

SAFE NEW FUTURES
(REGISTERED NUMBER : 4189876)

ANNUAL REPORTS AND UNAUDITED ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2023

SAFE NEW FUTURES

(Company limited by guarantee and not having share capital)

REPORT OF THE DIRECTORS AND TRUSTEES FOR THE YEAR ENDED 31 MARCH 2023

The Trustees present their report and accounts for the year ended 31 March 2023. The Trustees are also appointed as directors of the incorporated charity.

Charity number: 1088357

Company registration number: 4189876

Directors / trustees:	A Scammell	(resigned 3 April 2022)
	S Nicholls	(resigned 15 June 2022)
	S Giles	(resigned 28 April 2022)
	J Richards	(appointed 23 March 2022)
	S Dafnias	(appointed 26 April 2022)
	P Silvester	(appointed 26 April 2022)
	D Muir	(appointed 7 June 2022)
	S Kandiah	(7 June 2022 to 22 February 2023)

Company Secretary: P Silvester

Principal / registered address: 29 Carlton Crescent,
Southampton,
Hampshire,
SO15 2EW

Independent examiners: Knight Goodhead Limited
7 Bournemouth Road
Chandler's Ford, Eastleigh
SO53 3DA

Bankers: Lloyds TSB
63 London Road
Southampton
SO15 2US

Objectives:

1. To relieve poverty for the public benefit, primarily through training and support of unemployed people facing multiple barriers to work including mental health conditions such as anxiety and depression.
2. To advance education for the public benefit by delivering group training and individual coaching to develop individual capabilities competences, skills and understanding.
3. To advance citizenship and community development for the public benefit by training volunteers and voluntary sector organisation to deliver training programmes to communities in areas of multiple deprivation.

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REPORT OF THE DIRECTORS AND TRUSTEES (continued)

Governing document

The organisation is a charitable company limited by guarantee and not having a share capital, incorporated on 29 March 2001 and registered as a charity on 10 September 2001.

The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up, members are required to contribute an amount not exceeding £1.

Recruitment and appointment of trustees

The Articles of Association has established a policy that trustees undertake the role of company directors to manage the business of the charity by means of regular trustee meetings.

The organisation seeks to attract a board of trustees, which collectively demonstrates a diversity of experience and skills and to this end individuals with requisite capabilities are approached to offer themselves for election to the board.

Existing trustees are subject to retirement by rotation but can be re-appointed if the position they have vacated has not been filled.

Trustee induction and training

Most trustees are already familiar with the practical work of the charity, having been encouraged to attend the community-based courses run for the benefit of participants.

New trustees are issued with an information pack including a Trustee Board Mandate, Trustee Board member role definition, a job description, Memorandum and Articles of Association, annual accounts, previous minutes and an introduction to Safe New Futures to understand their legal obligations and familiarise themselves with the organisation and the context in which it operates.

Risk management

Policies and procedures have been put in place to ensure compliance in the following:

- Organisational - including health & safety and equality & diversity.
- Client contact – including safeguarding, confidentiality and complaints.
- Staffing - including grievance, disciplinary, recruitment and appraisal.

A quality management approach has been implemented to ensure consistent quality of delivery for all operational aspects. Quality is achieved by design, in terms of the course manual and prescribed programme, plus the training of new facilitators. There is an audit and inspection system which includes monitoring the learning outcomes, observing the quality of the teaching, and evaluating the management of the learning.

Organisational structure

The Board of Trustees meet a minimum of four times per annum and are responsible for the strategic direction and policy of the charity. The Chief Executive Officer also attends the trustee meetings but has no voting rights.

A scheme of delegation is in place and day-to-day responsibility for the provision of services rests with the chief executive officer.

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Needs analysis.

Society is facing epidemic levels of emotional and behavioural difficulties. Anxiety and depression is much more prevalent in areas of deprivation. Thirty years' experience of delivering programmes and listening to the needs of participants has given us an understanding of the needs they face. Participants face multiple complex barriers, including behavioural and emotional difficulties, very long-term unemployment, addictions, anxiety and depression, eating disorders, lack of confidence and very low self-esteem.

The solution

Underlying these issues are core beliefs including feelings of worthlessness, no hope of change, no sense of purpose, and lack of belonging. These beliefs must be addressed to overcome people's barriers. Change in thinking leads to change in behaviour. The New Futures course has been specially designed for this. It is a vocational CBT course.

Vocational elements include identifying strengths, contribution, goal setting and intrinsic motivation. CBT elements include overcoming barriers, healthy thinking and being empowered. The course elements include relatedness, group work and being treated with dignity. The new Futures programmes result in a significant increase in self-efficacy, confidence and resilience which is the key to long term change of behaviour.

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The Story of our support and delivery this year

Overarching Organisational Aim:

To free people from the things that are holding them back such as anxiety, depression, low confidence, poor self-esteem and lack of motivation to discover their motivated abilities and obtain the skills they need to move into a financially independent future.

From April 2022 – March 2023, Safe New Futures has delivered:

1. **280** pre-course motivational interviews
2. **22** self-development training courses. (each course is 2 days per week over a 5-week period)
3. **66** rounds of post-course follow-up support
4. Reaching **158** people who finished the course

Table 1

No. of courses	Pre-course interviews	Finished participants
22	280	158
Southampton New Futures (NLCF/ Henry Smith)		
8	107	62
Solent Youth New Futures (Quilter Foundation, MoneyBarn, HS)		
8	80	45
New Futures Solent Supporting Employment (HIWCF, European Social Fund)		
6	93	51

Results:

- **40%** moved onto employment, further education, or training opportunities.
- **77%** were less depressed.
- **77%** were less anxious.
- **90%** increased in confidence.
- **81%** increased in self-esteem.
- **88%** increased in goal achievement.

Our online group Cognitive Behavioural Therapy (GCBT) programmes continue to radically change participants thinking and also their subsequent behavioural patterns with many participants undergoing life changing transformations as a result.

We have continued to deliver our programmes online this past year, and by attending the course on Zoom, participants became familiar with communicating in an online forum – so important in the changing world of interviews and work enabling them to become work ready.

"I am not allowing my dyslexia to affect me. I passed my theory driving test. I used the course's healthy thinking to help me, and it worked!" - **Claire age 47, April 2023**

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"I have applied and been accepted by NHS Professionals and will soon begin training in Patient Care Services. The course helped me realise I DO have the ability to do this kind of work and boosted my confidence. The notes I have been taking have helped immensely in the application process." - Kathryn age 32, February 2023

"I've always come across as super confident, but no-one could see what was going on underneath. I felt like a fraud and as if my whole life was an act. Now I realise that I do actually have the strengths and skills to back up my confidence and I am beginning to feel like I have the strength to move forward." Felicity, age 43 (February 2023).

