

NO LIMITS (SOUTH)

TRUSTEES' REPORT & FINANCIAL STATEMENTS



FOR THE YEAR ENDED
31ST MARCH 2022

CHARITY NO. **1088835**

COMPANY NO. **04183173**



No Limits (South)

Financial Statements

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No Limits (South)

Trustees' Report for the Year Ended 31 March 2022

Charity Reference and Administrative Details

Charity No	1088835	
Company No	04183173	
Trustees	Stephen Taylor Gavin Bergin Nigel Dibben Anjelica Finnegan Carol Evans Sarah Anderson Andrew Simpson Charlotte Bemand Jenny Boland Mark Dichlian Ana Brankovic Bwalya Mulenga Rebecca Paradise Chiara Wall Marcella Dobson	Chair Vice Chair Treasurer (appointed 21 September 2021) Treasurer (resigned 16 November 2021) (resigned 16 November 2021) (appointed 21 August 2021) (resigned 22 March 2022) (appointed 14 June 2022) (appointed 13 July 2022) (appointed 13 July 2022) (appointed 13 July 2022)
Chief Executive Officer	Natalie Webb	
Registered Office	35 The Avenue Southampton SO17 1XN	(Copies of financial statements can be obtained from this address)
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 2022

The Trustees present their annual report and the audited financial statements of the Charity for the year ended 31 March 2022.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's 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 6,100 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 Strategy outlines its vision, mission and values, and identifies priorities and strategic aims for the delivery of its operations.

The Youth Information, Advice and Counselling 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 YIACS, 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:** drug and alcohol support hub
- **Emergency Department and 111 Service:** No Limits Youth Workers provide support and social prescribing to children and young people in Southampton, Portsmouth, Winchester, Basingstoke and Isle of Wight hospitals as well as through the 111 service – for those presenting as a result of mental health or violence.
- **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 Affinity:** 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 young people, 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 29 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, CAMHS, 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 Solent Mind. We are the lead agency in a Hampshire-wide consortium of 10 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.

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 four times per year to review performance, ensure effective governance and provide strategic direction for the future. The Board has three formal sub-committees covering our four strategic areas of operation, each complete with terms of reference who 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. The Senior

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

Leadership Team includes Head of Services, Head of Finance and Resources, and Head of People and Culture. Together with the CEO they provide leadership across all strategic activities.

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 through a regular staff survey.

Our volunteers work across 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

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. The pandemic has left a legacy of increased need, much of it more complex than before Covid19. 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. We resumed all face-to-face services as soon as we could and have continued some additional virtual services where they were found to increase access and engagement.

Our Business Plan

2021 – 22 was the first year of our new three-year organisational Strategy.

Our Strategy has four primary goals:

- **Services:** No Limits delivers high quality, excellent services, in line with our mission, which meet the needs of all local children and young people.
Our strategy centres around our service delivery and the information, advice and support needs of children and young people. We are ambitious about our services being the best they can be and having the biggest possible impact.
- **People:** No Limits is a great place to work where people achieve and feel valued.
Our people are our greatest asset. Our staff team are highly trained and passionate about supporting children and young people. In our latest survey 100% of staff said they were proud to work at No Limits and we are equally proud of them for the difference they make to young people's lives.
- **Finance:** No Limits is a sustainable and efficient organisation.
No Limits is proud to be a charity. Our funding comes from a diverse mix of commissioned contracts, other statutory funding, grants, trusts and foundations, corporate, community and individuals. Fundraising reflects the diverse services that we deliver. We're tremendously grateful to our funders and supporters as without them we would not be able to deliver our invaluable services.
- **Infrastructure:** No Limits has the right infrastructure, capacity and strategy to support the delivery of excellent services
To deliver our services, No Limits needs the right infrastructure in place to support our delivery. As well as people and finance, this includes practical resources like buildings and technology, and essential back-office functions like databases, administration, and communications. We are committed to being a well-managed and governed organisation, and so having a robust approach to risk, governance, partnerships and strategy are all important for us to achieve our vision.

