507 in schools. 302 named young people accessed our youth work service via the Hub, in a school or in the community and youth workers had 4,859 contacts with young people.

157 beneficiaries contributed to the annual review of whether the vision and mission of the charity were being achieved. "Most of the time or always" 96% (+4%) felt safe, 91% (+1%) felt more positive and 96% (no change) said they had someone they could trust when being supported by 4YP or attending an activity.

Further achievements and performance are described in the annex to these accounts along with the acknowledgment of funders.

For Children & Young People

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 August 2025

Financial review

Net income / (expenditure)

The Statement of Financial Activities (SOFA) for the year shows net income for the year in surplus by £692,455 (2024: £53,410).

Income

Income of £1,462,321 (2024: £761,784) was generated during the year. Restricted revenue income of £221,365 (2024: £235,962) and restricted capital income of £657,471 (2024: nil) was ring-fenced for the purpose they had been given, plus unrestricted income of £583,485 (2024: £525,822). The principal funding sources by activity are shown in the notes to the financial statements.

Expenditure

A total of £769,866 (2024: £708,374) were expended of which £219,171 (2024: £248,284) was allocated to restricted funds, £20,437 (2024: nil) was allocated to restricted capital funds and £530,258 (2024: £460,090) was spent from unrestricted funds. Of the total expenditure, 99% (2024: 99%) was expended on charitable activities to provide services for young people and 1% (2024: 1%) on generating funds.

Risk management

The Trustees regularly review organisational risk, and consider the major risks arise from continuity of funding for services and the preservation of cash in any financial crisis. The Reserves policy seeks to address these concerns. Trustees continue to review the Charity's long-term viability by diversifying income streams and establishing higher-value income.

Reserves policy

Trustees place great importance on the sustainability of the Charity long-term and have regard to the importance of being able to retain the core of its well-trained and experienced workforce. To this end, the primary aim of the Reserves Policy is to:

- enable continuity of services when experiencing short-term gaps in funding,
- allow the Charity to maintain its direct expenditure and cover liabilities,
- fulfil statutory and legal obligations including those to employees and suppliers, and
- allow for orderly winding-up of the Charity should this become necessary.

Total funds as at 31 August 2025 are £1,274,976 (2024: £582,521). This includes restricted funds of £643,734 (2024: £4,506).

The reserves policy is reviewed and adjusted annually. The Trustees calculated the reserve policy to be £297,222 (2024: £277,294) in line with the primary aims noted above.

In the year, the Trustees designated unrestricted funds of £115,000 (2024: nil) for the refitting of new premises acquired in Regatta Quay, Ipswich.

The free, undesignated reserves of the charity amount to £219,020 (2024: £300,720). The Trustees will look to review and expense amounts held above the reserves policy in accordance with the objectives of the charity over the coming years.

Acknowledgement to funders

Trustees sincerely thank all the individuals, groups and communities who have generously given their time, hard work and money to undertake and support these activities for and on behalf of the Charity. An acknowledgement of grant-making funders is shown below:

For Children & Young People

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 August 2025

Significant supporters

1. Ipswich Borough Council

For the support via the Town's Regeneration Fund and programme, enabling 4YP to purchase and renovate a new property at Unit 6, Regatta Quay Ipswich as a new youth hub for the town and surrounding area.

2. Norfolk and Suffolk NHS Foundation Trust

For the ninth consecutive year, it was a privilege to provide a counselling service to the U18s Wellbeing Service. This long-established partnership continued to make a significant difference to the mental health and wellbeing of the young people referred.

3. Kesgrave Town Council

The support of the Council enabled the delivery of a programme to meet the holistic needs of young people in the community - including enabling youth workers to be available 'on the street' where young people are ("detached youth work"), and a youth club ("Hangout").

4. Police & Crime Commissioner

This funding enables young people from some of the most deprived areas of the county, who are at higher risk of criminal exploitation and youth violence, to know that there will regularly be a detached youth worker available in their area to provide support and guidance.

5. National Lottery Community Fund

This financial support has been fundamental in supporting the wider organisation during this period, to provide professional backroom staff and services in addition to supporting our frontline delivery.

6. Children in Need

To support the core costs and salaries of administrative staff responsible for the leadership and required back office roles of the charity.

7. Newmarket Charitable Foundation

This funding enabled a programme of consultation with young people in Newmarket, and surrounding areas, to better understand their needs, and led to the procurement of further funding to develop further work based on the findings and new youth hub being launched in Newmarket in August 2025.

8. A Local Grant making Trust

This funding for generic youth work has been invaluable during this period, enabling the charity to direct it to where it is most needed in supporting the needs of young people, when they need it most.

9. Johns Slater Howard

Local chartered designers of mechanical and electrical systems kindly sponsored the cost of all branded 4YP staff and volunteers clothing.

10. Make Architects

The generous pro-bono provision of the professional services of this global studio enabled young people to lead the creation of concepts for what they believe is needed as a safe place and space in Ipswich Town Centre.

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Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 August 2025

Donations and community fundraising:

Most of the non-invoiced income is derived from grants from other charitable trusts. Community fundraising follows recognised standards of the Code of Fundraising Practice; the Charity does not employ commercial professional fundraisers.

Summary of the period

This year has been a period of consolidation and growth, building on the strategic review completed previously. We focused on embedding the changes identified, ensuring stronger governance and operational resilience across the organisation.

Governance and Leadership

We continued to strengthen governance through improved financial and operational policies and procedures. The Board expanded its breadth of expertise with the appointment of new Trustees, bringing fresh perspectives and skills. Enhanced reporting has supported greater transparency and accountability.

Investing in People

Our staff and volunteers remain our greatest asset. Reflecting this commitment, we prioritised training and development, supporting five team members to begin or progress apprenticeships directly linked to their roles. This investment ensures we are equipping our people with the skills and confidence to deliver high-quality services now and into the future.

Plans for future periods

Looking forward

Trustees are committed to ensuring that services offered continue to be available, accessible and operate to the highest quality standards. The year ahead is about **building momentum and amplifying impact**. We will:

- **Deepen Community Connections:** Work alongside partners and local voices to co-create opportunities that truly reflect the aspirations of the communities we serve.
- **Explore New Fundraising Avenues:** Develop innovative and sustainable income streams to strengthen our financial resilience and enable growth.
- **Invest in People and Leadership:** Continue to nurture talent through advanced training and leadership pathways, ensuring our team is equipped to meet future challenges.
- **Showcase Impact:** Implement robust evaluation and storytelling approaches to demonstrate the difference we make and inspire wider support.
- continue to increasingly **involve young people** to ensure current and future services meet their needs;
- maximise the potential of website and social media activities.

4YP is still very-much needed, in an environment that is challenging for funders and providers as well as the younger people themselves. Within an ethos of strong corporate governance, the Charity will continue to relentlessly pursue better support and outcomes that meet the needs of young people.

Structure, governance and management

Constitution

The Charity, a company limited by guarantee incorporated on 23 March 2000 and registered with the Charity

For Children & Young People

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 August 2025

Commission on 29 December 2000, is governed by its Memorandum & Articles of Association ("Memo & Arts"). The Directors of the company, who are also charity trustees for the purpose of charity law, are the members of the Board (referred to as the "Management Committee" in its Memo & Arts). The Trustees/Directors are listed in the reference and administration details of these accounts. In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per Director/Trustee of the Charity.

Management

The Board directs and determines the Charity's affairs. The Chief Executive Officer manages day-to-day operations in accordance with the Board's strategic directions. The Board met four times, and additionally its General Purposes subcommittee four times, during the year to review and scrutinise the charity's activities and performance, together with policies, organisational risk assessment, management and administrative controls, and decisions on strategic direction.

Trustee/Director recruitment

Trustees seek a diverse body of people with a broad range of skills. Potential appointees, selected by invitation or from receipt of an expression of interest, are considered by the Board and, if suitable, are interviewed by the Chair. Appointments approved by the Board are subject to enhanced check by the Disclosure and Barring Service. An induction is undertaken by the Chief Executive Officer and covers:

- Memorandum & Articles of Association, and obligations of Board members.
- Explanation of services provided and safeguarding responsibilities.
- Summary of Business Plan, budget, and latest Annual Review and Financial Statements.
- Charity Commission guidance, including the Trustee responsibilities.
- Annual schedule of meetings, with meeting objectives.
- Organisational and staff structures, with a tour & introduction to staff and volunteers

Pay policy for Senior Staff

The General Purposes committee considers the organisations budget, financial position, benchmarking information, and performance indicators, and recommends pay awards for all staff, including key management personnel.

These recommendations are submitted to the full Board of Trustees, which holds final authority to approve any pay increases for key management personnel. All decisions are minuted to ensure transparency and good governance.

Trustees' responsibilities statement

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 year. 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 Charity and of their incoming resources and application of resources, including their 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 Charity will continue in business.

For Children & Young People

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Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 August 2025

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charities transactions and 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 Companies Act 2006. They 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.

Appointment of auditor

The trustees confirm that Lovewell Blake has been appointed as the charity's auditor in accordance with the relevant statutory requirements.

Statement of disclosure to auditors

Each of the persons who is a trustee at the date of approval of this report confirms that:


- so far as they are aware, there is no relevant audit information of which the charity's auditor is unaware; and
- they have taken all steps that they ought to have taken as a trustee to make themselves aware of any relevant audit information and to establish that the charity's auditor is aware of that information.

Small company provisions

This report has been prepared taking advantage of the small companies' exemption of section 415A of the Companies Act 2006.

2/3/2026

The trustees' annual report was approved on and signed on behalf of the board of trustees by:



R Lister (Chair)

For Children & Young People

Company Limited by Guarantee

Independent auditor's report to the trustees of For Children & Young People

Year ended 31 August 2025

Opinion

We have audited the financial statements of For Children & Young People (the 'charity') for the year ended 31 August 2025 which comprise the statement of financial activities (including income and expenditure account), balance sheet, statement of cash flows and the related notes, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 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 charity's affairs as at 31 August 2025 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 Charities Act 2011.

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 Auditor responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC'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 charity'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.

Other information

The other information comprises the information included in the trustees' annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information. 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.

For Children & Young People

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Independent auditor's report to the trustees of For Children & Young People (continued)

Year ended 31 August 2025

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the trustees' report is inconsistent in any material respect with the financial statements; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement (set out on pages 9 to 10), the trustees 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 charity'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 charity or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

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 auditor's 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:

- Enquiry of management and those charged with governance;
- Enquiry of entity staff compliance functions to identify any instances of non-compliance with laws and regulations;
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations;
- Performing audit work over the risk of management override of controls, including testing of journal entries and other adjustments for appropriateness, evaluating the rationale of significant transactions outside the normal course of activities and reviewing accounting estimates for bias.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance.

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Independent auditor's report to the trustees of For Children & Young People (continued)

Year ended 31 August 2025

The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities is available on the FRC's website at: www.frc.org.uk/library/standards-codes-policy/audit-assurance-and-ethics/auditors-responsibilities-for-the-audit. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charity's trustees, 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 charity's trustees those matters we are required to state to them in an auditor's 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 charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

Mark Proctor

Mark Proctor FCA DChA (Senior Statutory Auditor)

For and on behalf of
Lovewell Blake LLP
Chartered accountants & statutory auditor
Bankside 300
Peachman Way
Broadland Business Park
Norwich
NR7 0LB
2/3/2026

For Children & Young People

Company Limited by Guarantee

Statement of financial activities (including income and expenditure account)

Year ended 31 August 2025

		2025			2024	
	Note	Unrestricted funds £	Restricted funds £	Restricted Capital fund £	Total funds £	Total funds £
Income						
Grants, donations, and legacies	5	14,506	221,365	657,471	893,342	248,444
Charitable activities	6	541,717	–	–	541,717	497,939
Other trading activities		4,121	–	–	4,121	3,601
Investment income		23,141	–	–	23,141	11,800
Total income		<u>583,485</u>	<u>221,365</u>	<u>657,471</u>	<u>1,462,321</u>	<u>761,784</u>
Expenditure						
Raising funds						
Costs of raising donations and legacies		1,164	–	–	1,164	1,294
Charitable activities	7	529,094	219,171	20,437	768,702	707,080
Total expenditure		<u>530,258</u>	<u>219,171</u>	<u>20,437</u>	<u>769,866</u>	<u>708,374</u>
Net income and net movement in funds		<u>53,227</u>	<u>2,194</u>	<u>637,034</u>	<u>692,455</u>	<u>53,410</u>
Reconciliation of funds						
Total funds brought forward		578,015	4,506	–	582,521	529,111
Total funds carried forward		<u>631,242</u>	<u>6,700</u>	<u>637,034</u>	<u>1,274,976</u>	<u>582,521</u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The notes on pages 17 to 27 form part of these financial statements.

For Children & Young People

Company Limited by Guarantee

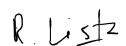
Balance sheet

31 August 2025

	Note	2025 £	£	2024 £	£
Fixed assets					
Tangible fixed assets	11		645,751		9,666
Current assets					
Debtors	12	96,040		91,928	
Cash at bank and in hand		816,064		791,661	
		<u>912,104</u>		<u>883,589</u>	
Creditors: Amounts falling due within one year	13	<u>(174,793)</u>		<u>(194,628)</u>	
Net current assets			<u>737,311</u>		<u>688,961</u>
Total assets less current liabilities			<u>1,383,062</u>		<u>698,627</u>
Provisions	15		<u>(108,086)</u>		<u>(116,106)</u>
Net assets			<u>1,274,976</u>		<u>582,521</u>
Funds of the charity					
Restricted Capital funds			637,034		–
Restricted funds			6,700		4,506
Unrestricted funds			516,242		578,015
Designated funds			115,000		–
Total charity funds	16		<u>1,274,976</u>		<u>582,521</u>

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

These financial statements were approved by the board of trustees and authorised for issue on 2/3/2026, and are signed on behalf of the board by:


R Lister (Chair)

Company registration number: 03954918

The notes on pages 17 to 27 form part of these financial statements.

For Children & Young People

Company Limited by Guarantee

Statement of cash flows

Year ended 31 August 2025

	2025 £	2024 £
Cash flows from operating activities		
Net income	692,455	53,410
<i>Adjustments for:</i>		
Depreciation of tangible fixed assets	5,746	4,971
Interest from investments	(23,141)	(11,800)
<i>Changes in:</i>		
Trade and other debtors	(4,112)	20,722
Trade and other creditors	(19,835)	(52,650)
Provisions	(8,020)	18,070
Cash generated from operations	643,093	32,723
Net cash from operating activities	<u>643,093</u>	<u>32,723</u>
Cash flows from investing activities		
Interest from investments	23,141	11,800
Purchase of tangible assets	(641,831)	(7,130)
Net cash (used in)/from investing activities	<u>(618,690)</u>	<u>4,670</u>
Net increase in cash and cash equivalents	24,403	37,393
Cash and cash equivalents at beginning of year	791,661	754,268
Cash and cash equivalents at end of year	<u>816,064</u>	<u>791,661</u>

The notes on pages 17 to 27 form part of these financial statements.

For Children & Young People

Company Limited by Guarantee

Notes to the financial statements

Year ended 31 August 2025

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 14 Lower Brook Street, Ipswich, IP4 1AP, Suffolk.

2. Statement of compliance

The charity constitutes a public benefit entity as defined by FRS 102. 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis.

The financial statements are prepared in sterling, which is the functional currency of the entity and rounded to the nearest £.

Going concern

The financial statements are prepared on a going concern basis. Trustees have taken into account all available information about the future (at least 12 months from the date when the financial statements are approved) and are not aware of any material uncertainties related to events or conditions that cast significant doubt upon the entity's ability to continue as a going concern.

Income tax

The company is a registered Charity and its activities are exempt from United Kingdom income and corporation tax. Income Tax recoverable on covenanted donations and Gift Aid is recognised in the financial statements in the period in which it is received. The Charity is not registered for VAT; irrecoverable VAT is reported with the expenditure to which it relates.

Fund accounting

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

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or have been raised by the Charity for particular purposes.

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

For Children & Young People

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 August 2025

3. Accounting policies *(continued)*

Income

All income is included in the Statement of Financial Activities (SOFA), on an accruals basis, when the Charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Donations are recognised when the Charity has received the income. If the donation is subject to a restriction the Charity will recognise when the restriction is met or wholly within the control of the Charity.

Grants are included in the statement of activities when the entitlement to the grant is probable. Grants made for specific purposes are classified as restricted income.

Deferred income, disclosed as a liability in the balance sheet, consists of resources received that are not recognised in the SOFA until the Charity is entitled to the income. Deferred income relates to future periods, or require other conditions that limit income recognition be met, and also include funds received where, by agreement with the donor, certain expenses can be charged directly to a fund.

Income from contracts for services (generally, invoiced income) are regarded as unrestricted income. Performance-related grants, where the donor has expressed how and/or when a service is provided, are regarded as restricted income.

All other income is accounted for on a receivable basis.

No amounts are included in the financial statements for services donated by volunteers.

Expenditure

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with use of the resources. Eligible employees are members of a defined contribution pension scheme. Pension costs are accounted for on an accruals basis.

Operating leases

Rentals applicable to operating leases are charged to the SOFA over the period in which the cost is incurred.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses.

For Children & Young People

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 August 2025

3. Accounting policies *(continued)*

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Leasehold property	-	Over the term of the lease
Lease improvements	-	Up to the life of the lease
Office equipment	-	3 to 10 years
IT equipment	-	3 years

Provisions

Provisions are recognised when the entity has an obligation at the reporting date as a result of a past event, it is probable that the entity will be required to transfer economic benefits in settlement and the amount of the obligation can be estimated reliably. Provisions are recognised as a liability in the balance sheet and the amount of the provision as an expense.

Provisions are initially measured at the best estimate of the amount required to settle the obligation at the reporting date and subsequently reviewed at each reporting date and adjusted to reflect the current best estimate of the amount that would be required to settle the obligation. Any adjustments to the amounts previously recognised are recognised in income or expenditure unless the provision was originally recognised as part of the cost of an asset. When a provision is measured at the present value of the amount expected to be required to settle the obligation, the unwinding of the discount is recognised as a finance cost in the statement of financial activities in the period it arises, and is allocated to the appropriate expenditure heading.

Financial instruments

A financial asset or a financial liability is recognised only when the entity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

4. Limited by guarantee

The Charity is a company limited by guarantee. The members of the company are the Trustees named in the reference and administration section of these accounts. In the event of the Charity being wound up, each member's liability in respect of the guarantee is limited to £1.

For Children & Young People

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 August 2025

5. Grants, donations, and legacies

	Unrestricted Funds	Restricted Funds	Restricted Capital Funds	Total Funds 2025
	£	£	£	£
Donations				
Grants and donations	<u>14,506</u>	<u>221,365</u>	<u>657,471</u>	<u>893,342</u>

	Unrestricted Funds	Restricted Funds	Restricted Capital Funds	Total Funds 2024
	£	£	£	£
Donations				
Grants and donations	<u>12,482</u>	<u>235,962</u>	<u>–</u>	<u>248,444</u>

6. Charitable activities

	Unrestricted Funds	Total Funds 2025	Unrestricted Funds	Total Funds 2024
	£	£	£	£
Counselling	371,500	371,500	386,880	386,880
Youth Work	166,137	166,137	105,051	105,051
Other	4,080	4,080	6,008	6,008
	<u>541,717</u>	<u>541,717</u>	<u>497,939</u>	<u>497,939</u>

For Children & Young People

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 August 2025

7. Expenditure on charitable activities

	Unrestricted Funds	Restricted Funds	Restricted Capital Funds	Total Funds 2025
	£	£	£	£
Staff costs	378,705	181,879	–	560,584
Counsellor supervision costs	7,830	1,844	–	9,674
Travel expenses - staff and volunteers	2,190	2,490	–	4,680
Activities and materials	3,161	5,383	–	8,544
Support costs	137,208	27,575	20,437	185,220
	<u>529,094</u>	<u>219,171</u>	<u>20,437</u>	<u>768,702</u>

	Unrestricted Funds	Restricted Funds	Restricted Capital Funds	Total Funds 2024
	£	£	£	£
Staff costs	356,301	204,258	–	560,559
Counsellor supervision costs	8,204	1,773	–	9,977
Travel expenses - staff and volunteers	1,613	1,291	–	2,904
Activities and materials	1,326	5,966	–	7,292
Support costs	91,352	34,996	–	126,348
	<u>458,796</u>	<u>248,284</u>	<u>–</u>	<u>707,080</u>

Analysis of support costs

	2025 £	2024 £
Premises	61,533	61,871
Communications and IT	25,890	20,612
Office supplies and other expenses	14,731	9,311
Other staff costs	14,729	11,234
Professional fees	62,591	18,349
Depreciation	5,746	4,971
	<u>185,220</u>	<u>126,348</u>

8. Net income

Net income is stated after charging/(crediting):

	2025 £	2024 £
Depreciation of tangible fixed assets	<u>5,746</u>	<u>4,971</u>

For Children & Young People

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 August 2025

9. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2025	2024
	£	£
Wages and salaries	521,733	521,065
Social security costs	31,081	31,372
Other pension costs	7,770	8,122
	<u>560,584</u>	<u>560,559</u>

The average head count of employees during the year was 34 (2024: 31).

No employee received employee benefits of more than £60,000 during the year (2024: One). This employee received total employee benefits during the prior year of between £70,000 and £80,000.

10. Trustee remuneration and expenses

The Charity's key management personnel are the Trustees and Strategic Leadership Team (SLT) as listed in the reference and administrative details. Trustees neither received nor waived emoluments during the year (2024: £Nil). Trustees were reimbursed expenses amounting to £Nil (2024: £766) during the year.

The total amount of employee benefits (including employers pension) of the SLT for their services to the Charity was £176,303 (2024: £200,836).

11. Tangible fixed assets

	Leasehold property £	Leasehold improvement £	Office equipment £	IT equipment £	Total £
Cost					
At 1 September 2024	–	119,672	37,809	23,951	181,432
Additions	637,500	–	–	4,331	641,831
Disposals	–	–	–	(1,861)	(1,861)
At 31 August 2025	<u>637,500</u>	<u>119,672</u>	<u>37,809</u>	<u>26,421</u>	<u>821,402</u>
Depreciation					
At 1 September 2024	–	119,672	36,013	16,081	171,766
Charge for the year	466	–	1,216	4,064	5,746
Disposals	–	–	–	(1,861)	(1,861)
At 31 August 2025	<u>466</u>	<u>119,672</u>	<u>37,229</u>	<u>18,284</u>	<u>175,651</u>
Carrying amount					
At 31 August 2025	<u>637,034</u>	<u>–</u>	<u>580</u>	<u>8,137</u>	<u>645,751</u>
At 31 August 2024	<u>–</u>	<u>–</u>	<u>1,796</u>	<u>7,870</u>	<u>9,666</u>

For Children & Young People

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 August 2025

12. Debtors

	2025	2024
	£	£
Trade debtors	53,405	59,716
Prepayments and accrued income	42,635	31,838
Other debtors	–	374
	<u>96,040</u>	<u>91,928</u>

13. Creditors: Amounts falling due within one year

	2025	2024
	£	£
Trade creditors	16,744	18,711
Accruals and deferred income	146,382	153,950
Social security and other taxes	10,434	8,009
Other creditors	1,233	13,958
	<u>174,793</u>	<u>194,628</u>

14. Deferred income

	2025	2024
	£	£
At 1 September 2024	148,818	213,640
Amount released to income	(148,818)	(213,640)
Amount deferred in year	123,176	148,818
At 31 August 2025	<u>123,176</u>	<u>148,818</u>

Deferred income relates to conditional grant income received in the year on behalf of projects being completed in following years.

15. Provisions

	Dilapidations	Staff settlement	Total
	£	£	£
At 1 September 2024	102,938	13,168	116,106
Additions	5,148	–	5,148
Charge against provision	–	(13,168)	(13,168)
At 31 August 2025	<u>108,086</u>	<u>–</u>	<u>108,086</u>

The dilapidations provision is aligned to the present obligation of the rental lease and is expected to be paid upon cessation of the lease agreement.

The staff settlement provision was paid during the year as anticipated. There is no longer any present obligation for the charity in respect of a staff settlement agreement and as such no provision is held at the current year end.

For Children & Young People

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 August 2025

16. Analysis of charitable funds

Year ended 31 August 2025

Restricted funds

	At 1 Sept 2024	Income	Expenditure	Transfers	At 31 Aug 2025
	£	£	£	£	£
Access to Apprenticeships	–	1,000	(1,000)	–	–
Counsellor Support Fund	–	4,080	(4,080)	–	–
AXA XL Regional Grant Programme	764	10,619	(11,383)	–	–
Children in Need	–	39,976	(39,976)	–	–
Ipswich Borough Council Community Cash Grant	–	5,655	(5,655)	–	–
Kerrison Trust	727	–	(727)	–	–
Kesgrave Youth Club	2,032	8,528	(10,560)	–	–
National Lottery Community Fund	–	30,130	(29,628)	–	502
Pixel Fund	796	–	(796)	–	–
Rope Trust	–	15,000	(15,000)	–	–
Safer Streets – West Suffolk Council	–	9,167	(9,074)	–	93
Simon Gibson Charitable Trust	–	777	(672)	–	105
Suffolk Police & Crime Commissioner's Fund	187	8,333	(8,520)	–	–
Talent Fund	–	20,000	(20,000)	–	–
The Mount Fund	–	16,000	(16,000)	–	–
Youth Focus Suffolk	–	3,200	(3,200)	–	–
Youth Social Prescribing Pilot	–	34,980	(28,980)	–	6,000
Youth Worker Development Fund	–	13,920	(13,920)	–	–
	<u>4,506</u>	<u>221,365</u>	<u>(219,171)</u>	<u>–</u>	<u>6,700</u>

Restricted Capital Funds

Ipswich Borough Council – Towns Deal Fund	<u>–</u>	<u>657,471</u>	<u>(20,437)</u>	<u>–</u>	<u>637,034</u>
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Designated funds

New Premises	<u>–</u>	<u>–</u>	<u>–</u>	<u>115,000</u>	<u>115,000</u>
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Unrestricted funds

General Funds	<u>578,015</u>	<u>583,485</u>	<u>(530,258)</u>	<u>(115,000)</u>	<u>516,242</u>
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For Children & Young People

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 August 2025

Year ended 31 August 2024

Restricted funds

	At 1 Sept 2023 £	Income £	Expenditure £	Transfers £	At 31 Aug 2024 £
Access to Apprenticeships	–	1,000	(1,000)	–	–
Counsellor Support Fund	–	4,080	(4,080)	–	–
AXA XL Regional Grant Programme	–	16,572	(15,808)	–	764
Children in Need	–	39,847	(39,847)	–	–
Ipswich Borough Council Community Cash Grant	145	8,213	(8,358)	–	–
Kerrison Trust	–	5,000	(4,273)	–	727
Kesgrave Youth Club	1,272	15,634	(14,874)	–	2,032
National Lottery Community Fund	908	35,415	(36,323)	–	–
Pixel Fund	–	4,500	(3,704)	–	796
Rope Trust Fund	–	15,000	(15,000)	–	–
Suffolk Police & Crime Commissioner's Fund	2,148	16,662	(18,623)	–	187
Youth Social Prescribing Pilot	(287)	31,600	(31,313)	–	–
Youth Worker Development Fund	5,155	13,990	(19,145)	–	–
Bluebell Fund - Holiday Programmes	–	3,000	(3,000)	–	–
East Suffolk Community Partnerships	2,769	2,000	(4,769)	–	–
HAF Summer Programme Fund	1,511	–	(1,511)	–	–
Harwich Haven Authority Fund	–	2,000	(2,000)	–	–
John Lewis Half Term Activities Fund	–	1,333	(1,333)	–	–
Realising Ambitions Fund	990	–	(990)	–	–
Rushmere St Andrew Parish Council	197	4,824	(5,021)	–	–
SCC Public Mental Health	1,507	15,292	(16,799)	–	–
Suffolk CC Football Equipment Fund	125	–	(125)	–	–
The Suffolk Association for Counselling	388	–	(388)	–	–
	<u>16,828</u>	<u>235,962</u>	<u>(248,284)</u>	<u>–</u>	<u>4,506</u>

Unrestricted funds

General Funds	<u>512,283</u>	<u>525,822</u>	<u>(460,090)</u>	<u>–</u>	<u>578,015</u>
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Any fund with income or expenditure over £5,000 or with a balance carried forward have been explained below.