We are committed to making our programmes as accessible as possible to everyone regardless of disability or financial situation. Laptops can be loaned to participants for free, data is paid for those who cannot afford it, and we post hard copies of course resources to job centres for homeless participants. We also adapt to learning and health needs. For example, we have resources in a format so people with visual impairments can use a screen reader. We also scribe for people with dyslexia, read everything on screen, and adapt to individual needs so participants can equally access course content.

All staff and facilitators use Safe New Futures owned laptops to ensure safeguarding online compliance. SurveyMonkey is used to complete candidates' psychological measures pre and post course so that we can monitor and demonstrate the continuing efficacy of our programmes. The use of Softphones for facilitators and candidates to record personal 1:1 conversation enables compliance with safeguarding and quality assurance.

Through his 1-2-1 sessions Luke identified his unhealthy thought and regained his confidence. As a result, he felt supported enough to apply for jobs, ***'got an interview and received good feedback but someone else was more suitable for the role at this time, I will be contacted again if another position comes up'. I will use this experience to move on.*** Luke is also applying for volunteering role in the hospital. Luke, age 50 April 2023

The successful transition from face-to-face to online and blended learning has seen psychological measures and outcomes into education, training or employment remain consistent. It has also enabled us to reach a wider group of people including those who would not leave the house through anxiety, depression, or disability.

Sustainability:

The National Lottery Core funding has given the charity vital ability to develop its infrastructure and develop its outreach capacity, freeing the CEO to make vital links to develop the charity's funding, profile, growth, corporate contacts and research projects.

A further 3-year funding grant from the Henry Smith Foundation towards the running costs of a project providing employment training programmes for unemployed people in Hampshire and also Surrey has ensured the viability of our adult programmes and expansion outside of Hampshire.

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This geographical expansion is part of our vision, articulated by the Trustees in January 2017 *"For as many people as possible to benefit from our unique and extraordinarily effective Safe New Futures programmes through large scale, national and mainstream delivery."*

Organisational Aim 1:

Growing and managing the trading arm so that the charity is less reliant on Grant Making Trusts for income.

Choices Training and Development Ltd.

Company incorporated in November 2015, Increasing Engagement, Motivation and Productivity

Transforming Mindsets programme:

Investing in your staff to drive engagement, culture and efficiency.

- Navigating Change,
- The Power of Our Thoughts,
- Enhancing Productivity.

Given the strong correlation between mental health and productivity which according to Deloitte's costs £1,716 per employee across all industries there is a need for our workplace programmes. One in 7 employees suffering from a mental health issue and 1 in 8 of all UK sickness absence days can be attributed to mental health conditions. From our pre-pandemic programmes which we ran in the corporate marketplace, we know that our Cognitive Behavioural Therapy-based training addresses many low to moderate mental health issues and results in increased staff engagement, motivation and productivity. Our unique selling point is that our 'Transforming Mindsets' programmes empower teams to navigate changing work environments.

Our corporate programmes were being delivered and growing before the pandemic but sadly have stalled since then. However, there does seem to be a significant need for our workplace programmes, and the website overhaul, coupled with a revamp of our delivery programmes to reflect the new post-pandemic landscape leaves us ideally poised and prepared to take advantage of an upturn in the economy. Our challenge for next year is to position ourselves in a place where we can rejuvenate our corporate programme at the right time. We will continue to promote our corporate programmes primarily via networking means and through in-person and online events.

We will continue to monitor this space but have also started developing other funding sources, such as the Work for Good Scheme, legacy funding, the National Funding Scheme, and an EasyFundraising page as alternative sources of funding.

Organisational Aim 2:

Ensure a broad and balanced portfolio of funding sources to support the charity.

We are very pleased to have obtained a number of 3-year funding grants from Moneybarn Social Impact Fund, Henry Smith Post-Covid Support, Henry Smith Improving Lives, National Lottery Community Fund Reaching Communities, and a 2-year grant from the Garfield Weston Foundation.

This ensures long-term sustainability for the charity and saves us from having to chase the funding with the distortion that sometimes creates on the Charity's core purpose.

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We continue to look for and apply to new sources for funding. Currently we are in conversations with Hampshire County Council for examples which is a new connection for us.

Adult Programme Funding

We have been awarded a further 3-year funding grant from the Henry Smith Foundation funding 6 courses per annum for unemployed adults.

Henry Smith funding is notoriously difficult to get, and they have said that Safe New Futures is amongst the 20% of applicants applying who successfully received an award. They also said; *"During assessment we were particularly impressed with how the organisation is working with very hard to reach, excluded people. Also, that the support is long term and person centred, combining the employment and wellbeing support, and achieving strong outcomes in both aspects of the work"*.

We have successfully received match-funding from the Edward Gostling foundation ensuring that we have a full year's funding for this programme.

Youth Programme Funding

The Quilter Foundation funded five of eight programmes. We have post-covid Henry Smith funding for a further three courses plus one course per year for three years from the Moneybarn foundation via HIWCF.

ESF Programme

We successfully discharged our ESF payment by results contract and the final sum of £23,959 was paid in March 2023. We received confirmation that we met their threshold for evidence of participants into employment or training and therefore all our duties have been satisfactorily signed off. On the back of this ESF programme where we spend considerable resource breaking into the Havant area we are very pleased that Hampshire County Council are seriously considering funding a face-to-face course in that area.

Organisational Aim 3:

Diversify the referral stream to ensure a balanced partner base. Consolidate processes and structure to be in expansion and address any gaps in reach.

The combined efforts in engaging with external meetings/visit of the CEO (127) and the operations manager (93) equalling 220 between them, has resulted in significant profile growth of the charity across the whole of Hampshire and successfully operating in Surrey. It has resulted in an average of 26 referrals per course which is far beyond anything we have received before and that is continuing to grow.

Safe New Futures has maintained our relationship with existing referrers and worked to develop new partnerships. We now run regular online recruitment events and as a result are receiving referrals from social prescribers, family support workers based in schools, and other charities and voluntary sector organisations.

These meetings have also enabled us to make inroads into diversifying our ethnic base. A meeting with introductions to the Muslim council, the Gurdwara council, the Chinese Association, the

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Diversity and cohesion officer, the Ghana and Zimba and Black heritage associations amongst others. The CEO has also recently joined an ethnically diverse peer networking group sponsored by Barclays and Menzies to help diversify the charity's base.

We have developed and grown an Advisory Board comprising former course participants with the aim of representing all ages and minority groups. They have advised on course content and delivery, marketing materials and social media content and engagement.

Golden Threads

- a) Currently 13% of the known ethnicity of our course participants have come from a BAME background. As we expand and diversify our referral partners, we anticipate this percentage increasing.
- b) The fact that we are now online is enabling people with physical disabilities and underlying health conditions and those anxious about going outside, to access our support despite the current restrictions.
- c) The programmes are very interactive, with games and multiple ways to engage to ensure that those with learning difficulties or literacy or numeracy issues can equally benefit from our programmes.
- d) The course enables people who have been stigmatised perhaps because of sexual orientation, race, or beliefs to overcome the effects that has had on them and their core beliefs and move forward confidently.
- e) To support those who would otherwise face digital exclusion, we provide support with data costs, and can offer free laptop and dongle loans for the duration of the course.

