

NO LIMITS (SOUTH)

TRUSTEES' REPORT & FINANCIAL STATEMENTS



FOR THE YEAR ENDED
31ST MARCH 2021

CHARITY NO. 1088835

COMPANY NO. 4183173



No Limits (South)

Financial Statements

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No Limits (South)

Trustees' Report for the Year Ended 31 March 2021

Charity Reference and Administrative Details

Charity No	1088835	
Company No	4183173	
Trustees	Stephen Taylor Gavin Bergin Anjelica Finnegan Martin Roscoe Simon Derrick Carol Evans Sarah Anderson Andrew Simpson Charlotte Bemand Jenny Boland Ana Brankovic	Chair Vice Chair Treasurer (resigned 10 November 2020) (resigned 10 November 2020) (appointed 16 March 2021) (appointed 16 March 2021) (resigned 24 August 2020, reappointed 16 March 2021)
Chief Executive Officer	Natalie Webb	
Registered Office	35 The Avenue Southampton SO17 1XN	<i>(Copies of financial statements can be obtained from this address)</i>
Auditors	Fiander Tovell Limited Stag Gates House 63/64 The Avenue Southampton SO17 1XS	
Bankers	Bank of Scotland 33 Old Broad Street London BX2 1LB	

The company is limited by guarantee and has no share capital. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed by its Articles of Association. Under those Articles, all Trustees are elected at the AGM and retire by rotation every three years thereafter.

Trustees' Annual Report for the year ended 31 March 2021

The Trustees present their annual report and the audited financial statements of the Charity for the year ended 31 March 2021.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's memorandum and articles (its governing document), the Charities Act 2011, 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 (FRS 102) (issued on 16 July 2014 and amended on 2 February 2016)."

The annual report includes the directors' report as required by company law.

About No Limits

No Limits is an award-winning, local, independent charity providing a unique combination of prevention, early intervention and crisis support to young people, based on a nationally evidenced model. We provide information, advice, counselling and support through a range of services available 'under one roof'. Set up in 1993 we have grown to support thousands of young people in Southampton and across Hampshire through our Advice Centre and the specialist projects we deliver as well as drop in sessions in schools/colleges.

We meet the needs of the most deprived, vulnerable and isolated young people who often don't access mainstream services. By supporting across a wide range of issues including sexual health, relationships, mental health, housing, debt and employment we support young people through the transition from adolescence to adulthood, often helping them climb out of, or avoid, social exclusion. Almost 5,000 children and young people accessed our services last year.

We provide advice and support through our drop-in Advice Centre in Southampton High Street, a friendly, accessible space open for over 40 hours per week, including evenings and weekends. Young people can drop in for a chat and cup of tea without appointment. This flexibility, combined with the non-judgemental, young person-centred approach of the youth workers, mean that many of the barriers to seeking help often faced by vulnerable young people are removed. The youth workers are trusted by young people – often the only professionals that are seen to be 'on their side'. From the drop-in, young people can be referred on to our specialist services including housing and homelessness; substance misuse; vulnerable groups (young carers, care leavers, young offenders, child sexual exploitation); young parents; counselling; therapeutic groups (anger management, anxiety, bereavement).

Objectives

No Limits charitable objective is to help relieve and prevent suffering caused by mental or physical ill-health or by social or economic circumstances amongst young people; by establishing, maintaining, and developing an information, advice and counselling service for the individual and/or group.

The No Limits Business Plan outlines its vision, mission and values, and identifies priorities and strategic aims for the delivery of its operations.

The Youth Information Advice Counselling and Support service model (YIACs) on which No Limits is based is a nationally proven early intervention model, with a substantial and long-standing evidence base for its effectiveness. Many government and independent reports over the past 30 years have highlighted the effectiveness of holistic 'under one roof' models of service for young people. Young people are offered support on a range of issues in a young person-centred environment. As a YIAC, No Limits 'meets young people where they are' and brings together youth information, advice on social welfare, emotional health and wellbeing, and counselling services with a range of positive activities and the support of statutory partners.

No Limits achieves its objectives by delivering a range of services including:

- **Advice Centre:** a drop-in centre opening for over 40 hours a week where children and young people can receive advice from a trained youth worker without appointment
- **Bright Beginnings:** support for young parents
- **Community Support:** for help with issues around tenancies or housing, income, benefits, bills, debts and budgeting, as well as education, training, work and life skills
- **Counselling:** for children and young people aged 4-25 in Southampton and aged 4-17 in Hampshire
- **DASH:** drugs, alcohol support and health
- **Emergency Department:** No Limits Youth Workers provide support and signposting to children and young people in Southampton and Portsmouth hospitals
- **Frankie service:** therapeutic counselling for victims of sexual abuse, sexual exploitation or FGM
- **Gateway Navigators:** providing an alternative for young offenders to entering the formal justice system
- **Health and Wellbeing:** drop-ins and one-to-one support in secondary schools and colleges in Southampton
- **Housing and Homelessness:** one to one support
- **Primary Mental Health (U18 and 18+):** early intervention to prevent mental health issue escalating
- **Next Steps:** case-held work with young offenders
- **NLXtra:** help with debt and budgeting
- **Sexual Health:** sexual health promotion and brief interventions through Southampton schools, plus Let's Talk RSE lessons. We host a clinic staffed by a specialist sexual health nurse offering advice as well as all forms of contraception
- **Social Prescribing:** connecting children and young people (13-18 years) to community groups and statutory services for practical and emotional support
- **Safe Havens:** for children and young people in Southampton (up to 25), Isle of Wight (11-17) and NE Hants/Farnham (10-17) who are experiencing difficulties with their mental health and who need access to out of hours emotional and practical support
- **Safe House and Teen Safe House:** support groups for children and young people suffering from confidence or anxiety issues, or have lived experience of mental health
- **Time4U:** support group for children and young people with learning difficulties
- **Young Carers:** one-to-one and group support for young carers
- **Youth Ambassadors:** youth participation and social action
- **Youth Infinity:** support group for those on the Prince's Trust Fairbridge Programme.

Quality and Monitoring

No Limits meets a variety of quality standards demonstrating competence across a range of service delivery, including:

- AQS (Advice Quality Standard) with additional case holding for young people's advice, welfare benefits, debt, women's support and housing support
- Youth Access Standards for information, advice, counselling and support services (which reference the British Association for Counselling and Psychotherapy's Ethical Framework)

We believe a well-trained workforce leads to safer services for clients, leading to fewer incidents and improved reporting. Health and Safety training is given to employees and their competence to safely perform work tasks assessed by Managers and the CEO.

Our governance structures monitor, review and evaluate activity to ensure that No Limits fulfils its responsibilities as an employer and deliverer of services to children, young people and their families. We have a policy of transparency concerning meetings relating to investigations and incidents with minutes available and reported back to Trustees. This ensures the safety of the workforce and service user, quality of service and robustness of the Charity's services.

Systems are in place to monitor and quality assure the implementation and compliance of safeguarding standards.

No Limits monitors performance using recording systems and databases. Reports are provided on an individual project and funder basis and a wider organisational Impact Report is published annually. Performance of service delivery is monitored through contracts and management systems which identify risk of underperformance.