For Children & Young People

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 August 2025

Restricted fund purposes:

Summary of Funds

- National Lottery Community Fund - Supporting the core activities of delivering free services to young people through drop-in sessions, group sessions, counselling and school holiday activities.
- Children in Need - This grant supported core costs for our mental health charity work in the form of counselling, group support and youth clubs. The intended outcomes were to provide a safe space, positive activities, and promote trusted relationships.
- Youth Social Prescribing Pilot - Embedding a youth link worker in a local high school to work with individuals and cohorts of young people to improve their wellbeing.
- Rope Trust - Helping to employ a CYP practitioner over two years.
- Suffolk Police & Crime Commissioner's Fund - Funding towards continuing and expanding 4YP's detached youth work in the IP2 and IP3 postcode areas of Ipswich.
- Talent Fund - Used in furtherance of 4YP's charitable purposes, specifically around delivering free counselling sessions.
- Safer Streets – West Suffolk Council - Providing detached outreach youth work within the Newmarket area.
- Youth Worker Development Fund - Donations towards the salary and supervision support for a youth worker.
- The Mount Fund - Support to employ a counsellor and to deliver up to 1250 free counselling sessions per year for around 150 children & young people.
- Ipswich Borough Council Community Cash Grant - Contribution towards the 4NOW project supporting young people in Ipswich.
- AXA XL Regional Grant Program - Funding for the Walk n Talk groups
- Simon Gibson Charitable Trust - Funding to continue the Walk n Talk groups
- Youth Focus Suffolk - A donation to support training for 4YP staff.
- Ipswich Borough Council – Towns Deal Fund - Development of a new Children's hub on the Waterfront in Ipswich that will replace the current premises.
- Kesgrave Town Council - Provision of a youth club.

Designated fund purposes:

- New Premises - In the year, the Trustees designated unrestricted funds of £115,000 (2024: nil) for the refitting of new premises acquired in Regatta Quay, Ipswich.

For Children & Young People

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 August 2025

17. Analysis of net assets between funds

As at 31 August 2025

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £
Tangible fixed assets	8,717	637,034	645,751
Debtors	79,702	16,338	96,040
Cash at bank and in hand	810,281	5,783	816,064
Current liabilities	(159,372)	(15,421)	(174,793)
Provisions	(108,086)	–	(108,086)
Net assets	631,242	643,734	1,274,976

As at 31 August 2024

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Tangible fixed assets	9,666	–	9,666
Debtors	82,246	9,682	91,928
Cash at bank and in hand	761,861	29,800	791,661
Current liabilities	(159,652)	(34,976)	(194,628)
Provisions	(116,106)	–	(116,106)
Net assets	578,015	4,506	582,521

18. Analysis of changes in net debt

	At 1 Sep 2024 £	Cash flows £	At 31 Aug 2025 £
Cash at bank and in hand	791,661	24,403	816,064

19. Operating lease commitments

The total future minimum lease payments under non-cancellable operating leases are as follows:

	2025 £	2024 £
Not later than 1 year	1,416	28,916
Later than 1 year and not later than 5 years	2,006	3,422
	3,422	32,338

20. Related parties

There have been no related party transactions in this year or the previous reporting period.

FOR CHILDREN & YOUNG PEOPLE

England & Wales - Charity number 1084286

Accounts

COMPANY REGISTRATION NUMBER: 03954918

CHARITY REGISTRATION NUMBER: 1084286

**For Children & Young People
Company Limited by Guarantee
Unaudited independently examined accounts
31 August 2024**

For Children & Young People

Company Limited by Guarantee

Financial statements

Year ended 31 August 2024

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For Children & Young People

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report)

Year ended 31 August 2024

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 August 2024.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Companies Act 2006 and 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 published in October 2019.

Chair's report

The year was one both of expansion and consolidation. We moved into new fields, strengthened existing work and increased the turnover of the organisation, all of which increased our resilience. We also began to embed the key elements of our revised strategic plan into the operations of the charity.

Our new activity supported our decision to reduce the minimum age for the young people we support to 7 (from 11) reflecting the increased pressures on much younger children. We now work in primary schools to support attendance and have a number of other projects aimed at 7-11 year olds.


As well as a change in the age range of our clientele we also have a broader geographical reach, delivering activities across Suffolk, including new and important work in Newmarket.

We recognise some of the difficulties nationally around availability of qualified staff in our areas of work and this is also true locally. However we have invested in our staff and now have recruited a younger workforce with eight beginning apprenticeships and offered training opportunities to existing staff to upskill our workforce as a whole.

We remain at heart a truly youth led charity, our actions guided by young people. Their work in influencing our ideas for physical spaces to deliver our activities has been central to our thinking. Their leadership of our AGM and their public evangelism for 4YP is inspirational.

We have recruited new Board members this year, diversifying the membership and were particularly pleased to be able to attract some younger members which can be difficult for many charities and sits well with our ethos and ambition. I would like to thank all the members of the Board for being such supportive colleagues and providing the framework in which 4YP can thrive.

I would also like to thank all the staff who deliver for our young people. We know that 4YP make a difference to the lives of young people but it is members of staff who turn that into reality on an individual basis.



R Lister
Chair, 4YP
Chair, Food Museum
Chair, Ipswich Social Mobility Alliance

For Children & Young People

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 August 2024

Reference and administrative details

Registered charity name	For Children & Young People
Charity registration number	1084286
Company registration number	03954918
Principal office and registered office	14 Lower Brook Street Ipswich IP4 1AP Suffolk

The trustees

The trustees who served during the year and at the date of approval were as follows:

R Lister (Chair)
A M Hardwick (Treasurer)
C Barritt-Hayes
P Broughton (Appointed 25/04/2024)
R Gravell (Appointed 20/09/2023)
H Kent
N Parker
G Peverley
S Robertson

Patron Z Taitte

Strategic Leadership Team

Chief Executive Officer:	G Stone
Operations Manager:	J Weller
Wellbeing Clinical Manager:	N Merfeld
CYP Services Manager:	S McMurtry
Finance Manager:	D Herbert
Marketing & Communications Officer:	L Hall

Bankers CAF Bank Ltd
25 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4JQ

Independent examiner L Thurston FCCA
Lovewell Blake LLP
Chartered accountants
First Floor Suite
2 Hillside Business Park
Bury St Edmunds
IP32 7EA

For Children & Young People

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 August 2024

Objectives and activities

Charitable objectives

The Charity's strategic Aims and Objectives are:

To act as a resource for children, young people and young adults up to the age of 25, enabling them to transition to the next stage of their life, thrive and fulfill their potential through providing:

- safe places to attend recreational and leisure time activities, and receive informal education, in the interest of social welfare and designed to improve their conditions of life;
- activities which develop their skills, capacities, confidence and capabilities to enable them to participate in society as mature and responsible individuals;
- trusted people for them to connect and journey with, for the relief of their poor mental health and wellbeing, by the provision of counselling and other individual and group support for such persons.

Why is 4YP needed?

Suffolk Young People's Health Project evolved from a 1996 conference organised by Dr Fran Reader, researching into sexual health needs of young people. In 2000 the company and charity were formed, and in 2023 opened an Ipswich town centre hub. In 2005 the charity became more commonly known as 4YP, before formally renaming and rebranding in 2023 to better reflect the more holistic nature of services provided to meet the needs of young people.

Phase 7 of Healthwatch Suffolk's 'My Health, Our Future' survey of more than 13,000 Year 7 to Year 10 Suffolk secondary school pupils revealed:

- About five thousand had seen different forms of potential sexual harassment in school or college.
- 37% of young people had 'moderate' or 'severe' anxiety levels.
- Just one in three young people feel optimistic about their future.
- Nearly a quarter were either 'worried' or 'very worried' about the rising cost of living on their lives, and the lives of their families.
- 12% were vaping at the time of the survey, and more than 300 said they were addicted to it.

Furthermore, Suffolk County Council Public Health & Communities Knowledge, Intelligence and Evidence team, reported that:

- 2.4% of Suffolk school children had a record of social, emotional, and mental health needs, an increase of 0.8 percentage points from 1.6% in 2015. The percentage of children with social, emotional, and mental health needs has statistically significantly increased each year since 2018.
- Suffolk's self-harm rate for young people aged 10-24 was statistically significantly higher than the national average. The rate is 16.4% higher than the national average.
- New referrals to secondary mental health services per 100,000 in Suffolk are statistically significantly higher than the national average.

For Children & Young People

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 August 2024

In response, 4YP believes that all children, young people and young adults have somewhere safe to go, something positive to do and someone to connect and journey with. Our mission is to:

- respond with agility to the changing needs of children, young people and young adults as they occur
- ensure children, young people and young adults are confident to transition to the next stage of their life
- ensure children, young people and young adults are enabled to thrive and fulfil their potential

This is achieved by implementing a hub & spokes model that:

- increases engagement, participation and leadership of children, young people and young adults;
- provides a trusted presence (people and/or place) for children, young people and young adults when and where it is most needed;
- grows and develops therapeutic services in schools and the community.

Public benefit

The Trustees are aware of and have due regard to Charity Commission guidance on public benefit and have taken it into account when making any decision. The Charity targets a beneficiary age range of up to 25-year-olds (until their 26th birthday).

4YP's success with early intervention delivers a significant public benefit by avoiding the long-term higher costs associated with public intervention: by health authorities (Tier 4 A&E admissions and/or mental services), and/or by social services, and/or by police and justice systems.

Activities

The key activities comprise:

1. One-to-one counselling service hosted at the Hub, and in schools and the community, which is confidential, where the individual will be listened to and taken seriously, in a non-judgemental way.
2. Hub group work and drop-in services complement individual counselling by offering a safe space for young people, to engage with positive activities and be supported by trusted professionals and volunteers. These groups are developed in direct response to the needs of young people, like the gender specific Girls Group and Walk n Talk mental health support group.
3. Other activities including hosting a young people's online community ("Hangout"), providing services and support within schools, and working within and for local communities by providing detached (street) youth work and youth clubs, and youth workers within healthcare settings, like a Health Coach to the Ipswich Hospital Diabetes Transition Service. 4YP also provide advocacy and signposting to other appropriate specialist services.

Diversity

4YP and partner agencies offer services and activities to as diverse a group of young people as possible. Support is facilitated for young adults with highly complex needs and chaotic lives, those who are Not in Education, Employment and Training (NEET), people with learning difficulties, young offenders, plus people from ethnic minorities or who are LGBTQ+.

For Children & Young People

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 August 2024

Achievements and performance

Between 1 September 2023 and 31 August 2024, 4YP was accessed a total of 11,457 times by young people throughout our services. We offered 6,811 counselling sessions of which 79% (+2%) were attended, delivered 876 youth work one-to-ones, and our drop-in service was accessed 100 times. 934 young people received counselling, 464 via the Hub and 470 in schools. 372 named young people accessed our youth work service via the Hub, in a school or in the community and youth workers had 4,646 contacts with young people.

182 beneficiaries contributed to the annual review of whether the vision and mission of the charity were being achieved. "Most of the time or always" 92% (+1%) felt safe, 90% (+3%) felt more positive and 96% (no change) said they had someone they could trust when being supported by 4YP or attending an activity.

Further achievements and performance are described in the annex to these accounts along with the acknowledgment of funders.

For Children & Young People

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 August 2024

Financial review

Net income / (expenditure)

The Statement of Financial Activities (SOFA) for the year shows net income for the year in surplus by £53,410 (17 months to 31 August 2023: net surplus £87,489).

Income

Incoming funds of £761,784 (2023: £928,642) were generated during the year. Restricted income of £235,962 (2023: £290,599) was ring-fenced for the purpose they had been given, plus unrestricted income of £525,822 (2023: £638,043). The principal funding sources by activity are shown in the notes to the financial statements.

Expenditure

A total of £708,374 (2023: £841,153) was expended of which £248,284 (2023: £314,160) was allocated to restricted funds and £460,090 (2023: £526,993) was spent from unrestricted funds. Of the total expenditure, 99% (2023: 99%) was expended on charitable activities to provide services for young people and 1% (2023: 1%) on generating funds.

Risk management

The Trustees regularly review organisational risk, and consider the major risks arise from continuity of funding for services and the preservation of cash in any financial crisis. The Reserves policy seeks to address these concerns. Trustees continue to review the Charity's long-term viability by diversifying income streams and establishing higher-value income.

Reserves policy

Trustees place great importance on the sustainability of the Charity long-term and have regard to the importance of being able to retain the core of its well-trained and experienced workforce. To this end, the primary aim of the Reserves Policy is to:

- enable continuity of services when experiencing short-term gaps in funding,
- allow the Charity to maintain its direct expenditure and cover liabilities,
- fulfill statutory and legal obligations including those to employees and suppliers, and
- allow for orderly winding-up of the Charity should this become necessary.

The reserves policy is reviewed and adjusted annually. The Trustees calculated the reserve policy to be £277,294 (2023: £260,240) in line with the primary aims noted above.

The free, undesignated reserves of the charity amount to £300,721 (2023: £252,043). The Trustees will look to review and expense amounts held above the reserves policy in accordance with the objectives of the charity over the coming years.

Acknowledgement to funders

Trustees sincerely thank all the individuals, groups and communities who have generously given their time, hard work and money to undertake and support these activities for and on behalf of the Charity. An acknowledgement of grant-making funders is shown in the annex to these accounts.

For Children & Young People

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 August 2024

Significant supporters

1. Norfolk and Suffolk NHS Foundation Trust

For the eighth consecutive year, it was a privilege to provide a counselling service to the U18s Wellbeing Service. This long-established partnership continued to make a significant difference to the mental health and wellbeing of the young people referred.

2. Kesgrave Town Council

The support of the Council enabled the delivery of a programme to meet the holistic needs of young people in the community - including enabling youth workers to be available 'on the street' where young people are ("detached youth work"), and a youth club ("Hangout").

3. Police & Crime Commissioner

This funding enables young people from some of the most deprived areas of the county, who are at higher risk of criminal exploitation and youth violence, to know that there will regularly be a detached youth worker available in their area to provide support and guidance.

4. National Lottery Community Fund

This financial support has been fundamental in supporting the wider organisation during this period, to provide professional backroom staff and services in addition to supporting our frontline delivery.

5. Children in Need

To support the core costs and salaries of administrative staff responsible for the leadership and required back office roles of the charity.

6. Newmarket Charitable Foundation

This funding enabled a programme of consultation with young people in Newmarket, and surrounding areas, to better understand their needs, and led to the procurement of further funding to develop further work based on the findings.

7. A Local Grantmaking Trust

This funding for generic youth work has been invaluable during this period, enabling the charity to direct it to where it is most needed in supporting the needs of young people, when they need it most.

8. Johns Slater Howard

Local chartered designers of mechanical and electrical systems kindly sponsored the cost of all branded 4YP staff and volunteers clothing.

9. Make Architects

The generous pro-bono provision of the professional services of this global studio enabled young people to lead the creation of concepts for what they believe is needed as a safe place and space in Ipswich Town Centre.

For Children & Young People

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 August 2024

Donations and community fundraising:

Most of the non-invoiced income is derived from grants from other charitable trusts. Community fundraising follows recognised standards of the Code of Fundraising Practice; the Charity does not employ commercial professional fundraisers.

Plans for future periods

Summary of the period

Following the completion of a strategic review in the previous year, this year saw the identified changes implemented and embedded.

This included the continued strengthening of governance and improved financial and operational policies and procedures, including the increased breadth of expertise and experience of the Board via the appointment of new Directors/Trustees and more detailed reporting.

Trustees continue to believe their greatest assets are staff and volunteers, and as such are committed to their training and development. As such, eight staff were supported to either begin or continue apprenticeships related to their work.

With continued support of the international architecture studio MAKE, younger people continued to drive the design process for what a safe space/place and Hub for 4YP should look like in Ipswich town centre. Their input and creativity underpinned the submission of an expression of interest for substantial capital funding to acquire and develop a flagship premises on the Waterfront.

Looking forward

Trustees are committed to ensuring that services offered continue to be available, accessible and operate to the highest quality standards. In the forthcoming year, Trustees will:

- continue to deliver and grow high quality services to the young people of Suffolk, where it is identified they are most lacking and most needed and where this is a greater opportunity for providing earlier interventions;
- pursue opportunities for collaboration and partnership working, notably working with younger people and children to upstream support that supports the prevention of longer-term need, poor mental health or reduced wellbeing;
- continue to increasingly involve young people to ensure current and future services meet their needs;
- further develop rigorous evidence base to demonstrate the Charity's effectiveness and impact;
- maximise the potential of website and social media activities, and
- review with young people the suitability of the Charity's physical assets in fulfilling its vision and mission, in particular seeking to secure an identified premises to become the location of the charity's central Hub.

4YP is still very-much needed, in an environment that is challenging for funders and providers as well as the younger people themselves. Within an ethos of strong corporate governance, the Charity will continue to relentlessly pursue better support and outcomes that meet the needs of young people.

For Children & Young People

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 August 2024

Structure, governance and management

Constitution

The Charity, a company limited by guarantee incorporated on 23 March 2000 and registered with the Charity Commission on 29 December 2000, is governed by its Memorandum & Articles of Association ("Memo & Arts"). The Directors of the company, who are also charity trustees for the purpose of charity law, are the members of the Board (referred to as the "Management Committee" in its Memo & Arts). The Trustees/Directors are listed in the reference and administration details of these accounts. In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per Director/Trustee of the Charity.

Management

The Board directs and determines the Charity's affairs. The Chief Executive Officer manages day-to-day operations in accordance with the Board's strategic directions. The Board met four times, and additionally its General Purposes subcommittee four times, during the year to review and scrutinise the charity's activities and performance, together with policies, organisational risk assessment, management and administrative controls, and decisions on strategic direction.

Trustee/Director recruitment

Trustees seek a diverse body of people with a broad range of skills. Potential appointees, selected by invitation or from receipt of an expression of interest, are considered by the Board and, if suitable, are interviewed by the Chair. Appointments approved by the Board are subject to enhanced check by the Disclosure and Barring Service. An induction is undertaken by the Chief Executive Officer and covers:

- Memorandum & Articles of Association, and obligations of Board members.
- Explanation of services provided and safeguarding responsibilities.
- Summary of Business Plan, budget, and latest Annual Review and Financial Statements.
- Charity Commission guidance, including the Trustee responsibilities.
- Annual schedule of meetings, with meeting objectives.
- Organisational and staff structures, with a tour & introduction to staff and volunteers.

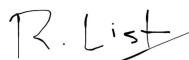
Independent examiner reappointment

A resolution to appoint L Thurston FCCA of Lovewell Blake LLP as independent examiner will be proposed at the next Annual General Meeting.

Small company provisions

This report has been prepared taking advantage of the small companies' exemption of section 415A of the Companies Act 2006.

The trustees' annual report was approved on9/12/2024..... and signed on behalf of the board of trustees by:



R Lister (Chair)

For Children & Young People

Company Limited by Guarantee

Independent examiner's report to the trustees of For Children & Young People

Year ended 31 August 2024

I report to the charity trustees on my examination of the financial statements of the company for the year ended 31 August 2024 which comprise the statement of financial activities (including income and expenditure account), balance sheet, statement of cash flows and the related notes.

Responsibilities and basis of report

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

Having satisfied myself that the financial statements of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's financial statements as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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

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



L Thurston FCCA
Independent Examiner

Lovewell Blake LLP
Chartered accountants
First Floor Suite
2 Hillside Business Park
Bury St Edmunds
IP32 7EA
10/12/2024

For Children & Young People

Company Limited by Guarantee

Statement of financial activities (including income and expenditure account)

Year ended 31 August 2024

		Year to 31 Aug 24			Period from 1 Apr 22 to 31 Aug 23
	Note	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Income and endowments					
Grants, donations, and legacies		12,482	235,962	248,444	336,391
Charitable activities	5	497,939	–	497,939	587,934
Other trading activities		3,601	–	3,601	1,668
Investment income		11,800	–	11,800	2,649
Total income		<u>525,822</u>	<u>235,962</u>	<u>761,784</u>	<u>928,642</u>
Expenditure					
Raising funds					
Costs of raising donations and legacies		1,294	–	1,294	725
Charitable activities	6	458,796	248,284	707,080	840,428
Total expenditure		<u>460,090</u>	<u>248,284</u>	<u>708,374</u>	<u>841,153</u>
Net income and net movement in funds		<u>65,732</u>	<u>(12,322)</u>	<u>53,410</u>	<u>87,489</u>
Reconciliation of funds					
Total funds brought forward		512,283	16,828	529,111	441,622
Total funds carried forward		<u>578,015</u>	<u>4,506</u>	<u>582,521</u>	<u>529,111</u>

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The notes on pages 14 to 21 form part of these financial statements.

For Children & Young People

Company Limited by Guarantee

Balance sheet

31 August 2024

		2024		2023	
	Note	£	£	£	£
Fixed assets					
Tangible fixed assets	11		9,666		7,507
Current assets					
Debtors	12	91,928		112,650	
Cash at bank and in hand		791,661		754,268	
		<u>883,589</u>		<u>866,918</u>	
Creditors: Amounts falling due within one year	13	<u>(194,628)</u>		<u>(247,278)</u>	
Net current assets			<u>688,961</u>		<u>619,640</u>
Total assets less current liabilities			<u>698,627</u>		<u>627,147</u>
Provisions	15		<u>(116,106)</u>		<u>(98,036)</u>
Net assets			<u>582,521</u>		<u>529,111</u>
Funds of the charity					
Restricted funds			4,506		16,828
Unrestricted funds			<u>578,015</u>		<u>512,283</u>
Total charity funds	16		<u>582,521</u>		<u>529,111</u>

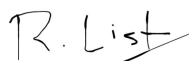
For the year ending 31 August 2024 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

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

These financial statements were approved by the board of trustees and authorised for issue on 9/12/2024....., and are signed on behalf of the board by:



R Lister (Chair)

Company registration number: 03954918

The notes on pages 14 to 21 form part of these financial statements.

For Children & Young People

Company Limited by Guarantee

Statement of cash flows

Year ended 31 August 2024

	2024	2023
	£	£
Cash flows from operating activities		
Net income	53,410	87,489
<i>Adjustments for:</i>		
Depreciation of tangible fixed assets	4,971	14,974
Interest from investments	(11,800)	(2,649)
Accrued expenses	26,975	32,952
<i>Changes in:</i>		
Trade and other debtors	(5,937)	(32,672)
Trade and other creditors	(52,966)	90,178
Provisions	18,070	4,669
Cash generated from operations	<u>32,723</u>	<u>194,941</u>
Net cash from operating activities	<u>32,723</u>	<u>194,941</u>
Cash flows from investing activities		
Interest from investments	11,800	2,649
Purchase of tangible assets	(7,130)	(5,812)
Net cash from/(used in) investing activities	<u>4,670</u>	<u>(3,163)</u>
Net increase in cash and cash equivalents	37,393	191,778
Cash and cash equivalents at beginning of year	754,268	562,490
Cash and cash equivalents at end of year	<u>791,661</u>	<u>754,268</u>

The notes on pages 14 to 21 form part of these financial statements.

For Children & Young People

Company Limited by Guarantee

Notes to the financial statements

Year ended 31 August 2024

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 14 Lower Brook Street, Ipswich, IP4 1AP, Suffolk.

2. Statement of compliance

The charity constitutes a public benefit entity as defined by FRS 102. 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

The financial statements are prepared on a going concern basis. Trustees have taken into account all available information about the future (at least 12 months from the date when the financial statements are approved) and are not aware of any material uncertainties related to events or conditions that cast significant doubt upon the entity's ability to continue as a going concern.

Income tax

The company is a registered Charity and its activities are exempt from United Kingdom income and corporation tax. Income Tax recoverable on covenanted donations and Gift Aid is recognised in the financial statements in the period in which it is received. The Charity is not registered for VAT; irrecoverable VAT is reported with the expenditure to which it relates.

Fund accounting

Unrestricted funds are general funds which are available for use at the Trustees' discretion in furtherance of the general objectives of the Charity 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.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or have been raised by the Charity for particular purposes.

For Children & Young People

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 August 2024

3. Accounting policies *(continued)*

Income

All income is included in the Statement of Financial Activities (SOFA), on an accruals basis, when the Charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Incoming resources from contracts for services (generally, invoiced income) are regarded as unrestricted income. Performance-related grants, where the donor has expressed how and/or when a service is provided, are regarded as restricted income.

Deferred income, disclosed as a liability in the balance sheet, consists of resources received that are not recognised in the SOFA until the Charity is entitled to the income. Deferred income relates to future periods, or require other conditions that limit income recognition be met, and also include funds received where, by agreement with the donor, certain expenses can be charged directly to a fund.

No amounts are included in the financial statements for services donated by volunteers.

Expenditure

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with use of the resources. Eligible employees are members of a defined contribution pension scheme. Pension costs are accounted for on an accruals basis.

Operating leases

Rentals applicable to operating leases are charged to the SOFA over the period in which the cost is incurred.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Lease improvements	-	Up to the life of the lease
Office equipment	-	3 to 10 years
IT equipment	-	3 years

For Children & Young People

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 August 2024

3. Accounting policies *(continued)*

Provisions

Provisions are recognised when the entity has an obligation at the reporting date as a result of a past event, it is probable that the entity will be required to transfer economic benefits in settlement and the amount of the obligation can be estimated reliably. Provisions are recognised as a liability in the balance sheet and the amount of the provision as an expense.

Provisions are initially measured at the best estimate of the amount required to settle the obligation at the reporting date and subsequently reviewed at each reporting date and adjusted to reflect the current best estimate of the amount that would be required to settle the obligation. Any adjustments to the amounts previously recognised are recognised in income or expenditure unless the provision was originally recognised as part of the cost of an asset. When a provision is measured at the present value of the amount expected to be required to settle the obligation, the unwinding of the discount is recognised as a finance cost in the statement of financial activities in the period it arises, and is allocated to the appropriate expenditure heading.

Financial instruments

A financial asset or a financial liability is recognised only when the entity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

4. Limited by guarantee

The Charity is a company limited by guarantee. The members of the company are the Trustees named in the reference and administration section of these accounts. In the event of the Charity being wound up, each member's liability in respect of the guarantee is limited to £1.

5. Charitable activities

	Unrestricted Funds £	Total Funds 2024 £	Unrestricted Funds £	Total Funds 2023 £
Counselling	386,880	386,880	500,351	500,351
Youth Work	105,051	105,051	80,988	80,988
Other	6,008	6,008	6,595	6,595
	<u>497,939</u>	<u>497,939</u>	<u>587,934</u>	<u>587,934</u>

For Children & Young People

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 August 2024

6. Expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Staff costs	356,301	204,258	560,559
Counsellor supervision costs	8,204	1,773	9,977
Travel expenses - staff and volunteers	1,613	1,291	2,904
Activities and materials	1,326	5,966	7,292
Support costs	91,352	34,996	126,348
	<u>458,796</u>	<u>248,284</u>	<u>707,080</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Staff costs	341,454	280,589	622,043
Counsellor supervision costs	10,416	1,625	12,041
Travel expenses - staff and volunteers	1,526	2,334	3,860
Activities and materials	279	9,944	10,223
Support costs	172,733	19,528	192,261
	<u>526,408</u>	<u>314,020</u>	<u>840,428</u>

Analysis of support costs

	2024 £	2023 £
Premises	61,871	70,766
Communications and IT	20,612	24,670
Office supplies and other expenses	9,311	21,887
Other staff costs	11,234	13,918
Professional fees	18,349	46,046
Depreciation	4,971	14,974
	<u>126,348</u>	<u>192,261</u>

7. Net income

Net income is stated after charging/(crediting):

	2024 £	2023 £
Depreciation of tangible fixed assets	<u>4,971</u>	<u>14,974</u>

8. Independent examination fees

	Year to 31 Aug 24 £	Period from 1 Apr 22 to 31 Aug 23 £
Fees payable to the independent examiner for: Independent examination of the financial statements	<u>2,664</u>	<u>2,220</u>

For Children & Young People

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 August 2024

9. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2024	2023
	£	£
Wages and salaries	521,065	584,244
Social security costs	31,372	29,278
Other pension costs	8,122	8,521
	<u>560,559</u>	<u>622,043</u>

The average head count of employees during the year was 31 (2023: 32).