Within each goal, we have a number of ambitions and actions which we use to measure progress against each year in our annual Impact Report and through regular reporting to the Trustee board.

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.
- 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 2021-22:

- 6,094 children and young people were supported by No Limits
- 1,491 young people were supported at our Advice Centre
- 661 students were supported with health and wellbeing in schools and colleges
- 1,197 children and young people were supported in hospital emergency departments
- 134 young carers were given one to one or group support
- 1,635 children and young people were offered counselling
- 443 children and young people were supported through our groups
- 3,955 children and young people were supported with emotional wellbeing
- 459 young people were helped with their parenting responsibilities
- 883 children and young people were supported with housing
- 481 young people were supported through the DASH (drugs and alcohol) service
- 2,719 young people we supported were suffering with anxiety
- We supported 2,428 children and young people with their confidence / self-esteem
- 830 young people needed help with loneliness
- 571 children and young people were helped to understand rights in a relationship
- 730 children and young people were supported with body image issues
- 461 children and young people were experiencing difficulties with eating

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 strategy and assessment. 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 £242,036 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 8.2% growth in income. Income from Charitable Activities grew by 11% mainly driven by new contracts won. Grant income fell by 18.1%. Donations rose fivefold, mainly driven by a single large unrestricted donation. No Limits continues to work towards achieving longer term funding to provide stability for the Charity.

Several contracts are due to end in March 2023. Tenders are being completed and submitted when issued or, where appropriate, 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	£747,127
Southampton City Council – DASH	£482,497
Hampshire Police & Crime Commissioner	£289,200
Solent NHS Trust	£282,788
NHS Hampshire, Southampton & IOW CCG	£221,004
Hampshire County Council – Frankie project	£218,811
Citizens Advice Bureau (Advice, Information & Guidance)	£137,156
Southampton City Council – Comprehensive Counselling	£144,151
Hampshire Constabulary	£123,115
Breakout Youth	£121,381
Barclays 100 x 100	£100,000

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 0.6% of total expenditure compared to 0.8% in the previous year.

Fundraising Activities

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

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.

During the year, we were grateful to receive significant grants and donations from Children in Need, National Lottery Community Fund, Barclays 100 x 100 and, through Southampton Hospitals Charities, a major gift from a private donor. We received generous support from a number of corporate donors to whom we extend our thanks, as well as individual donors and community groups.

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 has built up a substantial reputation and expertise but is not fully funded.

The Trustee strategy for future funding is to continue to broaden the funding base of the Charity into new areas of income such as individual giving and the private business sector.

Reserves Policy

Total reserves are £2,725,200 which includes £42,074 of restricted reserves. £1,372,119 is held as an unrestricted General Reserve. £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. £100,000 is designated as a business transformation fund to cover costs of making changes of the structure of the charity such as pay review and IT changes. The remaining reserves of £961,007 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 4-6 months. The actual monetary amount of reserves required rises as income rises.

The unrestricted general reserve amounts to 5 months of unrestricted expenditure. 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
12 December 2022

Independent Auditors' Report for the Year Ended 31 March 2022 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 2022 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 2022 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)
for and on behalf of Fiander Tovell Limited

12 December 2022

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 2022

	Note	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
Income from:					
Donations and legacies	4a	242,992	722,372	965,364	1,022,881
Charitable activities	4b	3,168,234	-	3,168,234	2,839,014
Commercial trading operations	4c	55,008	-	55,008	39,249
Investments	4d	43,657	-	43,657	10,987
Total Income		3,509,891	722,372	4,232,263	3,912,131
Expenditure on:					
Fundraising	6	111,909	-	111,909	129,268
Charitable activities	5	3,143,458	721,866	3,865,324	3,224,034
Commercial trading operations		5,688	-	5,688	3,274
Total Expenditure		3,261,055	721,866	3,982,921	3,356,576
Net (loss)/gains on investments		(7,306)	-	(7,306)	-
Net Income		241,530	506	242,036	555,555
Transfers					
Gross transfers between funds	14	(4,154)	4,154	-	-
Net Movement in Funds		237,376	4,660	242,036	555,555
Reconciliation of Funds:					
Total Funds brought forward at 1 April 2021		2,445,750	37,414	2,483,164	1,927,609
Total Funds carried forward at 31 March 2022	15	2,683,126	42,074	2,725,200	2,483,164