Working in Partnership

No Limits has been working in the local children and youth services sector for 28 years and is a highly respected and trusted voice for children and young people. We have a long track record of identifying unmet needs and working on creative solutions with partner agencies and have built and sustained relationships with both voluntary and statutory organisations, to secure the best outcomes for young people. We have strong multi-agency links including with the Youth Offending Service, Probation service, Local Authority services such as Early Help, Housing, Social Care and Public Health; Rape Crisis, Schools, Colleges, Universities, health services such as Clinical Commissioning Groups, Child and Adolescent Mental Health Services, sexual health, substance misuse, Emergency Department and GPs; Missing, Exploited and Trafficked team. We work in partnership with local voluntary sector organisations including Citizens Advice, Youth Options, Yellow Door and YMCA. We are the lead agency in a Hampshire-wide consortium of 11 voluntary sector youth organisations offering counselling to children and young people across the county. Staff contribute to a number of local, regional and national strategic and practitioner groups and forums, representing children and young people's needs, including Southampton Healthwatch, the Hampshire Starting Well strategic group, Southampton City Council Children and Young People's Early Intervention and Prevention group, the MET group, local safeguarding subgroups, Blagrove Trust forum and Youth Access.

We host a separate charity, Breakout Youth, providing back office support and office space. Breakout Youth and No Limits have worked together for many years. Breakout Youth provides one to one and group support to children and young people who identify as LGBTQ+.

No Limits Trading Ltd is a 100% owned subsidiary utilising the Charity's expertise to offer a broad range of counselling, group work and training for individuals, schools, companies and charities. Any taxable profits generated will be gifted to No Limits enabling us to support more children and young people.

Our Structure, Governance and Management

No Limits' charitable purposes¹ include the following as described in The Charities Act 2011:

the prevention or relief of poverty; the advancement of education; the advancement of health; the advancement of citizenship or community development; the advancement of human rights, conflict resolution or reconciliation or racial harmony or equality and diversity; the relief of those in need, by reason of youth, age, ill-health, disability, financial hardship or other disadvantage.

The Charity Trustees' responsibility is to ensure that they carry out their Charity's aims for the public benefit and report on their Charity's public benefit in their Trustees' Annual Report.

Delivery of the charitable purposes is the responsibility of the Trustee board who govern No Limits. The Trustee board meets formally six times per year to review performance, ensure effective governance and provide strategic direction for the future. Where appropriate sub-committees, complete with terms of reference, explore issues in greater depth and report back to the Trustee board.

No Limits is committed to having a diverse and active Trustee board. The Trustee Recruitment, Selection and Induction process that No Limits follows is in line with the Charity Commission document RS1.

Day to day management of the Charity is delegated to the Charity's Chief Executive and the Senior Leadership Team who meet regularly to ensure the charity is operationally achieving its charitable objectives.

No Limits' Chief Executive is Natalie Webb who joined the team in 2020. Natalie has overall responsibility for management of the organisation, leadership, strategic partnerships and developing the service.

¹ 'Charitable purposes' are those that fall within the descriptions of charitable purposes set out in The Charities Act 2011, and that are for the public benefit

Staff and volunteers are well trained, and performance is monitored through a supervision and appraisal system. Sickness is monitored and managed, and staff satisfaction is measured in a regular Temperature Reading Survey.

Our volunteers work across all our services and are an essential, much-respected part of our workforce, working alongside our paid staff as equal partners and trained to the same level. All people interested in exploring volunteering opportunities are invited to attend our induction training and are then carefully matched with projects and provided with specialist training. Once in their volunteer post they receive regular supervision from their team leaders and can access clinical supervision if needed.

Young people are encouraged to contribute to service developments through a range of participation methods including our bi-annual consultation, comments boxes and participation in our Youth Ambassadors programme.

The results of our bi-annual 'Have Your Say' consultations also inform development and priorities for the organisation, recognising when we could deliver better for young people. Our experience has shown that young people being involved in this way benefits the organisation and the young person.

Covid19

During the 2020/21 financial year, Covid19 presented an unpredicted and unprecedented challenge for all people and organisations including No Limits, its staff, volunteers and service users. Prior to Covid19 many children and young people struggled. The demand for mental health and support services was high and exceeded support available, the impacts of deprivation and poverty were significant, and many children and young people were vulnerable. Now, for many, the struggle is greater with a lack of access to support, hard felt social isolation, deteriorating mental health, and increased financial and social pressure.

No Limits continues to work hard across all its services to ensure that children and young people, and their supporters, have access to the help and support they need. During the year we introduced remote access and digital services. No Limits has a 'roadmap' for re-establishing face to face delivery and returning to a 'new normal', Covid19 secure, working environment.

Our Business Plan

In 2020/21 we had a one-year business plan to guide the organisation through a year of significant challenge with Covid19. The Trustee Board and staff team have worked collaboratively on a longer term (three-year) business plan, which will be published in 2021.

Our vision is: to help children and young people in Southampton and the surrounding areas to help themselves to understand their rights and responsibilities, achieve their potential, value themselves and be valued by society.

Our mission is: to empower children and young people to reach their full potential through information, advice, counselling and support.

- We are committed to providing a holistic and confidential service for young people that empowers them to reach their full potential.
- We understand that children and young people face challenges on multiple levels, including with mental and physical health, relationships, housing and money, accessing education and employment.
- We are passionate about ensuring that all children and young people know their worth, are supported and cared for in times of need, and empowered to know their rights and advocate for change.
- We embrace diversity and equality of opportunities to inspire all children and young people, staff and volunteers within No Limits
- Our Youth Information, Advice and Counselling Service (YIACS model) provides an open door for children and young people (up to age 26) to gain support, learn about their rights and access a range of resources.

At No Limits all our services are underpinned by core values, we are:

- Safe and supportive...we offer safe and confidential services for children and young people
- Passionate and determined ... we're passionate about children and young people's rights
- Accessible and welcoming ... at our Advice Centre, in schools, online
- Caring and non-judgemental ... we listen, we don't judge
- Empowering ... helping young people to help themselves.

No Limits has four strategic goals supported by short term and long term actions.

- Services: To deliver high quality excellent services, in line with our mission, which meet the needs of all children and young people.
- People: No Limits is a great place to work where people achieve and feel valued.
- Finance: To be a sustainable and efficient organisation.
- Infrastructure: To have the right infrastructure, capacity and strategy to support the delivery of excellent services.

Our Impact

No Limits has a significant impact on the children and young people it supports. In 2020/21:

- 4,862 children and young people were supported through our services
- 2,088 children and young people were supported with their mental health
- 218 children and young people were homeless or at risk of homelessness
- 191 children and young people were supported through support groups
- 1,070 children and young people were offered counselling
- 286 students were supported with health and wellbeing in schools and colleges
- 1,329 children and young people were given advice through the Advice Centre team
- 288 children and young people were supported by the DASH project
- 61 children and young people visited our Safe Havens
- 229 young carers were given one to one or group support
- 306 young people were supported with parenting responsibilities

The feedback about No Limits from the people it helps evidences the difference it makes. In survey results:

- 97% of children and young people said they were treated fairly
- 93% of children and young people said they were happy with the service they received
- 68% of children and young people said their ability to deal with their problems had improved
- 59% of children and young people said their levels of stress had improved.

Risk Review

Trustees are responsible for the effective management of risk and for making sure that internal controls are in place and operating as designed. The Trustee Board review and agree the risk management strategy and policies. The Trustees have reviewed the major risks to which the Charity is exposed, and systems have been established to mitigate those risks. Risks are recorded on a Risk Register which the CEO monitors and updates on a regular basis.

Financial Results

The annual accounts show a surplus of £555,555 which reflects additional income received from funders for current and future projects alongside prudent expenditure management which resulted in annual costs being close

to budget. In years prior to Covid19 pandemic a target surplus of 3% of turnover has been agreed by the Trustees to contribute to reserves to protect the Charity in the event of future changes. This accumulated surplus provides No Limits with some financial security for the future and will contribute to unknown changes which may be required coming out of Covid19.