One employee received employee benefits of more than £60,000 during the year (2023: One). This employee received total employee benefits during the year of between £70,000 and £80,000.

10. Trustee remuneration and expenses

The Charity's key management personnel are the Trustees and Strategic Leadership Team (SLT) as listed in the reference and administrative details. Trustees neither received nor waived emoluments during the year (2023: £Nil). Trustees were reimbursed expenses amounting to £766 (2023: £Nil) during the year.

The total amount of employee benefits (including employer pension contributions) of the SLT for their services to the Charity was £187,611 (2023: £221,269).

11. Tangible fixed assets

	Lease improvement	Office equipment	IT equipment	Total
	£	£	£	£
Cost				
At 1 September 2023	119,672	37,809	16,821	174,302
Additions	–	–	7,130	7,130
At 31 August 2024	<u>119,672</u>	<u>37,809</u>	<u>23,951</u>	<u>181,432</u>
Depreciation				
At 1 September 2023	119,672	34,438	12,685	166,795
Charge for the year	–	1,575	3,396	4,971
At 31 August 2024	<u>119,672</u>	<u>36,013</u>	<u>16,081</u>	<u>171,766</u>
Carrying amount				
At 31 August 2024	<u>–</u>	<u>1,796</u>	<u>7,870</u>	<u>9,666</u>
At 31 August 2023	<u>–</u>	<u>3,371</u>	<u>4,136</u>	<u>7,507</u>

For Children & Young People

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 August 2024

12. Debtors

	2024	2023
	£	£
Trade debtors	59,716	57,379
Prepayments and accrued income	31,838	55,271
Other debtors	374	–
	<u>91,928</u>	<u>112,650</u>

13. Creditors: Amounts falling due within one year

	2024	2023
	£	£
Trade creditors	18,711	11,948
Accruals and deferred income	153,950	218,456
Social security and other taxes	8,009	6,725
Other creditors	13,958	10,149
	<u>194,628</u>	<u>247,278</u>

14. Deferred income

	2024	2023
	£	£
At 1 Sep 23	213,640	141,356
Amount released to income	(213,640)	(141,356)
Amount deferred in year	148,818	213,640
At 31 Aug 24	<u>148,818</u>	<u>213,640</u>

Deferred income relates to conditional grant income received in the year on behalf of projects being completed in following years.

15. Provisions

	Dilapidations	Staff settlement	Total
	£	£	£
At 1 September 2023	98,036	–	98,036
Additions	4,902	13,168	18,070
At 31 August 2024	<u>102,938</u>	<u>13,168</u>	<u>116,106</u>

The dilapidations provision is aligned to the present obligation of the rental lease and is expected to be paid upon cessation of the lease agreement. The amount can be reliably determined and has been accounted for as a provision accordingly.

The staff settlement provision is aligned to the present obligation of the charity in respect of a staff settlement agreement and its associated legal costs. It is expected that this will be paid following the completion of proceedings ongoing at the year end. The amount can be reliably determined and has been accounted for as a provision accordingly.

For Children & Young People

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 August 2024

16. Analysis of charitable funds

Restricted funds

	At 1 September 2023 £	Income £	Expenditure £	Transfers £	At 31 August 2024 £
Counselling and youth work fund	<u>16,828</u>	<u>235,962</u>	<u>(248,284)</u>	<u>–</u>	<u>4,506</u>

Unrestricted funds

	At 1 September 2023 £	Income £	Expenditure £	Transfers £	At 31 August 2024 £
General funds	<u>512,283</u>	<u>525,822</u>	<u>(460,090)</u>	<u>–</u>	<u>578,015</u>

Restricted funds

	At 1 April 2022 £	Income £	Expenditure £	Transfers £	At 31 August 2023 £
Counselling and youth work fund	<u>96,976</u>	<u>290,599</u>	<u>(314,160)</u>	<u>(56,587)</u>	<u>16,828</u>

Unrestricted funds

	At 1 April 2022 £	Income £	Expenditure £	Transfers £	At 31 August 2023 £
General funds	<u>344,646</u>	<u>638,043</u>	<u>(526,993)</u>	<u>56,587</u>	<u>512,283</u>

Restricted funds

The counselling and youth work fund is a fund restricted by various providers towards the specific objectives as named. The projects are ongoing with the restriction ending upon being expensed or the end of the timeframe as provided within the scope of the agreements.

For Children & Young People

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 August 2024

17. Analysis of net assets between funds

As at 31 August 2024

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Tangible fixed assets	9,666	–	9,666
Debtors	82,246	9,682	91,928
Cash at bank and in hand	761,861	29,800	791,661
Current liabilities	(159,652)	(34,976)	(194,628)
Provisions	(116,106)	–	(116,106)
Net assets	<u>578,015</u>	<u>4,506</u>	<u>582,521</u>

As at 31 August 2023

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Tangible fixed assets	7,507	–	7,507
Debtors	70,200	42,450	112,650
Cash at bank and in hand	687,676	66,592	754,268
Current liabilities	(155,064)	(92,214)	(247,278)
Provisions	(98,036)	–	(98,036)
Net assets	<u>512,283</u>	<u>16,828</u>	<u>529,111</u>

18. Analysis of changes in net debt

	At 1 Sep 2023 £	Cash flows £	At 31 Aug 2024 £
Cash at bank and in hand	<u>754,268</u>	<u>37,393</u>	<u>791,661</u>

19. Operating lease commitments

The total future minimum lease payments under non-cancellable operating leases are as follows:

	2024 £	2023 £
Not later than 1 year	28,916	28,916
Later than 1 year and not later than 5 years	3,422	4,838
	<u>32,338</u>	<u>33,754</u>

20. Related parties

There have been no related party transactions in this year or the previous reporting period.

21. Annex 1

The following pages form part of these financial statements.

For Children & Young People

Company Limited by Guarantee

Annex 1 – Notes to the financial statements

Year ended 31 August 2024

1. COUNSELLING SERVICE

The well-established counselling service offers young people a safe, supportive, non-judgmental space to explore their feelings, thinking, and behaviours. A team of 17 qualified and experienced counsellors provided counselling sessions for young people aged 7 to 25. Each young person was treated as an individual with therapeutic interventions tailored to their needs within 50-minute one-to-one sessions. Counsellors used a range of techniques including, but not limited to, assessment, support, person-centred, psychodynamic, behavioural, creative, and mindfulness.

Virtual and phone sessions continue to be offered alongside face-to-face sessions. Lead roles were created to support the Clinical Services Manager in the effective running and development of the counselling service. The Central Service Lead and Schools Lead are Designated Safeguarding Leads and offer case management and coordination support across the counselling service.

The counselling service continued to offer placement opportunities to counselling students requiring clinical hours to meet their course requirements. By continuing to make placements available, students benefited from the expertise of the experienced counselling staff and learned to work with the unique needs of young people and young adults. The placement programme also enabled the Clinical Services manager to identify students with the unique skills required to work within the service. Students were supervised by the Clinical Services Manager and Central Service Lead and were allocated appropriate clients. They were also required to attend external clinical supervision and invited to team meetings and in-house training.

The impact of counselling

Counselling sessions were delivered from the Ipswich, Haverhill and Bury St Edmunds hubs, virtually, by phone, and from 14 secondary schools and two primary schools. 4YP counsellors made 6,811 sessions available to young people across the region. Of the 2,605 sessions attended through the hubs, 56% were face-to-face session, 21.5% were telephone session and 22.5% were video sessions. The three reasons most frequently given for the why counselling was required were anxiety, low mood, and anger.

4YP worked to ensure that 168 young people in need of support could access counselling through our self-referral system. Working in partnership with the NSFT Under 18's Wellbeing Team meant that 251 young people were provided with counselling. The partnership with the Early Help team continued and enabled 45 young people to access counselling. Across the 16 school settings, 2,752 counselling appointments were attended by 470 young people.

Feedback from young people

15-year-old female rated the support 'Outstanding.' She stated, "I got the support I needed after things weren't going well. I learned how to cope with tough things and how to keep a clear mind."

13-year-old female rated the support 'Outstanding.' She stated, "Because it's very helpful and this totally helped me. Improved my mood."

For Children & Young People

Company Limited by Guarantee

Annex 1 – Notes to the financial statements

Year ended 31 August 2024

14-year-old male rated the support 'Good.' He stated, "I've never had counselling before, but I found it very helpful, and my counsellor was very nice. It's helped me unpack how I feel about different events in my life." His recommendation for improvement was, "Open-ended counselling (no set number of sessions)."

Young person feedback also included the need for additional sessions, as many young people felt the number of sessions allocated was not enough to address their concerns. While counsellors work to assess the clinical need of each young person and adjust sessions as appropriate, the feedback demonstrates that young people need to be better informed about the number of sessions that can be accessed, as well as what other support is available.

Feedback from parents/carers

A parent who rated the service 'Excellent' stated, "We were very fortunate in getting a prompt appointment, in the first instance. 4YP were accommodating in arranging a mutually convenient day and time. Diane has been extremely supportive and understanding around R's needs, adapting where necessary and working alongside me, as the parent by allowing slow and steady progress. R has made huge steps in his independence in unfamiliar situations."

Parent feedback also identified the need for additional sessions and support information. This information will be used in the coming year to inform how best to communicate with parents regarding 4YP therapeutic interventions and holistic support, information guides, and other support services.

Anonymised Case Study

Presenting Issue: Natalie suffered from daily panic attacks, mostly in school. She presented as a chronic overthinker but was also very motivated for this to stop. The panic attacks also contributed to Natalie's lack of confidence and impacted her concentration and learning, and she began to miss School, with her attendance dropping below 90%.

Work Together: We began our work by using several grounding techniques to help Natalie control the panic attacks. We then looked at the root of the panic attacks, which was a specific experience that Natalie had with her peers. After this session, the panic attacks began to subside, but then she began to think she had a heart condition every time her heart began to race because of anxiety. This became so severe that parents took her to the hospital. I continued to use cognitive behaviour approaches, including mindfulness, to help reduce general anxiety. Also, I gave Natalie the space to talk about other issues that she was worrying about.

Natalie was anxious about attending her year ten exams in our penultimate session, saying, "I know I will have a panic attack". I challenged this negative thinking and explained the cognitive behavioural ideas of black-and-white thinking and catastrophising. We looked at strategies to prepare Natalie for exams, including deep breathing, grounding, exercising, and doodling. In our last session, Natalie saw how the exam experiment had worked and that she could take part in a mock exam without having a panic attack.

For Children & Young People

Company Limited by Guarantee

Annex 1 – Notes to the financial statements

Year ended 31 August 2024

How the work helped: Natalie still has anxiety, but it is not impacting her as severely as it had previously, and her attendance at school improved. She has techniques she can use to help her remain calm, and she knows that she can challenge her thoughts in the future. Natalie was also given a space to talk about things she had done in the past, which she now feels guilty about, without fear of judgment.

Outcome Data: We use the Warwick Edinburgh mental well-being scale, which measures two well-being perspectives: life satisfaction/ happiness and psychological functioning/ good relationships/ acceptance.

Core data was taken in the first, fourth, and final sessions (session seven).

First: 41 > Fifth: 51 > Final: 60. This is a significant increase in self-reported well-being.

Feedback: Natalie appreciated the counselling. Her feedback was “Really helpful, good advice, it was nice to talk to someone. Her assessment of the impact counselling made was she “feels less anxious and panicked.”

The future

The demand for therapeutic services has not slowed and client presentations have become more complex. 4YP are committed to the continued provision of therapeutic services to children and young people that consider their needs. We will continue to seek funding to meet the needs of the young people presenting to our service and to continue to work to provide holistic support.

2. CHILDREN & YOUNG PEOPLE’S WRAPAROUND SUPPORT

Alongside providing clinical and therapeutic interventions, 4YP has a developed wraparound service, akin to “youth work” as it is more traditionally known and described.

As aptly described by the National Youth Agency youth workers (or CYP Practitioners as we title them) play a crucial role in the lives of the younger people we support, aged 7-25. They provide informal education by bringing fun, a sense of structure and a whole host of new opportunities to the people they work with, broadening their horizons, boosting their social skills and giving them a place to simply be themselves.

By supporting younger people at some of the most important periods of their lives, including times of transition, they help them learn new skills, embrace their passions and develop a sense of identity and independence. Because youth work is not confined to a single location or structured curriculum, it offers a flexibility that traditional education cannot.

4YP provides young people with somewhere safe place to go, something positive to do and someone trusted to talk to via three strands of youth work; Hub-based work, community-based (spokes) and schools-based.

For Children & Young People

Company Limited by Guarantee

Annex 1 – Notes to the financial statements

Year ended 31 August 2024

Hub-based

These activities are created and developed in direct response to what younger people tell us they need.

In the past year this has included the following:

Open-access drop

A safe place for younger people to attend, notably those more at risk of being NEET or homeless, in their time of greatest need. Often, they arrive in a chaotic state but leave calmer due to having the opportunity to be seen, heard and practically supported, like having a shower and something to eat.

Girls Group

Girls Group ran weekly throughout the year. The group comprised young women from different backgrounds who would not usually engage with each other and offers a non-judgemental approach and safe space for them to be themselves. The sessions focus on informal learning delivered in a fun way.

School Holiday Programme

Academic holidays are an opportunity for youth workers to spend time connecting with children and young people, existing and new to 4YP, by providing a programme of fun things to do.

The summer programme was additionally available for children and young people that 4YP have been working with in schools, as part of the DfE attendance project mentioned later in this report and included a combination of hub-based creative activities as well as offsite trips and visits. The programme gave young people the opportunity to form new friendships, grow in confidence, build on their self-esteem whilst increasing their awareness of healthy relationships and a greater sense of belonging.

Walk 'n' Talk

This group was focused on being outdoors for young people aged between 12-25 who do not usually engage in physical activity. The aim of this group was on improving younger peoples' physical and mental wellbeing, whilst educating them on how to live healthier lifestyles. From these sessions young people developed personal skills, improved communication, reduced stress levels and improved confidence to leave their homes.

D&D (Dungeons and Dragons)

Dungeons and Dragons is a tabletop roleplaying game. Arguably the oldest, likely the most widely played, and certainly the most well-known, where several players control characters who act as protagonists who use their unique abilities to solve problems presented by the Dungeon Master, who controls everything else.

During the year, a group of young people who felt like they "didn't fit" with other group/venues providing opportunities to gather and play asked if they could establish and lead their own group at 4YP – which we gladly host and facilitate.

For Children & Young People

Company Limited by Guarantee

Annex 1 – Notes to the financial statements

Year ended 31 August 2024

Community-based (spokes)

These activities are created and developed for, or in partnership, with others in responding to the needs of younger people, they are aware of or have identified.

In the past year this has included the following:

Kesgrave Hang-out

The aim of this local community youth club is to improve young people's knowledge of, and expand their links, to networks and channels of support, leading to improved health and wellbeing for themselves, and their peers and their communities.

The youth club has provided a safe space to engage with young people and had a planned activity each week. These were designed from discussions with young people, to meet their needs and interest.

Each planned activity was used to encourage fun and enable young people to learn and develop new skills through informal education.

Positive outputs have included:

A session focused on producing a "4YP Pledge" where everybody had written something that they promise to do every week. Examples of these were: I will make everyone happy; I will use kind words; I will sign in every week.

A session when a police officer came to the Hangout to speak to the young people and build that relationship. All the young people used the magic pens to mark their bikes and security protect them against theft. The police officer also spoke about online safety and the safe use of social media.

The outcomes and impact have been:

- Providing a safe space for young people
- Providing trusted adults for young people
- Encouraging fun and enabling young people to learn and develop new skills

Kesgrave Detached

Following a pilot last year establish in response to antisocial behaviour in the area, 4YP continued to deliver detached (street) youth work. Youth workers engaged with groups and individuals who were not accessing other existing mainstream support or services, leading to them being seen and heard. Detached youth work has offered young people a trusted person to talk to and we have seen the community respond positively to having this presence in their area.

For Children & Young People

Company Limited by Guarantee

Annex 1 – Notes to the financial statements

Year ended 31 August 2024

The impact has been:

- Providing trusted and safe adults within the area, to overlook young people and work with them to ensure their area remains safe.
- Increasing the feelings of safety in the area, for both young people and parents/carers, as well as other residents, allowing them to access the area more confidently.
- Building positive relationships with the young people.

Ipswich Detached:

Funded by the Suffolk Police and Crime Commissioner, detached (street) youth workers continued weekly sessions in areas of deprivation, attending in all weathers to maintain consistent levels of engagement with young people.

Young people who not engaged with other services were present every week, highlighting the need for this provision, and were able to express their concerns to a trusted, neutral person.

Initial engagement usually occurred in a local park, outside local shops, or at bus stops. Youth workers being present in these local 'hotspots' gave 4YP a better understanding of local needs and local areas and enabled the creation of safer places/spaces for them to hang out and be engaged in positive activities.

Diabetes Transition Service

This was the second year of a three-year national pilot project hosted at Ipswich Hospital, aiming to support young people with diabetes to transition from child to adults' services, whilst supporting them within the community with other needs that many impact their ability to self-manage their condition e.g. housing, mental health.

Youth participation/social action

Younger people continued to be supported by the international architecture studio MAKE, driving our review of what a safe space/place should look like in Ipswich town centre. Their input and creativity underpinned the submission of an expression of interest for substantial capital funding to acquire and develop a landmark premises on the Waterfront to be our new Hub and home.

Schools-based

This year we continued to provide one-to-one and group work support to children and young people in schools.

In particular, we began a short-term project on behalf of the Department for Education (DfE) to support pupils in the 80-95% attendance bracket, to enable improved attendance and reduce the risk of them becoming a persistent absentee.

This aligned well with our strategic aim to provide earlier help and interventions and connect more with children aged 7-11, as the programme took place in primary schools, as well as secondary schools where we already had a presence.

For Children & Young People

Company Limited by Guarantee

Annex 1 – Notes to the financial statements

Year ended 31 August 2024

3. ACKNOWLEDGEMENT OF FUNDERS

Trustees would like to thank the following organisations and individuals who funded and supported 4YP in the year, without whose support the Charity's work would be impossible:

AXA XL Regional Grant Program
Babergh District Council (in conjunction with The Mix)
Children in Need
East Suffolk and North Essex NHS Foundation Trust
Inner Wheel Club of Ipswich East
Ipswich Borough Council
John Lewis Community Matters Scheme
Johns Slater Howard
The Kerrison Trust
Kesgrave Town Council
Local Grantmaking Trust
Make Architects
The National Lottery Community Fund
Newmarket Charitable Foundation
Norfolk & Suffolk NHS Foundation Trust
Pallet Teen (Ashton Fulcher)
The Pixel Fund
Stacey Read
Suffolk Association for Counselling
Suffolk Community Foundation:

- Bluebell Fund
- Harwich Haven Authority Fund
- Suffolk Police & Crime Commissioner's Fund

Suffolk County Council
Youth Worker Development Fund

FOR CHILDREN & YOUNG PEOPLE

England & Wales - Charity number 1084286

Accounts

COMPANY REGISTRATION NUMBER: 03954918

CHARITY REGISTRATION NUMBER: 1084286

**For Children & Young People
Company Limited by Guarantee
Unaudited financial statements
31 August 2023**

For Children & Young People

Company Limited by Guarantee

Financial statements

Period from 1 April 2022 to 31 August 2023

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Trustees' annual report (incorporating the directors' report)	1 to 10
Independent examiner's report to the trustees	11
Statement of financial activities (including income and expenditure account)	12
Balance sheet	13
Statement of cash flows	14
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For Children & Young People

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report)

Period from 1 April 2022 to 31 August 2023

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the period ended 31 August 2023.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Companies Act 2006 and 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 published in October 2019.

Chair's report

I am very pleased to reflect on the last financial period of 4YP which this time covers a 17-month period from April 2022, which has allowed us to move our accounting year to end in August to align with our patterns of business more clearly.

To an extent this report represents the first real Post-COVID year of activity, although it is has been sadly evident that the repercussions of the pandemic still weigh heavily on the lives of many of the young people we have supported.

Whilst statutory services remained underfunded and at full stretch, the high demand on the frontline of helping young people inevitably falls on services such as ours. This period has shown a significant forward development in our organisation as we have been able to help more young people in a wider range of settings and offer a broader range of support mechanisms and opportunities.

All of this is underpinned by an increasing solidity and professionalism throughout the organisation. We have restructured and made key staff appointments to ensure the maximum resource where it matters most, at the direct contact point with young people. Our financial base is secure allowing us to invest in new initiatives which can best deliver to those who need us most.

We have clarified and simplified our vision and mission. We have, and continue to ensure, that our services provide young people with somewhere safe to go, something positive to do and someone trusted to connect and journey with. Crucially we have transformed the way we operate to ensure that young people are genuinely consulted and then shape the services we deliver according to their needs. I am delighted to report that this is no tick box exercise and that our service users will continue to tell us us what we need to do to deliver what they need. To operate this way round is an interesting and exhilarating journey which is helping us to shape what we do rapidly and appropriately, and we can demonstrate to our young people that we are delivering what they ask for and what they need.

I would like to acknowledge the brilliant work that our staff and volunteers do. They always put young people first and their selflessness is always humbling to me. I would also like to thank our team of trustees who support the leadership team with wisdom and energy.

We live in times where many young people face enormous personal and systemic challenges and where the support they need can be sadly lacking. It is a privilege to work with all at 4YP who do so much to fill those gaps and help young people to survive, thrive and achieve. I would also finally thank all the young people involved in 4YP in whatever way, as volunteers, service users or staff; your boundless energy, enthusiasm, resilience and sheer optimism is something that should give us all great hope for the future.

Richard Lister

For Children & Young People

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Period from 1 April 2022 to 31 August 2023

Reference and administrative details

Registered charity name For Children & Young People

Charity registration number 1084286

Company registration number 03954918

Principal office and registered office
14 Lower Brook Street
Ipswich
IP4 1AP
Suffolk

The trustees

The trustees who served during the period and at the date of approval were as follows:

R Lister (Chairman)
A M Hardwick (Treasurer)
C Barritt-Hayes
R Gravell (Appointed 20/09/2023)
H Kent (Appointed 12/05/2023)
N Parker
G Peverley (Appointed 30/03/2023)
S Robertson (Appointed 06/07/2023)
H De Les Casas (Resigned 30/03/2023)
A Gagen (Appointed 21/07/2022, Resigned 30/03/2023)
S Jarrett (Resigned 30/03/2023)
K Tyrrell (Resigned 21/07/2022)

Patron Z Taitte

Strategic Leadership Team

Chief Executive Officer: G Stone
Operations Manager: J Weller
Wellbeing Clinical Manager: N Merfeld
Youth Work Manager: S McMurtry
Finance Manager: D Herbert
Marketing & Communications Officer: L Hall

Bankers Royal Bank of Scotland
Liverpool CSC
Stephenson Way, Wavertree
Liverpool, L13 1HE

Independent examiner L Thurston FCCA
Lovewell Blake LLP
Chartered accountants
First Floor Suite
2 Hillside Business Park
Bury St Edmunds
IP32 7EA

For Children & Young People

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Period from 1 April 2022 to 31 August 2023

Objectives and activities

Charity's name

The Charity's registered name was changed on 30 January 2023 from **Suffolk Young People's Health Project to For Children & Young People**. The Charity Commission approved the continuation of the working name for the charity as **4YP**.

Charitable objectives

The Charity's strategic Aims and Objectives are:

To act as a resource for children, young people and young adults up to the age of 25, enabling them to transition to the next stage of their life, thrive and fulfil their potential through providing,

- safe places to attend recreational and leisure time activities, and receive informal education, in the interest of social welfare and designed to improve their conditions of life;
- activities which develop their skills, capacities, confidence and capabilities to enable them to participate in society as mature and responsible individuals;
- trusted people for them to connect and journey with, for the relief of their poor mental health and wellbeing, by the provision of counselling and other individual and group support for such persons.

Why is 4YP needed?

Suffolk Young People's Health Project evolved from a 1996 conference organised by Dr Fran Reader, researching into sexual health needs of young people. In 2000 the company and charity were formed, and in 2003 opened an Ipswich town centre hub. In 2005 the charity became more commonly known as 4YP, before formally renaming and rebranding in 2023 to better reflect the more holistic nature of services provided to meet the needs of young people.

These are highlighted by Phase 6 of Healthwatch Suffolk's 'My Health, Our Future' survey of nearly 4,900 Year 7 to Year 10 Suffolk secondary school students which revealed:

- Nearly a third felt cheerful rarely or 'none of the time'.
- Two in five young people reported 'moderate' to 'severe' levels of anxiety, and almost a quarter felt anxiety made things 'extremely', or 'very', difficult for them.
- Twenty per cent of young people felt loved 'none of the time', or 'rarely'. Young people with lower wellbeing scores were much less likely to feel loved.
- A third of young people felt 'optimistic' about their future 'all of the time', or 'often'.
- A quarter of young people had self-harmed.

For Children & Young People

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Period from 1 April 2022 to 31 August 2023

Research by a 4YP Trustee shone a light on the issues faced by young people in the county, including a lack of inclusion in decision making, and limited knowledge and accessibility to services and development of safe, supportive social spaces. Young people also felt they should be considered as part of the solution and be included in the development, design and delivery of youth provision throughout Suffolk.

In response, 4YP believes that all children, young people and young adults should have somewhere safe to go, something positive to do and someone to connect and journey with. Our mission is to:

- respond with agility to the changing needs of children, young people and young adults as they occur.
- ensure children, young people and young adults are confident to transition to the next stage of their life.
- ensure children, young people and young adults are enabled to thrive and fulfil their potential.

This is achieved by implementing a hub & spokes model that:

- increases engagement, participation and leadership of children, young people and young adults;
- provides a trusted presence (people and/or place) for children, young people and young adults when and where it is most needed;
- grows and develops therapeutic services in schools and the community.

Public benefit

The Trustees are aware of and have due regard to Charity Commission guidance on public benefit, and have taken it into account when making any decision. The Charity targets a beneficiary age range of up to 25 year-olds (until their 26th birthday).

4YP's success with early intervention delivers a significant public benefit by avoiding the long-term higher costs associated with public intervention: by health authorities (Tier 4 A&E admissions and/or mental services), and/or by social services, and/or by police and justice systems.

Activities

The key activities comprise:

1. One-to-one **counselling service** hosted at the Hub, and in schools and the community, which is confidential, where the individual will be listened to and taken seriously, in a non-judgemental way.
2. **Hub group work and drop-in services** complement individual counselling by offering a safe space for young people, to engage with positive activities and be supported by trusted professionals and volunteers. These groups are developed in direct response to the needs of young people, like the gender specific Girls Group and Walk n Talk mental health support group.
3. **Other activities** including hosting a young people's online community ("Hangout"), providing services and support within schools, and working within and for local communities by providing detached (street) youth work and youth clubs, and youth workers within healthcare settings, like a Health Coach to the Ipswich Hospital Diabetes Transition Service. 4YP also provide advocacy and signposting to other appropriate specialist services.

For Children & Young People

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Period from 1 April 2022 to 31 August 2023

Diversity

4YP and partner agencies offer services and activities to as diverse a group of young people as possible. Support is facilitated for young adults with highly complex needs and chaotic lives, those who are Not in Education, Employment and Training (NEET), people with learning difficulties, young offenders, plus people from ethnic minorities or who are LGBTQ+.

Achievements and performance

Between 1 April 2022 and 31 August 2023, 4YP was accessed a total of 14,179 times by young people throughout our services. We offered 9,456 counselling sessions of which 77% were attended, delivered 1,006 youth work one-to-ones, and our drop-in service was accessed 118 times. 1,270 young people received counselling, 618 via the Hub and 652 in schools. 454 named young people accessed our youth work service via the Hub, in a school or in the community and youth workers had 6,878 contacts with young people.

More than 130 beneficiaries contributed to the annual review of whether the vision and mission of the charity were being achieved. "Most of the time or always" 91% felt safe, 87% felt more positive and 96% said they had someone to they could trust when being supported by 4YP or attending an activity.

Further achievements and performance are described in the annex to these accounts along with the acknowledgment of funders.

For Children & Young People

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Period from 1 April 2022 to 31 August 2023

Financial review

Net income / (expenditure)

The Statement of Financial Activities (SOFA) for the 17-month period shows net income for the period in surplus by £87,489 (12 months to 31 March 2022: net surplus £38,312).

