

COMPANY REGISTRATION NUMBER: 03954918

CHARITY REGISTRATION NUMBER: 1084286

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

For Children & Young People

Company Limited by Guarantee

Financial statements

Period from 1 April 2022 to 31 August 2023

	Pages
Trustees' annual report (incorporating the directors' report)	1 to 10
Independent examiner's report to the trustees	11
Statement of financial activities (including income and expenditure account)	12
Balance sheet	13
Statement of cash flows	14
Notes to the financial statements	15 to 22

For Children & Young People

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report)

Period from 1 April 2022 to 31 August 2023

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

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Companies Act 2006 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published in October 2019.

Chair's report

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

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

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

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

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

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

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

Richard Lister

For Children & Young People

Company Limited by Guarantee

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

Period from 1 April 2022 to 31 August 2023

Reference and administrative details

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

The trustees

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

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

Patron	Z Taitte
--------	----------

Strategic Leadership Team

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

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

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

For Children & Young People

Company Limited by Guarantee

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

Period from 1 April 2022 to 31 August 2023

Objectives and activities

Charity's name

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

Charitable objectives

The Charity's strategic Aims and Objectives are:

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

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

Why is 4YP needed?

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

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

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

For Children & Young People

Company Limited by Guarantee

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

Period from 1 April 2022 to 31 August 2023

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

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

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

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

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

Public benefit

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

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

Activities

The key activities comprise:

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

For Children & Young People

Company Limited by Guarantee

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

Period from 1 April 2022 to 31 August 2023

Diversity

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

Achievements and performance

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

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

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

For Children & Young People

Company Limited by Guarantee

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

Period from 1 April 2022 to 31 August 2023

Financial review

Net income / (expenditure)

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

Income

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

Expenditure

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

Risk management

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

Reserves policy

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

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

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

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

Acknowledgement to funders

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

For Children & Young People

Company Limited by Guarantee

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

Period from 1 April 2022 to 31 August 2023

Significant funders

1. Pop Chorus

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

2. Norfolk and Suffolk NHS Foundation Trust

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

3. Kesgrave Town Council

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

4. Police & Crime Commissioner

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

5. National Lottery Community Fund

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

6. Mrs L D Rope Third Charitable Trust

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

Donations and community fundraising:

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

For Children & Young People

Company Limited by Guarantee

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

Period from 1 April 2022 to 31 August 2023

Plans for future periods

Summary of the period

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

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

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

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

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

Looking forward

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

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

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

For Children & Young People

Company Limited by Guarantee

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

Period from 1 April 2022 to 31 August 2023

Structure, governance and management

Constitution

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

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

Management

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

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

Trustee/Director recruitment

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

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

Small company provisions

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

For Children & Young People

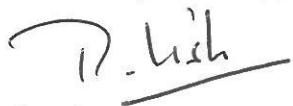
Company Limited by Guarantee

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

Period from 1 April 2022 to 31 August 2023

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

R Lister (Chairman)

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

For Children & Young People

Company Limited by Guarantee

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

Period from 1 April 2022 to 31 August 2023

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

Responsibilities and basis of report

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

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

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

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

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

 30/11/23

L Thurston FCCA
Independent Examiner

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

For Children & Young People

Company Limited by Guarantee

Statement of financial activities (including income and expenditure account)

Period from 1 April 2022 to 31 August 2023

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

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

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

For Children & Young People

Company Limited by Guarantee

Balance sheet

31 August 2023

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

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

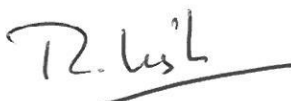
Directors' responsibilities:

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

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

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

R Lister (Chairman)



Company registration number: 03954918

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

For Children & Young People

Company Limited by Guarantee

Statement of cash flows

Period from 1 April 2022 to 31 August 2023

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

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

For Children & Young People

Company Limited by Guarantee

Notes to the financial statements

Period from 1 April 2022 to 31 August 2023

1. General information

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

2. Statement of compliance

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

3. Accounting policies

Basis of preparation

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

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

Going concern

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

Income tax

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

Fund accounting

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

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes.