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 2022

	Note	Group 2022 £	Charity 2022 £	Group 2021 £	Charity 2021 £
Fixed Assets					
Tangible fixed assets	9	841,007	841,007	963,675	963,675
Investments	9	120,000	120,001	120,000	120,001
Investment portfolio		292,694	292,694	-	-
Total Fixed Assets		1,253,701	1,253,702	1,083,675	1,083,676
Current Assets					
Debtors	11	575,444	583,614	511,943	567,548
Loan		-	50,000	-	-
Cash at bank and in hand		3,036,616	3,015,032	2,221,816	2,200,620
Total Current Assets		3,612,060	3,648,646	2,733,759	2,768,168
Creditors: Amounts falling due within one year	12	(2,140,561)	(2,122,862)	(1,334,270)	(1,323,152)
Net Current Assets		1,471,499	1,525,784	1,399,489	1,445,016
Total Assets less Current Liabilities		2,725,200	2,779,486	2,483,164	2,528,692
Total Net Assets		2,725,200	2,779,486	2,483,164	2,528,692
Funds of the Charity					
Unrestricted Funds	14,15	1,372,119	1,426,405	1,112,075	1,157,603
Designated Funds					
Functional fixed asset fund	14,15	915,059	915,059	1,037,727	1,037,727
Business transformation fund	14,15	100,000	100,000	-	-
Business development reserve	14,15	250,000	250,000	250,000	250,000
Revaluation reserve	9,14,15	45,948	45,948	45,948	45,948
Restricted Funds	14,15	42,074	42,074	37,414	37,414
Total Funds		2,725,200	2,779,486	2,483,164	2,528,692

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 12 December 2022.

Signed on behalf of the board of trustees:

Stephen Taylor
Trustee

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 2022

	Note	Group 2022 £	Charity 2022 £	Group 2021 £	Charity 2021 £
Cash flow from operating activities	19	1,123,119	1,122,731	771,655	780,477
Net cash flow from operating activities		<u>1,123,119</u>	<u>1,122,731</u>	<u>771,655</u>	<u>780,477</u>
Cash flow from investing activities					
Payments to acquire tangible fixed assets		(8,319)	(8,319)	-	-
Payments to acquire investment portfolio		(300,000)	(300,000)	-	-
Interest receivable		-	-	835	835
Net cash flow from investing activities		<u>(308,319)</u>	<u>(308,319)</u>	<u>835</u>	<u>835</u>
Net increase in cash and cash equivalents		<u>814,800</u>	<u>814,412</u>	<u>772,490</u>	<u>781,312</u>
Cash and cash equivalents at 1 April 2021		<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 2022		<u><u>3,036,616</u></u>	<u><u>3,015,032</u></u>	<u><u>2,221,816</u></u>	<u><u>2,220,620</u></u>
Cash and cash equivalents consist of:					
Cash at bank and in hand		<u>3,036,616</u>	<u>3,015,032</u>	<u>2,221,816</u>	<u>2,200,620</u>
Cash and cash equivalents at 31 March 2022		<u><u>3,036,616</u></u>	<u><u>3,015,032</u></u>	<u><u>2,221,816</u></u>	<u><u>2,200,620</u></u>

No Limits (South)

Notes (forming part of the financial statements) for the Year Ended 31 March 2022

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 the current cost of living crisis 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.