Income

Incoming funds of £928,642 (2022: £490,065) were generated during the period. Restricted income of £290,599 (2022: £177,860) was ring-fenced for the purpose they had been given, plus unrestricted income of £638,043 (2022: £312,205). The principal funding sources by activity are shown in the notes to the financial statements.

Expenditure

A total of £841,153 (2022: £451,753) was expended of which £314,160 (2022: £163,218) was allocated to restricted funds and £526,993 (2022: £288,535) was spent from unrestricted funds. Of the total expenditure, 99% (2022: 99%) was expended on charitable activities to provide services for young people and 1% (2022: 1%) on generating funds.

Risk management

The Trustees regularly review organisational risk, and consider the major risks arise from continuity of funding for services and the preservation of cash in any financial crisis. The Reserves policy seeks to address these concerns. Trustees continue to review the Charity's long-term viability by diversifying income streams and establishing higher-value income.

Reserves policy

Trustees place great importance on the sustainability of the Charity long-term and have regard to the importance of being able to retain the core of its well-trained and experienced workforce. To this end, the primary aim of the Reserves Policy is to:

- enable continuity of services when experiencing short-term gaps in funding,
- allow the Charity to maintain its direct expenditure and cover liabilities,
- fulfil statutory and legal obligations including those to employees and suppliers, and
- allow for orderly winding-up of the Charity should this become necessary.

The reserves policy is reviewed and adjusted annually. The Trustees calculated the reserve policy to be £260,240 (2022: £260,129) in line with the primary aims noted above.

The free, undesignated reserves of the charity amount to £252,043 (2022: £84,517). The Trustees will look to review and expense amounts held above the reserves policy in accordance with the objectives of the charity over the coming years.

Acknowledgement to funders

Trustees sincerely thank all the individuals, groups and communities who have generously given their time, hard work and money to undertake and support these activities for and on behalf of the Charity. An acknowledgement of grant-making funders is shown in the annex to these accounts.

For Children & Young People

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Period from 1 April 2022 to 31 August 2023

Significant funders

1. Pop Chorus

Pop Chorus are a community of feel-good contemporary choirs. Not only did they tirelessly fundraise throughout this period, they also engaged young people with singing, music and performance, contributing to increased confidence and wellbeing and creating memories for a lifetime.

2. Norfolk and Suffolk NHS Foundation Trust

For the seventh consecutive year, it was a privilege to provide a counselling service to the U18s Wellbeing Service. This long-established partnership continued to make a significant difference to the mental health and wellbeing of the young people referred.

3. Kesgrave Town Council

The support of the Council enabled the delivery of a programme to meet the holistic needs of young people in the community - including enabling youth workers to be available 'on the street' where young people are ("detached youth work"), a youth club and after school café.

4. Police & Crime Commissioner

This funding enables young people from some of the most deprived areas of the county, who are at higher risk of criminal exploitation and youth violence, to know that there will regularly be a detached youth worker available in their area to provide support and guidance.

5. National Lottery Community Fund

This financial support has been fundamental in supporting the wider organisation during this period, to provide professional backroom staff and services in addition to supporting our frontline delivery.

6. Mrs L D Rope Third Charitable Trust

This funding for generic youth work has been invaluable during this period, enabling the charity to direct it to where it is most needed in supporting the needs of young people, when they need it most.

Donations and community fundraising:

The majority of non-invoiced income is derived from grants from other charitable trusts. Community fundraising follows recognised standards of the Code of Fundraising Practice; the Charity does not employ commercial professional fundraisers.

For Children & Young People

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Period from 1 April 2022 to 31 August 2023

Plans for future periods

Summary of the period

Following the appointment of a new Chief Executive in October 2021, this period saw the completion of a strategic review of the company and charity and the implementation of several changes and improvements.

Of most note, the establishment of a new vision, the definition of a revised mission, the development of strategic priorities and the embedding of a fresh approach and principles.

In accordance with those changes, this led to the renaming and rebranding of the company and charity, including the approval of revised charitable objects, and a new logo and website.

These changes were implemented with the support of strengthened governance and improved financial and operational policies and procedures, including the increased breadth of expertise and experience of the Board via the appointment of new Directors/Trustees and more robust reporting.

Trustees continue to believe their greatest assets are staff and volunteers, and as such are committed to their training and development. We are also keen to listen to all the young people whilst within 4YP, so they can play an active part in the Charity's development.

Looking forward

Trustees are committed to ensuring that services offered continue to be available, accessible and operate to the highest quality standards. In the forthcoming year, Trustees will:

- continue to deliver and grow high quality services to the young people of Suffolk, where it is identified they are most lacking and most needed and where this is a greater opportunity for providing earlier interventions;
- pursue opportunities for collaboration and partnership working, notably working with younger people and children to upstream support that supports the prevention of longer term need, poor mental health or reduced wellbeing;
- continue to increasingly involve young people to ensure current and future services meet their needs;
- further develop rigorous evidence base to demonstrate the Charity's effectiveness and impact;
- maximise the potential of website and social media activities, and
- review with young people the suitability of the Charity's physical assets in fulfilling its vision and mission, in particular the location of its Hub.

4YP is still very-much needed, in an environment that is challenging for funders and providers as well as the young people themselves. Within an ethos of strong corporate governance, the Charity will continue to relentlessly pursue better support and outcomes that meet the needs of young people.

For Children & Young People

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Period from 1 April 2022 to 31 August 2023

Structure, governance and management

Constitution

The Charity, a company limited by guarantee incorporated on 23 March 2000 and registered with the Charity Commission on 29 December 2000, is governed by its Memorandum & Articles of Association ("Memo & Arts").

The Directors of the company, who are also charity trustees for the purpose of charity law, are the members of the Board (referred to as the "Management Committee" in its Memo & Arts). The Trustees/Directors are listed in the reference and administration details of these accounts. In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per Director/Trustee of the Charity.

Management

The Board directs and determines the Charity's affairs. The Chief Executive Officer manages day-to-day operations in accordance with the Board's strategic directions.

The Board met six times during the period to review the Project's activities and performance, together with policies, organisational risk assessment, management and administrative controls, and decisions on strategic direction. The Board appoints working groups to look at specific issues in more depth as and when the need arises.

Trustee/Director recruitment

Trustees seek a diverse body of people with a broad range of skills. Potential appointees, selected by invitation or from receipt of an expression of interest, are considered by the Board and, if suitable, are interviewed by the Chairman. Appointments approved by the Board are subject to enhanced check by the Disclosure and Barring Service. An induction is undertaken by the Chief Executive Officer and covers:

- Memorandum & Articles of Association, and obligations of Board members.
- Explanation of services provided and safeguarding responsibilities.
- Summary of Business Plan, budget, and latest Annual Review and Financial Statements.
- Charity Commission guidance, including the Trustee responsibilities.
- Annual schedule of meetings, with meeting objectives.
- Organisational and staff structures, with a tour & introduction to staff and volunteers

Small company provisions

This report has been prepared taking advantage of the small companies' exemption of section 415A of the Companies Act 2006.

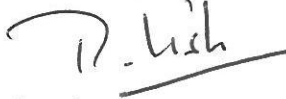
For Children & Young People

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Period from 1 April 2022 to 31 August 2023

The trustees' annual report was approved on 23.11.2023 and signed on behalf of the board of trustees by:



R Lister (Chairman)

For Children & Young People

Company Limited by Guarantee

Independent examiner's report to the trustees of For Children & Young People

Period from 1 April 2022 to 31 August 2023

I report to the charity trustees on my examination of the financial statements of the company for the period ended 31 August 2023 which comprise the statement of financial activities (including income and expenditure account), balance sheet, statement of cash flows and the related notes.

Responsibilities and basis of report

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

Having satisfied myself that the financial statements of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's financial statements as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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

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

 30/11/23

L Thurston FCCA
Independent Examiner

Lovewell Blake LLP
Chartered accountants
First Floor Suite
2 Hillside Business Park
Bury St Edmunds
IP32 7EA

For Children & Young People

Company Limited by Guarantee

Statement of financial activities (including income and expenditure account)

Period from 1 April 2022 to 31 August 2023

		Period from 1 Apr 22 to 31 Aug 23			Year to 31 Mar 22
	Note	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Income and endowments					
Grants, donations, and legacies		45,792	290,599	336,391	206,721
Charitable activities	5	587,934	–	587,934	281,803
Other trading activities		1,668	–	1,668	43
Investment income		2,649	–	2,649	1,498
Total income		<u>638,043</u>	<u>290,599</u>	<u>928,642</u>	<u>490,065</u>
Expenditure					
Raising funds					
Costs of raising donations and legacies		585	140	725	18
Charitable activities	6	526,408	314,020	840,428	451,735
Total expenditure		<u>526,993</u>	<u>314,160</u>	<u>841,153</u>	<u>451,753</u>
Net income before transfer of funds		111,050	(23,561)	87,489	38,312
Transfers between funds		56,587	(56,587)	–	–
Net movement in funds		<u>167,637</u>	<u>(80,148)</u>	<u>87,489</u>	<u>38,312</u>
Reconciliation of funds					
Total funds brought forward		344,646	96,976	441,622	403,310
Total funds carried forward		<u>512,283</u>	<u>16,828</u>	<u>529,111</u>	<u>441,622</u>

The statement of financial activities includes all gains and losses recognised in the period.
All income and expenditure derive from continuing activities.

The notes on pages 15 to 22 form part of these financial statements.

For Children & Young People

Company Limited by Guarantee

Balance sheet

31 August 2023

	Note	31 Aug 23 £	£	31 Mar 22 £	£
Fixed assets					
Tangible fixed assets	11		7,507		16,669
Current assets					
Debtors	12	112,650		111,921	
Cash at bank and in hand		<u>754,268</u>		<u>562,490</u>	
		866,918		674,411	
Creditors: Amounts falling due within one year	13	<u>(247,278)</u>		<u>(156,091)</u>	
Net current assets			619,640		518,320
Total assets less current liabilities			627,147		534,989
Provisions	15		<u>(98,036)</u>		<u>(93,367)</u>
Net assets			<u>529,111</u>		<u>441,622</u>
Funds of the charity					
Restricted funds			16,828		96,976
Unrestricted funds			<u>512,283</u>		<u>344,646</u>
Total charity funds	16		<u>529,111</u>		<u>441,622</u>

For the period ending 31 August 2023 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

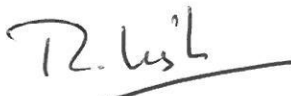
Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the period in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

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

These financial statements were approved by the board of trustees and authorised for issue on ~~23.11.2023~~, and are signed on behalf of the board by:

R Lister (Chairman)



Company registration number: 03954918

The notes on pages 15 to 22 form part of these financial statements.

For Children & Young People

Company Limited by Guarantee

Statement of cash flows

Period from 1 April 2022 to 31 August 2023

	31 Aug 23 £	31 Mar 22 £
Cash flows from operating activities		
Net income	87,489	38,312
<i>Adjustments for:</i>		
Depreciation of tangible fixed assets	14,974	7,271
Interest from investments	(2,649)	(1,498)
Accrued expenses/(income)	32,952	(70,293)
<i>Changes in:</i>		
Trade and other debtors	(32,672)	54,496
Trade and other creditors	90,178	55,151
Provisions	4,669	–
Cash generated from operations	194,941	83,439
Interest received	–	692
Net cash from operating activities	194,941	84,131
Cash flows from investing activities		
Interest from investments	2,649	1,498
Purchase of tangible assets	(5,812)	(2,512)
Net cash used in investing activities	(3,163)	(1,014)
Net increase in cash and cash equivalents	191,778	83,117
Cash and cash equivalents at beginning of period	562,490	479,373
Cash and cash equivalents at end of period	754,268	562,490

The notes on pages 15 to 22 form part of these financial statements.

For Children & Young People

Company Limited by Guarantee

Notes to the financial statements

Period from 1 April 2022 to 31 August 2023

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 14 Lower Brook Street, Ipswich, IP4 1AP, Suffolk.

2. Statement of compliance

The charity constitutes a public benefit entity as defined by FRS 102. 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

The financial statements are prepared on a going concern basis. Trustees have taken into account all available information about the future (at least 12 months from the date when the financial statements are approved) and are not aware of any material uncertainties related to events or conditions that cast significant doubt upon the entity's ability to continue as a going concern.

Income tax

The company is a registered Charity and its activities are exempt from United Kingdom income and corporation tax. Income Tax recoverable on covenanted donations and Gift Aid is recognised in the financial statements in the period in which it is received. The Charity is not registered for VAT; irrecoverable VAT is reported with the expenditure to which it relates.

Fund accounting

Unrestricted funds are general funds which are available for use at the Trustees' discretion in furtherance of the general objectives of the Charity 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.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or have been raised by the Charity for particular purposes.

For Children & Young People

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Period from 1 April 2022 to 31 August 2023

3. Accounting policies *(continued)*

Income

All income is included in the Statement of Financial Activities (SOFA), on an accruals basis, when the Charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Incoming resources from contracts for services (generally, invoiced income) are regarded as unrestricted income. Performance-related grants, where the donor has expressed how and/or when a service is provided, are regarded as restricted income.

Deferred income, disclosed as a liability in the balance sheet, consists of resources received that are not recognised in the SOFA until the Charity is entitled to the income. Deferred income relates to future periods, or require other conditions that limit income recognition be met, and also include funds received where, by agreement with the donor, certain expenses can be charged directly to a fund.

No amounts are included in the financial statements for services donated by volunteers.

Expenditure

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with use of the resources. Eligible employees are members of a defined contribution pension scheme. Pension costs are accounted for on an accruals basis.

Operating leases

Rentals applicable to operating leases are charged to the SOFA over the period in which the cost is incurred.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Lease improvements	-	Up to the life of the lease
Office equipment	-	3 to 10 years
IT equipment	-	3 years

For Children & Young People

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Period from 1 April 2022 to 31 August 2023

3. Accounting policies *(continued)*

Provisions

Provisions are recognised when the entity has an obligation at the reporting date as a result of a past event, it is probable that the entity will be required to transfer economic benefits in settlement and the amount of the obligation can be estimated reliably. Provisions are recognised as a liability in the balance sheet and the amount of the provision as an expense.

Provisions are initially measured at the best estimate of the amount required to settle the obligation at the reporting date and subsequently reviewed at each reporting date and adjusted to reflect the current best estimate of the amount that would be required to settle the obligation. Any adjustments to the amounts previously recognised are recognised in income or expenditure unless the provision was originally recognised as part of the cost of an asset. When a provision is measured at the present value of the amount expected to be required to settle the obligation, the unwinding of the discount is recognised as a finance cost in the statement of financial activities in the period it arises, and is allocated to the appropriate expenditure heading.

Financial instruments

A financial asset or a financial liability is recognised only when the entity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

4. Limited by guarantee

The Charity is a company limited by guarantee. The members of the company are the Trustees named in the reference and administration section of these accounts. In the event of the Charity being wound up, each member's liability in respect of the guarantee is limited to £1.

5. Charitable activities

	Unrestricted Funds £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
Counselling	500,351	500,351	257,846	257,846
Youth Work	80,988	80,988	18,272	18,272
Other	6,595	6,595	5,685	5,685
	<u>587,934</u>	<u>587,934</u>	<u>281,803</u>	<u>281,803</u>

For Children & Young People

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Period from 1 April 2022 to 31 August 2023

6. Expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Staff costs	341,454	280,589	622,043
Counsellor supervision costs	10,416	1,625	12,041
Travel expenses - staff and volunteers	1,526	2,334	3,860
Activities and materials	279	9,944	10,223
Support costs	172,733	19,528	192,261
	<u>526,408</u>	<u>314,020</u>	<u>840,428</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Staff costs	189,318	141,986	331,304
Counsellor supervision costs	8,248	1,425	9,673
Travel expenses - staff and volunteers	103	509	612
Activities and materials	53	3,221	3,274
Support costs	90,795	16,077	106,872
	<u>288,517</u>	<u>163,218</u>	<u>451,735</u>

Analysis of support costs

	2023 £	2022 £
Premises	70,766	44,116
Communications and IT	24,670	13,650
Office supplies and other expenses	21,887	4,156
Other staff costs	13,918	6,919
Professional fees	46,046	30,760
Depreciation	14,974	7,271
	<u>192,261</u>	<u>106,872</u>

7. Net income

Net income is stated after charging/(crediting):

	31 Aug 23 £	31 Mar 22 £
Depreciation of tangible fixed assets	<u>14,974</u>	<u>7,271</u>

8. Independent examination fees

	Period from 1 Apr 22 to 31 Aug 23 £	Year to 31 Mar 22 £
Fees payable to the independent examiner for: Independent examination of the financial statements	<u>2,220</u>	<u>2,586</u>

For Children & Young People

Company Limited by Guarantee

Notes to the financial statements (continued)

Period from 1 April 2022 to 31 August 2023

9. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2023 £	2022 £
Wages and salaries	584,244	307,412
Social security costs	29,278	19,289
Other pension costs	8,521	4,603
	<u>622,043</u>	<u>331,304</u>

The average head count of employees during the period was 32 (2022: 30).

One employee received employee benefits of more than £60,000 during the period (2022: £Nil). This employee received total employee benefits for the reporting period of between £90,000 and £100,000. The trustees would like to highlight that this is an extended period of 17 months.

10. Trustee remuneration and expenses

The Charity's key management personnel are the Trustees and Strategic Leadership Team (SLT) as listed in the reference and administrative details. Trustees neither received nor waived emoluments during the year (2022: £Nil), and no expenses were reimbursed to Trustees in the year (2022: £Nil).

The total amount of employee benefits (including employer pension contributions) of the SLT for their services to the Charity was £237,561 (2022: £111,891).

11. Tangible fixed assets

	Lease improvement £	Office equipment £	IT equipment £	Total £
Cost				
At 1 April 2022	119,672	46,635	11,009	177,316
Additions	–	–	5,812	5,812
Disposals	–	(8,826)	–	(8,826)
At 31 August 2023	<u>119,672</u>	<u>37,809</u>	<u>16,821</u>	<u>174,302</u>
Depreciation				
At 1 April 2022	119,672	39,237	1,738	160,647
Charge for the period	–	4,027	10,947	14,974
Disposals	–	(8,826)	–	(8,826)
At 31 August 2023	<u>119,672</u>	<u>34,438</u>	<u>12,685</u>	<u>166,795</u>
Carrying amount				
At 31 August 2023	<u>–</u>	<u>3,371</u>	<u>4,136</u>	<u>7,507</u>
At 31 March 2022	<u>–</u>	<u>7,398</u>	<u>9,271</u>	<u>16,669</u>

For Children & Young People

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Period from 1 April 2022 to 31 August 2023

12. Debtors

	31 Aug 23	31 Mar 22
	£	£
Trade debtors	57,379	30,905
Prepayments and accrued income	55,271	81,016
	<u>112,650</u>	<u>111,921</u>

13. Creditors: Amounts falling due within one year

	31 Aug 23	31 Mar 22
	£	£
Trade creditors	11,948	3,055
Accruals and deferred income	218,456	145,163
Social security and other taxes	6,725	6,706
Other creditors	10,149	1,167
	<u>247,278</u>	<u>156,091</u>

14. Deferred income

	31 Aug 23	31 Mar 22
	£	£
At 1 Apr 22	141,356	73,663
Amount released to income	(141,356)	(73,663)
Amount deferred in period	213,640	141,356
At 31 Aug 23	<u>213,640</u>	<u>141,356</u>

Deferred income arises for conditional counselling and youth work services provided in the following period.

15. Provisions

	Dilapidations
	£
At 1 April 2022	93,367
Additions	<u>4,669</u>
At 31 August 2023	<u>98,036</u>

The dilapidations provision is aligned to the present obligation of the rental lease and is expected to be paid upon cessation of the lease agreement. The amount can be reliably determined and has been accounted for as a provision accordingly.

For Children & Young People

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Period from 1 April 2022 to 31 August 2023

16. Analysis of charitable funds

Restricted funds

	At 1 April 2022 £	Income £	Expenditure £	Transfers £	At 31 August 2023 £
Counselling and youth work fund	<u>96,976</u>	<u>290,599</u>	<u>(314,160)</u>	<u>(56,587)</u>	<u>16,828</u>

Unrestricted funds

	At 1 April 2022 £	Income £	Expenditure £	Transfers £	At 31 August 2023 £
General funds	<u>344,646</u>	<u>638,043</u>	<u>(526,993)</u>	<u>56,587</u>	<u>512,283</u>

Restricted funds

	At 1 April 2021 £	Income £	Expenditure £	Transfers £	At 31 March 2022 £
Counselling and youth work fund	<u>82,334</u>	<u>177,860</u>	<u>(163,218)</u>	<u>—</u>	<u>96,976</u>

Unrestricted funds

	At 1 April 2021 £	Income £	Expenditure £	Transfers £	At 31 March 2022 £
General funds	<u>320,976</u>	<u>312,205</u>	<u>(288,535)</u>	<u>—</u>	<u>344,646</u>

Restricted funds

The counselling and youth work fund is a fund restricted by various providers towards the specific objectives as named. The projects are ongoing with the restriction ending upon being expensed or the end of the timeframe as provided within the scope of the agreements.

For Children & Young People

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Period from 1 April 2022 to 31 August 2023

17. Analysis of net assets between funds

As at 31 August 2023

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Tangible fixed assets	7,507	–	7,507
Debtors	70,200	42,450	112,650
Cash at bank and in hand	687,676	66,592	754,268
Current liabilities	(155,064)	(92,214)	(247,278)
Provisions	(98,036)	–	(98,036)
Net assets	<u>512,283</u>	<u>16,828</u>	<u>529,111</u>

As at 31 March 2022

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Tangible fixed assets	16,669	–	16,669
Debtors	111,921	–	111,921
Cash at bank and in hand	394,988	167,502	562,490
Current liabilities	(85,565)	(70,526)	(156,091)
Provisions	(93,367)	–	(93,367)
Net assets	<u>344,646</u>	<u>96,976</u>	<u>441,622</u>

18. Analysis of changes in net debt

	At 1 Apr 2022 £	Cash flows £	At 31 Aug 2023 £
Cash at bank and in hand	<u>562,490</u>	<u>191,778</u>	<u>754,268</u>

19. Operating lease commitments

The total future minimum lease payments under non-cancellable operating leases are as follows:

	31 Aug 23 £	31 Mar 22 £
Not later than 1 year	28,916	27,500
Later than 1 year and not later than 5 years	<u>4,838</u>	<u>–</u>
	<u>33,754</u>	<u>27,500</u>

20. Related parties

There have been no related party transactions in this period or the previous reporting year.

21. Annex 1

The following pages form part of these financial statements.

For Children & Young People

Company Limited by Guarantee

Annex 1 – Notes to the financial statements

Period from 1 April 2022 to 31 August 2023

1. COUNSELLING SERVICE

The well-established counselling service offers young people a safe, supportive, non-judgmental space to explore their feelings, thinking, and behaviours. A team of 16 qualified and experienced counsellors provided counselling sessions for young people aged 11 to 25. Each young person was treated as an individual with therapeutic interventions tailored to their needs within 50-minute one-to-one sessions. Counsellors used a range of techniques including, but not limited to, assessment, support, person-centred, psychodynamic, behavioural, creative, and mindfulness.

This period saw significant changes to the service including, making virtual and phone sessions a permanent option for young people. Staff structure was another important change. Lead roles were created to support the Clinical Services Manager in the effective running and development of the counselling service. The Central Service Lead and Schools Lead took up their posts in April with immediate impact.

The counselling service continued to offer placement opportunities to counselling students requiring clinical hours to meet their course requirements. By continuing to make placements available, students benefited from the expertise of the experienced counselling staff and learned to work with the unique needs of young people and young adults. 4YP was able to identify students with the unique skills required to work within the service. Students were supervised by the Clinical Services Manager and Central Service Lead and were allocated appropriate clients. They were also required to attend external clinical supervision.

The impact of counselling

Counselling sessions were delivered from the Ipswich and Bury St Edmunds hubs, virtually, by phone, and from 14 secondary schools. 4YP counsellors made 10,214 sessions available to young people across the region. Of the 3,847 sessions attended through the hubs, 58.7 % were face-to-face session, 20.7% were telephone session and 20.6% were video sessions. The three reasons most frequently given for the why counselling was required were anxiety, low mood, and anger.

4YP worked to ensure that 135 young people in need of support could access counselling through our self-referral system. Working in partnership with the NSFT Under 18's Wellbeing Team meant that 441 young people were provided with counselling. The partnership with the Early Help team continued and enabled 67 young people to access counselling. Across the 14 school settings, 4,036 counselling appointments were attended by 702 young people.

Feedback from young people and parents/carers helped us identify areas for improvement. Some of the feedback received related the need for additional sessions. Where there was a request from a young person and a clinical need, we added additional sessions or made onward referrals to the most appropriate service.

For Children & Young People

Company Limited by Guarantee

Annex 1 – Notes to the financial statements continued

Period from 1 April 2022 to 31 August 2023

Feedback from young people

15-year-old female rated the support 'Very Good.' She stated, "I felt very comfortable in being able to convey my feelings, also very welcomed. The support I received helped a great deal."

16-year-old female rated the support 'Good.' She stated, "Good to talk and to get advice/support. Made me more confident and help me be able to speak in a class discussion."

16-year-old female rated the support 'Good' She stated, "Good counsellor, helped me through a lot, very kind and caring. I became more confident within myself and learnt new ways to deal with my anxiety."

Feedback from parents/carers

A parent who rated the service 'Very Good.' They stated, "The counselling has helped R's mental health. She seems happier in herself and is more confident than she has ever been. I think she could have benefited from a few more sessions."

Case Study (name has been changed)

Jack, 15-year-old, male was referred to counselling via student support for school attendance and friendship issues. His parents also registered concern with the school due to a presentation of low mood at home and a history of self-harm. He also struggled with anxiety, especially around school.

He engaged well in the sessions and although he had attendance issues at school, he attended his counselling sessions regularly.

Jack explored how self-harm became part of his identity, reliance on his girlfriend, his controlling and co-dependent behaviour in relationships. His reflective abilities enabled him to come to regret his coping strategies, but struggled with shame, and was scared that anyone new would find out about his previous behaviour.

Jack stated that he felt constantly judged and alienated by his peers due to the way he dressed and the music he liked. Being bullied in junior school left him sensitive to any comments about his appearance. He was often confused and defensive about conflict with others, struggled schoolwork, and procrastination.

Issues with maths caused conflict at home because his dad is a maths teacher. This would lead to procrastination and feelings of low self-esteem and failing his parents. Jack was keen for me to understand that his parents were good people and would often repeat this after talking about any conflict with them.

Therapy goal

Jack wanted to work on feeling more confident and worrying less.

For Children & Young People

Company Limited by Guarantee

Annex 1 – Notes to the financial statements continued

Period from 1 April 2022 to 31 August 2023

The Work

We talked about the origins of his low self-esteem and together we worked out that his low mood often follows periods of anxiety, which led to an exploration of triggers.

He highlighted the social aspect of school as a trigger and how this led to defensiveness and conflict in friendships. He was able to be open and talk freely about historic self-harm for the first time and explore and process the shame surrounding it, which had interfered with his self-esteem and healthy intimacy. I also included psycho education on healthy relationships.

Jack highlighted schoolwork as trigger for anxiety and school avoidance. His parents supported him with his schoolwork, but he struggled with focus at school and with homework. This led to avoidant behaviour negative feelings about himself. We explored strategies to support him with this.

Onward Referral

During our sessions Jack presented with the following: weak episodic memory, difficulty sustaining focus on things that are of little interest, social cues and reading others, hyperfocus, poor perspective taking skills. Sleep disturbance and zoning out. Following my recommendation, the school referred him for an ADHD assessment.

Outcome

On completion of his sessions, Jack had worked through his feelings of shame, increasing his sense of self-worth allowing him to feel more and worry less. The sessions also supported his school attendance and helped him to feel more optimistic about the future.

Ongoing Challenges

We continued to face the challenge of young people and young adults presenting with more complex needs, increased reports of anxiety, and more children and young people with Emotional Based School Avoidance. Requests for support for children aged 7 to 10 also increased. To meet those needs, we continue to work with schools, NHS, and Local Authority partners, as well as with other voluntary sector organisations.