Organisational Aim 4:

Research, Development and growth.

As specified, we have:

1. Established the longitudinal efficacy of our online programmes within the new changing environment for unemployed people with Russell Group University of Southampton.
2. Identified other areas to research and pilot e.g., Offender rehabilitation, isolated older people, post-natal and menopausal women,
3. Obtained funding for Surrey Heath-based programme in partnership with the Workshop, an organisation helping young adults obtain employment.
4. Additional research projects which are significantly influencing how we currently deliver programmes and informing which people groups we can best reach for the future. Twelve new initiatives are being implemented and success monitored at bi-monthly meetings.

Online efficacy findings

We worked with University of Southampton to bring the 2013 Nick Maguire research study up to date, particularly considering a post Covid environment.

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The objective was to update the 2009 three-year research project (paper published by Nick Maguire (N. Maguire et al., 2013) which evidenced the significant and long-lasting results of our face-to-face programmes.

The aims were to provide follow-up research into the efficacy of the current online training of the Safe New Futures programmes. The move from Classroom based delivery was necessitated by the covid pandemic in March 2020. The original research on our face-to-face Choices programme was published in 2013 (see attached paper).

Specific and detailed data was provided in the form of formal anonymised digital feedback from course participants. Direct comparisons can be made versus the original, highly regarded, study, thus evaluating the efficacy of online delivery, highlighting differences, and noting areas for potential improvement.

- The research concludes that our online delivery compares extremely well in terms of psychological outcomes compared to our face-to-face programmes which is testament to the huge amount of work we have put into transitioning our face-to-face materials across to work equally as effectively in an online environment. It also underlines the power of the original Cognitive Behavioural Therapy based learning combined with the skills-based educational approach which empowers participants to sustain themselves long-term by identifying their skills and strengths and recognising how they can use these in different situations. We continue to find that the peer support obtained through the group learning environment to be a vital part of the programme.
- We have not seen the same outcomes in terms of people into employment, training, or work-experience (46% compared to 70% pre-pandemic). External factors such as the global downturn, post-Brexit factors and the pandemic need to be considered.
- Following on from recommendations in the report, we have also carried out some qualitative research with ex-participants from the online programmes and it appears that the post-group bonding and support has not happened in the same way as it would have online, and we are putting several steps in place as a result. These include Interactive coffee breaks during online courses to give people the chance to chat and get to know each other better. We are planning to formally extend the course to 7 or 8 weeks to bring forward the delivery of post-course workshops possibly merging courses and possibly also meeting face to face to aid social relationships.
- Considering the premise of the original study, we are educating our referrers (and emphasising to staff) about the principles around Prochaska's model of change which is a foundational part of the programme whereby the participants readiness to change is foundational in assessing whether they are suitable for the course. See <http://socialworktech.com/2012/01/09/stages-of-change-prochaska-diclemente/>

The use of CBT on Offender Rehabilitation (UoS Student Innovation Project).

We have carried out research into the effectiveness of a CBT approach to offenders with a research project carried out by University of Southampton students in May 2022. Their report confirms the efficacy of a CBT based approach, highlighting its particular its

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effectiveness in cases where mental wellbeing is a significant factor. We are currently looking to extend this piece of research to look at how a transition from classroom to online based programmes continue to deliver positive and consistent results.

Additional Research

We have carried out further research with the University of Southampton as part of a student innovation project, looking at the reasons for dropout and no-shows on the courses in Jan/Feb 2023.

This research delved deeper into reasons why potential participants drop out looking at four key journey points:

- Referred by referrer but don't answer our follow emails or calls.
- Agree to pre-course chats but don't attend.
- Agree to enrolment but don't attend day one.
- day one but drop out before day 10.

This new research addressed the following:

- identify underlying issues and causes to dropouts and no-shows.
- suggest methods by which these can be picked up in the pre course process as well as during the early stages of the course.
- recommend ways to counter these issues by improving the selection process, enhance the monitoring during the course and possible amendments to course itself.

The research conclusions delivered in early March 2023, contained 15 recommendations (detailed below) most of which we had already discussed at some point in the past and it was good to have researched evidence to justify the resource involved in implantation.

These recommendations address the following drop out points:

1. From referral to Pre-course Chat (PCC) booking.
2. PCC booked but did not attend.
3. PCC attended but no show on first day of 5-week course.
4. During the 5-week programme.

Looking ahead for 2023-2024.

We plan to carry out a research project to investigate how effectively our programmes can work with early years parental support, including peri-natal and post-natal support.

Goal 5 - To ensure Safe New Futures meets project funders requirements around vocational outcomes and psychological improvements.

Activities:

The Trustees consider that the following activities provide a public benefit in line with charity's objectives and the general guidance provided by the Charity Commission.

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REPORT OF THE DIRECTORS AND TRUSTEES (continued)

Project Outcomes

New Futures online courses - April 2022 to March 2023

Between April 2022 to March 2023, we have continued to see improvements in people's lives with 82% greater self-esteem, 92% improving in confidence, 88% in job search goals, 77% less depressed and 76% less anxious. The breakdown of this is shown in *Table 2*:

Psychological improvements for participants all ages taken on the first and last day of all five-week courses April 2022 – March 2023*

Table 2

Summary for participants who finished the course					
All courses	First day ave.	Last day ave.	Change ave.	% Improvement	% People improved
More Self Esteem	11.51	16.78	5.27	45.8%	82%
More Confidence	12.01	15.40	3.39	28.2%	92%
Job search goals	12.31	17.28	4.97	40.4%	88%
Less depressed	14.23	9.97	-4.27	30.0%	77%
Less anxious	11.08	7.63	-3.45	31.1%	76%

**The questionnaires for these evaluations were designed by the University of Southampton following a three-year research project which successfully validated the Choices (New Futures) Training Programme.*

It is interesting to note that these results are consistent with the outcomes of our courses pre pandemic and pre online delivery. This is despite the fact that people's mental health and resilience continues to be tested with the cost-of-living crisis and the post-pandemic physical and mental health issues.