During the year there has been an 18.3% growth in income. Income from Charitable Activities grew by 19% mainly driven by new contracts won. Grant income also grew by 22.1%. A significant amount of this growth was Covid19 related grant funding. Due to the pandemic donations fell by 44.2%. No Limits continues to work towards achieving longer term funding to provide stability for the Charity.

Several contracts are due to end before the end of 2021/22 however discussions are progressing to extend them. All of these contracts have TUPE rights attached to them and if No Limits are not successful in retaining these contracts a number of staff will be transferred to the new provider reducing our expenditure as income falls.

Principal sources of income in the year were:

Hampshire CCG	£595,935
Southampton City Council – DASH	£482,497
Solent NHS Trust	£304,390
Barnardo's	£190,599
Hampshire County Council – Frankie project	£186,004
Big Lottery Fund – Help Through Crisis	£166,939
Citizens Advice Bureau (Advice, Information & Guidance)	£137,156
Big Lottery Fund – Reaching Communities – Preventing Homelessness	£128,231
Southampton CCG	£125,000
Hampshire Constabulary	£115,088
Southampton City Council – Comprehensive Counselling	£104,151

Other sources of income are disclosed in Note 4 of the financial statements.

The Charity continues to make a use of volunteers in the course of its charitable activities. Volunteers make a crucial contribution to the Charity including the provision of information, advice and counselling services at the Charity's Advice Centre. The contribution from volunteers has not been included in the accounts. This is considered to be in accordance with guidance in the SORP.

Governance costs fell slightly to 0.8% of total expenditure compared to 1.0% in the previous year.

Fundraising Activities

The Finance and Executive Subgroup of the No Limits Trustee Board oversees fundraising and meets bimonthly, receiving a report from the fundraising team and Head of Finance.

The Fundraising Manager and CEO oversee day to day fundraising activities including writing bids and tenders, working with corporate partners and engaging in promotion of the Charity, community fundraising and events.

Trustees set a challenging fundraising target for 2020/21 that was achieved. A challenging target has also been set for 2021/22 but considerations have to be given to the Covid19 situation currently being faced. A significant amount of recent funding opportunities are short term and the fundraising team are now working to convert these into longer term projects.

Unrestricted funding, gained through individual donations, events and community fundraising, was considerably lower than the target set in 2020/21 due to Covid. The charity has reassessed its target for 2021/22 in light of this and is currently focusing on building its individual supporter base, particularly regular givers.

Future Financial Strategy

Future strategies will continue to focus on a balance of maintaining reserves at a level recommended by the Charity Commission whilst retaining the flexibility to manage potential variations in operational demands which are outside the control of the Charity. The primary annual target is to deliver a break-even budget, with a secondary target for a surplus of 3% of total income each year (approximately £100,000) where conditions allow for this. New funding sources will continue to be sought and secured which will contribute to the generic drop-in advice and support services for which No Limits (South) has built up a substantial reputation and expertise but is not fully funded.

The Trustee strategy for future funding is to broaden the funding base of the Charity into new areas of income such as individual giving and the private business sector. The broadening of the funding base also includes a strategy to work in new areas outside of Southampton. No Limits (South) is seeking to expand the geographical area that it works in and strengthen the new areas of Hampshire that we have already started to work in. This is being done in a sensitive way often working with other charities in the area and filling in gaps rather than in direct competition with a current provider. No Limits partnership work continues to increase with No Limits holding several contracts that have other charities as sub-contractors. Bids continue to be submitted with a partnership framework.

Reserves Policy

Total reserves are £2,483,164 which includes £37,414 of restricted reserves. £1,112,075 is held as a unrestricted General Reserve and £250,000 is designated as a business development reserve to cover costs of continuing existing services in the event of temporary funding loss, as well as new initiatives. The remaining reserves of £1,083,675 represent the fixed assets of the Charity.

The Trustees have agreed that reserve requirements should be monitored with reference to:

- Minimum level to cover the cost of 'winding up' the organisation in the event of all funding coming to an end (this would include the cost of redundancies and meeting short term liabilities). Reserves should not be allowed to fall below this minimum level and should be kept in the form of cash and saleable properties. The value of saleable properties now covers the estimated 'winding up' costs so this is not a separate designated fund.
- The amount of cash reserves held should be in line with the Charity Commission guidelines and be able to cover the continuation of 'core' activities for 6 months. The actual monetary amount of reserves required rises as income rises.

The Trustees are of a view that the Charity is a going concern.

Investment Performance and Policy

The objectives of the No Limits investment policy are to invest surplus funds prudently in accordance with the responsibilities of trustees. Priority will be to ensure security and liquidity.

Surplus funds will be invested via investment advisers in four ways:

- i) Financial investments
 - a) Cash investments. A sum will be maintained on deposit to ensure flexibility;
 - b) Investments will be made in the financial market with a view to achieving a return. This will be in accordance with the risk appetite and based on professional advice;
 - c) Property investments will also be made to deliver financial return in the longer term. The priority will be where property investment helps to deliver the aims of objectives of No Limits through service provision or office accommodation. This will also be based on professional advice and managed risk.

ii) Programme related investments

The investment policy provides for investment into a programme related activity or activities where this will support and protect No Limits aims and objectives. This includes the possibility of investment of 'pump-priming' funds into a social enterprise where a long-term return can be demonstrated.

A diverse investment strategy will be promoted by firstly agreeing the cash sum to be held on deposit and then allocating 1/3 of the residual balance to each of stocks and shares, property and programme related investments.

The overall risk appetite of No Limits investments is low.

The priorities within this policy are liquidity and security rather than yield. Property assets will be longer term but realisable. Market investments will be ethical, and a mixture of short and medium term and any new programme related investments will be over the medium term with a view to improving services for younger people through new enterprises.

Statement of Trustees' Responsibilities

The Trustees (who are also Directors of No Limits (South) for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP (2016 FRS102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

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

In so far as the Trustees are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware; and
- the Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Auditor

The Auditor, Fiander Tovell Limited, are deemed to be reappointed under section 487(2) of the Companies Act 2006.

Small Companies Disclosure

This report has been prepared in accordance with the provisions applicable to companies' subject to the small companies' regime in Part 15 of the Companies Act 2006. The Trustees confirm that this Report and Financial Statements complies with current statutory requirements, the 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 (FRS 102) (as amended for accounting period commencing from 1 January 2016), and with the Charity's Memorandum and Articles of Association.

Approved by the Trustees and signed on their behalf by:

.....
Stephen Taylor
Trustee

21 October 2021

Independent Auditors' Report for the Year Ended 31 March 2021 to the Members of No Limits (South)

Opinion

We have audited the financial statements of No Limits (South) (the 'parent charitable company') and its subsidiary (the 'group') for the year ended 31 March 2021 which comprise the Consolidated Statement of Financial Activities, the Consolidated Balance Sheet, the Consolidated Statement of Cashflows and the notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2021 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the accounts in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The Trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the Trustees' Report, which includes the directors' report prepared for the purposes of company law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report included within the Trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the Trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the Trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees' report and from the requirement to prepare a strategic report.

Responsibilities of Trustees

As explained more fully in the statement of Trustees' responsibilities, the Trustees, who are also the directors of the charity for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

Extent to which the audit was considered capable of detecting irregularities, including fraud

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- the engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations.
- we identified the laws and regulations applicable to the company through discussions with directors and other management, and from our commercial knowledge and experience.
- we focussed on specific laws and regulations which we considered may have a direct material effect on the financial statements or the operations of the company, including the Companies Act 2006, taxation legislation, data protection, employment, environmental and health and safety legislation.
- we assessed the extent of compliance with the laws and regulations identified above through making enquiries of management.

