

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

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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

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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

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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

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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

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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.

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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

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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.

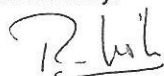
Suffolk Young People's Health Project

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

		Unrestricted funds £	2021 Restricted funds £	Total funds £	2020 Total funds £
	Note				
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			475,249		375,201
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>

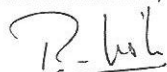
For the year ending 31 March 2021 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

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

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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	320,976	82,334	403,310

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	385,894	–	385,894

19. Analysis of changes in net debt

	At 1 Apr 2020 £	Cash flows £	At 31 Mar 2021 £
Cash at bank and in hand	475,478	3,895	479,373

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	<u>28,988</u>	<u>27,500</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 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.

Suffolk Young People's Health Project

Company Limited by Guarantee

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.

Suffolk Young People's Health Project

Company Limited by Guarantee

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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The National Lottery Community Fund
Global Make Noise
Suffolk Community Foundation
Suffolk Police & Crime Commissioner's Fund
Harris Family Fund
Hopkins Charitable
Suffolk Coronavirus Community Funds
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
Ipswich and East CCG
The Geoffrey Burton Charitable Trust
Tesco (Groundwork) Bags for Help
East of England Co-op Community Care Fund
Kesgrave Town Council
Ganzoni Charitable Trust
The Childwick Trust