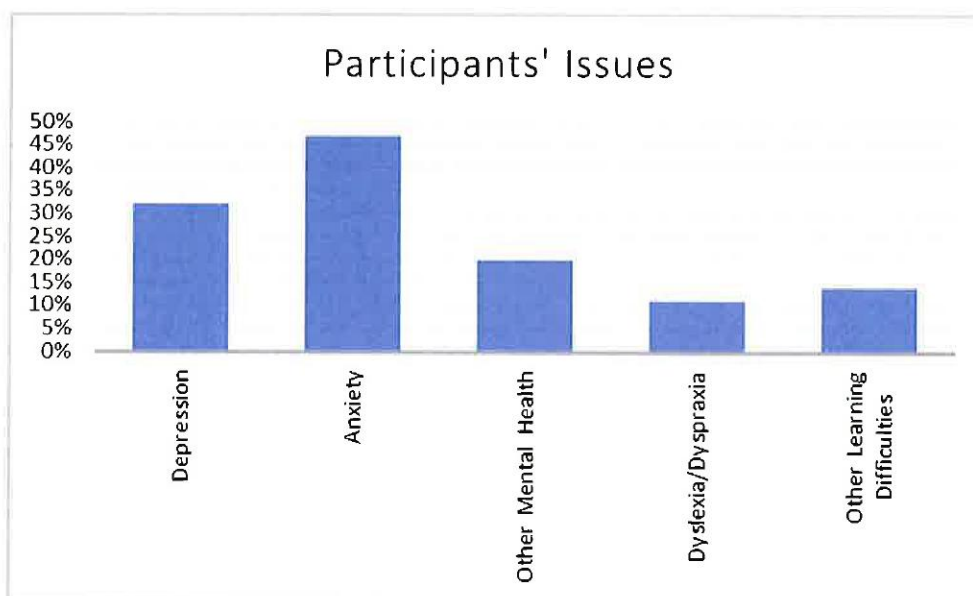
More than 70% declared a diagnosis of Depression and/or Anxiety on their initial referral forms although it was clear that many more struggled with a variety of mental health issues PTSD, Agoraphobia, OCD, Tourettes etc. See Table 3 below.

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Table 3



Examples of 'Other mental health' include agoraphobia, PTSD, Tourette's

"I have gained autonomy over my life. I have now applied to university and hope to become a teacher. I felt able to do this through having such a kind and loving group of people behind me."

Rachel, 19

Employment and Training Outcomes.

Hard Outcomes from participants completing the course

This year we saw 37% move into employment training or volunteering (see Table 4) although this figure is likely to be much higher as 35% is not known. 88% of participants, improved in job search goals as a result of our intervention.

Table 4

Working	Volunteering	Training Course	Education	Unemployed	Signed Off Sick	Not known
19%	5%	8%	5%	26%	2%	35%

"I feel the course opened my eyes to a way of thinking and my thoughts are becoming positive. Without the course I wouldn't have had the confidence to do the interview next week. It has really changed my mind set for the better. I highly recommend it!"

Sally, 54

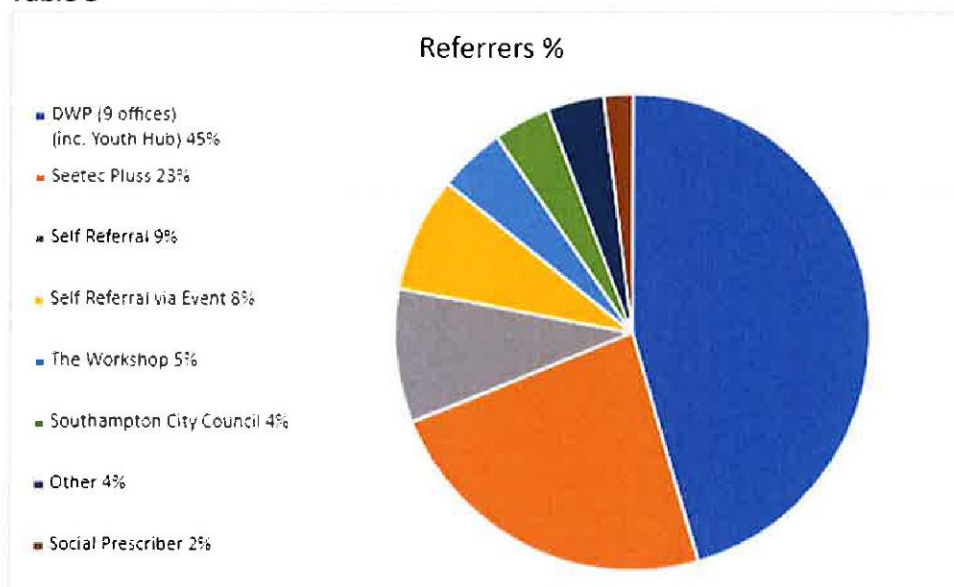
Our main referrer continues to be the Job Centres followed by Seetec plus all of whom tend to send us those that they cannot easily get into employment themselves. **See table 5.**

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Table 5



* 'Other' referrers include SCRATCH, College Keep, New Forest ReStart, Solent Mind and Young Carers.

Further Feedback from our Participants April 2022 – March 2023

"I have begun training for a new career, and I have completed 2 courses in counselling, which along with my PhD and personal experience, will enable me to help others break free and find hope. None of this would have been possible without attending the SNF course."
Sandra, 65

"The Safe New Futures course intrigued me because it had a bit of structure with the 5-week course plus it wasn't pushing people into a rut. The course was developing me as a person and I needed that after Covid having worked so long on my own during that time."
Christopher, 23

"I'm going to miss the course! I was a massive introvert but the 121 advice has helped me gain more confidence to return to college and seek more professional help for my health condition." - Taffy, 20

"My plan is to work from home so I can start work soon. Then I can work on anxiety and agoraphobia at my own pace. I'm starting a new course online around customer service. I would like a job as a telephone customer service person. I like helping people so it would be good for me." - Danny, 34

"Now, I'm moving back into my house and completing my level 2 certificate in introducing caring for children and young people with my ultimate goal of working in a nursery." - Kathryn, 56

"I stuck with the course as I wanted to have control over my own life and make positive changes for my future. Now, I will be starting a mental health first aid course at Fareham college at the end of the month, and my aim is to get as many additional skills as I can to get my ideal job – a drug support worker." - Greg, 51

"You sent me a Costa card and a certificate, a skittles pen and a goal book. It was absolutely amazing. I was blown away because today - what organisation does that? I don't think there are many. What you put into our hands – it's like you are just pouring into us – I

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received several presents and chocolate bars during the course. It might be a simple gesture, but it does something to your sense of worth." - Russell, 55

Community Impact

The result of the New Futures course is that many people engage in their community by being good neighbours now that they are not depressed, joining a local group or by contributing through voluntary work. In addition, equipping local facilitators means that a resource is left in the local community when the funded project ends, building on-going sustainability.

Economic impact

The return on the initial investment of welfare benefit savings is very high because the New Futures participants started so far from the job market, they were unlikely to gain a job in the next 5 years. Most other employment initiatives focus on those near the job market who would get a job in the next year, so their real savings are much smaller.

Social impact

There are wider social impacts because of the Safe New Futures Programme intervention. There are savings on mental health due to reduced GP time and reduction in prescriptions for antidepressants. There are gains to poor physical health which is closely correlated with unemployment and depression and reduced social care costs. There are gains in less vandalism and anti-social behaviour and savings in criminal justice for police, prison and court costs.

Future delivery and funding

Next year we will continue the delivery of adult and youth programmes. We continue to have a strong evidence base for its efficacy. The New Futures programmes are meeting a gap that no other provision currently addresses.