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, 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 £1,000 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:

	2022 £	2021 £
Income	4,240,228	3,927,459
	<u>4,240,228</u>	<u>3,927,459</u>
Expenditure on charitable activities	(3,982,128)	(3,363,492)
Net Income	<u>258,100</u>	<u>563,967</u>
Other recognised gains/(losses)	(7,306)	-
Net movement in Funds for the year	<u>250,794</u>	<u>563,967</u>
Reconciliation of Funds:		
Total Funds brought forward at 1 April 2021	2,528,692	1,964,725
Total Funds carried forward at 31 March 2022	<u>2,779,486</u>	<u>2,528,692</u>
Represented by:		
Restricted income funds	42,074	37,414
Unrestricted income funds	<u>2,737,412</u>	<u>2,491,278</u>
	<u>2,779,486</u>	<u>2,528,692</u>

4 Incoming Resources

4a Donations and legacies

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
Grants	91,785	722,372	814,157	994,549
Donations & Similar Incoming Resources	151,207	-	151,207	28,332
Donated Services & Facilities				-
	<u>242,992</u>	<u>722,372</u>	<u>965,364</u>	<u>1,022,881</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 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
Grants				
Big Lottery Fund – Help Through Crisis	-	19,893	19,893	166,939
Big Lottery Fund – Reaching Communities (Preventing Homelessness)	-	67,591	67,591	128,231
The Blagrove Trust	37,500	48,948	86,448	95,000
Dept. of Health & Social Care – Health & Wellbeing Fund	-	32,000	32,000	80,000
Youth Endowment Fund	-	21,063	21,063	63,249
Southampton City Council (Other)	-	-	-	60,018
Police & Crime Commissioner	-	289,200	289,200	49,203
Hampshire County Council – Children’s Services	-	-	-	41,400
Job Retention Scheme	-	-	-	37,358
Southampton City Council – Violence Reduction Unit	-	15,400	15,400	36,630
Youth Access – Equal Access in Mind	-	-	-	36,585
MIND – Coronavirus Mental Health Response Fund	-	-	-	34,363
Children in Need – Stay Safe	-	32,897	32,897	31,983
Swire Foundation	-	8,200	8,200	25,000
Co-Op Foundation/Big Lottery Fund #iwill	-	11,666	11,666	23,333
The Big Lottery Fund – Princes Trust	-	22,898	22,898	20,684
Paul Hamlyn Foundation	-	30,000	30,000	17,500
Southampton CCG	-	-	-	10,181
Pilgrim’s Trust	14,285	-	14,285	10,000
Southampton City Council – Employment Hub	-	27,369	27,369	9,952
Southampton Voluntary Services	-	-	-	8,607
National Emergency Trust	-	-	-	5,000
Communities Against Cancer	-	-	-	3,333
The Julia and Hans Rausing Trust	-	54,768	54,768	-
Garfield Weston	40,000	-	40,000	-
Nationwide	-	18,200	18,200	-
Charles Hayward	-	10,000	10,000	-
HIWCF	-	8,906	8,906	-
Other	-	3,373	3,373	-
	91,785	722,372	814,157	994,549
For the year ended 31 March 2021	222,301	772,248		994,549

(Note 4a continued)

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
<i>Donations and Similar Incoming Resources</i>				
Miscellaneous	38,291	-	38,291	22,832
Barclays	100,000	-	100,000	-
King Edward VI School	-	-	-	3,500
European Metal Group	3,000	-	3,000	-
Southern Health NHS	-	-	-	2,000
Mayor of Southampton	4,916	-	4,916	-
Richard Kirkman Trust	2,000	-	2,000	-
Southampton FC – Ex Saints	3,000	-	3,000	-
	151,207	-	151,207	28,332
For the year ended 31 March 2021	27,582	750		28,332