The future

We believe that there will continue to be a demand for therapeutic services. We will continue to seek funding to meet the needs of the young people presenting to our service.

2. YOUTHWORK PROVISION

Youth work is a complex series of professional principles and methods which we often describe as the science of enabling young people to believe in themselves and build positive futures. Youth work is community support provision aimed at older children and young people (11- to 25-year-olds). Youth work is the process of creating an environment where young people can engage in informal activities.

For Children & Young People

Company Limited by Guarantee

Annex 1 – Notes to the financial statements continued

Period from 1 April 2022 to 31 August 2023

Different varieties of youth work at 4YP include hub-based work, schools-based, one-to-ones, youth clubs, outreach and detached. 4YP provides young people with somewhere safe place to go, something positive to do and someone trusted to talk to.

We aim to enable young people to have a voice that affects their lives and changes within the community. Due to the increasing need, we have supported children aged seven to ten years old (beyond our primary age ranges), via transitions support.

Young people can access our trained team Youth workers and volunteers for one-to-ones advice, online support in a safe environment, or attend group activities during the day and evenings. Young Peoples' workers were out in the community delivering support from one-to-ones and groupwork in schools.

Young people lie at the heart of all we do - we are an agile and responsive charity which makes a real difference to the lives of young people, their families, and the wider community. Young people choose to engage with us because our services are centre around their needs and devised collaboratively to achieve the best outcomes.

“ 4YP had me feel safe and had a homely feel when arriving”.

Summary

In the last period we have positively delivered a range of youth work. We have discovered increasing need in pockets of Ipswich that has meant our services have focused more away from the youth work hub.

We have found the increasing need for detached (street) work. Detached work is a method of youth work delivery which enables workers to contact young people and positively influence their lives by engaging with them where they are, their communities. We found that we have met young people that are disengaged from mainstream services and have met children as young as seven on the streets at night. We have offered six sessions of detached work a week in the outer estates surrounding Ipswich, including Kesgrave, Chantry, Nacton and Gainsborough wards. This has been key to learning from young people what theirs, and the local, needs are.

Case study

A young male “AH” sought out our youth workers out on the streets and received support from 4YP. When we first met him, he was struggling with his mental health due to being homeless and having to ‘sofa surf’ between friends and family. He also shared that his dad misused substances, so they would often end up fighting with each other. Due to this, he was no longer living at home.

For Children & Young People

Company Limited by Guarantee

Annex 1 – Notes to the financial statements continued

Period from 1 April 2022 to 31 August 2023

AH was invited to use the services at our Hub in Ipswich Town Centre so that he could have a shower and something to eat if he ever needed to. We have supported AH with homelessness related support, including completing online forms to find accommodation and contacting local hostels to see if anyone had any rooms becoming available. We further signposted AH to Ipswich Borough Council for further help.

Since seeing AH on a regular basis, we have helped to create a CV. We helped AN resolve being banned from his local library, so that we could help him access the internet. AN apologised to staff at library for previous behaviours and now has access to seek jobs online and keep his CV updated.

AH is now engaging with training course through local job centre and is living in shared housing, has been to see his GP, receiving medical support with his mental health, and is less engaged in antisocial behaviour.

Impact

The impact from youth work services over this period are:

Somewhere positive to go, young people are happier and healthier and gain memories and experiences.

Young people who have attended a school holiday programme, Girls Group or Walk n Talk are likely to have enjoyed significant improvements to their confidence and wellbeing and gained positive memories. Many young people have transitioned into positive activities and support.

Quote: "I had fun here and made new friends".

Young people are more active and make healthier lifestyle choice.

Young people reported attending these sessions have been encouraged and supported to make healthier choices, including being more likely to exercise.

Being part of 4YP led to young people feeling more connected with their local community.

Being part of our work in communities, through detached work, schools work and local youth clubs, young people have expressed a stronger sense of belonging to their local community.

Youth workers have embodied the vision, mission and cultural norms of 4YP, making young people feel safe, welcome and providing them with someone they can trust.

Youth workers set a good and positive example for young people. Young people reported that they could be themselves around staff and enjoyed the warm welcome when attending activities. Young people encountered on detached (street) youth work have reported that they feel safer when youth workers are present.

For Children & Young People

Company Limited by Guarantee

Annex 1 – Notes to the financial statements continued

Period from 1 April 2022 to 31 August 2023

Youth services activities/provision

One-to-ones

During the last period we have seen young people present with poor mental health, unable to express how they are feeling, engaged in unhealthy relationships, with anxiety, exam stress, poor sleeping habits and social isolation.

Youth workers were able to offer an open approach to one-to-one work, responding with approaches that engaged in meeting their needs. This one-to-one work has been provided face-to-face, online and by telephone.

Youth workers found that anxiety was a primary issue, due, amongst other things, to school exams and relationship breakdowns. One-to-ones enabled these young people to develop coping mechanisms, identify new networks of support and gain increased confidence to be open about their feelings.

Young people were regularly referred internally within 4YP from the counselling service via a newly developed short referral form enabling counsellors to quickly refer young people to the youth work team for ongoing, wraparound support throughout or beyond any clinical intervention.

School holiday activities

School holidays are an opportunity for youth workers to spend the time connecting with young people by providing activities in a variety of different locations, everything from football penalty shootouts in local parks to baking sessions at the 4YP Hub.

The Summer and Christmas programmes were specifically targeted to ensure that young people aged 7-14 years old whose parents are on a low income, benefits or unemployed had the opportunity to take part in active and creative weekly activities. These included creative activities, discussions, and icebreakers within an informal learning setting as well as offsite visits. The programme gave young people the opportunity to form new friendships, grow in confidence, build on their self-esteem whilst increasing their awareness of healthy relationships and a greater sense of belonging. Consequently, helping young people to adapt to new social environments and settings in a positive way by equipping them with the tools and experience needed to positively express themselves.

Drop in

Drop in is paramount to 4YP as it offers a safe place for young people to attend, often in their greatest time of need. Often, they arrive in a chaotic state but leave calmer due to having the opportunity to be seen, heard and supported. We have seen young people drop in due to homelessness, friendship and family problems and/or poor wellbeing.

For Children & Young People

Company Limited by Guarantee

Annex 1 – Notes to the financial statements continued

Period from 1 April 2022 to 31 August 2023

Youth participation/social action

Young people are being supported by the international architecture practice MAKE Architects. Following workshops facilitated by MAKE exploring with children, young people and young adults what physical environments and safe places are required to meet their needs, a group visited MAKE's studio in London where they created and developed a range of creative work to showcase their findings. This comprised them using critical thinking in creating a product that may be used for future developments and involved using creative arts, including virtual reality.

Walk 'n' Talk

This group was focused on being outdoors for young people aged between 12-25 who do not usually engage in physical activity. The aim of this group was on improving young peoples' physical and mental wellbeing, whilst educating them on how to live healthier lifestyles. From these sessions young people developed personal skills, improved communication, reduced stress levels and improved confidence to leave their homes.

Diabetes Transition Service

This was the first year of a three-year national pilot project hosted at Ipswich Hospital, aiming to support young people with diabetes to transition from child to adults' services, whilst supporting them within the community with other needs that many impact their ability to self-manage their condition e.g. housing, mental health.

Girls Group

Girls Group ran weekly throughout the year. The group comprised young people from different backgrounds who would not usually engage with each other and offers a non-judgemental approach and safe space for young women to be themselves. The sessions focus on informal learning delivered in a fun way.

Kesgrave:

Youth club

The aim of this local community youth club is to improve young people's knowledge of, and expand their links, to networks and channels of support, leading to improved health and wellbeing for themselves, and their peers and their communities. The youth club has provided a safe space to engage with young people and had a planned activity each week. This would be designed from discussions with young people, to meet their needs and interest. Each planned activity would be used to encourage fun and enable young people to learn and develop new skills through informal education. The number of young people increased throughout the year, with new young people attending.

For Children & Young People

Company Limited by Guarantee

Annex 1 – Notes to the financial statements continued

Period from 1 April 2022 to 31 August 2023

Café

The primary beneficiaries of this weekly winter afterschool drop in project were young people in Kesgrave and the catchment high schools, primarily older teenagers in Year 10 and 11 for whom there is limited local provision.

Detached

Due to antisocial behaviour in the area, 4YP ran a pilot project to deliver detached (street) youth work. Youth workers engaged with groups and individuals who were not accessing other existing mainstream support or services, leading to them being seen and heard. Detached youth work has offered young people a trusted person to talk to and we have seen the community respond positively to having this presence in their area.

Further detached:

Police and Crime Commissioner

Funded by the Suffolk Police and Crime Commissioner, detached (street) youth workers continued weekly sessions in areas of deprivation, attending in all weathers to maintain consistent levels of engagement with young people.

Young people who not engaged with other services were present every week, highlighting the need for this provision, and were able to express their concerns to a trusted, neutral person.

Initial engagement is usually occurred in a local park, outside local shops, or at bus stops. Youth workers being present in these local 'hotspots' gave 4YP a better understanding of local needs and local areas and enabled the creation of safer places/spaces for them to hang out and be engaged in positive activities.

Public health

Detached work was utilised for the earlier intervention, prevention and betterment of young people's mental health and wellbeing. Youth workers were able to assist young people to develop coping mechanisms, signposting to further support when additional factors were identified that were impacting their mental health, like housing needs.

School work:

Chantry Peile / Sir Peter Hall /Stone Lodge

Youth workers provided weekly safe spaces for SEN young people in each of these schools via one-to-one or small group support, that needed assistance to navigate relationships and improve their self-esteem. This offered young people the opportunity to explore and learn about healthy relationships and explore healthy behaviour.

For Children & Young People

Company Limited by Guarantee

Annex 1 – Notes to the financial statements continued

Period from 1 April 2022 to 31 August 2023

Ipswich High school

Youth workers provided two days of one-to-ones and small group work, responding to increased wellbeing and social needs amongst pupils.

King Edward VI School

One-to-one support was given to young people to explore thoughts and feelings. Needs responded to included anxiety, schools related stress and bullying. Youth workers worked closely with the school to provide wraparound support, from risk management to safeguarding.

Volunteer/ Placements

4YP hosted a University of Suffolk Psychology Master's degree student for them to gain experience working with young people and complete research into the needs of young people. They said, "I found this to be an incredibly rewarding experience".

4YP supported volunteers to gain experience working with young people in a variety of group work settings.

Outreach/Events

4YP took part in the marketplace for the Emotional Wellbeing Festival for School Mental Health Leads and Year 7 students, providing a table that promoted our services and resources that schools could take away with them to promote positive mental health in their school. The theme of the festival was self-care and nature.

Young people were supported to take part in two HM The Queen Jubilee Pageants, one at the Suffolk Show and the other in Ipswich town centre. This was a highlight for many young people involved with 4YP.

Evaluation data

Outcome Star™, an evidence-based tool designed to support positive change and greater wellbeing, was implemented to ensure the impact of our interventions on young peoples' journeys were being measured.

For Children & Young People

Company Limited by Guarantee

Annex 1 – Notes to the financial statements continued

Period from 1 April 2022 to 31 August 2023

3. ACKNOWLEDGEMENT OF FUNDERS

Trustees would like to thank the following organisations who funded 4YP in the period, without whose support the Charity's work would be impossible:

Base Business Park
Betts & Sons Ltd
Chantry Locality Fund
East of England Co-Op Community Cares Fund
East Suffolk and North Essex NHS Foundation Trust
East Suffolk Council
Inner Wheel Club of Woodbridge
Ipswich Borough Council
Kesgrave Town Council
Mr & Mrs Budenberg
Mrs L D Rope Third Charitable Trust
Norfolk & Suffolk NHS Foundation Trust
Orwell Park School
Pop Chorus
Rushmere St Andrew Parish Council
Suffolk Association for Counselling
Suffolk Chamber of Commerce
Suffolk Community Foundation:

- Henry Smith
- High Sheriff's Fund
- Suffolk Police & Crime Commissioner's Fund

Suffolk County Council
Suffolk Libraries
The National Lottery Community Fund
Youth Worker Development Fund

FOR CHILDREN & YOUNG PEOPLE

England & Wales - Charity number 1084286

Accounts

COMPANY REGISTRATION NUMBER: 03954918

CHARITY REGISTRATION NUMBER: 1084286

**Suffolk Young People's Health Project
Company Limited by Guarantee
Unaudited financial statements
31 March 2022**

Suffolk Young People's Health Project

Company Limited by Guarantee

Financial statements

Year ended 31 March 2022

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Suffolk Young People's Health Project

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report)

Year ended 31 March 2022

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2022.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Companies Act 2006 and 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 published in October 2019.

Chair's report

I am pleased to introduce the Suffolk Young People's Health Project (4YP) Annual Report for 2021/2022. The year was characterised by the continuing recovery from the COVID-19 pandemic and clarity about the effects of the pandemic on young people. There is no doubt that these effects were significant and will be long lasting. Demand for the services of 4YP grew very rapidly across all ages and services and it is a great credit to the organisation that we evolved to deal with this unprecedented demand.

We welcomed a new CEO to the charity this year. The appointment of Gavin Stone in October 2021 marks a key moment in the development and evolution of 4YP. He has, in the short time he has led us, implemented significant changes to our structures and our overall professionalism. We are built upon more certain and secure foundations. Under his guidance we have undertaken a thorough strategic review of the charity, its governance and operations to ensure that resources are focused and maximised on supporting the staff and meeting the needs of our beneficiaries.

We are currently reviewing and revitalising the vision, mission and strategy of 4YP with young people at the heart of that conversation. The trustees are excited to be part of this process which will enable us to better meet the myriad needs of the young people we serve.

There is no question that the external landscape is challenging. Not only do we have unprecedented growth in demand, the statutory agencies are under severe financial pressure and the funding landscape for charities is increasingly competitive. We will endeavour to secure the necessary resources to deliver our essential services and to deliver them in an efficient and cost-effective way

I must place on record the thanks of the trustees for the work of all of the staff. They are dedicated and always willing to do much more than is required of them to deliver the maximum for our young people. Their commitment to 4YP and its values is inspiring and we are fortunate to have such a wonderful group of people. We also should thank our volunteers who bring so much to 4YP their selflessness and willingness are a key contributor to the organisation.

I would like to thank all our funders and partners without whom there would be no 4YP and the effect of that on the young people would be catastrophic. We recognise that funding is increasingly difficult for everyone and we are grateful for all support we receive. We use the money wisely, effectively and always focused on the needs of young people.

My fellow trustees have given so much to 4YP this year, as always. Their commitment, integrity and enthusiasm in steering 4YP is crucial. We welcomed Hugh de Las Casas, Abi Gagen and Nick Parker to the Board this year and said a sad farewell to Katie Tyrell who left us after years of devoted service for which the trustees are enormously grateful.

Finally, I should like to thank all the young people we work with who, even at times of personal crisis, bring an energy and joy to the work we do. We will not forget that is why we are here.

Richard Lister

Suffolk Young People's Health Project

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 March 2022

Reference and administrative details

Registered charity name	Suffolk Young People's Health Project
Charity registration number	1084286
Company registration number	03954918
Principal office and registered office	14 Lower Brook Street Ipswich IP4 1AP Suffolk

The trustees

The trustees who served during the year and at the date of approval were as follows:

R Lister (Chairman)
A M Hardwick (Treasurer)
C Barrit-Hayes
H De Les Casas (Appointed 17/11/2021)
A Gagen (Appointed 21/07/2022)
S Jarrett
N Parker (Appointed 17/01/2022)
A Horner (Resigned 05/06/2021)
B Kaur Howard (Resigned 05/04/2021)
K Tyrrell (Resigned 21/07/2022)

Patron N Hunt

Senior management team

Chief Executive: G Stone (Appointed 25/10/2021)
Wellbeing Clinical Manager: N Merfeld
Youth Work Coordinator: S McMurty
Income Generation & Marketing Manager: G Memory - White

Operational management team

Senior Administrative & Operations Officer: J Weller

Bankers Royal Bank of Scotland
Liverpool CSC
Stephenson Way, Wavertree
Liverpool, L13 1HE

Independent examiner L Thurston FCCA
Lovewell Blake LLP
Chartered accountants
First Floor Suite
2 Hillside Business Park
Bury St Edmunds
IP32 7EA

Suffolk Young People's Health Project

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 March 2022

Objectives and activities

Charity's name

The Charity's registered name is **Suffolk Young People's Health Project (SYPHP)**. After consulting with young people, Trustees, staff, volunteers and partner agencies, the operational name of **4YP** was adopted to reflect collaborative and partnership approaches to deliver services for young people.

Charitable objectives

The Charity's strategic Aims and Objectives are:

1. The protection and preservation of the health of young people in Suffolk through provision of a centre or centres offering youth worker led Drop-In sessions for:

- advice, guidance, support, and training,
- young person focused counselling,
- contraceptive and sexual health information, advice, supplies, and basic screening,
- substance misuse advice and support, and
- other related advice and support services.
- World Health Organisation definition of Health: a state of optimal physical, mental and social well-being and not merely the absence of disease or infirmity.

2. The provision of recreational facilities in the interests of social welfare for those persons in need of such facilities.

3. To assist young people in Suffolk to grow to full maturity as individuals and as members of society and thus improve their quality of life and future opportunities. This will be achieved particularly by helping young people in Suffolk establish life skills.

Why is 4YP needed?

Suffolk Young People's Health Project evolved from a 1996 conference organised by Dr Fran Reader, researching into sexual health needs of young people. A recent survey of more than 4,500 Year 7 to Year 10 secondary school students revealed a two-year increase in low wellbeing (+17%), low self-esteem (+6%), low resilience (+8%), increased self-harm (+5%) and increased online bullying (+2%). One in five indicated that they had felt loved "rarely or none of the time".

Young people aged 16-17 who are not in education, employment or training are sometimes referred to as being NEET. In late 2017, around 1 in 13 (7.4%) 16-17-year-olds in Suffolk were classified as NEET, compared to 1 in 17 (6%) nationally. More than 1,200 pupils under special school provision and 200 in pupil referral units (PRUs). 19,000+ Suffolk children are living in deprivation and in some areas of the county the concentration becomes as much as one in three.

Research by a 4YP Trustee shone a light on the issues faced by young people in the county inclusion in decision making, knowledge and accessibility to services and development of safe, supportive social spaces. Young people also felt they should be considered as part of the solution and be included in the development, design and delivery of youth provision across Suffolk.

Suffolk Young People's Health Project

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 March 2022

4YP believes that all children, young people and young adults should have somewhere safe to go, something positive to do and someone to connect and journey with. Our mission is to:

- respond with agility to the changing needs of children, young people and young adults as they occur
- ensure children, young people and young adults are confident to transition to the next stage of their life
- ensure children, young people and young adults are enabled to thrive and fulfil their potential

This is achieved by implementing a hub & spoke model that:

- increases engagement, participation and leadership of children, young people and young adults
- provides a trusted presence (people and/or place) for children, young people and young adults when and where it is most needed
- grows and develops therapeutic services in schools and the community

Public benefit

The Trustees are aware of and have due regard to Charity Commission guidance on public benefit, and have taken it into account when making any decision. The Charity targets a beneficiary age range of 7 to 25 year-olds in Suffolk.

4YP's success with early intervention delivers a significant public benefit by avoiding the long-term higher costs associated with public intervention: by health authorities (A&E and/or mental services), and/or by social services, and/or by police and justice systems.

Activities

The key activities comprise:

1. **One-to-one counselling service** which is confidential, where the individual will be listened to and taken seriously, in a non-judgemental way.
2. **Group work and Drop-In services** complements individual counselling by offering a safe space for young people, again without being judgemental.
3. **Other activities** including an awareness of gang culture, support to parents/carers, monitoring and evaluation, Young People's involvement, and promotion and the online community.

Activities comprise one-to-one support, group sessions and workshops covering a wide range of topics that affect the well-being of today's young people. 4YP also sign-post to appropriate services.

Diversity

SYPHP and partner agencies offer services and activities to as diverse a group of young people as possible. Support is facilitated for young adults with highly complex needs and chaotic lives, those who are Not in Education, Employment and Training (NEET), people with learning difficulties, young offenders, plus people from ethnic minorities or who are gay, lesbian, bi-sexual, transgendered or questioning youth.

Achievements and performance

The achievements and performance are described in the annex to these accounts along with the acknowledgment of funders.

Suffolk Young People's Health Project

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 March 2022

Financial review

Net income / (expenditure)

The Statement of Financial Activities (SOFA) for the year shows net income for the year in surplus by £71,278 (2021: net surplus £17,416) which was a result of an improving picture from the COVID-19 impact on grant funding and fundraising for the Charity sector.

Income

Incoming funds of £490,065 (2021: £566,614) was generated during the year. Restricted income of £177,860 (2021: £294,308) was ring-fenced for the purpose they had been given, plus unrestricted income of £312,205 (2021: £272,306). The principal funding sources by activity are shown in the notes to the financial statements.

Expenditure

A total of £451,753 (2021: £549,198) was expended of which £163,218 (2021: £211,974) was allocated to restricted funds and £288,535 (2021: £337,224) was spent from unrestricted funds. Of the total expenditure, 99% (2021: 99%) was expended on charitable activities to provide services for young people and 1% (2021: 1%) on generating funds.

Risk management

The Trustees regularly review organisational risk, and consider the major risks arise from continuity of funding for services and the preservation of cash in any financial crisis. The Reserves policy seeks to address these concerns. Trustees continue to review the Charity's long-term viability by diversifying income streams and establishing higher-value income.

Reserves Policy

Trustees place great importance on the sustainability of the Charity long-term and have regard to the importance of being able to retain the core of its well-trained and experienced workforce. To this end, the primary aim of the Reserves Policy is to:

- enable continuity of services when experiencing short-term gaps in funding,
- allow the Charity to maintain its direct expenditure and cover liabilities,
- fulfill statutory and legal obligations including those to employees and suppliers, and
- allow for orderly winding-up of the Charity should this become necessary.

The reserves policy is reviewed and adjusted annually. The Trustees calculated the reserve policy to be £260,129 (2021: £279,356) in line with the primary aims noted above.

The free, undesignated reserves of the charity amount to £344,646 (2021: £320,976). The Trustees will look to review and expense amounts held above the reserves policy in accordance with the objectives of the charity over the coming years.

Suffolk Young People's Health Project

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 March 2022

Grants and donations

Trustees sincerely thank all the individuals, groups and communities who have generously given their time, hard work and money to undertake and support these activities for and on behalf of the Charity. An acknowledgement of grant-making funders is shown in the annex to these accounts.

Donations and community fundraising:

The majority of non-invoiced income is derived from grants from other charitable trusts. Community fundraising follows recognised standards of the Code of Fundraising Practice; the Charity does not employ commercial professional fundraisers.

Several donations and community fundraising events were undertaken by individuals and groups during the year, raising £11,068. Events ranged from Suffolk Buggs VW Christmas Light's Cruise, Gippeswyk Lodge of Freemasons, corporate events, charities of the year and local supermarket token schemes. The Charity also benefits from anonymous donors, long-standing friends, collections in schools & local businesses, and an individual who provided repeat significant funds. With many people and businesses slowly overcoming the pandemic we have seen an increase in support and generosity. Community and corporate fundraising have started to increase slowly which has enabled us to continue, develop and maintain our services and income.

4YP worked closely with many large and small grant giving organisations including The National Lottery Community Fund, Henry Smith and Suffolk Community Foundation. This enabled continuation of core services and ensured 4YP were able to support as many young people as possible within Suffolk.

Suffolk Young People's Health Project

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 March 2022

Plans for future periods

Summary of the year

This has been another busy year, consolidating the Charity's work to support the health and wellbeing of young people in Suffolk. The information on previous pages indicates 4YP continues to make a difference to our beneficiaries as well as the wider community.

The appointment of a new Chief Executive Officer in October 2021 was the start of a detailed strategic review of all areas of the charity to ensure the benefits and number of beneficiaries are maximised with the resources currently available and the development of a strategic and business plan focused on delivering continuous growth and increased sustainability.

Trustees believe their greatest assets are staff and volunteers, and as such are committed to their training and development. We are also keen to listen to all the young people whilst within 4YP, so they can play an active part in the Charity's development.

Looking forward

Trustees are committed to ensuring that services offered continue to be available, accessible and operate to the highest quality standards. In the forthcoming year, Trustees will:

- continue to deliver high quality services to the young people of Suffolk,
- pursue opportunities for collaboration and partnership working,
- build a community of supporters and volunteers,
- continue to involve young people to ensure current and future services meet their needs,
- develop the evidence base to demonstrate the Charity's effectiveness and impact, and publish reports to inform stakeholders and challenge local policy,
- maximise the potential of website and social media activities, and
- review and build the Charity's infrastructure to facilitate further growth.

4YP is still very-much needed, in an environment that is challenging for funders and providers as well as the young people themselves. Within an ethos of strong corporate governance, the Charity will continue to develop a rigorous evidence base for services that young people need.

Suffolk Young People's Health Project

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 March 2022

Structure, governance and management

Constitution

The Charity, a company limited by guarantee incorporated on 23 March 2000 and registered with the Charity Commission on 29 December 2000, is governed by its Memorandum & Articles of Association ("Memo & Arts").

The Directors of the company, who are also charity trustees for the purpose of charity law, are the members of the Board (referred to as the "Management Committee" in its Memo & Arts). The Trustees/Directors are listed in the reference and administration details of these accounts. In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per Director/Trustee of the Charity.

Management

The Board directs and determines the Charity's affairs. The Chief Executive Officer manages day-to-day operations in accordance with the Board's strategic directions.

The Board met four times during the year to review the Project's activities and performance, together with policies, organisational risk assessment, management and administrative controls, and decisions on strategic direction. The Board appoints working groups to look at specific issues in more depth as and when the need arises.

Trustee/Director recruitment

Trustees seek a diverse body of people with a broad range of skills. Potential appointees, selected by invitation or from receipt of an expression of interest, are considered by the Board and, if suitable, are interviewed by the Chairman. Appointments approved by the Board are subject to enhanced check by the Disclosure and Barring Service. An induction is undertaken by the Chief Executive Officer and covers:

- Memorandum & Articles of Association, and obligations of Board members.
- Explanation of services provided and safeguarding responsibilities.
- Summary of Business Plan, budget, and latest Annual Review and Financial Statements.
- Charity Commission guidance, including the Trustee responsibilities.
- Annual schedule of meetings, with meeting objectives.
- Organisational and staff structures, with a tour & introduction to staff and volunteers.

Independent examiner reappointment

A resolution to appoint Leigh Thurston FCCA of Lovewell Blake LLP as independent examiner will be proposed at the next Annual General Meeting.

Small company provisions

This report has been prepared taking advantage of the small companies' exemption of section 415A of the Companies Act 2006.

Suffolk Young People's Health Project

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 March 2022

The trustees' annual report was approved on 27.10.2022 and signed on behalf of the board of trustees by:

R Lister (Chairman)

A handwritten signature in black ink, appearing to read 'R Lister', is written over a horizontal line.

Suffolk Young People's Health Project

Company Limited by Guarantee

Independent examiner's report to the trustees of Suffolk Young People's Health Project

Year ended 31 March 2022

I report to the charity trustees on my examination of the financial statements of the company for the year ended 31 March 2022 which comprise the statement of financial activities (including income and expenditure account), balance sheet, statement of cash flows and the related notes.

Responsibilities and basis of report

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

Having satisfied myself that the financial statements of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's financial statements as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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

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


L Thurston FCCA
Independent Examiner

Lovewell Blake LLP
Chartered accountants
First Floor Suite
2 Hillside Business Park
Bury St Edmunds
IP32 7EA

23 November 2022

Suffolk Young People's Health Project

Company Limited by Guarantee

Statement of financial activities (including income and expenditure account)

Year ended 31 March 2022

		2022	2021		
		Unrestricted	Restricted	Total funds	Total funds
	Note	funds	funds	£	£
		£	£		
Income and endowments					
Grants, donations, and legacies		28,861	177,860	206,721	349,152
Charitable activities	5	281,803	–	281,803	212,890
Other trading activities		43	–	43	2,385
Investment income		1,498	–	1,498	2,187
Total income		<u>312,205</u>	<u>177,860</u>	<u>490,065</u>	<u>566,614</u>
Expenditure					
Raising funds					
Costs of raising donations and legacies	6	18	–	18	10,993
Charitable activities	7	288,517	163,218	451,735	538,205
Total expenditure		<u>288,535</u>	<u>163,218</u>	<u>451,753</u>	<u>549,198</u>
Net income and net movement in funds		<u>23,670</u>	<u>14,642</u>	<u>38,312</u>	<u>17,416</u>
Reconciliation of funds					
Total funds brought forward		320,976	82,334	403,310	385,894
Total funds carried forward		<u>344,646</u>	<u>96,976</u>	<u>441,622</u>	<u>403,310</u>

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The notes on pages 14 to 22 form part of these financial statements.