We assessed the susceptibility of the company's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud.
- considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations.

Audit response to risks identified

To address the risk of fraud through management bias and override controls, we:

- performed analytical procedures to identify any unusual or unexpected relationships.
- tested journal entries to identify unusual transactions.
- tested a sample of BACS payments to identify payments being made to unexpected bank accounts.
- performed transactional testing on payroll costs in respect of those employees with responsibility or authority in connection with the payroll function.
- assessed whether judgements and assumptions made in determining the accounting estimates were indicative of potential bias.
- investigated the rationale behind the significant or unusual transactions.

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

- agreeing financial statement disclosures to underlying supporting documentation.
- enquiring of management as to actual and potential litigation and claims.

There are inherent limitations in our audit procedures described above. The more removed that laws and regulations are from financial transactions, the less likely it is that we would become aware of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the directors and other management and the inspection of regulatory and legal correspondence, if any. Material misstatements that arise due to fraud can be harder to detect than those that arise from error as they may involve deliberate concealment or collusion.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: <http://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

Andrew Jay ACA FCCA (Senior Statutory Auditor) 15 December 2021
for and on behalf of Fiander Tovell Limited

Chartered Accountants
Statutory Auditor
Stag Gates House
63/64 The Avenue
Southampton
Hampshire
SO17 1XS

No Limits (South)

Consolidated Statement of Financial Activities (Incorporating the Income and Expenditure Account) for the Year Ended 31 March 2021

	Note	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £	Total Funds 2020 £
Income from:					
Donations and legacies	4a	249,883	772,998	1,022,881	869,956
Charitable activities	4b	2,839,014	-	2,839,014	2,365,342
Commercial trading operations	4c	39,249	-	39,249	58,074
Investments	4d	10,987	-	10,987	14,318
Total Income		3,139,133	772,998	3,912,131	3,307,690
Expenditure on:					
Fundraising	6	129,268	-	129,268	126,547
Charitable activities	5	2,445,665	778,369	3,224,034	2,882,462
Commercial trading operations		3,274	-	3,274	12,833
Total Expenditure		2,578,207	778,369	3,356,576	3,021,842
Net gains on investments		-	-	-	-
Net (Loss)/Income		560,926	(5,371)	555,555	285,848
Transfers					
Gross transfers between funds	15	(284)	284	-	-
Net Movement in Funds		560,642	(5,087)	555,555	285,848
Reconciliation of Funds:					
Total Funds brought forward at 1 April 2020		1,885,108	42,501	1,927,609	1,641,761
Total Funds carried forward at 31 March 2021	16	2,445,750	37,414	2,483,164	1,927,609

All income and expenditure derive from continuing activities.

The statement of financial activities includes all gains and losses recognised during the year and therefore no separate statement of the total recognised gains and losses is presented.

No Limits (South)

Consolidated Balance Sheet as at 31 March 2021

	Note	Group 2021 £	Charity 2021 £	Group 2020 £	Charity 2020 £
Fixed Assets					
Tangible fixed assets	9	963,675	963,675	1,022,048	1,022,048
Investments	9	120,000	120,001	120,000	120,001
Total Fixed Assets		1,083,675	1,083,676	1,142,048	1,142,049
Current Assets					
Debtors	11	511,943	567,548	265,424	317,945
Cash at bank and in hand		2,221,816	2,200,620	1,449,326	1,419,308
Total Current Assets		2,733,759	2,768,168	1,714,750	1,737,253
Creditors: Amounts falling due within one year	12	(1,334,270)	(1,323,152)	(929,189)	(914,577)
Net Current Assets		1,399,489	1,445,016	785,561	822,676
Total Assets less Current Liabilities		2,483,164	2,528,692	1,927,609	1,964,725
Total Net Assets		2,483,164	2,528,692	1,927,609	1,964,725
Funds of the Charity					
Unrestricted Funds	15,16	1,112,075	1,157,603	743,060	780,176
Designated Funds					
Functional fixed asset fund	15,16	1,037,727	1,037,727	1,096,100	1,096,100
Business development reserve	15,16	250,000	250,000	-	-
Revaluation reserve	9,15,16	45,948	45,948	45,948	45,948
Restricted Funds	15,16	37,414	37,414	42,501	42,501
Total Funds		2,483,164	2,528,692	1,927,609	1,964,725

The financial statements were prepared in accordance with the provisions applicable to companies' subject to the small companies' regime within part 15 of the Companies Act 2006. The financial statements have been approved and authorised for issue by the Board on 21 October 2021

Signed on behalf of the board of trustees:

Trustee
Stephen Taylor

The notes on pages 18 to 36 form part of these financial statements.

Company registration number: 4183173

No Limits (South)

Statement of Cash Flows and Consolidated Statement of Cash Flows for the Year Ended 31 March 2021

	Note	Group 2021 £	Charity 2021 £	Group 2020 £	Charity 2020 £
Cash flow from operating activities	20	771,655	780,477	444,809	435,515
Net cash flow from operating activities		<u>771,665</u>	<u>780,477</u>	<u>444,809</u>	<u>435,515</u>
Cash flow from investing activities					
Payments to acquire tangible fixed assets		-	-	(2,342)	(2,342)
Payments to acquire share capital in subsidiary		-	-	-	-
Interest receivable		835	835	864	864
Net cash flow from investing activities		<u>835</u>	<u>835</u>	<u>(1,478)</u>	<u>(1,478)</u>
Net increase in cash and cash equivalents		<u>772,500</u>	<u>781,312</u>	<u>443,331</u>	<u>434,037</u>
Cash and cash equivalents at 1 April 2020		<u>1,449,326</u>	<u>1,419,308</u>	<u>1,005,995</u>	<u>985,271</u>
Cash and cash equivalents at 31 March 2021		<u><u>2,221,816</u></u>	<u><u>2,220,620</u></u>	<u><u>1,449,326</u></u>	<u><u>1,419,308</u></u>
Cash and cash equivalents consist of:					
Cash at bank and in hand		<u>2,221,816</u>	<u>2,200,620</u>	<u>1,449,326</u>	<u>1,419,308</u>
Cash and cash equivalents at 31 March 2021		<u><u>2,221,816</u></u>	<u><u>2,200,620</u></u>	<u><u>1,449,326</u></u>	<u><u>1,419,308</u></u>

No Limits (South)

Notes (forming part of the financial statements) for the Year Ended 31 March 2021

1 Principal Accounting Policies

Basis of Preparation

No Limits (South) is a company limited by guarantee in the United Kingdom and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 1 of these financial statements.

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 (FRS 102) issued on 16 July 2014 (as updated through Update Bulletin 1 published on 2 February 2016), 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 Practice as it applies from 1 January 2015.

At the time of approving the accounts, the Trustees have considered that there are no material uncertainties about the Charity's ability to continue. The Trustees have considered the impact of Covid-19 on the Charity's operations but forecasts indicate that there is sufficient headroom that this does not create a material uncertainty. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the accounts.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are prepared in sterling which is the functional currency of the charity. The accounts are rounded to the nearest pound.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

No Limits Trading Ltd is a 100% owned subsidiary of No Limits.

Fund Accounting

General funds are unrestricted funds which are available for use at the discretion of Trustees in furtherance of the general objectives of the charity and have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by the donor or which have been raised by the charity for specific purposes. Expenditure which meets either of these criteria is identified to the fund.