We will continue our approach of ensuring:

- Diversity of funding via new Grant Making Trusts
- Sustainable funding which will cover multiple years such as the Henry Smith Charity, The National Lottery Community Foundation, The Garfield Weston Foundation and HIWCF MoneyBarn fund.
- Traded income, such as the delivery of our Workplace programme delivered by Choices Training and Development Ltd, who in turn transfer monies to Safe New Futures.

Mitigating potential risks.

Effective training delivery

Preventing stagnation and ensuring highest standard amongst delivery team.

To mitigate, we regularly move around our trainers, ensuring that they are trained across age groups and funding streams to ensure flexibility. We have a mix of free-lance and employed to enhance our ability to cater for new situations.

Our teaching quality assurance process includes a range of strategies that ensure consistency of approach across all our programmes. As such, all our new trainers receive a thorough induction training, designed to ensure each facilitator is fully equipped to

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deliver our programme to an excellent standard. In addition, regular formal and informal observations are carried out followed by specific feedback and improvement plans that feed into our wider CPD plans.

Staff also have regular training sessions and review meetings where workload, and professional development are discussed, and staff are encouraged and supported in CPD. Fortnightly facilitators' forums are held enabling them to meet, give feedback and share good practice with colleagues.

I. Socialisation:

To help move people forward into positive face to face interactions, employment or training, we offer the following post-course support.

Follow up Sessions:

Our programmes offer continuing training over a period of six months. These days are carried out at one, three- and six-months post workshops. These sessions are designed to give the candidates an opportunity to continue to develop their skills and knowledge building from the original workshops as well as being able to reflexively continue to work towards their goals. In addition, 121 support is being offered as appropriate to ensure a more tailored support.

Next Steps Framework – New for 2022-2023

The Next Steps Framework is designed to help the candidates finishing the programme maintain and begin to apply the skills learnt on the course. The aim is to increase their sense of agency and their ability to reach their goals and make significant steps towards education, employment, or voluntary work. Paired with ongoing post-course sessions, the Next Steps tool provide an excellent platform to reinforce the learning objectives of the course and bolster mental health resilience through the CBT approach.

Pathways

The youth participants are able to access our weekly Pathways sessions, designed to give them an opportunity to develop their skills and knowledge building from the initial 5-week programme, as well as being able to reflectively continue to work towards their goals. All whilst supporting mental health resilience through tailored support, including cognitive behavioural therapy skills.

Virtual Café and regular newsletters

To help maintain long-term outcomes, and to help prevent relapse we have introduced regular newsletters and virtual café drop in, encouraging course participants to engage with our social media for regular wellbeing tips.

Hybrid/face-to-face follow-up sessions - new post pandemic initiative.

Because of the online format, we've been able to reach people with anxiety about leaving their homes (agoraphobia) and people with high social anxiety. As beneficiaries engage with the course, they step outside their comfort zone and eventually take part in our face-to-face follow-up workshops. As such, the programme is giving them the opportunity to grow in confidence and widen their social network.

SAFE NEW FUTURES

(Company limited by guarantee and not having share capital)

REPORT OF THE DIRECTORS AND TRUSTEES (continued)

Signposting and handover to partner organisations.

We work with parents, teachers, and support workers to continue to engage with our beneficiaries and do all we can to ensure that participants received alternative long term and ongoing support.

II. Safeguarding

We have regular safeguarding training with all facilitators and review the Safeguarding policy and Policy in Practice on an annual basis. Our safeguarding officer Michael Johnston, together with the management team, review our internal policy and procedures regularly.

Training

Our safeguarding officer has up to date training: HSQE - Designated Safeguarding Lead (Vulnerable Adults) and Designated Safeguarding Lead (Children) both completed on 06/09/22; Safeguarding adults - level 3 course – completed on 22/09/22.

In addition, all our staff are receiving regular safeguarding training and refreshers as well as specific training around suicide awareness, mental health first aid and de-escalation training.

Safeguarding panel

We run monthly safeguarding meetings reviewing any concerns raised and addressing any issues as appropriate.

III. People at risk

Staff are expected and trained to deal swiftly and confidently with any concern regarding people at risk.

We use a set of agreed questions to screen to identify people at risk, including risk of suicide before the interview stage, and once again in the pre-course chats and throughout the course in the 1-1 sessions. If anyone does slip through and begins to engage in suicidal ideation, their referrer is contacted immediately.

As can be seen in the flowchart overleaf, any concerns about the suitability of referrals are flagged up either by the Recruitment Assistant when a referral is first received or by course facilitators if a severe mental health issue is disclosed during the PCC. In all cases where there are questions about the suitability of an individual the enrolment form is reviewed by our safeguarding officer who signposts them to an appropriate service – this may be their GP, Steps to Wellbeing, Solent Mind, iTalk or other as required.

At the start and end of our five-week course participants complete psychological measures questionnaires, if there are indications of poor mental health (such as self-harm and suicidal ideation) a concern is raised with the safeguarding officer; course participants also have weekly one-to-one sessions with a facilitator and if there are any concerns about mental health a concern is raised with the safeguarding officer.

Concerns are always followed up promptly and steps taken to engage the individual with appropriate support. We always work with in the best interests of our clients and individuals are always signposted elsewhere if they are unsuitable for our course. Where inappropriate referrals are received, we also contact the referrer to remind them of our

SAFE NEW FUTURES

(Company limited by guarantee and not having share capital)

REPORT OF THE DIRECTORS AND TRUSTEES (continued)

criteria. Additionally, our participant handbook contains a signposting page which all participants are directed to during the course.

IV. Environment

Everyone is very environmentally aware. Staff regularly work from home, and we communicate via Team meetings, thereby reducing our carbon footprint. Our surveys are now carried out digitally using SurveyMonkey rather than paper-based systems. All documents are kept in the cloud on a SharePoint system through Office 365. Documents are nearly always studied on screen, and we make regular use of the 'share' facility on Microsoft teams to explain reports rather than printing and reading hard copies.

Finance

Financial overview

- Income for 2023 was £323,973, an increase of £18,947 on 2022 income of £305,026 (2022: an increase of £67,961 on 2021 income of £237,065)
- Total expenditure for the year increased by £7,988 to £315,627 due to an increase in the number of courses delivered (2022: increase of £88,856 to £307,639 compared to 2021 levels).
- The net surplus for the year was £8,346 (2022: deficit £2,612 & 2021: surplus £18,283).
- Net assets were £76,663 (2022: £68,317 & 2021: £70,929).

Principal funding sources

The principal funding sources are detailed in notes 2 and 10 to the accounts.

Grant income is from a variety of sources, the charity is not overly reliant on any one source.

The subsidiary charity Choices Training & Development Ltd (CT&D) transferred funds of £nil (2022: £17,345 representing 6% of income).

Reserves policy

The trustee board continues to ensure that enough reserves are held to ensure that all delivery commitments can be honoured. The deposit account ensures that restricted reserves are kept separate from the main charity funds.