Suffolk Young People's Health Project

Company Limited by Guarantee

Balance sheet

31 March 2022

	Note	2022 £	£	2021 £	£
Fixed assets					
Tangible fixed assets	12		16,669		21,428
Current assets					
Debtors	13	111,921		96,279	
Cash at bank and in hand		562,490		479,373	
		674,411		575,652	
Creditors: Amounts falling due within one year	14	(156,091)		(100,403)	
Net current assets			518,320		475,249
Total assets less current liabilities			534,989		496,677
Provisions	16		(93,367)		(93,367)
Net assets			441,622		403,310
Funds of the charity					
Restricted funds			96,976		82,334
Unrestricted funds			344,646		320,976
Total charity funds	17		441,622		403,310

For the year ending 31 March 2022 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

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

These financial statements were approved by the board of trustees and authorised for issue on, and are signed on behalf of the board by:

R Lister (Chairman)

Company registration number: 03954918

The notes on pages 14 to 22 form part of these financial statements.

Suffolk Young People's Health Project

Company Limited by Guarantee

Statement of cash flows

Year ended 31 March 2022

	2022	2021
	£	£
Cash flows from operating activities		
Net income	38,312	17,416
<i>Adjustments for:</i>		
Depreciation of tangible fixed assets	7,271	7,762
Interest from investments	(1,498)	(2,187)
Accrued (income)/expenses	(70,293)	551
<i>Changes in:</i>		
Trade and other debtors	54,496	(57,245)
Trade and other creditors	55,151	(38,767)
Provisions	—	83,367
Cash generated from operations	83,439	10,897
Interest received	692	(692)
Net cash from operating activities	<u>84,131</u>	<u>10,205</u>
Cash flows from investing activities		
Interest from investments	1,498	2,187
Purchase of tangible assets	(2,512)	(8,497)
Net cash used in investing activities	<u>(1,014)</u>	<u>(6,310)</u>
Net increase in cash and cash equivalents	83,117	3,895
Cash and cash equivalents at beginning of year	479,373	475,478
Cash and cash equivalents at end of year	<u>562,490</u>	<u>479,373</u>

The notes on pages 14 to 22 form part of these financial statements.

Suffolk Young People's Health Project

Company Limited by Guarantee

Notes to the financial statements

Year ended 31 March 2022

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 14 Lower Brook Street, Ipswich, IP4 1AP, Suffolk.

2. Statement of compliance

The charity constitutes a public benefit entity as defined by FRS 102. 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

The financial statements are prepared on a going concern basis. Trustees have taken into account all available information about the future (at least 12 months from the date when the financial statements are approved) and are not aware of any material uncertainties related to events or conditions that cast significant doubt upon the entity's ability to continue as a going concern.

Income tax

The company is a registered Charity and its activities are exempt from United Kingdom income and corporation tax. Income Tax recoverable on covenanted donations and Gift Aid is recognised in the financial statements in the period in which it is received. The Charity is not registered for VAT; irrecoverable VAT is reported with the expenditure to which it relates.

Fund accounting

Unrestricted funds are general funds which are available for use at the Trustees' discretion in furtherance of the general objectives of the Charity 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.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or have been raised by the Charity for particular purposes.

Suffolk Young People's Health Project

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 March 2022

3. Accounting policies *(continued)*

Income

All income is included in the Statement of Financial Activities (SOFA), on an accruals basis, when the Charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Incoming resources from contracts for services (generally, invoiced income) are regarded as unrestricted income. Performance-related grants, where the donor has expressed how and/or when a service is provided, are regarded as restricted income.

Deferred income, disclosed as a liability in the balance sheet, consists of resources received that are not recognised in the SOFA until the Charity is entitled to the income. Deferred income relates to future periods, or require other conditions that limit income recognition be met, and also include funds received where, by agreement with the donor, certain expenses can be charged directly to a fund.

No amounts are included in the financial statements for services donated by volunteers.

Expenditure

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with use of the resources. Eligible employees are members of a defined contribution pension scheme. Pension costs are accounted for on an accruals basis.

Operating leases

Rentals applicable to operating leases are charged to the SOFA over the period in which the cost is incurred.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Lease improvements	-	Up to the life of the lease
Office equipment	-	3 to 10 years

Suffolk Young People's Health Project

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 March 2022

3. Accounting policies *(continued)*

Provisions

Provisions are recognised when the entity has an obligation at the reporting date as a result of a past event, it is probable that the entity will be required to transfer economic benefits in settlement and the amount of the obligation can be estimated reliably. Provisions are recognised as a liability in the balance sheet and the amount of the provision as an expense.

Provisions are initially measured at the best estimate of the amount required to settle the obligation at the reporting date and subsequently reviewed at each reporting date and adjusted to reflect the current best estimate of the amount that would be required to settle the obligation. Any adjustments to the amounts previously recognised are recognised in income or expenditure unless the provision was originally recognised as part of the cost of an asset. When a provision is measured at the present value of the amount expected to be required to settle the obligation, the unwinding of the discount is recognised as a finance cost in the statement of financial activities in the period it arises, and is allocated to the appropriate expenditure heading.

Financial instruments

A financial asset or a financial liability is recognised only when the entity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

4. Limited by guarantee

The Charity is a company limited by guarantee. The members of the company are the Trustees named in the reference and administration section of these accounts. In the event of the Charity being wound up, each member's liability in respect of the guarantee is limited to £1.

5. Charitable activities

	Unrestricted Funds £	Total Funds 2022 £	Unrestricted Funds £	Total Funds 2021 £
Counselling	257,846	257,846	156,500	156,500
Youth Work	18,272	18,272	54,221	54,221
Other	5,685	5,685	2,169	2,169
	<u>281,803</u>	<u>281,803</u>	<u>212,890</u>	<u>212,890</u>

Suffolk Young People's Health Project

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 March 2022

6. Costs of raising donations and legacies

Year ended 31 March 2022

	Unrestricted funds £	Restricted funds £	Total Funds 2021 £
Fundraising expenses	<u>18</u>	<u>—</u>	<u>18</u>

Year ended 31 March 2021

	Unrestricted funds £	Restricted funds £	Total Funds 2021 £
Fundraising expenses	228	1,137	1,365
Staff costs	<u>—</u>	<u>9,628</u>	<u>9,628</u>
	<u>228</u>	<u>10,765</u>	<u>10,993</u>

Suffolk Young People's Health Project

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 March 2022

7. Expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Staff costs	189,318	141,986	331,304
Counsellor supervision costs	8,248	1,425	9,673
Travel expenses - staff and volunteers	103	509	612
Counselling partner costs	—	—	—
Activities and materials	53	3,221	3,274
Support costs	90,795	16,077	106,872
	<u>288,517</u>	<u>163,218</u>	<u>451,735</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Staff costs	191,398	160,863	352,261
Counsellor supervision costs	11,468	443	11,911
Travel expenses - staff and volunteers	139	25	164
Counselling partner costs	4,035	—	4,035
Activities and materials	439	738	1,177
Support costs	129,517	39,140	168,657
	<u>336,996</u>	<u>201,209</u>	<u>538,205</u>

Analysis of support costs

	2022 £	2021 £
Premises	44,116	119,719
Communications and IT	13,650	12,362
Office supplies and other expenses	4,156	1,022
Other staff costs	6,919	1,283
Professional fees	30,760	26,509
Depreciation	7,271	7,762
	<u>106,872</u>	<u>168,657</u>

8. Net income

	2022 £	2021 £
Net income is stated after charging/(crediting):		
Depreciation of tangible fixed assets	<u>7,271</u>	<u>7,762</u>

9. Independent examination fees

	2022 £	2021 £
Fees payable to the independent examiner for:		
Independent examination of the financial statements	<u>2,586</u>	<u>2,370</u>

Suffolk Young People's Health Project

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 March 2022

10. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2022 £	2021 £
Wages and salaries	307,412	338,693
Social security costs	19,289	17,929
Other pension costs	4,603	5,267
	<u>331,304</u>	<u>361,889</u>

The average head count of employees during the year was 30 (2021: 28).

No employee received employee benefits of more than £60,000 during the year (2021: £Nil).

11. Trustee remuneration and expenses

The Charity's key management personnel are the Trustees and Senior Management Team (SMT) as listed in the reference and administrative details. Trustees neither received nor waived emoluments during the year (2021: £Nil), and no expenses were reimbursed to Trustees in the year (2021: £Nil).

The total amount of employee benefits (including employer pension contributions) of the SMT for their services to the Charity was £111,891 (2021: £135,212).

12. Tangible fixed assets

	Lease improvement £	Office equipment £	Total £
Cost			
At 1 April 2021	119,672	55,132	174,804
Additions	–	2,512	2,512
At 31 March 2022	<u>119,672</u>	<u>57,644</u>	<u>177,316</u>
Depreciation			
At 1 April 2021	119,672	33,704	153,376
Charge for the year	–	7,271	7,271
At 31 March 2022	<u>119,672</u>	<u>40,975</u>	<u>160,647</u>
Carrying amount			
At 31 March 2022	<u>–</u>	<u>16,669</u>	<u>16,669</u>
At 31 March 2021	<u>–</u>	<u>21,428</u>	<u>21,428</u>

13. Debtors

	2022 £	2021 £
Trade debtors	30,905	85,265
Prepayments and accrued income	81,016	11,014
	<u>111,921</u>	<u>96,279</u>

Suffolk Young People's Health Project

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 March 2022

14. Creditors: Amounts falling due within one year

	2022	2021
	£	£
Trade creditors	3,055	7,476
Accruals and deferred income	145,163	76,933
Social security and other taxes	6,706	13,314
Other creditors	1,167	2,680
	<u>156,091</u>	<u>100,403</u>

15. Deferred income

	2022	2021
	£	£
At 1 April 2021	73,663	124,688
Amount released to income	(73,663)	(51,025)
Amount deferred in year	141,356	–
At 31 March 2022	<u>141,356</u>	<u>73,663</u>

Deferred income arises for conditional counselling and youth work services provided in the following period.

16. Provisions

	Dilapidations
	£
At 1 April 2021 and 31 March 2022	<u>93,367</u>

The dilapidations provision is aligned to the present obligation of the rental lease and is expected to be paid upon cessation of the lease agreement. The amount can be reliably determined and has been accounted for as a provision accordingly.

Suffolk Young People's Health Project

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Notes to the financial statements *(continued)*

Year ended 31 March 2022

17. Analysis of charitable funds

Restricted funds

	At 1 April 2021 £	Income £	Expenditure £	Transfers £	At 31 March 2022 £
Counselling and youth work fund	82,334	177,860	(163,218)	–	96,976

Unrestricted funds

	At 1 April 2021 £	Income £	Expenditure £	Transfers £	At 31 March 2022 £
General funds	320,976	312,205	(288,535)	–	344,646

Restricted funds

	At 1 April 2020 £	Income £	Expenditure £	Transfers £	At 31 March 2021 £
Counselling and youth work fund	–	294,308	(211,974)	–	82,334

Unrestricted funds

	At 1 April 2020 £	Income £	Expenditure £	Transfers £	At 31 March 2021 £
Designated funds;					
Reserves for long-term sustainability	272,800	–	–	(272,800)	–
Funds utilised for fixed assets	20,693	–	–	(20,693)	–
Youth Work fund	10,000	–	–	(10,000)	–
Counselling fund	77,500	–	–	(77,500)	–
Unrestricted funds;					
General funds	4,901	272,306	(337,224)	380,993	320,976
	<u>385,894</u>	<u>272,306</u>	<u>(337,224)</u>	<u>–</u>	<u>320,976</u>

Restricted funds

The counselling and youth work fund is a fund restricted by various providers towards the specific objectives as named. The projects are ongoing with the restriction ending upon being expensed or the end of the timeframe as provided within the scope of the agreements.

Suffolk Young People's Health Project

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Notes to the financial statements *(continued)*

Year ended 31 March 2022

18. Analysis of net assets between funds

As at 31 March 2022

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Tangible fixed assets	16,669	–	16,669
Debtors	41,091	–	41,091
Cash at bank and in hand	394,988	167,502	562,490
Current liabilities	(108,102)	(70,526)	(178,628)
Net assets	<u>344,646</u>	<u>96,976</u>	<u>441,622</u>

As at 31 March 2021

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Tangible fixed assets	21,428	–	21,428
Debtors	96,279	–	96,279
Cash at bank and in hand	323,376	155,997	479,373
Current liabilities	(120,107)	(73,663)	(193,770)
Net assets	<u>320,976</u>	<u>82,334</u>	<u>403,310</u>

19. Analysis of changes in net debt

	At 1 Apr 2021 £	Cash flows £	At 31 Mar 2022 £
Cash at bank and in hand	<u>479,373</u>	<u>83,117</u>	<u>562,490</u>

20. Operating lease commitments

The total future minimum lease payments under non-cancellable operating leases are as follows:

	2022 £	2021 £
Not later than 1 year	<u>27,500</u>	<u>28,988</u>

21. Related parties

There have been no related party transactions in this or the previous reporting year.

22. Annex 1

The following pages form part of these financial statements.

Suffolk Young People's Health Project

Company Limited by Guarantee

Annex 1 – Notes to the financial statements *(continued)*

Year ended 31 March 2022

ACHIEVEMENTS AND PERFORMANCE

1. Counselling Service

	1/4/2019 - 31/3/2020	1/4/20 - 31/3/2021	1/4/21- 31/3/22
4YP Appointments Offered	4327	3125	2612
4YP Appointments Attended	3107 (72%)	2460 (79%)	1926 (74%)
School Appointments Offered	2413	1731	3134
School Appointments Attended	2010 (83%)	1455 (84%)	2643 (84%)
TOTAL Appointments Offered	6740	4856	5746
TOTAL Appointments Attended	5117 (76%)	3915 (81%)	4569 (80%)
4YP Appointments Not Attended	1220	665	686
Of which <24 hrs / DNA	949	592	560
Total Number of Attending Clients	1057	655	836
Comprising School Clients	431	265	496
And 4YP Clients	626	390	340
Of which were SWS Referrals	291	192	218
Of which were non-SWS referrals	335	198	122
Of which were confirmed male	221	114	101
Of which were confirmed BAME	16	27	40

The 4YP counselling service is well established and fills a gap in provision in Suffolk. A team of 18 qualified and experienced counsellors offered young people aged 12-25 the opportunity to explore and work through problems in a safe, supportive, non-judgmental space. We recognise that no two young people are alike and that interventions must be tailored to the individual. Therapeutic work was accomplished in 50-minute 1:1 sessions, utilising talking therapies and creative media to help young people find healthy ways to express themselves.

COVID-19 restrictions meant that the counselling service operated virtually during this period, except from October to mid-December 2020. Whilst it was difficult to make the decision to work virtually, we felt that offering a safe and consistent service was in the best interest of the young people and team members. We found that virtual services worked for most young people and that those who lived further afield were able to access the service.

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Annex 1 – Notes to the financial statements *(continued)*

Year ended 31 March 2022

Impact of counselling – Case Study

S, a 14-year-old young person living in IP2 chose to put her counselling on hold until Covid restrictions would allow the return of face-to-face work. S had a history of self-harm, difficulty with interpersonal relationships, low mood and self-esteem, along with loss and bereavements. As the lockdown progressed S felt they needed to return to counselling, as they had had a self-harm episode and they and their mother were concerned that they could return self-harm as a coping strategy. S made contact with us on 14 May 2020 and we agreed on video sessions to support S during lockdown. S engaged well in their sessions, even including their mother in one of the sessions. S is learning how to identify their triggers and put safety measures in place, including speaking to their mother. S also developed a better understanding of how they acknowledged and managed their feelings. S also worked to maintain and develop new friendships during this time. S required slightly longer time spent in therapy due to the complexity of their presentation and the lockdown restrictions. S completed treatment on 9 July 2020 and was not using self-harming as a coping strategy, plus they had improved the relationship with their mother.

We saw a reduction in the total number of sessions offer from the previous year. Personnel changes, COVID-19 restrictions and changing school timetables accounted for the lower number of sessions offered. Despite the challenges of this year there was still demand for counselling services, with a total of **4856** (2020: 6740) appointments offered and **3915** appointments (81%) attended (2020: 5117, 76%). We continue to operate a waiting list.

Working in partnership with **13** high schools, **265** (2020: 431) young people received counselling support at school. This period was challenging for schools but by working together with safeguarding and pastoral care leads we were able to provide telephone and virtual support to the students identified as most needing support.

“My counsellor helped me with my anger and anxiety. I learned coping strategies that helped me look at things differently.” Feedback from a young person accessing virtual counselling through school.

Working closely with the Wellbeing Service meant that **192** (2020: 291) young people were able to access counselling through our working agreement. The remaining **390** (2020: 335) young people who accessed counselling support were referred from Suffolk County Council, Primary schools, GPs and other charity-funded or self-funding clients. These sessions were delivered from our Ipswich base and Bury St Edmunds and Haverhill hubs.

Suffolk Young People's Health Project

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Annex 1 – Notes to the financial statements *(continued)*

Year ended 31 March 2022

Last year young people were allocated an average of **8.0** sessions, with an average attendance rate of **6.3** sessions. Complex cases generally require **12** or more sessions and are agreed after a case review and agreement with the young person. The top three clinical presentations were anxiety (**49.7%**) (2020: 34.1%), low mood (**13.3%**) (2020: 18.7%), and anger (**13.6%**) (2020: 10.7%). We also saw young people experiencing stress, suicidal thoughts, self-harm, body-image issues, lack of confidence and difficulty with interpersonal relationships.

“It (counselling) made my daughter more confident in talking about her feelings.” Feedback from a parent.

As a vital resource in the community, we maintain links with local NHS services, Social Care, police, probation, and other voluntary organizations. The strong links we have developed with the NHS and local providers meant that 4YP was invited to take part in a pilot project to support young people who attended A&E after self-harming incidents. This project supported 19 young people and their parents.

“They listened to me and didn’t shut me down. They gave me a space to talk about what I needed to.” Feedback from a young person from the self-harm pilot.

“The treatment was tailored for my daughter’s age and the problem she was experiencing.” Feedback from a parent about the self-harm pilot.

Going forward

Mental Health Awareness campaigns continue to keep discussions open and our service in high demand. We will continue to monitor and evaluate our data collection, assessment process, pre- & post-counselling services and onward referral processes to ensure young people receive a high-quality, effective service. As we continue to maintain a waiting list, we continue to explore ways of making waiting times meaningful in preparation for counselling.

Virtual work will continue to be part of the ongoing counselling provision because we can work flexibly to meet the therapeutic needs of young people as we do not really know how long COVID-19 may be in place, or become in place. We will also be working with local universities and counselling training providers to offer students placement opportunities.

As with previous years, we expect that there will continue to be an increase in demand, especially for those experiencing anxiety, low-mood, self-harm and hopelessness.

The counselling team at 4YP will remain ready to meet the needs of the young people in Suffolk.

Suffolk Young People's Health Project

Company Limited by Guarantee

Annex 1 – Notes to the financial statements *(continued)*

Year ended 31 March 2022

2. Youthwork Provision

Young people can access our trained team of Young Peoples' Workers and volunteers, for 1:1 advice, online support in a safe environment, or attend group activities during the day and evenings. Young Peoples' workers were out in the community delivering support like detached youth work and groupwork in schools.

Youth Work Statistics

	1/4/2019 - 31/3/2020	1/4/20 - 31/3/2021	1/4/21- 31/3/22
TOTAL Named Youthwork Clients	235	118	216
Of which were confirmed Male	69 (29%)	33 (28%)	70 (32%)
Of which were confirmed Female	93 (40%)	53 (45%)	95 (44%)
Of which were confirmed BAME	10 (4%)	4 (3%)	13 (6%)

	1/4/2019 - 31/3/2020	1/4/20 - 31/3/2021	1/4/21- 31/3/22
TOTAL Youthwork Contacts			
Apr	315	134	158
May	337	189	199
Jun	286	112	402
Jul	408	107	150
Aug	333	102	170
Sep	289	201	82
Oct	352	194	188
Nov	485	164	729
Dec	383	114	129
Jan	572	50	460
Feb	593	124	329
Mar	349	102	368
TOTAL CONTACTS	4702	1593	3364

Suffolk Young People's Health Project

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Annex 1 – Notes to the financial statements *(continued)*

Year ended 31 March 2022

Youth work

Youth work is a complex series of professional principles and methods which we often describe as the science of enabling young people to believe in themselves and build positive futures. Youth work is community support provision aimed at older children and young people (11- to 25-year-olds). Youth work is the process of creating an environment where young people can engage in informal activities. Different varieties of youth work at 4YP include centre-based work, school-based, 1:1, youth clubs and outreach. 4YP provides young people with a safe place to go, something positive to do and someone trusted to talk to. We aim to enable young people to have a voice that affects their lives and changes within the community. Due to the increasing need, we have supported children aged seven to ten years old (beyond our primary age ranges), via transitions support, 1:1 work and a Homestart group.

Young people can access our trained team of Young Peoples' Workers and volunteers for 1:1 advice, online support in a safe environment, or attend group activities during the day and evenings. Young Peoples' workers were out in the community delivering support from 1:1 and groupwork in schools. Young people lie at the heart of all we do - we are an agile and responsive charity which makes a real difference to the lives of young people, their families, and the wider community. Young people choose to engage with us because our services are centre around their needs and devised collaboratively to achieve the best outcomes. The COVID-19 pandemic changed the way we lived and impacted children, young people/adults lives.

"it is nice to know I have somewhere to go to talk and I won't get judged" – Young Person

Summary

In the last year we have positively delivered a range of youth work. Due to COVID-19, we have been affected by staff shortages, but the team members have managed to support each other and cover services to limit the impact for young people. We have continued our online work, offering 1:1 appointments and schoolwork and volunteering/placements. We have had some more funding over this period to meet the increasing needs of young people wanting 1:1 support. We have started new projects, including detached work over at Kesgrave. This pilot project was requested by Kesgrave Town Council in response to increased antisocial behaviour. The impact has seen a sense of community pride returning, resilience and ownership through actions, from helping (e.g. local gardening), integration and helping to keep each other safe.

Suffolk Young People's Health Project

Company Limited by Guarantee

Annex 1 – Notes to the financial statements *(continued)*

Year ended 31 March 2022

Impact

4YP are proud of the developing work and increased engagement with young men with enhanced knowledge around wellbeing and personal safety. Our data revealed a rise in young men attending across the services. We have seen young men present as non-engaging in school settings, with challenging behaviour and wellbeing. 4YP developed many different approaches to engage with men, one was a drama programme called 'Weapon of Choice'. This was a new partnership with Pan Intercultural Arts, using drama to engage young people. The aim is to devise interactive plays that tackle the issues effecting young people and exploring feelings and wellbeing. We have seen young men learn the tools to understand mental health and wellbeing and an increased confidence to seek support.

Over the last year we have seen young people present with self-reported poor mental health, unable to express how they are feeling, engaged in unhealthy relationships, anxiety, exam stress, poor sleeping habits, social health such as isolation.

Youth workers were able to offer an open approach to 1:1 work, which meant we worked with the presenting needs and finding an approach that engaged the young person. We offered this face-to-face, online and by telephone phone. Youth workers found that anxiety was one of the main needs, this was due to school exams, COVID-19 and the 'new normal' for them. From the 1:1 work we saw young people developing coping mechanisms, identity new networks of support and gain increased confident to open up.

Case Study: Chat + Chill

HR heard about the new Online Chat + Chill programme when advertisements were sent out on social media. She was quick to respond and email me asking for the Zoom link. HR thought that this would be a good opportunity for her, as she wanted to continue communicating with people her age, as she was soon to leave college, and has struggled with isolation throughout COVID-19. HR has anxiety and struggles with communicating with others, due to fears of judgement. I was pleased to see that HR had emailed me for the Zoom link, as I used to work with her in Girl's Group in 2018 and wanted to see how she had developed her character. Back in 2018, HR was quite loud and was quick to be told that she needed to calm herself around others; therefore, I wanted to see how she had grown after three years. I was also glad to see that she was still using 4YP's services.

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Annex 1 – Notes to the financial statements *(continued)*

Year ended 31 March 2022

When HR joined Online Chat + Chill, she seemed different to when I last saw her in 2018. She was very reserved and had her microphone and camera off. She didn't want to contribute to the discussions much and generally had to be promoted to talk. However, as she got to know the other members of the group, throughout November especially, she became chattier and more started to turn her microphone and camera on intermittently. There was a rapid change in her behaviour within the group – HR started to contribute openly and willingly to the discussion, with conscientious and insightful ideas and arguments. For example, in our session on body image, she was very interested in stating her opinions on how social media and culture negatively affected perspectives on body image. This was really promising to see and was a positive change in her behaviour. HR was beginning to lift and lead the session, which was nice to see. In comparison to 2018, HR has presented herself as accepting and a good listener in these sessions. She has significantly grown as a person and has become more mature and conscientious of those around her. These sessions have specifically helped HR bring out her confidence in speaking about issues that she feels strongly about, in a mature and comprehensive manner. This demonstrates the positive impacts of the Chat + Chill sessions, especially for those like HR.

Half term

The half term in February was an opportunity for the youth team to spend the time reconnecting with services and young people outside of the 4YP base. To promote 4YP and to learn about local needs.

During Easter half term the youth team planned a football penalty shootout in local parks to engage with young people in the local area which saw over 200 attend.

We also planned a baking Easter session at the 4YP hub which gave young people the opportunity to engage in a positive activity in a safe place.

The Summer and Christmas Programmes were aimed to ensure that young people aged 7-14 years old whose parents are on a low income, benefits or unemployed had the opportunity to take part in active and creative weekly activities across the holidays. During the delivery of the programme, Young People's Workers and volunteers demonstrated youth work practice, by engaging young people through creative activities, discussions, and icebreakers within an informal learning setting as well as offsite visits. The Programme gave young people the opportunity to form new friendships, grow in confidence, build on their self-esteem whilst increasing their awareness of healthy relationships and a greater sense of belonging. Consequently, helping young people to adapt to new social environments and settings in a positive way by equipping them with the tools and experience needed to positively express themselves.

Suffolk Young People's Health Project

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Annex 1 – Notes to the financial statements *(continued)*

Year ended 31 March 2022

Summer programme

We had two programmes this year.

1, In partnership with Hightide, and Suffolk film to work with two groups on being Suffolk refugee and the other girls group. This is for young people to plan, develop a film of choice.

2, To develop four days of a summer programme. The plan is to have two days at 4YP and two days at Kesgrave hall. The aim to offer an activity as well as offer a healthy meal, this is a new pot of funding and a way to develop more partnership work.

Drop in

Drop in is paramount to 4YP it offers a safe place young people to be when other services are shut, or a place to come in time of need, where they can express themselves. Often, they come in chaotic but leave calmer due to the support provided and being heard. We have seen young people come in due to homeless, friendship and family problems or poor wellbeing.

New role

The development of a new role of Lead Young People's Worker has allowed us to focus on the quality of our work. Lily will have a supervisory role and will be preparing observations and offering support to the youth work team. Since this post has been in place, we have developed a new training induction for new youth work staff. This is a training booklet that workers will have to get signed off before they deliver work alone. It includes support and training to gain a recognised Level 2 youth work qualification, as well as safeguarding, first aid. Our aim is to offer a range of training and support from the beginning as this is vital in good quality youth work.

Youth participation/social action

This group was designed to give young people a voice and supported young people transition to the next stages of adulthood. At the beginning of the programme young people expressed a feeling of overall exclusion and a lack of social and employment opportunities, they expressed feeling depressed and less likely to interact with others in person. The group covered team building meetings and activities to bring them together and to encourage them to build on their communication skills and team work as well as their confidence. Young people have set individual goals and achieved these - i.e., being accepted into university, college, full time employment.