Designated funds are determined by the Trustees from time to time as being held for specific purposes, for example to hold a reserve in respect of future eventualities such as re-organisation or staff redundancies which may be necessary in the light of predicted funding changes.

Service Provision

Income in respect of contractual services provided to other agencies is accounted for in the period in which the service is provided and is also included under the heading 'Income from Charitable Activities'.

Incoming Resources

All incoming resources are included in the Statement of Financial Activities (SOFA) on an accruals basis, except to the extent that grants receivable must be applied to future periods of expenditure or are contingent on future requirements being fulfilled, in which case recognition will be when that criteria has been met.

Income from grants receivable are classified as 'Voluntary Income' when they are general in nature in support of the charity's objectives, as opposed to 'Contract Income' where funding is closely linked to agreed project outputs. 'Contract Income' is classified under 'Income from Charitable Activities' along with income from discrete activities for which a fee is charged, e.g. specific work carried out in schools.

Income is deferred if the funder has expressly stated that grants are to be applied to future accounting periods, or if there is some expectation from the funder that amounts in connection with the grant should be repaid in future periods.

Grants receivable in respect of fixed assets are included in the SOFA in the period in which they are received in accordance with the SORP.

'In-Kind' contributions or services donated to the charity are normally valued at cost (as determined by the donor) or a reasonable estimate of actual cost if such information is unavailable.

No amount is included in the financial statements for the volunteer time, in line with SORP (FRS 102). Further information is provided in the Trustee's Report.

Income from rental of parking spaces at the charity's main offices is recognised in the period to which it relates.

Investment income from property is recognised on receipt.

Expenditure

All expenditure is included on an accruals basis and is recognised when there is a legal or constructive obligation to transfer resources. All costs have been directly attributed to one of the functional categories of resources in the SOFA. Expenditure subject to VAT which is not recoverable is shown inclusive of VAT.

Apportionment of costs across headings of the SOFA is carried out in relation to claims for grant funding. A method based on the allocation of staff time is used for revenue expenditure on direct project activities, premises and management and administration. As far as possible, depreciation costs are apportioned either to project activities or premises costs using appropriate apportionment criteria.

Costs are allocated to the Governance category where they cannot be clearly allocated to project activities or are of a strategic nature, e.g. insurance and legal expenses.

Pension Scheme

No Limits operates a Group Personal Pension Scheme (defined contribution) provided by AEGON plc and administered by Andrew Routley Pensions Limited. The assets of this scheme are held separately from those of the Charity. Pension costs charged in the SOFA represent the contributions payable by the Charity in the year.

Fixed Assets and Depreciation

It is the policy of the Charity to capitalise assets costing over £500 and with an expected useful life in excess of three years. With the exception of freehold property, a full year's depreciation is charged in the year of acquisition.

Depreciation is provided on the following bases following an assessment of the estimated useful economic life and anticipated residual value:

Furniture and Equipment	Straight line basis over 4 years
Computer Equipment	Straight line basis over 3 years
Freehold Property	Straight line basis over 25 years with no depreciation charged in the year of acquisition
Leasehold Property Improvements	Over the remaining life of the lease

Investment Properties

Investment properties for which fair value can be measured reliably without undue cost or effort are measured at fair value at each reporting date with changes in fair value recognised in 'net gains/(losses) on investments' in the SOFA.

Impairment

At each reporting period end date, the Trustees review the carrying amounts of the Charity's tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. Indicators of impairment may include significant declines in an asset's market value, evidence of physical damage, significant reorganisation of the Charity or changes in the statutory or political environment in which the Charity operates. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

Leases

Rentals payable and receivable under operating leases are charged to the SOFA on a straight-line basis over the period of the lease.

Cash and cash equivalents

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Financial Instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic Financial Assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Impairment of Financial Assets

Financial assets, other than those held at fair value through profit and loss, are assessed for indicators of impairment at each reporting end date.

Financial assets are impaired where there is objective evidence that, as a result of one or more events that occurred after the initial recognition of the financial asset, the estimated future cash flows have been affected.

If an asset is impaired, the impairment loss is the difference between the carrying amount and the present value of the estimated cash flows discounted at the asset's original effective interest rate. The impairment loss is recognised in profit or loss.

If there is a decrease in the impairment loss arising from an event occurring after the impairment was recognised, the impairment is reversed. The reversal is such that the current carrying amount does not exceed what the carrying amount would have been, had the impairment not previously been recognised. The impairment reversal is recognised in profit or loss.

Derecognition of Financial Assets

Financial assets are derecognised only when the contractual rights to the cash flows from the asset expire or are settled, or when the company transfers the financial asset and substantially all the risks and rewards of ownership to another entity, or if some significant risks and rewards of ownership are retained but control of the asset has transferred to another party that is able to sell the asset in its entirety to an unrelated third party.

Classification of Financial Liabilities

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the company after deducting all of its liabilities.

Basic Financial Liabilities

Basic financial liabilities, including creditors, bank loans, loans from fellow group companies and preference shares that are classified as debt, are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of Financial Liabilities

Financial liabilities are derecognised when the company's contractual obligations expire or are discharged or cancelled.

2 Judgements and Key Sources of Estimation Uncertainty

The trustees consider that there are no material areas of judgement or estimation uncertainty.

3 Financial Performance of the Charity

The summary financial performance of the charity alone is:

	2021 £	2020 £
Income	3,927,459	3,316,302
	<u>3,927,459</u>	<u>3,316,302</u>
Expenditure on charitable activities	(3,363,492)	(3,010,439)
Net Income	<u>563,967</u>	<u>305,863</u>
Other recognised gains	-	-
Net movement in Funds for the year	<u>563,967</u>	<u>305,863</u>
Reconciliation of Funds:		
Total Funds brought forward at 1 April 2020	1,964,725	1,658,862
Total Funds carried forward at 31 March 2021	<u>2,528,692</u>	<u>1,964,725</u>
Represented by:		
Restricted income funds	37,414	42,501
Unrestricted income funds	<u>2,491,278</u>	<u>1,922,224</u>
	<u>2,528,692</u>	<u>1,964,725</u>

4 Incoming Resources

4a Donations and legacies

	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £	Total Funds 2020 £
Grants	222,301	772,248	994,549	816,203
Donations & Similar Incoming Resources	27,582	750	28,332	50,753
Donated Services & Facilities	-	-	-	3,000
	<u>249,883</u>	<u>772,998</u>	<u>1,022,881</u>	<u>869,956</u>

Income from government grants comprises of grants made by local authorities to fund social related services as described in the Trustees' report. See below for more information as to the amount and source of these grants.