At the balance sheet date, the total reserves of the charity were £76,663 (2022: £68,317 & 2021: £70,929), of which £67,721 (2022: £27,335 & 2021: £39,078) represented unrestricted funds including £7,230 fixed assets (2022: £2,884). Restricted funds were £8,942 (2022: £40,982 & 2021: £31,851).

SAFE NEW FUTURES

(Company limited by guarantee and not having share capital)

REPORT OF THE DIRECTORS AND TRUSTEES (continued)

Responsibilities of the trustees

The directors are responsible for preparing the Report of the Directors and Trustees and the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice (UK GAAP).

Company law requires the directors to prepare the directors' report and accounts for each financial year that give a true and fair view of the state of affairs of the company and of the income and expenditure of the company for that period. In preparing those accounts the directors are required to:

- Select suitable accounting policies and then apply them consistently.
- Make judgements and estimates that are reasonable and prudent.
- Prepare the accounts on the going concern basis unless it is inappropriate to presume the company will continue in business.

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

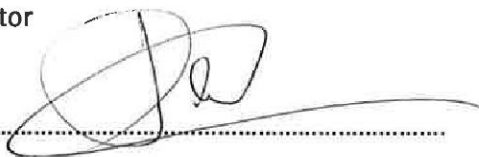
So far as the directors are aware, there is no relevant audit information (information needed by the company's auditors in connection with preparing their report) of which the company's auditors are unaware. Each director had taken all the steps that he ought to have taken as a director in order to make himself aware of any relevant audit information and to establish that the company's auditors are aware of that information.

Members of the board of trustees, who are directors for the purpose of company law and trustees for the purpose of charity law, who serve during the year are set out on page 1.

Approved by the directors on 27th June 2023 (Board Meeting)

and signed on their behalf by:

Darren Muir, Director

A handwritten signature in black ink, appearing to be 'Darren Muir', is written over a horizontal dotted line.

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES ON THE UNAUDITED ACCOUNTS OF SAFE NEW FUTURES

I report to the charitable company's trustees on my examination of the accounts of the charitable company for the year ended 31 March 2023, which are set out on pages 21 to 32.

Responsibilities and basis of report

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

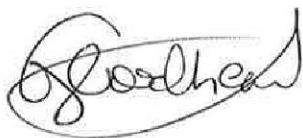
Having satisfied myself that the accounts of the charitable company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charitable company's accounts as carried out under section 145 of the Charities 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 report

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:

- accounting records were not kept in respect of the charitable company as required by section 386 of the 2006 Act; or
- the accounts do not accord with those accounting records; or
- the accounts 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
- the accounts 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.



C J Goodhead FCA
Knight Goodhead Limited
Chartered Accountants

4 July 2023

7 Bournemouth Road
Chandler's Ford, Eastleigh
Hampshire SO53 3DA

SAFE NEW FUTURES

(Company limited by guarantee and not having a share capital)

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2023

(Including Income and Expenditure Account)

	Notes	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
<i>INCOME</i>					
Donations and legacies	3	12,593	2,900	15,493	24,093
Charitable activities	2	30,000	278,480	308,480	280,933
TOTAL INCOME		42,593	281,380	323,973	305,026
<i>EXPENDITURE</i>					
Charitable activities	5	11,523	304,104	315,627	307,638
TOTAL EXPENDITURE		11,523	304,104	315,627	307,638
NET INCOME / (EXPENDITURE) FOR THE YEAR		31,070	(22,724)	8,346	(2,612)
TRANSFERS		9,316	(9,316)	-	-
NET INCOME / (EXPENDITURE) FOR THE YEAR AFTER TRANSFERS		40,386	(32,040)	8,346	(2,612)
FUNDS AT 1 APRIL 2022		27,335	40,982	68,317	70,929
FUNDS AT 31 MARCH 2023		67,721	8,942	76,663	68,317

All of the above results are derived from continuing operations. There were no other recognised gains or losses other than those stated above.

SAFE NEW FUTURES

(Company limited by guarantee and not having a share capital)

PRIOR YEAR STATEMENT OF FINANCIAL ACTIVITIES

(Including Income and Expenditure Account)

	Unrestricted funds £	Restricted funds £	Total 2022 £
<i>INCOME</i>			
Donations and legacies	24,093	-	24,093
Charitable activities	20,000	260,933	280,933
TOTAL INCOME	44,093	260,933	305,026
<i>EXPENDITURE</i>			
Charitable activities	57,434	250,204	307,638
TOTAL EXPENDITURE	57,434	250,204	307,638
NET INCOME / (EXPENDITURE) FOR THE YEAR	(13,341)	10,729	(2,612)
TRANSFERS	1,598	(1,598)	-
NET INCOME / (EXPENDITURE) FOR THE YEAR AFTER TRANSFERS	(11,743)	9,131	(2,612)
FUNDS AT 1 APRIL 2021	39,078	31,851	70,929
FUNDS AT 31 MARCH 2022	27,335	40,982	68,317

All of the above results are derived from continuing operations. There were no other recognised gains or losses other than those stated above.

SAFE NEW FUTURES

Company number: 4189876

(Company limited by guarantee and not having a share capital)

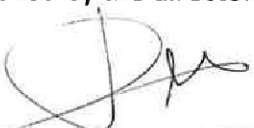
BALANCE SHEET AT 31 MARCH 2023

	Notes	£	2023 £	£	2022 £
FIXED ASSETS					
Investments	6		1		1
Tangible assets	7		<u>7,229</u>		<u>2,884</u>
			7,230		2,885
CURRENT ASSETS					
Debtors	8	6,610		25,178	
Cash at bank and in hand		<u>153,982</u>		<u>86,562</u>	
		160,592		111,740	
CREDITORS: amounts falling due within one year:					
	9	<u>(91,159)</u>		<u>(46,308)</u>	
NET CURRENT ASSETS			69,433		65,432
NET ASSETS			<u><u>76,663</u></u>		<u><u>68,317</u></u>
FUNDS					
Unrestricted funds	10		67,721		27,335
Restricted funds	10		8,942		40,982
TOTAL FUNDS			<u><u>76,663</u></u>		<u><u>68,317</u></u>

For the financial year ended 31 March 2023, the charitable company was entitled to exemption from audit under section 477 Companies Act 2006; and no notice has been deposited under section 476. The directors acknowledge their responsibilities for ensuring that the charitable company keeps accounting records, which comply with section 386, and preparing accounts, which give a true and fair view of the state of affairs of the charitable company as at the end of the year and of its net income or expenditure for the financial year, in accordance with the requirements of section 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the charitable company.

The accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime in Part 15 of the Companies Act 2006.

Approved by the directors and signed on their behalf by:


Director

Dated: 4.7.2023

SAFE NEW FUTURES

(Company limited by guarantee and not having a share capital)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023

1 ACCOUNTING POLICIES

(a) Accounting convention

The financial statements have been prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), the Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS 102 and the Companies Act 2006.