Donated Services and Facilities

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 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
Hampshire CCG Counselling	747,127	-	747,127	595,935
Southampton City Council - DASH	482,497	-	482,497	482,497
Solent NHS Trust	282,788	-	282,788	304,390
Barnardos	6,420	-	6,420	190,599
NHS Hampshire, Southampton & IOW CCG	221,004	-	221,004	-
Hampshire County Council - Frankie	218,811	-	218,811	186,004
Citizens Advice Bureau (Advice, Information & Guidance)	137,156	-	137,156	137,156
NHS Southampton CCG	102,319	-	102,319	125,000
Hampshire Constabulary	123,115	-	123,115	115,088
Southampton City Council (Comprehensive Counselling)	144,151	-	144,151	104,151
Breakout Youth	121,381	-	121,381	91,712
MENCAP	98,807	-	98,807	88,279
Portsmouth City Council	76,432	-	76,432	-
Southampton City Council (Health & Wellbeing Drop Ins)	66,576	-	66,576	66,576
NHS Frimley CCG/North Hants – Safe Haven	70,000	-	70,000	62,034
YMCA (Housing Related Support)	57,525	-	57,525	57,525
Solent Mind	39,798	-	39,798	-
Isle of Wight CCG	-	-	-	50,000
Street Games	7,000	-	7,000	38,300
Change Grow Live	28,469	-	28,469	37,255
Southampton City Council – Peer Support	-	-	-	36,465
Hampshire County Council – Other	77,406	-	77,406	21,627
Yellow Door	20,000	-	20,000	20,000
Southampton City Council (Other)	34,478	-	34,478	17,081
Income from providing student placements	3,117	-	3,117	6,232
Carers in Southampton	-	-	-	4,180
Other	1,857	-	1,857	928
	3,168,234		3,168,234	2,839,014
For the year ended 31 March 2021	2,839,014	-		2,839,014

4c Income earned from other activities

The summary financial performance of the subsidiary alone is:

	2022 £	2021 £
Turnover	59,902	49,439
Cost of sales and administrative costs	(68,660)	(57,850)
Net loss	<u>(8,758)</u>	<u>(8,411)</u>
The assets and liabilities of the subsidiary were:		
Current assets	39,428	25,071
Current liabilities	(43,713)	(20,598)
Long term liabilities	(50,000)	(50,000)
Total net assets	<u>(54,285)</u>	<u>(45,527)</u>
Aggregate share capital and reserves	<u>(54,285)</u>	<u>(45,527)</u>

4d Investment Income

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
Rent receivable	10,100	-	10,100	10,152
Bank interest receivable	-	-	-	835
Income from managing agents	33,557		33,557	-
	<u>43,657</u>	<u>-</u>	<u>43,657</u>	<u>10,987</u>
For the year ended 31 March 2021	<u>10,987</u>	<u>-</u>		<u>10,987</u>

5 Analysis of expenditure on charitable activities

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
<i>Charitable Activities*</i>				
Activities undertaken directly	2,576,815	655,695	3,232,510	2,801,776
Support costs	566,643	66,171	632,814	422,258
	<u>3,143,458</u>	<u>721,866</u>	<u>3,865,324</u>	<u>3,224,034</u>
For the year ended 31 March 2021	<u>2,445,665</u>	<u>778,369</u>		<u>3,224,034</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
	2022	2022	2022	2021
	£	£	£	£
<i>Support costs</i>				
Governance	-	24,739	24,739	28,622
Finance	-	89,314	89,314	94,335
Information technology	-	249,719	249,719	133,023
Human resources	-	55,113	55,113	13,242
Depreciation	-	130,986	130,986	58,183
Office costs	-	82,943	82,943	94,853
Fundraising (salaries)	103,002	-	103,002	124,368
Other	8,907	-	8,907	4,900
	111,909	632,814	744,723	551,526

7 Governance Costs

	2022	2021
	£	£
<i>Governance costs</i>		
Auditor's remuneration	6,268	6,090
Legal and professional fees	5,737	5,295
Insurance	12,734	15,497
Other	-	1,740
	24,739	28,622

8 Operating Charges

	2022	2021
	£	£
Net income for the year is stated after charging:		
Auditor's remuneration:		
- Audit fees	6,268	6,090
- Taxation	660	600
Depreciation of tangible fixed assets	53,795	58,183
Impairment of tangible fixed assets	77,192	-
Operating lease rentals – land & buildings	33,000	32,250
Operating lease rentals - other	17,716	17,715