(Note 4a continued)

	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £	Total Funds 2020 £
Grants				
Big Lottery Fund – Help Through Crisis	-	166,939	166,939	74,814
Big Lottery Fund – Reaching Communities (Homelessness)	-	128,231	128,231	47,557
The Blagrove Trust	-	95,000	95,000	67,917
Dept. of Health & Social Care – Health & Wellbeing Fund	-	80,000	80,000	160,000
Youth Endowment Fund	-	63,249	63,249	-
Southampton City Council (Other)	60,018	-	60,018	41,094
Police & Crime Commissioner	-	49,203	49,203	-
Hampshire County Council – Children’s Services	41,400	-	41,400	-
Job Retention Scheme	37,358	-	37,358	-
Southampton City Council – Violence Reduction Unit	-	36,630	36,630	-
Youth Access – Equal Access in Mind	36,585	-	36,585	36,585
MIND – Coronavirus Mental Health Response Fund	-	34,363	34,363	-
Children in Need – Stay Safe	-	31,983	31,983	29,053
Swire Foundation	25,000	-	25,000	-
Co-Op Foundation/Big Lottery Fund #iwill	-	23,333	23,333	26,250
The Big Lottery Fund – Reaching Communities (Peer Support)	-	20,684	20,684	23,908
Paul Hamlyn Foundation	-	17,500	17,500	-
Southampton CCG	-	10,181	10,181	-
Pilgrim’s Trust	10,000	-	10,000	-
Southampton City Council – Employment Hub	-	9,952	9,952	-
Southampton Voluntary Services	8,607	-	8,607	-
National Emergency Trust	-	5,000	5,000	-
Communities Against Cancer	3,333	-	3,333	6,667
Big Lottery Fund – Reaching Communities – Next Steps	-	-	-	155,384
Youth Access – Make Our Rights Reality	-	-	-	55,291
Isle of Wight CCG	-	-	-	30,000
NHS Southampton CCG	-	-	-	20,000
Hampshire Constabulary – Serious Violence Fund	-	-	-	17,862
Co-Op Co-Research	-	-	-	9,980
Santander	-	-	-	5,000
Southampton City Council – Short Breaks	-	-	-	4,560
Percy Bilton Charity	-	-	-	4,281
	222,301	772,248	994,549	816,203
For the year ended 31 March 2020	163,944	652,259		816,203

(Note 4a continued)

	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £	Total Funds 2020 £
<i>Donations and Similar Incoming Resources</i>				
Miscellaneous	14,315	750	15,065	17,536
Just Giving	4,130	-	4,130	13,771
King Edward VI School	3,500	-	3,500	-
Facebook Giving	2,282	-	2,282	1,509
Southern Health NHS	2,000	-	2,000	-
H Wilkinson	1,355	-	1,355	-
CGM Solicitors (legacy)	-	-	-	6,750
Southampton Ukele	-	-	-	2,500
Parkfield Dance Academy	-	-	-	2,447
Rotary Club	-	-	-	1,900
Mayfield Lawn Bowling Club	-	-	-	1,340
Emilienne Charitable Trust	-	-	-	1,000
Old Saints	-	-	-	1,000
The Gregg School	-	-	-	1,000
	27,582	750	28,332	50,753
For the year ended 31 March 2020	50,753	-		50,753

Donated Services and Facilities

In accordance with the SORP, 'in-kind' incoming and outgoing resources are brought into the financial statements in respect of training provided by GlaxoSmithKline as part of their GSK Impact Awards scheme.

	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £	Total Funds 2020 £
<i>Donated Services & Facilities</i>				
Training	-	-	-	3,000
	-	-	-	3,000
For the year ended 31 March 2020	3,000	-		3,000

The Charity has received support from volunteers in providing information, advice and counselling services at the Charity's drop-in centres. This is invaluable support and the Trustees are not able to value this in monetary terms.

4b Charitable activities

	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £	Total Funds 2020 £
Hampshire CCG Counselling	595,935	-	595,935	595,935
Southampton City Council - DASH	482,497	-	482,497	497,265
Solent NHS Trust	304,390	-	304,390	513,475
Barnardos	190,599	-	190,599	-
Hampshire County Council - Frankie	186,004	-	186,004	-
Citizens Advice Bureau (Advice, Information & Guidance)	137,156	-	137,156	137,156
NHS Southampton CCG	125,000	-	125,000	56,000
Hampshire Constabulary	115,088	-	115,088	79,774
Southampton City Council (Comprehensive Counselling)	104,151	-	104,151	104,151
Breakout Youth	91,712	-	91,712	79,380
MENCAP	88,279	-	88,279	88,779
Southampton City Council (Health & Wellbeing Drop Ins)	66,576	-	66,576	66,576
North Hants & Farnham CCG – Safe Haven	62,034	-	62,034	-
YMCA (Housing Related Support)	57,525	-	57,525	57,525
Isle of Wight CCG	50,000	-	50,000	-
Street Games	38,300	-	38,300	31,700
Change Grow Live	37,255	-	37,255	25,076
Southampton City Council – Peer Support	36,465	-	36,465	-
Hampshire County Council – Other	21,627	-	21,627	-
Yellow Door	20,000	-	20,000	20,000
Southampton City Council (Other)	17,081	-	17,081	1,041
Income from providing student placements	6,232	-	6,232	4,416
Carers in Southampton	4,180	-	4,180	-
Other	928	-	928	3,323
Lease of parking spaces	-	-	-	2,481
Hampshire County Council (Public Health)	-	-	-	1,289
	2,839,014	-	2,839,014	2,365,342
For the year ended 31 March 2020	2,365,342			2,365,342

4c Income earned from other activities

The summary financial performance of the subsidiary alone is:

	2021 £	2020 £
Turnover	49,439	59,504
Cost of sales and administrative costs	(57,850)	(79,519)
Net loss	<u>(8,411)</u>	<u>(20,015)</u>
The assets and liabilities of the subsidiary were:		
Current assets	25,071	30,506
Current liabilities	(20,598)	(27,621)
Long term liabilities	(50,000)	(40,000)
Total net assets	<u>(45,527)</u>	<u>(37,115)</u>
Aggregate share capital and reserves	<u>(45,527)</u>	<u>(37,115)</u>

4d Investment Income

	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £	Total Funds 2020 £
Rent receivable	10,152	-	10,152	12,648
Bank interest receivable	835	-	835	864
Income from managing agents	-	-	-	806
	<u>10,987</u>	<u>-</u>	<u>10,987</u>	<u>14,318</u>
For the year ended 31 March 2020	<u>14,318</u>	<u>-</u>	<u>14,318</u>	<u>14,318</u>

5 Analysis of expenditure on charitable activities

	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £	Total Funds 2020 £
<i>Charitable Activities*</i>				
Activities undertaken directly	2,087,522	714,254	2,801,776	2,519,735
Support costs	358,143	64,115	422,258	362,727
	<u>2,445,665</u>	<u>778,369</u>	<u>3,224,034</u>	<u>2,882,462</u>
For the year ended 31 March 2020	<u>2,222,536</u>	<u>659,926</u>	<u>2,882,462</u>	<u>2,882,462</u>

*The Trustees consider that there is one charitable activity, within which there are a number of projects, as discussed in the Trustees' report.

6 Allocation of Support Costs

	Fundraising	Charitable Activities	Total	Total
	2021	2021	2021	2020
	£	£	£	£
<i>Support costs</i>				
Governance (note 7)	-	28,622	28,622	29,291
Finance	-	94,335	94,335	92,317
Information technology	-	133,023	133,023	75,537
Human resources	-	13,242	13,242	16,944
Depreciation	-	58,183	58,183	62,670
Office costs	-	94,853	94,853	85,698
Fundraising	124,368	-	124,368	121,627
Other	4,900	-	4,900	4,920
	129,268	422,258	551,526	489,274

7 Governance Costs

	2021	2020
	£	£
<i>Governance costs</i>		
Auditor's remuneration	6,090	5,430
Legal and professional fees	5,295	4,270
Insurance	15,497	15,893
Other	1,740	3,698
	28,622	29,291

8 Operating Charges

	2021	2020
	£	£
Net income for the year is stated after charging:		
Auditor's remuneration:		
- Audit fees	6,090	5,430
- Taxation	600	600
Depreciation of tangible fixed assets	58,183	62,670
Operating lease rentals – land & buildings	32,250	30,000
Operating lease rentals - other	17,715	15,562

9 Fixed Assets

Tangible Fixed Assets – Charity (also comprising that of the group)

