

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
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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
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Bankers	Royal Bank of Scotland Liverpool CSC Stephenson Way, Wavertree Liverpool, L13 1HE
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Independent examiner	L Thurston FCCA Lovewell Blake LLP Chartered accountants First Floor Suite 2 Hillside Business Park Bury St Edmunds IP32 7EA
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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', with a horizontal line underneath.

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

		Unrestricted funds £	2022 Restricted funds £	Total funds £	2021 Total funds £
	Note				
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	<u>479,373</u>	<u>475,478</u>
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

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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	18	—	18

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>

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

Net income is stated after charging/(crediting):

	2022 £	2021 £
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

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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

Company Limited by Guarantee

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
	385,894	272,306	(337,224)	–	320,976

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

Company Limited by Guarantee

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	344,646	96,976	441,622

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

19. Analysis of changes in net debt

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

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	27,500	28,988

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 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.

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.

Suffolk Young People's Health Project

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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

Company Limited by Guarantee

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

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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