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 2021	1,074,500	67,557	28,208	38,316	1,208,581
Additions	-	-	-	8,319	8,319
Disposals	-	-	-	-	-
At 31 March 2022	1,074,500	67,557	28,208	46,635	1,216,900

Depreciation and diminution in value

At 1 April 2021	141,990	40,110	25,271	37,535	244,906
Charge for the year	42,979	7,097	2,937	782	53,795
Impairment	77,192	-	-	-	77,192
Disposals	-	-	-	-	-
At 31 March 2022	262,161	47,207	28,208	38,317	375,893

Net Book Value

At 31 March 2022	812,339	20,350	-	8,318	841,007
At 31 March 2021	932,510	27,447	2,937	781	963,675

Impairment tests have been carried out where appropriate and impairment losses in respect of freehold property totalling £77,192 (2021 : £nil) have been recognised in the SOFA

Investments

	Investment Portfolio £	Investment Properties £	Total £
Cost or Valuation			
At 1 April 2021	-	120,000	120,000
Additions	300,000	-	300,000
Revaluation	-	-	-
At 31 March 2022	300,000	120,000	420,000

Depreciation and diminution in value

At 1 April 2021	-	-	-
Valuation changes	7,306	-	7,306
At 31 March 2022	7,306	-	7,306

At 31 March 2022

292,694	120,000	412,694
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At 31 March 2021

-	120,000	120,000
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Investment properties include freehold property of £120,000 stated at fair value. Investment portfolio consists of stocks and shares held in funds with Rathbones.

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 2022 £	Charity 2022 £	Group 2021 £	Charity 2021 £
Pre-payments and accrued income	165,963	165,963	50,897	50,897
Other debtors	409,481	417,651	461,046	466,651
Loan to subsidiary	-	50,000	-	50,000
	575,444	633,614	511,943	567,548

12 Creditors: Amounts falling due within one year

	Group 2022 £	Charity 2022 £	Group 2021 £	Charity 2021 £
Payroll liabilities	728,570	728,570	632,005	632,005
Deferred income (see note 13)	1,065,125	1,050,587	405,252	394,748
Accruals	305,280	302,202	125,037	121,800
Other creditors	41,586	41,503	171,976	174,599
	2,140,561	2,122,862	1,334,270	1,323,152

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

13 Deferred Incoming Resources

	Group 2022 £	Charity 2022 £	Group 2021 £	Charity 2021 £
Balance at 1 April 2021	405,252	394,748	173,864	164,308
Incoming resources deferred during the year	1,065,125	1,050,587	402,433	391,929
Amounts released from previous years	(405,252)	(394,748)	(171,045)	(161,489)
Balance at 31 March 2022	1,065,125	1,050,587	405,252	394,748

Incoming resources deferred during the year relate to grants and income from charitable activities which apply to a future period. It also includes income from NVQ's that have not yet been completed.