The charitable company meets the definition of the public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

The accounts have been prepared on the going concern basis. There are no material uncertainties about the charitable company's ability to continue.

(b) Income

All income is included in the Statement of Financial Activities when the charitable company is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

- Donations and legacies are received by way of grants, donations and gifts and are included in full in the Statement of Financial Activities when receivable. Grants, when entitlement is not conditional on the delivery of a specific performance by the charitable company, are recognised when the charitable company becomes unconditionally entitled to the grant.
- Income from charitable activities, including grants, when relating to performance and specific deliverables, and service contracts, are accounted for as the charitable company earns the right to consideration by its performance.
- Investment income is included when receivable.

(c) Expenditure

Expenditure is recognised in the period in which it is incurred. It includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates:

- Charitable expenditure comprises those costs incurred by the charitable company in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.
- All costs are allocated between the expenditure categories of the Statement of Financial Activities on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned between activities in line with their respective paid hours.

SAFE NEW FUTURES

(Company limited by guarantee and not having a share capital)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023 (continued)

1 ACCOUNTING POLICIES (continued)

(d) Investments

Fixed asset investments relate to shares held in the charitable company's subsidiary company, and are stated at cost.

(e) Tangible fixed assets

Fixed assets are capitalised for ongoing use within the company.

Depreciation is provided so as to write off the cost of the fixed assets, less their residual value, in equal annual instalments over the estimated useful lives of the assets, at the following rates:

Computer and other equipment	33.3% straight line
Website	25% straight line

(f) Funds

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund together with a fair allocation of management costs and overheads.

Unrestricted funds are donations and other incoming resources receivable or generated and are available for use at the discretion of the trustees in furtherance of the general objectives of the charitable company.

(g) Group accounts

The charitable company is a parent company subject to the small companies regime. The charitable company and its subsidiary comprise a small group and is therefore not required to, and has not chosen to, prepare group accounts.

(h) Financial instruments

The charitable company only enters into basic financial instrument transactions that result in the recognition of financial assets and liabilities like trade and other debtors, cash at bank and creditors. These basic financial instruments are measured at transaction price. Financial assets and liabilities classified as due within one year are not amortised.

(i) Pensions

Pensions are provided for staff by means of a defined contribution pension scheme to which the charitable company makes a contribution. Contributions in respect of these schemes are charged to the Statement of Financial Activities for the year in which they are payable to the scheme. Differences between contributions payable and contributions actually paid in the year are shown as either accruals or prepayments at the year end.

SAFE NEW FUTURES

(Company limited by guarantee and not having a share capital)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023 (continued)

2	INCOME FROM CHARITABLE ACTIVITIES	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
	Funding contracts and grants:				
	Henry Smith	-	18,200	18,200	36,400
	HIWCF Henry Ford	-	-	-	6,000
	Garfield Weston Foundation	30,000	-	30,000	20,000
	National Community Lottery	-	31,842	31,842	31,217
	St James Place Foundation	-	-	-	2,500
	Quilter Foundation	-	50,813	50,813	51,907
	Edward Gostling Operations	-	2,084	2,084	10,000
	National Lottery Awards for All Community Fund	-	64,168	64,168	10,833
	National Lottery Awards for All	-	9,775	9,775	9,874
	Prime Foundation	-	10,620	10,620	-
	Thomas Wall Foundation	-	5,000	5,000	-
	HIWCF - Solent Supporting Employment	-	29,862	29,862	83,125
	HIWCF We're All Together Fund	-	-	-	5,000
	Henry Smith Improving Lives Youth	-	25,200	25,200	-
	Henry Smith Improving Lives Adult	-	15,000	15,000	-
	HICWF Money Barn	-	8,250	8,250	-
	Kick Start Grant	-	7,666	7,666	14,077
	TOTAL CHARITABLE ACTIVITIES	30,000	278,480	308,480	280,933

3 DONATION AND LEGACY INCOME

Donations and legacies includes the following donations from institutions in excess of £2,000:

	2023 £	2022 £
Choices Training and Development Limited	-	17,345
University of Southampton	2,900	-
St James Place	2,500	-
BPF Energy	3,149	-
Other donations	6,944	6,748
	15,493	24,093

4 STAFF COSTS

	2023 £	2022 £
Wages and salaries	191,804	151,083
Social security costs	10,305	7,910
Employers pension costs	5,738	5,046
	207,847	164,039

The average number of staff employed during the year was 10 (2022: 8). No employee received emoluments of more than £60,000.

SAFE NEW FUTURES

(Company limited by guarantee and not having a share capital)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023 (continued)

4 STAFF COSTS (continued)

No remuneration was paid to trustees/directors during this or the previous year. During the year the charitable company paid remuneration, including pension contributions, totalling £65,188 (2022: £63,464) to key management personnel.

No trustees were reimbursed for expenses during this or the previous year.

5 EXPENDITURE	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Costs directly allocated to activities				
Direct staff costs (see note 4)	-	180,549	180,549	131,231
Travel and subsistence	244	653	897	1,315
Subcontractors	912	44,933	45,845	77,145
Licences and subscriptions	129	1,441	1,570	2,249
Choices manual costs	-	3,615	3,615	4,582
	1,285	231,191	232,476	216,522
Support costs allocated to activities				
Indirect staff costs (see note 4)	5,427	21,871	27,298	32,808
Room hire	403	10,049	10,452	12,240
Catering	-	673	673	3,675
Training costs	197	2,897	3,094	2,150
Depreciation	1,516	3,455	4,971	2,423
Telephone	38	3,688	3,726	4,085
Postage, printing and stationery	37	3,280	3,317	2,461
Computer running costs	601	11,043	11,644	10,808
Legal and professional fees	116	263	379	1,062
Bookkeeping	107	6,831	6,938	8,327
Accountancy	634	2,343	2,977	2,848
Insurance	-	1,437	1,437	1,409
Bank charges	46	106	152	181
Sundry costs	890	4,017	4,907	3,903
Licences and subscriptions	171	448	619	216
Promotion, marketing and publicity	57	510	567	2,520
TOTAL EXPENDITURE	11,523	304,104	315,627	307,638

Support costs are apportioned in line with the income received from that source during the year, in so far as restricted funds are available.

Included within accountancy above are amounts due to the independent examiners in respect of the independent examination work of £2,400 (2022: £2,400).

SAFE NEW FUTURES

(Company limited by guarantee and not having a share capital)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023 (continued)

6 INVESTMENTS

Unlisted
investments
£

Investment in subsidiary at beginning and end of year 1

On 16 November 2015 a subsidiary company, Choices Training & Development Limited was established. Safe New Futures holds a £1 ordinary share in the subsidiary, representing 100% of the ordinary share capital.