Suffolk Young People's Health Project

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Annex 1 – Notes to the financial statements *(continued)*

Year ended 31 March 2022

Walk and talk

This group focused on being outdoors for young people aged between 12-25 who do not usually engage in physical activity. The aim of this group was on improving young peoples' physical and mental wellbeing, whilst educating them on how to live healthier lifestyles. With some restrictions in place due to lockdown, we saw workers being creative with activities to carry out within the home. Once the daily exercise was in place, the group managed to walk together whilst using their own phones. This meant that they would walk within their community and stay connected. This led to reduced isolation, creating a sense of belonging and providing a space to improve wellbeing. From these sessions young people developed personal skills, improved communication, reduced stress levels and improved confidence to leave their homes.

Chat and chill

Online Chat + Chill has provided an accessible, online environment, in which YP have the chance to chat about topics that interest/are important to them, as well as participate in team- and character-building activities. The platform which was used was Zoom, details were only shared with young people and organisations where YP wanted to join the groups. Sessions are led by the YPs' needs; e.g. what material YP see and hear in the media/friendships/relationships/school etc. The YP also participated in online games.

Drama

Weapon of Choice: This was a new partnership venture with Pan Intercultural Arts, using drama to engage young people. The aim is to devise interactive plays that tackle the issues effecting young people, peers and communities. The play explores youth violence, gang affiliation and choice and consequence.

Home Start

A group focused on the development of young peoples' emotional, social and physical wellbeing. The sessions were targeted at age ranges 7-10 and 10-13 years old. The age range of 7-10 years old were a new group for 4YP. The aim of this group, which we met, was to increase awareness of healthy relationships and to develop ways of expressing feelings. The sessions were focused on team games, risk-taking behaviour, communication and creating problem solving techniques through fun activities and discussions. Young people learnt skills to positively express themselves through participation whilst in a safe environment.

Suffolk Young People's Health Project

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Annex 1 – Notes to the financial statements *(continued)*

Year ended 31 March 2022

Girls Group

Girls Group is one of the most popular groups at 4YP. Throughout the year we have seen new young people attend. The group is made up of young people from different backgrounds who do not usually engage together. The group offers a non-judgemental approach and safe space for young women to be themselves. The sessions we have delivered were focused on informal learning taking place, but in a fun way. This last year we have focused on world matters, physical health, mental health, self-esteem, and confidence, as well as the pressures of COVID-19. This year has given young people a place to share common issues and access support. Young people gained in resilience which helped them when facing on-going challenges.

1:1

We offered a range of services, from phone and 1:1 support where young people had a safe space and time to talk to a youth worker. This role varied from supported work online, we took referrals from internal counsellors and have developed a short referral form so that Counsellors can refer to the youth work team. This has worked well, and we have seen young people being referred to us on a regular basis.

Youth clubs

We run two clubs at different locations, the first in Kesgrave, Ipswich and the second in Hintlesham, a village outside of Ipswich

The aim of the youth club is to improve young people's knowledge and expand their links to networks and channels of support, leading to improved health and wellbeing for themselves, but also their peers and their communities. The youth club has provided a safe space to engage with young people by having a planned activity each week. This would be designed from discussions we have with young people to meet their needs and interest. Each planned activity would be used to encourage fun and enable young people to learn and develop new skills through informal education. We have seen the number of young people increase over the year and having new young people attend.

Detached

Due to antisocial behaviour in the area (Kesgrave) 4YP ran a pilot project to deliver detached youth work. The youth team engage with groups and individuals who are not involved in other existing services/clubs. This means that these young people are engaged with and heard who do not connect with other mainstream support offered. 4YP Youth Workers must be most skilled to engaged with young people on their terms. We have found detached has offered young people a safe person to talk to and we have seen the community response positively to the youth work presence.

Suffolk Young People's Health Project

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Annex 1 – Notes to the financial statements *(continued)*

Year ended 31 March 2022

Schools work

Stone lodge

We ran a weekly space to engage with young people in 1:1 support or small groups. We saw young people (SEN) that needed assistance to navigate relationships. This offered young people a safe space to explore and learn healthy relationships and improve self-esteem.

Ipswich High school

The youth team run two full days on youth work a week, this was a mix of 1:1 work and small group work, we saw an increased need of wellbeing needs and social needs.

King Edward VI School

1:1 support was given to young people to explore thoughts and feelings. Needs we saw were anxiety, schools related stress and bullying. We worked closely with the school top provide wraparound support, from risk management to safeguarding.

Ipswich Academy

We have provided weekly open access drop-in support. This has seen many young people attend each week, the aim to gain an understanding of the local needs while providing an open space for young people to engage in. We saw young people open up about a range of topics, and engage in other activities outside of their comfort zones.

Reading Sparks

The Reading Sparks project aimed to encourage reading and literacy in young people in addition to creating aspirations in the field of STEM through the delivery of creative projects. Suffolk Libraries, in partnership with the Reading Agency delivered a series of events and activities aimed to spark young people's imagination. As part of this work, Suffolk Libraries has engaged our qualified youth workers to help facilitate sessions.

Promotion

We have been able to attend more events. This has meant we have engaged with more young people and families to promote 4YP. We have attended community awareness days and young people's events. From these, we were able to establish the community needs and make connections with local people and services.

Suffolk Young People's Health Project

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Annex 1 – Notes to the financial statements *(continued)*

Year ended 31 March 2022

Other

In this period, we have seen an increased number of referrals from parents, GPs, young people and professionals regarding anxiety, anger management, asking for 1:1 support.

We have been developing and re connecting again with organisations to build relationships and ensure young people receive holistic joined up support. This has included the YMCA, Suffolk Refugees, Porch Project, South Street, Volunteering Matters and Suffolk Mind.

Development

We will be using a new evidence tool to ensure we measure the impact of our interventions on a young person's journey. The Outcome Star™ is an evidence-based tool designed to support positive change and greater wellbeing, with scales presented in a star shape and measured on a clearly defined journey of change.

Suffolk Young People's Health Project

Company Limited by Guarantee

Annex 1 – Notes to the financial statements *(continued)*

Year ended 31 March 2022

ACKNOWLEDGEMENT OF FUNDERS

Trustees would like to thank the following grant-making organisations, without whose support the Charity's work would be impossible:

The National Lottery Community Fund

Suffolk Community Foundation –

Henry Smith

RJB

#iWill

Maurken Fund

Suffolk Coronavirus Community Funds

Harris Family Fund

Realising Ambitions

Hill Family Fund

High Sheriff's Fund

Woodward Fund

#iWill Fund

Hintlesham and Chattisham Fund

West Fund

Acorn Fund

Anglian Water

Private Funds

Ipswich Borough Council

Suffolk County Council

NSFT

Suffolk Area Community Locality Budgets

Mrs L D Rope Third Charitable Trust

Ipswich and East CCG

East of England Co-Op Community Cares

Kesgrave Town Council

Suffolk Libraries

Tesco (Groundwork) Bags for Help

East of England Co-op Community Care Fund

Kesgrave Town Council

Youth Workers Development Fund

The Childwick Trust

The Ganzoni Charitable

FOR CHILDREN & YOUNG PEOPLE

England & Wales - Charity number 1084286

Accounts

COMPANY REGISTRATION NUMBER: 03954918

CHARITY REGISTRATION NUMBER: 1084286

**Suffolk Young People's Health Project
Company Limited by Guarantee
Unaudited financial statements
31 March 2021**

Suffolk Young People's Health Project

Company Limited by Guarantee

Financial statements

Year ended 31 March 2021

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Suffolk Young People's Health Project

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report)

Year ended 31 March 2021

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2021.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Companies Act 2006 and 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 published in October 2019.

Suffolk Young People's Health Project

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 March 2021

Chair's report

I am pleased to introduce Suffolk Young People's Health Project's annual report for 2020-21. It has been a very successful year, with our ongoing busy programme of events and some new initiatives. Demand for our services continues, which gives us confidence that we are transforming many young people's lives and that our services are valued across Suffolk.

The last twelve months have again presented complex challenges in the charity sector and ended with the continued impact of Coronavirus (COVID-19). The already challenging landscape in which charities work became even more complex with social distancing and the furloughing of staff. Maintaining our social, emotional, mental health and wellbeing of young people remained a priority, even with ever-diminishing funding opportunities and increasing competition. These were complex times indeed.

However, 4YP implemented its contingency plans and evolved seamlessly online. The Board took responsible decisions to reduce costs whilst providing key services for young people. 4YP did not maintain its fund raising throughout the year, expected in these austere times with hesitant funding for charitable causes.

4YP is an ongoing excellent community resource for Suffolk. The Charity is staffed by a skilled, caring, and professional team of people who work extremely hard. They do not take home huge salaries and are prepared to adapt appropriately as the situation requires. COVID-19 demonstrated this. 4YP remains steadfast in providing the best of activities, support, and opportunities for young people. Closer collaboration and innovation, along with sound governance, and demonstrating our capabilities and the impact we make, will play major roles in ensuring 4YP remains a success.

It is easy to knock young people, in Ipswich and other towns and cities, as we witness first-hand the devastating consequences of gang-related violence. However, we have to remember that the vast majority of young people are not involved and are as shocked and worried as everyone else about the ongoing problems. Here at 4YP we believe in every young person we see. Many are more resilient than they are given credit for and have much to offer. If we don't invest in our young people now, then we may well be storing up trouble for later years. It has never been so crucial to give our young people the best hop-up into adulthood. Let's hope funders from all sectors see the wisdom in helping 4YP and others, to prevent young people becoming tomorrow's problems.

On behalf of trustees, I would like to thank all our stakeholders including funders and partners who are crucial to our success, now and in future years.

I extend my gratitude to the Chief Executive and dedicated staff team including volunteers, particularly those who have given beyond the call of duty over the last 12 months, to meet young people's needs. They demonstrate the best traditions of charitable work - commitment, integrity, and compassion.

I also thank the trustees for their leadership, support, and professionalism over the year. We said goodbye to three of our Directors/Trustees Anthony Horner, Nettie Burns and Bal Kaur, who stood down and resigned from the Board.

Finally, I would like to thank the young people for whom it is our privilege to work with. They keep us true to our core purpose and mission

Richard Lister
Chairman

Suffolk Young People's Health Project

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 March 2021

Reference and administrative details

Registered charity name	Suffolk Young People's Health Project
Charity registration number	1084286
Company registration number	03954918
Principal office and registered office	14 Lower Brook Street Ipswich IP4 1AP Suffolk

The trustees

The trustees who served during the year and at the date of approval were as follows:

R Lister (Chairman)
A M Hardwick (Treasurer)
C Barrit-Hayes
H de Las Casas (Appointed 17/11/2021)
S Jarrett
K Tyrrell
N Burns (Resigned 31/10/2020)
B Kaur Howard (Resigned 05/04/2021)
A Horner (Resigned 05/06/2021)

Patron N Hunt

Senior management team

Chief Executive: T Pinter (Resigned 19/03/2021)

Operational management team

Wellbeing Clinical Manager: N Merfeld
Youth Work Coordinator: S McMurty
Business & Marketing Coordinator: G Memory - White

Bankers Royal Bank of Scotland
Liverpool CSC
Stephenson Way, Wavertree
Liverpool, L13 1HE

Independent examiner L Thurston FCCA
Lovewell Blake LLP
Chartered accountants
First Floor Suite
2 Hillside Business Park
Bury St Edmunds
IP32 7EA

Suffolk Young People's Health Project

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 March 2021

Objectives and activities

Charity's name

The Charity's registered name is **Suffolk Young People's Health Project** (SYPHP). After consulting with young people, Trustees, staff, volunteers and partner agencies, the operational name of **4YP** was adopted to reflect collaborative and partnership approaches to deliver services **for young people**.

Charitable objectives

The Charity's strategic Aims and Objectives are:

1. The protection and preservation of the health(x) of young people in Suffolk through provision of a centre or centres offering youth worker led Drop-In sessions for:

- advice, guidance, support, and training,
- young person focused counselling,
- contraceptive and sexual health information, advice, supplies, and basic screening,
- substance misuse advice and support, and
- other related advice and support services.
- World Health Organisation definition of Health: a state of optimal physical, mental, and social well-being and not merely the absence of disease or infirmity.

2. The provision of recreational facilities in the interests of social welfare for those persons in need of such facilities.

3. To assist young people in Suffolk to grow to full maturity as individuals and as members of society and thus improve their quality of life and future opportunities. This will be achieved particularly by helping young people in Suffolk establish life skills.

Why is 4YP needed?

Suffolk Young People's Health Project evolved from a 1996 conference organised by Dr Fran Reader, researching into sexual health needs of young people.

Suffolk Young People's Health Project

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 March 2021

Recent evidence suggests a clear link between trauma in childhood and damaging behaviours in adulthood, with consequent poor social outcomes. Figures to Suffolk's Health and Wellbeing Board indicate that individuals with four or more Adverse Childhood Experiences - sexual or physical abuse, domestic violence, parental separation, criminality, family history of drugs/alcohol abuse - were twice as likely to binge drink, seven times more likely to be involved with violence, and eleven times more likely to be using drugs or be detained. Prevention and self-care is key.

4YP's focus today, working with government agencies and other charitable foundations, continues to support the well-being of young people and their transition from childhood to adulthood. 4YP aims to provide early intervention, develop safe coping strategies, build resilience, and form safe networks, together with support to families, schools, and the community.

Public benefit

The Trustees are aware of and have due regard to Charity Commission guidance on public benefit, and have taken it into account when making any decision. The Charity targets a beneficiary age range of 12 to 25 year-olds in Suffolk, but can be less than 12 year-old for some specially targeted services.

4YP's success with early intervention delivers a significant public benefit by avoiding the long-term higher costs associated with public intervention: by health authorities (A&E and/or mental services), and/or by social services, and/or by police and justice systems.

Activities

The key activities comprise:

1. One-to-one **counselling service** which is confidential, where the individual will be listened to and taken seriously, in a non-judgemental way.
2. **Group work and Drop-In services** complements individual counselling by offering a safe space for young people, again without being judgemental.
3. **Other activities** including an awareness of gang culture, support to parents/carers, monitoring and evaluation, Young People's involvement, and promotion and the online community.

Activities comprise one-to-one support, group sessions and workshops covering a wide range of topics that affect the well-being of today's young people. 4YP also sign-post to appropriate services.

Diversity

SYPHP and partner agencies offer services and activities to as diverse a group of young people as possible. Support is facilitated for young adults with highly complex needs and chaotic lives, those who are Not in Education, Employment and Training (NEET), people with learning difficulties, young offenders, plus people from ethnic minorities or who are gay, lesbian, bi-sexual, transgendered or questioning youth.

Achievements and performance

The achievements and performance are described in the annex to these accounts along with the acknowledgment of funders.

Suffolk Young People's Health Project

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 March 2021

Financial review

Net income / (expenditure)

The Statement of Financial Activities (SOFA) for the year shows net income for the year in surplus by £17,416 (2020: net deficit £25,444) which was a result of an improving picture from the COVID-19 impact on grant funding and fundraising for the Charity sector.

Income

Incoming funds of £566,614 (2020: £488,931) was generated during the year. Restricted income of £294,308 (2020: £187,294) was ring-fenced for the purpose they had been given, plus unrestricted income of £272,306 (2020: £301,637). The principal funding sources by activity are shown in the notes to the financial statements.

Expenditure

A total of £549,198 (2020: £514,375) was expended of which £211,974 (2020: £197,466) was allocated to restricted funds and £337,224 (2020: £316,909) was spent from unrestricted funds. Of the total expenditure, 99% (2020: 98%) was expended on charitable activities to provide services for young people and 1% (2020: 2%) on generating funds.

Risk management

The Trustees regularly review organisational risk, and consider the major risks arise from continuity of funding for services and the preservation of cash in any financial crisis. The Reserves policy seeks to address these concerns. Trustees continue to review the Charity's long-term viability by diversifying income streams and establishing higher-value income.

Reserves Policy

Trustees place great importance on the sustainability of the Charity long-term, and have regard to the importance of being able to retain the core of its well-trained and experienced workforce. To this end, the primary aim of the Reserves Policy is to:

- allow the Charity to maintain its direct expenditure and cover liabilities for a period of 5 months,
- fulfil statutory and legal obligations including those to employees and suppliers, and
- allow for orderly winding-up of the Charity should this become necessary.

The reserves policy is reviewed and adjusted annually. In relation to the year ended 31 March 2021 and following the impact of Covid-19 on the activities of the Charity and the viability of designated projects, the Trustees have sought to undertake a thorough review and reconsideration of the amounts required to be held as part of both the reserve policy and designated funds. Accordingly, the Trustees have undesignated funds in the year and calculated the updated reserve policy to be £279,356 in line with the primary aims noted above.

The free, undesignated reserves of the charity amount to £320,976 (2020: £4,901). The Trustees are satisfied that the reserves are robust enough to deal with the changing and difficult environment following the impact of Covid-19 and amounts are held in excess of the free reserves prudently and accordingly. The Trustees will look to review and expense amounts held above the reserves policy in accordance with the objectives of the charity over the coming years.

Suffolk Young People's Health Project

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 March 2021

Grants and donations

Trustees sincerely thank all the individuals, groups and communities who have generously given their time, hard work and money to undertake and support these activities for and on behalf of the Charity, an acknowledgement of grant-making funders is shown in the annex to these accounts.

Donations and community fundraising:

The majority of non-invoiced income is derived from grants from other charitable trusts. Community fundraising follows recognised standards of the Code of Fundraising Practice; the Charity does not employ commercial professional fundraisers.

Several donations and community fundraising events were undertaken by individuals and groups during the year, raising £26,744.82. Events ranged from Suffolk Buggs VW Christmas Light's Cruise, The Ipswich Inner Wheel fundraising and local supermarket token schemes. The Charity also benefits from anonymous donors, long-standing friends, collections in schools & local businesses, and an individual who provided repeat significant funds. With this year being in the middle of a global Pandemic (COVID-19) our fundraising efforts have taken a hit. With many people working from home and events of many kinds not being able to go ahead, this did mean community and corporate fundraising was at a minimum. However, with long standing supporters and the community seeing the need for 4YP services, support was still received.

4YP worked closely with many large and small grant giving organisations including The National Lottery Community Fund, Global Make Some Noise, Henry Smith, and Suffolk Community Foundation. This enabled continuation of core services during the pandemic and ensured 4YP were able to support as many young people as possible within Suffolk.

Volunteering:

Volunteers, including young people (some as work and student placements) donated in excess of 1,030 hours of their time to the Charity last year. This is slightly down to the previous year due to the impact on face to face interaction that COVID-19 had on the charity. Adult volunteers supported youth work with online and telephone support during the pandemic. The #iWill project saw a total of 30 young volunteers support with youth work activities. This was a funded volunteer project. Trustees acknowledge and greatly value the contribution made by volunteers and wish to convey their gratitude and sincere thanks to everyone for their on-going support and commitment.

Suffolk Young People's Health Project

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 March 2021

Plans for future periods

Summary of the year

This has been another busy year, consolidating the Charity's work to support the health of young people in Suffolk. The information on previous pages, plus testimonials on our website, indicates 4YP continues to make a difference to our beneficiaries as well as the wider community.

Aligned with this has been the ongoing commitment to maintain and develop a wide range of Drop-In youth work and planned group work to assist young people mature as individuals and become full members of society. By working on their Adverse Childhood Experiences and consequent social exclusions, we can show them alternative outcomes and thus improve their quality of life and future opportunities.

Trustees believe their greatest assets are staff and volunteers, and as such are committed to their training and development. We are also keen to listen to all the young people whilst within 4YP, so they can play an active part in the Charity's development.

Looking forward

Trustees are committed to ensuring that services offered continue to be available, accessible and operate to the highest quality standards. In the forthcoming year, Trustees will:

- continue to deliver high quality services to the young people of Suffolk,
- pursue opportunities for collaboration and partnership working,
- build a community of supporters and volunteers,
- continue to involve young people to ensure current and future services meet their needs,
- develop the evidence base to demonstrate the Charity's effectiveness and impact, and publish reports to inform stakeholders and challenge local policy,
- maximise the potential of website and social media activities, and on-line learning tools, and
- review and build the Charity's infrastructure to facilitate further growth.

4YP is still very-much needed, in an environment that is challenging for funders and providers as well as the young people themselves. Within an ethos of strong corporate governance, the Charity will continue to develop a rigorous evidence base for services that young people need.

Suffolk Young People's Health Project

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 March 2021

Structure, governance and management

Constitution

The Charity, a company limited by guarantee incorporated on 23 March 2000 and registered with the Charity Commission on 29 December 2000, is governed by its Memorandum & Articles of Association ("Memo & Arts").

The Directors of the company, who are also charity trustees for the purpose of charity law, are the members of the Board (referred to as the "Management Committee" in its Memo & Arts), plus up to three places to allow young people participation. The Trustees/Directors are listed in the reference and administration details of these accounts. In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per Director/Trustee of the Charity.

Management

The Board directs and determines the Charity's affairs. The Chief Executive manages day-to-day operations in accordance with the Board's strategic directions.

The Board met four times during the year to review the Project's activities and performance, together with policies, organisational risk assessment, management and administrative controls, and decisions on strategic direction. The Board appoints sub-Committees to look at specific issues in more depth as and when the need arises.

Trustee/Director recruitment

Trustees seek a diverse body of people with a broad range of skills. Potential appointees, selected by invitation or from receipt of an expression of interest, are considered by the Board and, if suitable, are interviewed by the Chairman. Appointments approved by the Board are subject to enhanced check by the Disclosure and Barring Service. An induction is undertaken by the Chief Executive and covers:

- Memorandum & Articles of Association, and obligations of Board members.
- Explanation of services provided and safeguarding responsibilities.
- Summary of Business Plan, budget, and latest Annual Review and Financial Statements.
- Charity Commission guidance, including the Trustee responsibilities.
- Annual schedule of meetings, with meeting objectives.
- Organisational and staff structures, with a tour & introduction to staff and volunteers

Independent examiner reappointment

A resolution to appoint L Thurston FCCA of Lovewell Blake LLP as independent examiner will be proposed at the next Annual General Meeting.

Small company provisions

This report has been prepared taking advantage of the small companies' exemption of section 415A of the Companies Act 2006.

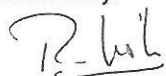
Suffolk Young People's Health Project

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 March 2021

The trustees' annual report was approved on ~~20 December 2021~~ and signed on behalf of the board of trustees by:



R Lister (Chairman)

Suffolk Young People's Health Project

Company Limited by Guarantee

Independent examiner's report to the trustees of Suffolk Young People's Health Project

Year ended 31 March 2021

I report to the charity trustees on my examination of the financial statements of the company for the year ended 31 March 2021 which comprise the statement of financial activities (including income and expenditure account), balance sheet, statement of cash flows and the related notes.

Responsibilities and basis of report

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

Having satisfied myself that the financial statements of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's financial statements as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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

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

 22/12/21

L Thurston FCCA
Independent Examiner

Lovewell Blake LLP
Chartered accountants
First Floor Suite
2 Hillside Business Park
Bury St Edmunds
IP32 7EA

Suffolk Young People's Health Project

Company Limited by Guarantee

Statement of financial activities (including income and expenditure account)

Year ended 31 March 2021

	Note	Unrestricted funds £	2021 Restricted funds £	Total funds £	2020 Total funds £
Income and endowments					
Grants, donations, and legacies		54,844	294,308	349,152	212,384
Charitable activities	5	212,890	–	212,890	256,879
Other trading activities		2,385	–	2,385	15,783
Investment income		2,187	–	2,187	3,885
Total income		<u>272,306</u>	<u>294,308</u>	<u>566,614</u>	<u>488,931</u>
Expenditure					
Raising funds					
Costs of raising donations and legacies	6	228	10,765	10,993	8,796
Charitable activities	7	336,996	201,209	538,205	505,579
Total expenditure		<u>337,224</u>	<u>211,974</u>	<u>549,198</u>	<u>514,375</u>
Net income/(expenditure) and net movement in funds		<u>(64,918)</u>	<u>82,334</u>	<u>17,416</u>	<u>(25,444)</u>
Reconciliation of funds					
Total funds brought forward		385,894	–	385,894	411,338
Total funds carried forward		<u>320,976</u>	<u>82,334</u>	<u>403,310</u>	<u>385,894</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The notes on pages 15 to 24 form part of these financial statements.

Suffolk Young People's Health Project

Company Limited by Guarantee

Balance sheet

31 March 2021

	Note	2021 £	£	2020 £	£
Fixed assets					
Tangible fixed assets	12		21,428		20,693
Current assets					
Debtors	13	96,279		38,342	
Cash at bank and in hand		<u>479,373</u>		<u>475,478</u>	
		575,652		513,820	
Creditors: Amounts falling due within one year	14	<u>(100,403)</u>		<u>(138,619)</u>	
Net current assets			<u>475,249</u>		<u>375,201</u>
Total assets less current liabilities			496,677		395,894
Provisions	16		<u>(93,367)</u>		<u>(10,000)</u>
Net assets			<u>403,310</u>		<u>385,894</u>
Funds of the charity					
Restricted funds			82,334		—
Unrestricted funds			<u>320,976</u>		<u>385,894</u>
Total charity funds	17		<u>403,310</u>		<u>385,894</u>

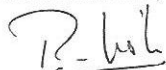
For the year ending 31 March 2021 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

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

These financial statements were approved by the board of trustees and authorised for issue on 20/12/2021, and are signed on behalf of the board by:



R Lister (Chairman)

Company registration number: 03954918

The notes on pages 15 to 24 form part of these financial statements.

Suffolk Young People's Health Project

Company Limited by Guarantee

Statement of cash flows

Year ended 31 March 2021

	2021 £	2020 £
Cash flows from operating activities		
Net income/(expenditure)	17,416	(25,444)
<i>Adjustments for:</i>		
Depreciation of tangible fixed assets	7,762	6,978
Interest from investments	(2,187)	(3,885)
Accrued expenses/(income)	551	(10,371)
<i>Changes in:</i>		
Trade and other debtors	(57,245)	(4,682)
Trade and other creditors	44,745	(40,191)
Provisions	83,367	10,000
Cash generated from operations	94,409	(67,595)
Interest received	(692)	—
Net cash from/(used in) operating activities	93,717	(67,595)
Cash flows from investing activities		
Interest from investments	2,187	3,885
Purchase of tangible assets	(8,497)	(11,109)
Net cash used in investing activities	(6,310)	(7,224)
Net increase/(decrease) in cash and cash equivalents	87,407	(74,819)
Cash and cash equivalents at beginning of year	475,478	477,443
Cash and cash equivalents at end of year	562,885	402,624

The notes on pages 15 to 24 form part of these financial statements.

Suffolk Young People's Health Project

Company Limited by Guarantee

Notes to the financial statements

Year ended 31 March 2021

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 14 Lower Brook Street, Ipswich, IP4 1AP, Suffolk.

2. Statement of compliance

The charity constitutes a public benefit entity as defined by FRS 102. 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

The financial statements are prepared on a going concern basis. Trustees have taken into account all available information about the future (at least 12 months from the date when the financial statements are approved) and are not aware of any material uncertainties related to events or conditions that cast significant doubt upon the entity's ability to continue as a going concern.

The Trustees have considered the impact of Covid-19 in assessing going concern.

Income tax

The company is a registered Charity and its activities are exempt from United Kingdom income and corporation tax. Income Tax recoverable on covenanted donations and Gift Aid is recognised in the financial statements in the period in which it is received. The Charity is not registered for VAT; irrecoverable VAT is reported with the expenditure to which it relates.

Fund accounting

Unrestricted funds are general funds which are available for use at the Trustees' discretion in furtherance of the general objectives of the Charity 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.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or have been raised by the Charity for particular purposes.

Suffolk Young People's Health Project

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 March 2021

3. Accounting policies *(continued)*

Incoming resources

All income is included in the Statement of Financial Activities (SOFA), on an accruals basis, when the Charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Incoming resources from contracts for services (generally, invoiced income) are regarded as unrestricted income. Performance-related grants, where the donor has expressed how and/or when a service is provided, are regarded as restricted income.

Deferred income, disclosed as a liability in the balance sheet, consists of resources received that are not recognised in the SOFA until the Charity is entitled to the income. Deferred income relates to future periods, or require other conditions that limit income recognition be met, and also include funds received where, by agreement with the donor, certain expenses can be charged directly to a fund.