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

For Children & Young People

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Period from 1 April 2022 to 31 August 2023

3. Accounting policies *(continued)*

Income

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

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

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

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

Expenditure

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

Operating leases

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

Tangible assets

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

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

Depreciation

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

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

For Children & Young People

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Period from 1 April 2022 to 31 August 2023

3. Accounting policies *(continued)*

Provisions

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

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

Financial instruments

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

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

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

Debt instruments are subsequently measured at amortised cost.

4. Limited by guarantee

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

5. Charitable activities

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

For Children & Young People

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Period from 1 April 2022 to 31 August 2023

6. Expenditure on charitable activities

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

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

Analysis of support costs

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

7. Net income

Net income is stated after charging/(crediting):

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

8. Independent examination fees

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

For Children & Young People

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Period from 1 April 2022 to 31 August 2023

9. Staff costs

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

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

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

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

10. Trustee remuneration and expenses

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

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

11. Tangible fixed assets

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

For Children & Young People

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Period from 1 April 2022 to 31 August 2023

12. Debtors

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

13. Creditors: Amounts falling due within one year

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

14. Deferred income

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

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

15. Provisions

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

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

For Children & Young People

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Period from 1 April 2022 to 31 August 2023

16. Analysis of charitable funds

Restricted funds

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

Unrestricted funds

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

Restricted funds

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

Unrestricted funds

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

Restricted funds

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

For Children & Young People

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Period from 1 April 2022 to 31 August 2023

17. Analysis of net assets between funds

As at 31 August 2023

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

As at 31 March 2022

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

18. Analysis of changes in net debt

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

19. Operating lease commitments

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

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

20. Related parties

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

21. Annex 1

The following pages form part of these financial statements.

For Children & Young People

Company Limited by Guarantee

Annex 1 – Notes to the financial statements

Period from 1 April 2022 to 31 August 2023

1. COUNSELLING SERVICE

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

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

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

The impact of counselling

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

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

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

For Children & Young People

Company Limited by Guarantee

Annex 1 – Notes to the financial statements continued

Period from 1 April 2022 to 31 August 2023

Feedback from young people

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

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

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

Feedback from parents/carers

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

Case Study (name has been changed)

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

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

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

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

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

Therapy goal

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

For Children & Young People

Company Limited by Guarantee

Annex 1 – Notes to the financial statements continued

Period from 1 April 2022 to 31 August 2023

The Work

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

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

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

Onward Referral

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

Outcome

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

Ongoing Challenges

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

The future

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

2. YOUTHWORK PROVISION

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

For Children & Young People

Company Limited by Guarantee

Annex 1 – Notes to the financial statements continued

Period from 1 April 2022 to 31 August 2023

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

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

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

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

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

Summary

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

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

Case study

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

For Children & Young People

Company Limited by Guarantee

Annex 1 – Notes to the financial statements continued

Period from 1 April 2022 to 31 August 2023

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

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

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

Impact

The impact from youth work services over this period are:

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

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

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

Young people are more active and make healthier lifestyle choice.

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

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

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

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

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

For Children & Young People

Company Limited by Guarantee

Annex 1 – Notes to the financial statements continued

Period from 1 April 2022 to 31 August 2023

Youth services activities/provision

One-to-ones

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

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

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

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

School holiday activities

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

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

Drop in

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

For Children & Young People

Company Limited by Guarantee

Annex 1 – Notes to the financial statements continued

Period from 1 April 2022 to 31 August 2023

Youth participation/social action

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

Walk 'n' Talk

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

Diabetes Transition Service

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

Girls Group

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

Kesgrave:

Youth club

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

For Children & Young People

Company Limited by Guarantee

Annex 1 – Notes to the financial statements continued

Period from 1 April 2022 to 31 August 2023

Café

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

Detached

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

Further detached:

Police and Crime Commissioner

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

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

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

Public health

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

School work:

Chantry Peile / Sir Peter Hall /Stone Lodge

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

For Children & Young People

Company Limited by Guarantee

Annex 1 – Notes to the financial statements continued

Period from 1 April 2022 to 31 August 2023

Ipswich High school

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

King Edward VI School

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

Volunteer/ Placements

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

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

Outreach/Events

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

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

Evaluation data

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

For Children & Young People

Company Limited by Guarantee

Annex 1 – Notes to the financial statements continued

Period from 1 April 2022 to 31 August 2023

3. ACKNOWLEDGEMENT OF FUNDERS

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

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

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

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