7 TANGIBLE FIXED ASSETS

	Computer & other equipment	Website	Total
	£	£	£
COST			
At beginning of year	25,899	2,400	28,299
Additions	9,316	-	9,316
At end of year	35,215	2,400	37,615
DEPRECIATION			
At beginning of year	23,015	2,400	25,415
Charge for the year	4,971	-	4,971
At end of year	27,986	2,400	30,386
NET BOOK VALUE			
At end of year	7,229	-	7,229
At beginning of year	2,884	-	2,884

8 DEBTORS

2023
£

2022
£

Other debtors	-	1,006
Prepayments and accrued income	656	6,015
Amounts due from subsidiary undertaking	5,954	18,157
	6,610	25,178

(Company limited by guarantee and not having a share capital)

CREDITORS: amounts falling due within one year	2023 £	2022 £
Other tax and social security	3,490	2,808
Accruals and deferred income	87,669	43,500
	<u>91,159</u>	<u>46,308</u>

10 b SOURCE OF FUNDS

This Grant provides a contribution to the cost of three teens course.

SAFE NEW FUTURES

(Company limited by guarantee and not having a share capital)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023 (continued)

10 b SOURCE OF FUNDS (continued)

National Community Lottery

Funds an aged 18+ programme for the Southampton area matchfunded by Henry Smith Foundation.

St James Place Foundation

To fund teens courses.

Quilter Foundation

Funding for youth courses aged 16-25 in the Solent Region.

Edward Gostling

To fund teens courses and an operations assistant.

National Lottery Community Fund

Supporting Vulnerable unemployed people with mental health difficulties

National Lottery Teens

This Awards for All grant provides a contribution to the costs of three teens courses.

HIWCF - Solent Supporting Employment

Funding for Solent Supporting Employment covering Eastleigh, Havant, Gosport, Isle of Wight and New Forest.

HIWCF We're All Together

Towards the costs of an operations assistant.

Kick Start

To pay for the cost of apprentices in IT/Marketing, course recruitment and fundraising roles.

Prime Foundation

For purchasing IT equipment to enhance the digital capabilities of our organisation to enable us to better facilitate our online delivery and improve the experience of our beneficiaries. Spare laptops are loaned to our programme participants for free so that those who are technologically disadvantaged can join our online programmes and develop digital skills. A smartboard provides more fun activities for our in-person activities and encourage community cohesion. IT equipment to the value of £9,316 was purchased and capitalised during the year and is therefore shown as a transfer to unrestricted funds.

Thomas Wall Trust

Match funding of £5,000 for seven CBT-based programmes with vocational training for young people aged 18-25. The programme consists of a pre-motivational interview, an action packed five-week course (total of 50 hours), completion of a comprehensive personalised workbook, and post-course follow-up training.

HIWCF Moneybarn Social Impact Strategic Fund

Part funding for one youth programme per year for three years for young people in deprived areas across Hampshire. This is a programme for alleviating the underlying problems that prevent social inclusion and the enjoyment of a full modern life.

Henry Smith Improving Lives

£180,000 towards three years' running costs of a project providing mental wellbeing and employment training programmes for unemployed people in Hampshire and Surrey. The Edward Gostling Foundation has granted £25,000 of match funding towards this project (**Edward Gostling Operations**).

SAFE NEW FUTURES

(Company limited by guarantee and not having a share capital)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023 (continued)

10 b SOURCE OF FUNDS (continued)

University of Southampton

Funding for two interns full-time for four weeks each from the University of Southampton (UoS) for the month of June 2022. The aim of this project was to bring Prof Nick Maguire's, UoS 2013 research study up to date and provide follow-up research into the efficacy of the current online training of the Safe New Futures programmes.

10 c COMPARATIVE MOVEMENT IN FUNDS	Balance at 1 April 2021 £	Income £	Expenditure £	Transfers	Balance at 31 March 2022 £
Restricted funds					
Henry Smith	3,034	36,400	(36,400)	-	3,034
HIWCF Ford Community	-	6,000	-	-	6,000
National Community Lottery	-	31,217	(31,217)	-	-
St James Place Foundation	-	2,500	(2,500)	-	-
Quilter Foundation	15,342	51,907	(54,081)	-	13,168
Edward Gostling	-	5,000	(1,500)	-	3,500
Edward Gostling Operations	-	5,000	(5,000)	-	-
National Lottery Community Fund	-	10,833	(10,833)	-	-
National Lottery Teens	-	9,874	(9,559)	(315)	-
HIWCF - Solent Supporting Employment	13,475	83,125	(81,320)	-	15,280
HIWCF We're All Together	-	5,000	(5,000)	-	-
Kick Start Grant	-	14,077	(12,794)	(1,283)	-
Total restricted funds	31,851	260,933	(250,204)	(1,598)	40,982
Unrestricted funds	39,078	44,093	(57,434)	1,598	27,335
Total funds	70,929	305,026	(307,638)	-	68,317

11 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds £	Restricted funds £	Total 2023 £
<i>As at 31 March 2023</i>			
Tangible fixed assets	7,230	-	7,230
Current assets	67,209	93,383	160,592
Current liabilities	(6,718)	(84,441)	(91,159)
NET ASSETS	67,721	8,942	76,663
	Unrestricted funds £	Restricted funds £	Total 2022 £
<i>As at 31 March 2022</i>			
Tangible fixed assets	2,885	-	2,885
Current assets	30,397	81,343	111,740
Current liabilities	(5,947)	(40,361)	(46,308)
NET ASSETS	27,335	40,982	68,317

SAFE NEW FUTURES

(Company limited by guarantee and not having a share capital)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023 (continued)

12 LEGAL STATUS

The charitable company is a company limited by guarantee and has no share capital. The charitable company was incorporated on 29 March 2001 in England and Wales and was registered on 10 September 2001 with the charitable company Commission in England and Wales.

The business address of the charitable company is 29 Carlton Crescent, Southampton, SO15 2EW.

13 TAXATION

The charitable company is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

14 DONATED SERVICES AND ASSETS

There were no donated services or assets received during the year.

15 RELATED PARTY TRANSACTIONS

There have been no related party transactions other than those with the charitable company's trading subsidiary as disclosed in note 16.

16 SUBSIDIARY UNDERTAKING

The charity owns 100% of the issued ordinary share capital of Choices Training and Development Limited, a company incorporated in England and Wales. The company donates profits to the parent charity.

Choices Training and Development Limited prepares its accounts each year to 31 March for filing with the Registrar of Companies. Its company registration number is 09873448. The results for the year ended 31 March 2023 are summarised as follows:

	2023	2022
	£	£
Turnover	-	34,440
Administration expenses	(12,541)	(27,815)
Other operating income	9,542	12,005
Taxation	-	-
Net profit	<u>(2,999)</u>	<u>18,630</u>

At the balance sheet date, Choices Training and Development Limited had net assets of £1 (2022: net assets £1).

During the year Choices Training and Development Limited did not make any donations (2022: £17,345) to Safe New Futures. This is shown as income within note 3.

At the balance sheet date Safe New Futures was owed £5,954 (2022: £18,157) from Choices Training and Development Limited, which is shown within debtors in note 8.