No amounts are included in the financial statements for services donated by volunteers.

Resources expended

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with use of the resources. Eligible employees are members of a defined contribution pension scheme. Pension costs are accounted for on an accruals basis.

Operating leases

Rentals applicable to operating leases are charged to the SOFA over the period in which the cost is incurred.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Lease improvements	-	Up to the life of the lease
Office equipment	-	3 to 10 years

Suffolk Young People's Health Project

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 March 2021

3. Accounting policies *(continued)*

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the charity are assigned to those units.

Provisions

Provisions are recognised when the entity has an obligation at the reporting date as a result of a past event, it is probable that the entity will be required to transfer economic benefits in settlement and the amount of the obligation can be estimated reliably. Provisions are recognised as a liability in the balance sheet and the amount of the provision as an expense.

Provisions are initially measured at the best estimate of the amount required to settle the obligation at the reporting date and subsequently reviewed at each reporting date and adjusted to reflect the current best estimate of the amount that would be required to settle the obligation. Any adjustments to the amounts previously recognised are recognised in income or expenditure unless the provision was originally recognised as part of the cost of an asset. When a provision is measured at the present value of the amount expected to be required to settle the obligation, the unwinding of the discount is recognised as a finance cost in the statement of financial activities in the period it arises, and is allocated to the appropriate expenditure heading.

Financial instruments

A financial asset or a financial liability is recognised only when the entity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Suffolk Young People's Health Project

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 March 2021

4. Limited by guarantee

The Charity is a company limited by guarantee. The members of the company are the Trustees named in the reference and administration section of these accounts. In the event of the Charity being wound up, each member's liability in respect of the guarantee is limited to £1.

5. Charitable activities

	Unrestricted Funds £	Total Funds 2021 £	Unrestricted Funds £	Total Funds 2020 £
Counselling	156,500	156,500	239,723	239,723
Youth Work	54,221	54,221	12,483	12,483
Other	2,169	2,169	4,673	4,673
	<u>212,890</u>	<u>212,890</u>	<u>256,879</u>	<u>256,879</u>

6. Costs of raising donations and legacies

Year ended 31 March 2021

	Unrestricted funds £	Restricted funds £	Total Funds 2021 £
Fundraising expenses	228	1,137	1,365
Staff costs	—	9,628	9,628
	<u>228</u>	<u>10,765</u>	<u>10,993</u>

Year ended 31 March 2020

	Unrestricted funds £	Restricted funds £	Total Funds 2020 £
Fundraising expenses	351	—	351
Staff costs	8,445	—	8,445
	<u>8,796</u>	<u>—</u>	<u>8,796</u>

Suffolk Young People's Health Project

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 March 2021

7. Expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Staff costs	191,398	160,863	352,261
Counsellor supervision costs	11,468	443	11,911
Travel expenses - staff and volunteers	139	25	164
Counselling partner costs	4,035	–	4,035
Activities and materials	439	738	1,177
Support costs	129,517	39,140	168,657
	<u>336,996</u>	<u>201,209</u>	<u>538,205</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Staff costs	234,770	155,627	390,397
Counsellor supervision costs	12,919	–	12,919
Travel expenses - staff and volunteers	1,155	–	1,155
Counselling partner costs	2,350	12,004	14,354
Activities and materials	7,427	–	7,427
Support costs	49,492	29,835	79,327
	<u>308,113</u>	<u>197,466</u>	<u>505,579</u>

Analysis of support costs

	2021 £	2020 £
Premises	119,719	48,210
Communications and IT	12,362	13,332
Office supplies and other expenses	1,022	4,886
Other staff costs	1,283	2,208
Professional fees	26,509	3,713
Depreciation	7,762	6,978
	<u>168,657</u>	<u>79,327</u>

8. Net income/(expenditure)

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

	2021 £	2020 £
Depreciation of tangible fixed assets	<u>7,762</u>	<u>6,978</u>

9. Independent examination fees

	2021 £	2020 £
Fees payable to the independent examiner for: Independent examination of the financial statements	<u>2,370</u>	<u>2,280</u>

Suffolk Young People's Health Project

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 March 2021

10. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2021	2020
	£	£
Wages and salaries	338,693	373,410
Social security costs	17,929	19,706
Other pension costs	5,267	6,077
	<u>361,889</u>	<u>399,193</u>

The average head count of employees during the year was 28 (2020: 29).

One employee received employee benefits of more than £60,000 during the year (2020: £Nil).

11. Trustee remuneration and expenses

The Charity's key management personnel are the Trustees and Senior Management Team (SMT) as listed in the reference and administrative details. Trustees neither received nor waived emoluments during the year (2020: £Nil), and no expenses were reimbursed to Trustees in the year (2020: £Nil).

The total amount of employee benefits (including employer pension contributions) of the SMT for their services to the Charity was £135,212 (2020: £81,042).

12. Tangible fixed assets

	Lease improvement £	Office equipment £	Total £
Cost			
At 1 April 2020	119,672	46,635	166,307
Additions	–	8,497	8,497
At 31 March 2021	<u>119,672</u>	<u>55,132</u>	<u>174,804</u>
Depreciation			
At 1 April 2020	119,672	25,942	145,614
Charge for the year	–	7,762	7,762
At 31 March 2021	<u>119,672</u>	<u>33,704</u>	<u>153,376</u>
Carrying amount			
At 31 March 2021	<u>–</u>	<u>21,428</u>	<u>21,428</u>
At 31 March 2020	<u>–</u>	<u>20,693</u>	<u>20,693</u>

13. Debtors

	2021	2020
	£	£
Trade debtors	85,265	27,323
Prepayments and accrued income	11,014	11,019
	<u>96,279</u>	<u>38,342</u>

Suffolk Young People's Health Project

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 March 2021

14. Creditors: Amounts falling due within one year

	2021	2020
	£	£
Trade creditors	7,476	3,206
Accruals and deferred income	76,933	127,407
Social security and other taxes	13,314	6,814
Other creditors	2,680	1,192
	<u>100,403</u>	<u>138,619</u>

15. Deferred income

	2021	2020
	£	£
At 1 April 2020	124,688	92,201
Amount released to income	(51,025)	32,487
At 31 March 2021	<u>73,663</u>	<u>124,688</u>

16. Provisions

	Dilapidations
	£
At 1 April 2020	10,000
Additions	83,367
At 31 March 2021	<u>93,367</u>

Suffolk Young People's Health Project

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 March 2021

17. Analysis of charitable funds

Restricted funds

	At 1 April 2020 £	Income £	Expenditure £	Transfers £	At 31 March 2021 £
Counselling and youth work fund	–	294,308	(211,974)	–	82,334

Unrestricted funds

	At 1 April 2020 £	Income £	Expenditure £	Transfers £	At 31 March 2021 £
Designated funds;					
Reserves for long-term sustainability	272,800	–	–	(272,800)	–
Funds utilised for fixed assets	20,693	–	–	(20,693)	–
Youth Work fund	10,000	–	–	(10,000)	–
Counselling fund	77,500	–	–	(77,500)	–
Unrestricted funds;					
General funds	4,901	272,306	(337,224)	380,993	320,976
	<u>385,894</u>	<u>272,306</u>	<u>(337,224)</u>	<u>–</u>	<u>320,976</u>

Restricted funds

	At 1 April 2019 £	Income £	Expenditure £	Transfers £	At 31 March 2020 £
Counselling and youth work fund	10,172	187,294	(197,466)	–	–

Unrestricted funds

	At 1 April 2019 £	Income £	Expenditure £	Transfers £	At 31 March 2020 £
Designated funds;					
Reserves for long-term sustainability	287,800	–	–	(15,000)	272,800
Funds utilised for fixed assets	16,562	–	–	4,131	20,693
Youth Work fund	10,000	–	–	–	10,000
Counselling fund	77,500	–	–	–	77,500
Unrestricted funds;					
General funds	9,304	301,637	(316,909)	10,869	4,901
	<u>401,166</u>	<u>301,637</u>	<u>(316,909)</u>	<u>–</u>	<u>385,894</u>

Suffolk Young People's Health Project

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 March 2021

Restricted funds

The counselling and youth work fund is a fund restricted by various providers towards the specific objectives as named. The projects are ongoing with the restriction ending upon being expensed or the end of the timeframe as provided within the scope of the agreements.

Designated funds

In respect of the year ended 31 March 2021 the Trustees sought to review and realign designated funds in accordance with the updated reserves policy. Accordingly transfers between funds reflect the designation or un-designation of unrestricted funds during the year.

18. Analysis of net assets between funds

As at 31 March 2021

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Tangible fixed assets	21,428	–	21,428
Debtors	96,279	–	96,279
Cash at bank and in hand	323,376	155,997	479,373
Current liabilities	(120,107)	(73,663)	(193,770)
Net assets	<u>320,976</u>	<u>82,334</u>	<u>403,310</u>

As at 31 March 2020

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Tangible fixed assets	20,693	–	20,693
Debtors	38,342	–	38,342
Cash at bank and in hand	475,478	–	475,478
Current liabilities	(148,619)	–	(148,619)
Net assets	<u>385,894</u>	<u>–</u>	<u>385,894</u>

19. Analysis of changes in net debt

	At 1 Apr 2020 £	Cash flows £	At 31 Mar 2021 £
Cash at bank and in hand	<u>475,478</u>	<u>3,895</u>	<u>479,373</u>

Suffolk Young People's Health Project

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 March 2021

20. Operating lease commitments

The total future minimum lease payments under non-cancellable operating leases are as follows:

	2021	2020
	£	£
Not later than 1 year	28,988	27,500

21. Related parties

There have been no related party transactions in this or the previous reporting year.

22. Annex 1

The following pages form part of these financial statements.

Suffolk Young People's Health Project

Company Limited by Guarantee

Annex 1 – Notes to the financial statements *(continued)*

Year ended 31 March 2021

ACHIEVEMENTS AND PERFORMANCE

1. Counselling Service

	1/4/19 - 31/3/20	1/4/20 – 31/3/21
4YP Appointments Offered	4327	3125
4YP Appointments Attended	3107 (72%)	2460 (79%)
School Appointments Offered	2413	1731
School Appointments Attended	2010 (83%)	1455 (84%)
TOTAL Appointments Offered	6740	4856
TOTAL Appointments Attended	5117 (76%)	3915 (81%)
4YP Appointments Not Attended	1220	665
Of which <24 hrs / DNA	949	592
Total Number of Attending Clients	1057	655
Comprising School Clients	431	265
And 4YP Clients	626	390
Of which were SWS Referrals	291	192
Of which were non-SWS referrals	335	198
Of which were confirmed male	221	114
Of which were confirmed BAME	16	27

The 4YP counselling service is well established and fills a gap in provision in Suffolk. A team of 18 qualified and experienced counsellors offered young people aged 12-25 the opportunity to explore and work through problems in a safe, supportive, non-judgmental space. We recognise that no two young people are alike and that interventions must be tailored to the individual. Therapeutic work was accomplished in 50-minute 1:1 sessions, utilising talking therapies and creative media to help young people find healthy ways to express themselves.

COVID-19 restrictions meant that the counselling service operated virtually during this period, except from October to mid-December 2020. Whilst it was difficult to make the decision to work virtually, we felt that offering a safe and consistent service was in the best interest of the young people and team members. We found that virtual services worked for most young people and that those who lived further afield were able to access the service.

Impact of counselling – Case Study

S, a 14-year-old young person living in IP2 chose to put her counselling on hold until Covid restrictions would allow the return of face-to-face work. S had a history of self-harm, difficulty with interpersonal relationships, low mood and self-esteem, along with loss and bereavements. As the lockdown progressed S felt they needed to return to counselling, as they had had a self-harm episode and they and their mother were concerned that they could return self-harm as a coping strategy. S made contact with us on 14 May 2020 and we agreed on video sessions to support S during lockdown. S engaged well in their sessions, even including their mother in one of the sessions. S is learning how to identify their triggers and put safety measures in place, including speaking to their mother. S also developed a better understanding of how they acknowledged and managed their feelings.

Suffolk Young People's Health Project

Company Limited by Guarantee

Annex 1 – Notes to the financial statements *(continued)*

Year ended 31 March 2021

S also worked to maintain and develop new friendships during this time. S required slightly longer time spent in therapy due to the complexity of their presentation and the lockdown restrictions. S completed treatment on 9 July 2020 and was not using self-harming as a coping strategy, plus they had improved the relationship with their mother.

We saw a reduction in the total number of sessions offered from the previous year. Personnel changes, COVID-19 restrictions and changing school timetables accounted for the lower number of sessions offered. Despite the challenges of this year there was still demand for counselling services, with a total of **4856** (2020: 6740) appointments offered and **3915** appointments (81%) attended (2020: 5117, 76%). We continue to operate a waiting list.

Working in partnership with **13** high schools, **265** (2020: 431) young people received counselling support at school. This period was challenging for schools but by working together with safeguarding and pastoral care leads we were able to provide telephone and virtual support to the students identified as most needing support.

"My counsellor helped me with my anger and anxiety. I learned coping strategies that helped me look at things differently." Feedback from a young person accessing virtual counselling through school.

Working closely with the Wellbeing Service meant that **192** (2020: 291) young people were able to access counselling through our working agreement. The remaining **390** (2020: 335) young people who accessed counselling support were referred from Suffolk County Council, Primary schools, GPs and other charity-funded or self-funding clients. These sessions were delivered from our Ipswich base and Bury St Edmunds and Haverhill hubs.

Last year young people were allocated an average

of **8.0** sessions, with an average attendance rate of **6.3** sessions. Complex cases generally require **12** or more sessions and are agreed after a case review and agreement with the young person. The top three clinical presentations were anxiety (**49.7%**) (2020: 34.1%), low mood (**13.3%**) (2020: 18.7%), and anger (**13.6%**) (2020: 10.7%). We also saw young people experiencing stress, suicidal thoughts, self-harm, body-image issues, lack of confidence and difficulty with interpersonal relationships.

"It (counselling) made my daughter more confident in talking about her feelings." Feedback from a parent.

As a vital resource in the community, we maintain links with local NHS services, Social Care, police, probation, and other voluntary organizations. The strong links we have developed with the NHS and local providers meant that 4YP was invited to take part in a pilot project to support young people who attended A&E after self-harming incidents. This project supported 19 young people and their parents.

"They listened to me and didn't shut me down. They gave me a space to talk about what I needed to." Feedback from a young person from the self-harm pilot.

"The treatment was tailored for my daughter's age and the problem she was experiencing." Feedback from a parent about the self-harm pilot.

Going forward

Mental Health Awareness campaigns continue to keep discussions open and our service in high demand. We will continue to monitor and evaluate our data collection, assessment process, pre- & post-counselling services and onward referral processes to ensure young people receive a high-quality, effective service. As we continue to maintain a waiting list, we continue to explore ways of making waiting times meaningful in preparation for counselling.

Suffolk Young People's Health Project

Company Limited by Guarantee

Annex 1 – Notes to the financial statements *(continued)*

Year ended 31 March 2021

Virtual work will continue to be part of the ongoing counselling provision because we can work flexibly to meet the therapeutic needs of young people as we do not really know how long COVID-19 may be in place, or become in place. We will also be working with local universities and counselling training providers to offer students placement opportunities.

As with previous years, we expect that there will continue to be an increase in demand, especially for those experiencing anxiety, low-mood, self-harm and hopelessness.

The counselling team at 4YP will remain ready to meet the needs of the young people in Suffolk.

2. Youthwork Provision

Young people can access our trained team of Young Peoples' Workers and volunteers, for 1:1 advice, online support in a safe environment, or attend group activities during the day and evenings. Young Peoples' workers were out in the community delivering support from 1:1 and groupwork in schools.

Quote "It's a great place for young people to come, it has made a big difference to our son, amazing staff". Parent.

Youth Work Statistics

	1/4/2019 - 31/3/2020	1/4/20 - 31/3/2021
TOTAL Named Youthwork Clients	235	118
Of which were confirmed Male	69 (29%)	33 (28%)
Of which were confirmed Female	93 (40%)	53 (45%)
Of which were confirmed BAME	10 (4%)	4 (3%)

TOTAL Youthwork Contacts		
Apr	315	134
May	337	189
Jun	286	112
Jul	408	107
Aug	333	102
Sep	289	201
Oct	352	194
Nov	485	164
Dec	383	114
Jan	572	50
Feb	593	124
Mar	349	102
TOTAL CONTACTS	4702	1593

Suffolk Young People's Health Project

Company Limited by Guarantee

Annex 1 – Notes to the financial statements *(continued)*

Year ended 31 March 2021

Youth work is a complex series of professional principles and methods which we often describe as the science of enabling young people to believe in themselves and build positive futures. Youth work is community support provision aimed at older children and young people (11 to 25 year olds). Youth work is the process of creating an environment where young people can engage in informal activities. Different varieties of youth work at 4YP include centre-based work, school-based, 1:1, youth clubs and outreach. Youth work provides a space to go, something to do and someone to talk to. We aim to enable young people to have a voice that affects their lives and changes within the community. Over the last year we have seen a new approach to modern day 4YP youth provision which has meant we have had to engage and work with young people online, using Instagram, Zoom and Whatsapp. This has enabled youth's young peoples' workers to reach young people due to the barrier of COVID-19. We have found this to be a beneficial way to work and will carry this forward in our future work.

Open Access – Drop-in Centre

Since COVID-19, we have managed to adapt 4YP's youth work drop-in centre to meet the needs for young people during this time. The drop-in centre has offered an open access provision online webchat service running Monday to Friday. The drop-in offered a place for young people to socialise with other people their own age and to develop a peer network. The drop-in was vital during the pandemic as it met young peoples' needs straight away.

Cooking

To meet the needs of young people during COVID-19 we set up new cooking workshops online. The workshops teach young people quick, easy and affordable healthy recipes along with basic cooking skills plus providing non-judgemental guidance on eating well. These sessions are aimed at giving young people an activity to focus on outside of the world of COVID-19. Having fun cooking sessions means young people improve their cooking skills and can use these within their family home and share with their parents. The aim is to improve overall wellbeing and give young people a space to laugh and feel at ease.

1:1 Support

We offered a range of services, from phone and 1:1 support where young people had a safe time to talk to a worker. This meant that young people could have a worker there at a crisis point for them. During COVID-19 a keyworker role was essential, to meet the needs for the most vulnerable young people. This role varied from supported work online, safety planning, providing food parcels and regular contact for young people around issues such as their mental health, family breakdowns and any other needs during this time. We delivered care packages/food parcels the 4YP youth team have available for YP. These were in the form of top ups for electricity, food parcels as well as self-care kits. Youth workers are currently dropping the packages to young peoples' YP homes. We took referrals from internal counsellors and have developed a short referral form so that counsellors can refer to youth work. This has worked well and we have seen young people being referred to us on a regular basis.

Girls Group

Girls group is one of the popular groups at 4YP. Throughout the year we have seen new young people attend. The group is made up of young people from different backgrounds who do not usually engage together. The group offers a non-judgemental approach and safe space for young people to be themselves. The sessions we have delivered were focused on informal learning taking place, but in a fun way. This last year we have focused on world matters, physical health, mental health, self-esteem and confidence, as well as the pressures of COVID-19. This year has given young people a place to share common issues and access support. Young people gained resilience which helped them when facing on-going challenges.

Suffolk Young People's Health Project

Company Limited by Guarantee

Annex 1 – Notes to the financial statements *(continued)*

Year ended 31 March 2021

Walk and Talk

This group focused on being outdoors for young people aged between 12-25 who do not usually engage in physical activity. The aim of this group was on improving young peoples' physical and mental wellbeing, whilst educating them on how to live healthier lifestyles. With some restrictions in place due to lockdown, we saw workers being creative with activities to carry out within the home. Once the daily exercise was in place, the group managed to walk together whilst using their own phones. This meant that they would walk within their community and stay collected. This led to reducing isolation, creating a sense of belonging and providing a space to improve wellbeing. From these sessions young people developed personal skills, improved communication, reduced stress levels and improved confidence to leave their homes.

Home Start

A group focused on the development of young peoples' emotional, social and physical wellbeing. The sessions were targeted at age ranges 7-10 and 10-13 years old. The age range of 7-10 years old were a new group for 4YP. The aim of this group, which we met, was to increase awareness of healthy relationships and to develop ways of expressing feelings. The sessions were focused on team games, risk-taking behaviour, communication and creating problem solving techniques through fun activities and discussions. Young people learnt skills to positively express themselves through participation whilst in a safe environment.

Young Leaders

Young leaders are a group of young people who have made a big difference within 4YP and the local community. The young people worked together to complete social action projects and raise awareness of issues within the area. This year we have seen a partnership project with Art Eats Festival and Ipswich is now home to a vibrant and eye-catching Black Panther inspired mural. The process began with online workshops giving participants a creative activity to do during lockdown. So, in the making of the mural project, young people across all ethnicities learnt to explore 'power'; who holds the power, self-empowerment, the idea of a 'hero' and what today's heroes look like. The mural was youth-led messaging. It allowed young people to get involved in painting their own messages on the wall.

Youth Clubs

4YP is currently working in partnership with Kesgrave Town Council and the community of Hintlesham to provide youth clubs that focus on young people aged between 12-16 years old. 4YP's youth club provision has provided a safe space to engage with young people by having a planned activity each week. These activities are designed from discussions we have with young people to meet their needs and interests. Each planned activity is used to encourage fun and enabling young people to learn and develop new skills through informal education. We aim to work with young people with a holistic approach, to help them develop their personal, social and educational skills. This helps develop their confidence and self-esteem by enabling their voice. All youth clubs are run by young people staff and local volunteers.

Area Committee Fund (IBC)

This was a new project in partnership with Stoke High school. We supported young people suffering from mental and physical wellbeing difficulties with 1:1 and outreach youth work in south-west Ipswich (Stoke). This project supported young people with difficulties after being in lockdown. We saw young people express their fears, concerns and anxieties surrounding the easing of lockdown restrictions and returning to education.

We then supported young people on a 1:1 basis who reside in central Ipswich. This project is similar to the one in Stoke High school and supported young people with difficulties after being in lockdown. It gave support with fears and concerns. Young Peoples' workers engaged with young people in the drop-in location at 4YP and other locations in the area.

Suffolk Young People's Health Project

Company Limited by Guarantee

Annex 1 – Notes to the financial statements *(continued)*

Year ended 31 March 2021

Schools Work - Transition Programme

This was a new project which supported young people and their mental health in Suffolk as they transitioned from primary school to secondary school. Many were moving onto to high school without being able to finish their year 6 education. We have proposed two schools in Suffolk offering group work and 1:1 support. The schools pending confirmation are Ipswich Academy and King Edwards in Bury St. Edmunds.

Impact

As more young people are falling through the gaps left by the lack of services, 4YP has managed to support young people and communities throughout COVID-19. 4YP is a vital support to young people/adults with a range of needs from street homelessness, mental health issues, isolation and problems with family life.

Groupwork young people attended throughout the year. Not only did they enjoy the sessions, but they benefited from them emotionally. Many young people at the start presented with self-reported poor mental health which initially made it hard to engage in activities and be part of a group. Within the sessions young people shared their stories around their wellbeing and provided support for each other. For many young people this was the first time engaging in a group and was a tool to break down barriers.

Case Study

Being able to offer support online during COVID-19 has been a lifeline for many young people, especially for those needing help during the period where other support groups were unavailable.

Offering online support daily to anyone that needed it has been beneficial to many, especially one young person who used the service to seek help when needing to leave home due to family conflict which made their environment unsafe and impossible to live in.

After accessing support online RE was able to reach out and contact a youth worker who could offer a listening ear and help get the support they needed. RE was able to move into supported living, making relationships better at the family home and reducing conflict with other family members, meaning RE could work on repairing relationships that had broken down.

A youth worker was able to provide RE with a food and care package due to them having no funds after leaving the family home. The youth worker was also able to provide 1:1 support ensuring that RE had the information they needed to assist in claiming benefits to help with rent and everyday living.

RE was able to learn about financial budgeting alongside how to prepare healthy meals on a low income. With the help from workers RE is happier, more confident and feels more independent living in her own place away from home. This has given RE the confidence to enrol onto a college course and investigate part-time employment opportunities.

When asking RE for feedback she said "4YP gave me the advice, support and tools I needed to be more independent. Moving into my own place and learning how to budget my money has had a massive impact on my mental health. I am happier and relationships have improved with my family".

Summary

Our project has responded to the Coronavirus pandemic by supporting vulnerable young people in their time of need in Suffolk. Since COVID-19, we have managed to adapt 4YP youth work services to meet the needs of young people during this time. We saw young people engaging with 4YP in a range of support. Our Keyworker role is essential to meet the needs of the most vulnerable young people. We have supported young people with a range of support from work online, safety planning and food parcels, having regular contact for young people around mental health, family breakdowns and any other needs during this time.

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Annex 1 – Notes to the financial statements *(continued)*

Year ended 31 March 2021

The 4YP youth team have made available care packages/food parcels for young people, in the form of top ups for electricity, food parcels as well as self-care kits. Groupwork meant young people could connect at this challenging time, and this was available by Zoom. 1:1 work was still running for the most vulnerable at risk.

The challenges of the government lockdown and the impact of COVID-19 on young people and services to 4YP has meant we have had to adapt quickly to ensure young people and staff were both safe. In response, we had to develop new projects to support the changing of needs of young people. The challenge for 4YP was that we had to close the building immediately and, in order to continue providing a service for young people, we had to creatively develop new online services. We quickly identified the need to purchase new mobile phones for youth work staff to provide a platform to engage with young people via texting, Whatsapp and online chat, so that young people had a different method to engage with us. We also organised a range of online provisions including Zoom for groupwork and 1:1.

3. Other Activities

Support to Parents / Carers

A knock-on effect of demand for those receiving the Charity's services is continued growth in time spent providing support, information, advice and signposting to parents/carers. Although counselling sessions are confidential between the young person and their counsellor, the Project continues to adapt and develop its services around this need.

Parents and family are an important source of support, but as adolescents grow older and feel more independent, they can feel certain topics become more personal. Talking confidentially with our counsellors seems to overcome this.

Monitoring and Evaluation

The Charity uses a variety of tools and resources to continually monitor and evaluate effectiveness, outcomes and impact, thus providing opportunities to be responsive to need, identify gaps in service provision, and inform and shape future planning. The *Warwick-Edinburgh Mental Well-being Scale* is used to measure progress of counselling services for each young person, plus qualitative evaluation and feedback reports that provide essential information about the quality of projects undertaken.

Young People's Involvement

It will be an interesting time moving forward, to navigate the year after lockdown. We will focus on young peoples' needs and developing projects/groups to meet these. We will also undertake a SWOT (Strengths, Weakness, Opportunities, and Threats) analysis of the 4YP youth service to inform us on our strategic planning for the future year ahead.

Promotion and the On-line Community

At the beginning of the year the Charity found themselves in a full lockdown, therefore the Charity promoted themselves mainly through on-line means and word of mouth. Due to the pandemic, no events, school assemblies or fairs have been attended. However, promotion has been made through the schools by the youth work and counselling teams 1:1 and group sessions.

During the COVID-19 pandemic we received the support and expertise of a group of students studying Web and Mobile Development at The University of Suffolk. With our Business and Marketing Coordinator a new and refreshed website was made. Therefore, there are not any insights from this year due to the pause on Google Analytics.

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Annex 1 – Notes to the financial statements *(continued)*

Year ended 31 March 2021

Over the last year our social media engagement has increased and this has been a positive impact of COVID-19 as we have interacted with many young people through all platforms. Facebook now has 937 followers (2020 888), Twitter 3,441 followers (2020 3,388) and Instagram has 971 followers (2020 911). Further plans to grow our social media platforms continues into 2021.

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Youth Intervention Fund
Realising Ambitions
Tampon Tax
High Sheriff's Award
Women and Girls Fund
#iWill Fund
Hintlesham and Chattisham Fund
Hewlett Fund
Food and Drink Fund
DCMS Reviving our Community Fund
Anglian Water
Henry Smith
Private Funds
Harwich Haven Authority
Maurken Fund
Suffolk Sports Fund
Ipswich Borough Council
Suffolk County Council
Suffolk Area Community Locality Budgets
Mrs L D Rope Third Charitable Trust
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