	Freehold Property £	Leasehold Improvements £	Furniture & Equipment £	Computer Equipment £	Total £
Cost or Valuation					
At 1 April 2020	1,074,500	67,557	28,208	43,259	1,213,524
Written off	-	-	-	(4,373)	(4,373)
Disposals	-	-	-	(570)	(570)
At 31 March 2021	1,074,500	67,557	28,208	38,316	1,208,581
Depreciation and diminution in value					
At 1 April 2020	99,010	33,010	21,504	37,952	191,476
Charge for the year	42,980	7,100	3,767	4,336	58,183
Written off	-	-	-	(4,373)	(4,373)
Disposals	-	-	-	(380)	(380)
At 31 March 2021	141,990	40,110	25,271	37,535	244,906
Net Book Value					
At 31 March 2021	932,510	27,447	2,937	781	963,675
At 31 March 2020	975,490	34,547	6,704	5,307	1,022,048

Investments	Investment Properties £	Total £
Cost or Valuation		
At 1 April 2020	120,000	120,000
Revaluation	-	-
At 31 March 2021	120,000	120,000
Depreciation and diminution in value		
At 1 April 2020	-	-
Impairment	-	-
At 31 March 2021	-	-
At 31 March 2021	120,000	120,000
At 31 March 2020	120,000	120,000

Investment properties include freehold property of £120,000 stated at fair value.

The Charity holds 1 share of £1 in its wholly owned trading subsidiary company, No Limits Trading Ltd which is incorporated in the United Kingdom. These are the only shares allotted, called up and fully paid. The activities and results of this company are summarised in note 4c.

10 Revaluation of Investment Property

The Charity's freehold investment property located in Shirley, was revalued at 22 March 2018 by Mr Robert Primmer BSc FRICS of Primmer Olds UK Limited, Chartered Surveyors. The valuation was prepared in accordance with the RICS Valuation – Global Standards as published by the Royal Institution of Chartered Surveyors, July 2017. The property was valued on an open market basis at £120,000. At the date of the revaluation, the freehold investment property carried a historical cost of £100,000.

11 Debtors

	Group 2021 £	Charity 2021 £	Group 2020 £	Charity 2020 £
Pre-payments and accrued income	50,897	50,897	47,408	47,408
Other debtors	461,046	466,651	218,016	230,537
Amount due from subsidiary undertaking	-	50,000	-	40,000
	511,943	567,548	265,424	317,945

12 Creditors: Amounts falling due within one year

	Group 2021 £	Charity 2021 £	Group 2020 £	Charity 2020 £
Payroll liabilities	632,005	632,005	539,320	539,320
Deferred income (see note 13)	405,252	394,748	173,864	164,308
Accruals	125,037	121,800	118,489	113,445
Other creditors	171,976	174,599	97,516	97,504
	1,334,270	1,323,152	929,189	914,577

Payroll liabilities relate to amounts owed to Southampton City Council in respect of staff salaries.

13 Deferred Incoming Resources

	Group 2021 £	Charity 2021 £	Group 2020 £	Charity 2020 £
Balance at 1 April	173,864	164,308	201,589	187,998
Incoming resources deferred during the year	402,433	391,929	165,564	156,008
Amounts released from previous years	(171,045)	(161,489)	(193,289)	(179,698)
Balance at 31 March	405,252	394,748	173,864	164,308

Incoming resources deferred during the year relate to grants and income from charitable activities from the Big Lottery Fund, MIND, Co-Op, Paul Hamlyn Foundation, Hampshire Constabulary, The Blagrove Trust, Hampshire County Council, Southampton CCG, Nationwide Building Society, Garfield Weston, Southampton City Council and Solent NHS which apply to a future period. It also includes income from NVQ's that have not yet been completed.

14 Financial Instruments

	2021 £	2020 £
Carrying amount of financial assets		
Debt instruments measured at amortised cost	2,682,862	1,667,342
Carrying amount of financial liabilities		
Measured at amortised cost	929,018	755,325

15 Funds

	Balance at 1 April 2020	Income/ Gains	Expenditure/ Losses	Transfers	Balance at 31 March 2021
Restricted Funds					
i Big Lottery Fund – Help Through Crisis	15,604	166,939	175,901	-	6,642
ii Big Lottery Fund – Reaching Communities (Peer Support)	5,239	20,684	19,800	-	6,123
iii Big Lottery Fund – Preventing Homelessness	2,923	128,231	124,780	-	6,374
iv Blagrove Trust	-	30,000	30,000	-	-
v Blagrove Trust – Youth Ambassadors	4,910	65,000	66,661	-	3,249
vi Children in Need – Stay Safe	742	31,983	32,080	-	645
vii Co-op Foundation/Big Lottery Fund #iwill	12,776	23,333	31,953	-	4,156
viii Lester Aldridge	-	750	-	-	750
ix MIND – Coronavirus Mental Health Response Fund	-	34,363	34,014	-	349
x National Emergency Trust Fund	-	5,000	5,100	100	-
xi Dept of Health & Social Care – Health & Wellbeing Fund	-	80,000	80,112	112	-
xii NHS Southampton CCG	-	10,181	10,100	-	81
xiii Norman Seago Trust	307	-	-	-	307
xiii Paul Hamlyn Foundation – Youth Fund	-	17,500	11,886	-	5,614
xiv Police & Crime Commissioner for Hampshire – Domestic Abuse and Sexual Violence Support	-	24,203	24,275	72	-
xv Police & Crime Commissioners Safer Communities Fund	-	25,000	24,997	(3)	-
xvi Southampton City Council – Young Adults Employment Hub	-	9,952	7,784	-	2,168
xvii Southampton City Council – Violence Reduction Unit	-	36,630	36,633	3	-
xviii Youth Endowment Fund Charitable Trust	-	63,249	62,293	-	956
	42,501	772,998	778,369	284	37,414

Note 15 (continued)

Unrestricted Funds

Designated functional fixed assets	1,096,100	-	58,373	-	1,037,727
Designated COVID recovery fund	-	-	-	250,000	250,000
Revaluation reserve	45,948	-	-	-	45,948
General purposes fund	743,060	3,139,133	2,519,833	(250,284)	1,112,075
	1,885,108	3,139,133	2,578,207	(284)	2,445,750

	Balance at 1 April 2019	Income/ Gains	Expenditure/ Losses	Transfers	Balance at 31 March 2020
Restricted Funds					
Big Lottery Fund – Help Through Crisis	22,386	74,814	81,596	-	15,604
Big Lottery Fund – Reaching Communities (Peer Support)	-	23,908	18,669	-	5,239
Big Lottery Fund – Preventing Homelessness	(1,948)	47,557	42,686	-	2,923
Big Lottery Fund – Reaching Communities (Next Steps)	14,634	155,384	170,728	710	-
Blagrove Trust	-	30,000	30,123	123	-
Blagrove Trust – Youth Ambassadors	-	37,917	33,007	-	4,910
Children in Need – Stay Safe	338	29,053	28,649	-	742
Co-op Building Connections	231	-	231	-	-
Co-op Co Research	-	9,980	10,062	82	-
Co-op Foundation/Big Lottery Fund #iwill	868	26,250	14,342	-	12,776
Dept of Health & Social Care – Health & Wellbeing Fund	-	160,000	161,502	1,502	-
Hampshire Constabulary – Serious Violence Fund	-	17,862	17,897	35	-
Norman Seago Trust	382	-	75	-	307
Southampton City Council – Violence Reduction Unit	-	14,974	14,959	(15)	-
Southampton City Council – Short Breaks	6,247	4,560	15,394	4,587	-
NHS Southampton CCG	-	20,000	20,006	6	-
	43,138	652,259	659,926	7,030	42,501