14 Funds

	Balance at 1 April 2021	Income/ Gains	Expenditure/ Losses	Transfers	Balance at 31 March 2022
Restricted Funds					
i. Big Lottery Fund – Help Through Crisis	6,642	19,893	26,122	-	413
ii. Big Lottery Fund – Prince's Trust	6,123	22,898	22,182	-	6,839
iii. Big Lottery Fund – Reaching Communities - Homelessness	6,374	48,630	48,258	-	6,746
iv. Big Lottery Fund – Reaching Communities	-	18,961	18,772	(37)	152
v. Blagrove Trust – Youth Ambassadors	3,249	48,948	55,508	3,311	-
vi. Children in Need – Stay Safe	645	32,897	25,987	-	7,555
vii. Co-op Foundation #Iwill	4,156	11,666	7,977	-	7,845
viii. Lester Aldridge	750	-	-	-	750
ix. MIND – Coronavirus Mental Health Response Fund	349	-	-	(349)	-
x. Advice Centre	-	66,141	66,608	467	-
xi. Next Steps – Young Offenders	-	26,400	26,332	-	68
xii. NHS Southampton CCG – Mental Health Support	81	-	-	(81)	-
xiii. Norman Seago Trust	307	-	307	-	-
xiv. Paul Hamlyn Foundation – Youth Fund	5,614	30,000	26,880	-	8,734
xv. Police & Crime Commissioner for Hampshire – Domestic Violence Fund	-	32,000	32,000	-	-
xvi. Police & Crime Commissioners Safer Communities Fund	-	17,200	17,103	(97)	-
xvii. OPCC – ED Work	-	240,000	240,000	-	-
xviii. Southampton City Council – Young Adults Employment Hub	2,168	27,369	30,308	771	-
xix. Southampton City Council – Violence Reduction Unit	-	15,400	15,569	169	-
xx. Dept of Health & Social Care – Health & Wellbeing Fund	-	32,000	29,028	-	2,972
xxi. Youth Endowment Fund Charitable Trust	956	21,063	22,019	-	-
xxii. HIWCF	-	4,025	4,025	-	-
xxiii. HIWCF – Employment Support	-	6,881	6,881	-	-
	37,414	722,372	721,866	4,154	42,074
Unrestricted Funds					
Designated functional fixed assets	1,037,727	-	122,668	-	915,059
Business transformation fund	-	-	-	100,000	100,000
Business development reserve	250,000	-	-	-	250,000
Revaluation reserve	45,948	-	-	-	45,948
General purposes fund	1,112,075	3,509,891	3,145,693	(104,154)	1,372,119
	2,445,750	3,509,891	3,268,361	(4,154)	2,683,126

14 Funds		Balance	Income/	Expenditure/	Transfers	Balance at
contd		at 1 April	Gains	Losses		31 March
		2020				2021
Restricted Funds						
Big Lottery Fund – Help Through Crisis		15,604	166,939	175,901	-	6,642
Big Lottery Fund – Reaching Communities (Peer Support)		5,239	20,684	19,800	-	6,123
Big Lottery Fund – Preventing Homelessness		2,923	128,231	124,780	-	6,374
Blagrave Trust		-	30,000	30,000	-	-
Blagrave Trust – Youth Ambassadors		4,910	65,000	66,661	-	3,249
Children in Need – Stay Safe		742	31,983	32,080	-	645
Co-op Foundation/Big Lottery Fund #iwill		12,776	23,333	31,953	-	4,156
Lester Aldridge		-	750	-	-	750
MIND – Coronavirus Mental Health Response Fund		-	34,363	34,014	-	349
National Emergency Trust Fund		-	5,000	5,100	100	-
Dept of Health & Social Care – Health & Wellbeing Fund		-	80,000	80,112	112	-
NHS Southampton CCG		-	10,181	10,100	-	81
Norman Seago Trust		307	-	-	-	307
Paul Hamlyn Foundation – Youth Fund		-	17,500	11,886	-	5,614
Police & Crime Commissioner for Hampshire – Domestic Abuse and Sexual Violence Support		-	24,203	24,275	72	-
Police & Crime Commissioners Safer Communities Fund		-	25,000	24,997	(3)	-
Southampton City Council – Young Adults Employment Hub		-	9,952	7,784	-	2,168
Southampton City Council – Violence Reduction Unit		-	36,630	36,633	3	-
Youth Endowment Fund Charitable Trust		-	63,249	62,293	-	956
		42,501	772,998	778,369	284	37,414
Unrestricted Funds						
Designated functional fixed assets		1,096,100	-	58,373	-	1,037,727
Business development reserve		-	-	-	250,000	250,000
Revaluation reserve		45,948	-	-	-	45,948
General purposes fund		743,060	3,139,133	2,519,834	(250,284)	1,112,075
		1,885,108	3,139,133	2,578,207	(284)	2,445,750

(Note 14 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 Preventing Homelessness 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 Big Lottery Reaching Communities Early Intervention aims to support children and young people who engage with the drop-in on both a short and long term basis with a variety of issues
- v Funding received from The Blagrove Trust for a 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 support the provision of advice to children and young people facing a variety of issues at our Advice Centre.
- xi One to one support for young offenders by key workers before and after their release.
- xii 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.
- xiii Funding provided by the Norman Seago Trust for additional furnishings for the Counselling rooms
- xiv A 3-year grant to develop our database to analyse multi-risk factors impacting young people and to add capacity to the Advice Centre.
- xv 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.
- xvi One to one support for young offenders by key workers before and after their release.
- xvii Provision of targeted youth worker support to young persons admitted to Hampshire Hospitals' Emergency Departments through involvement in knife crime/violent crime or self-harm.

- xviii 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.
- xix Provision of targeted youth worker support to young persons admitted to Southampton General Hospital Emergency Department through involvement in knife crime/violent crime.
- xx Funding to extend Primary Mental Health Worker to those aged 18 and above.
- xxi Funding to enable face to face activity delivered within schools to support young people at risk of youth violence.
- xxii Funding to expand our ability and capacity to deliver specialised benefits, debt and budgeting advice
- xxiii Funding for a young parents' employability support project in the Southampton area.

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.

15 Analysis of Funds

	Net Current Assets	Tangible Fixed Assets	Total Net Assets
	2022 £	2022 £	2022 £
Restricted Funds	42,074	-	42,074
Designated Funds			
Designated functional fixed asset fund	-	915,059	915,059
Business Development reserve	250,000	-	250,000
Revaluation reserve	-	45,948	45,948
Business transformation fund	100,000	-	100,000
Unrestricted Funds			
General purposes fund	1,079,425	334,048	1,372,119
	1,471,499	1,253,701	2,725,200

	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			
General purposes fund	1,112,075	-	1,112,075
	1,399,489	1,083,675	2,483,164

16 Staff Costs and Employee Benefits

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

	2022 Number	2021 Number
Raising funds	4	4
Charitable activities	107	103
Governance	8	8
	119	115

The total staff costs and employee benefits was as follows:

	2022 £	2021 £
Wages and salaries	2,651,703	2,215,619
Employer's National Insurance contributions	217,717	175,619
Employer's pension contributions (defined contribution scheme)	88,296	81,777
	2,957,716	2,473,015

Total redundancy payments amount to £26,412 (2021: £11,836).

There were 0 employees whose total employee benefits (excluding employer pension costs) fell within £60,000 to £70,000 (2021: 2) and 1 employee who fell within £70,000 to £80,000 (2021: 0).

There were outstanding contributions to the pension scheme at the balance sheet date of £20,442 (2021: £16,902)

17 Trustees' and Key Management Personnel Remuneration and Expenses

The Trustees neither received nor waived any remuneration (2021: None) during the year.

The Trustees did not have any expenses reimbursed during the year (2021: None).

No trustee has any pension arrangements accruing (2021: None).

Key management personnel comprise the Chief Executive, Head of Services, Head of Finance and Resources and Head of People. Total key management personnel remuneration for the year was £230,226 (2021: £171,908).

Professional indemnity insurance in respect of Trustees and staff was held during the year at a cost of £1,291 (2021: £1,894). This includes Trustee Indemnity insurance premiums of £574 (2021: £833).

18 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 £50,715 (2021: £49,965).

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

	2022 Land & Buildings £	2022 Other £	2021 Land & Buildings £	2021 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	66,000	26,574	99,000	44,289
Later than five years	-	-	-	-
	99,000	44,290	132,000	62,005

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:

	2022 Land & Buildings £	2021 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

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

	2022 £	2021 £
Net income for year	242,036	555,555
Interest receivable	-	(835)
Depreciation and impairment of tangible fixed assets	53,796	58,183
(Profit)/Loss on the disposal of tangible fixed assets	77,191	190
Investment fund charges	522	0
(Gain)/Loss on revaluation	6,784	0
(Increase)/Decrease in debtors	(63,501)	(246,519)
(Decrease)/Increase in creditors	806,291	405,081
Net cash flow from operating activities	<u>1,123,119</u>	<u>771,655</u>

20 Related Party Transactions

There were no related party transactions during the year.

21 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.