Unrestricted Funds

Designated functional fixed assets	1,156,428	-	62,670	2,342	1,096,100
Designated therapeutic services fund	147,500	-	-	(147,500)	-
Revaluation reserve	45,948	-	-	-	45,948
General purposes fund	248,747	2,655,431	2,299,246	138,128	743,060
	1,598,623	2,655,431	2,361,916	(7,030)	1,885,108

(Note 15 continued)

- i The Big Lottery Fund Help Through Crisis project is a five-year project delivering advice and advocacy to young adults in crisis in west Hampshire. The project is delivered through four youth information, advice and counselling services of which No Limits (South) is the lead.
- ii Funding received from the Big Lottery Fund for the Prince's Trust, No Limits and Solent Mind to work in partnership to engage and support young people in Southampton (aged 16-25) who are experiencing or at risk of experiencing mental health issues. The project is designed to help young people build trusting, supportive relationships and develop positive coping mechanisms to manage their mental health and gain confidence in their capabilities.
- iii The Big Lottery Reaching Communities aims to help young people who are homeless or facing homelessness explore their options; understand and remove barriers causing homelessness; gain necessary life skills to secure and maintain a tenancy and move into independent accommodation or return home.
- iv A 3-year grant received from The Blagrove Trust to cover the core costs of the Charity.
- v Funding received from The Blagrove Trust for a two year social justice advocacy project in Southampton. The long term goal for the project is to improve services for young people, ensuring that young people are integral to how this happens and are listened to across local authority delivered and commissioned services.
- vi The Children in Need funding is a 3-year project to provide support to young people with multiple vulnerabilities. This is a continuation of a previous project.
- vii Funding received for a project to prevent or reduce loneliness.
- viii Funding to support the NL Safe haven project.
- ix Funding to support our Safe haven project which provides out of hours emergency mental health support for those in crisis.
- x Funding received to purchase IT licences, Zoom and training for counsellors to enable counselling to be provided via Zoom due to Covid-19 lockdown.
- xi Funding from the Health & Wellbeing Fund to enable the expansion of No Limit's Primary Mental Health Worker project and ongoing integrated mental health support pathway to the 18-25 age group.
- xii Funding provided by the Norman Seago Trust for additional furnishings for the Counselling rooms
- xiii A 3 year grant to develop our database to analyse multi-risk factors impacting young people and to add capacity to the Advice Centre.
- xiv Funding for a part time counsellor and increased Domestic Violence and Sexual Violence Advice worker hours to reduce waiting lists and improve recording of work associated with COVID.
- xv One to one support for young offenders by key workers before and after their release.
- xvi Funding in partnership with Southampton City Council to establish an employment hub for young people living in Southampton City Council post codes with the aspiration of moving them from Welfare Benefits into work.
- xvii Provision of targeted youth worker support to young persons admitted to Southampton General Hospital Emergency Department through involvement in knife crime/violent crime.

- xviii Funding to enable face to face activity delivered within schools to support young people at risk of youth violence.

At the end of the project, where income from restricted funds has not met the full cost of particular activities, transfers have been made from unrestricted funds.

16 Analysis of Funds

	Net Current Assets	Tangible Fixed Assets	Total Net Assets
	2021 £	2021 £	2021 £
Restricted Funds	37,414	-	37,414
Designated Funds			
Functional fixed asset fund	-	1,037,727	1,037,727
Revaluation reserve	-	45,948	45,948
COVID recovery fund	250,000	-	250,000
Unrestricted Funds	1,112,075	-	1,112,075
	1,399,489	1,083,675	2,483,164

	Net Current Assets	Tangible Fixed Assets	Total Net Assets
	2020 £	2020 £	2020 £
Restricted Funds	42,501	-	42,501
Designated Funds			
Functional fixed asset fund	-	1,096,100	1,096,100
Revaluation reserve	-	45,948	45,948
Unrestricted Funds	743,060	-	743,060
	785,561	1,142,048	1,927,609

17 Staff Costs and Employee Benefits

The average number of employees during the year was as follows:

	2021 Number	2020 Number
Raising funds	4	7
Charitable activities	103	96
Governance	8	8
	115	111

The total staff costs and employee benefits was as follows:

	2021 £	2020 £
Wages and salaries	2,215,619	2,068,507
Employer's National Insurance contributions	175,619	158,593
Employer's pension contributions (defined contribution scheme)	81,777	77,040
	2,473,015	2,304,140

Total redundancy payments amount to £11,836 (2020: £2,585).

There were 2 employees whose total employee benefits (excluding employer pension costs) fell within £60,000 to £70,000 (2020: 1) and no employees who fell within £70,000 to £80,000 (2020: 0).

There were outstanding contributions to the pension scheme at the balance sheet date of £16,902 (2020: £17,308)

18 Trustees' and Key Management Personnel Remuneration and Expenses

The Trustees neither received nor waived any remuneration (2020: None) during the year.

The Trustees did not have any expenses reimbursed during the year (2020: None).

No trustee has any pension arrangements accruing (2020: None).

Key management personnel comprise the Chief Executive Officer, Chief Operating Officer and Head of Finance. Total key management personnel remuneration for the year was £171,908 (2020: £205,170).

Professional indemnity insurance in respect of Trustees and staff was held during the year at a cost of £1,894 (2020: £3,025). This includes Trustee Indemnity insurance premiums of £833 (2020: £1,338).

19 Lease Commitments

Lessee

Operating leases payments represent rentals payable by the company for a property from which it operates and for photocopier and printers which it uses. The property lease has been negotiated for a term of ten years and the equipment lease for five years. Amounts recognised in the Statement of Financial Activities as an expense during the period in respect of operating lease arrangements are £49,965 (2020: £45,562).

The charity had the following future minimum lease payments under non-cancellable operating leases as follows:

	2021 Land & Buildings £	2021 Other £	2020 Land & Buildings £	2020 Other £
Payments due:				
Not later than one year	33,000	17,716	33,000	17,716
Later than one and not later than five years	99,000	44,289	132,000	62,044
Later than five years	-	-	-	-
	132,000	65,005	165,000	79,760

Lessor

The operating leases represent leases of property to a third party. The lease has been negotiated over terms of five years and rentals are fixed. The lease includes a provision for three-yearly upward rent reviews according to prevailing market conditions.

At the reporting end date, the Charity had contracted with tenants for the following minimum lease payments:

Amounts receivable in respect of non-cancellable operating leases:

	2021 Land & Buildings £	2020 Land & Buildings £
Payments due:		
Not later than one year	10,000	10,000
Later than one and not later than five years	-	-
	10,000	10,000

20 Reconciliation of net income to net cash flow from operating activities

	2021 £	2020 £
Net income for year	555,555	285,848
Interest receivable	(835)	(864)
Depreciation and impairment of tangible fixed assets	58,183	62,670
Loss on the disposal of fixed assets	190	
(Increase)/Decrease in debtors	(246,519)	199,690
(Decrease)/Increase in creditors	405,081	(102,535)
Net cash flow from operating activities	771,655	444,809

21 Related Party Transactions

There were no related party transactions during the year.

22 Subsidiary Undertaking

The charitable company owns the whole of the issued ordinary share capital of No Limits Trading Limited, a company incorporated and registered in England (company number 11167244). The subsidiary is used for non-primary purpose trading activities including counselling, training and education. The total taxable profits will be gifted to the charitable company. No Limits Trading's results are consolidated in these accounts.