

NO LiMiTS

Helping Young People
Help Themselves



Trustees' Annual Report
Year ending
31 March 2025

Reference and Administrative Information

For the year end 31 March 2025

Trustees

Stephen Taylor - Chair

Gavin Bergin - Vice Chair

Nigel Dibben - Treasurer

Andrew Simpson

Jenny Boland

Mark Dichlian

Bwalya Mulenga

Chiara Wall

Marcella Dobson (resigned 10th December 2024)

Nigel Reichelt

Dilip Kumar Chakrabarti

Heather Wood

Chloe Fox (appointed 10th December 2024)

Senior Leadership Team

Natalie Webb - CEO

Alice Mooney - Director of Services

Anthony Douglas - Director of Central Services

Registered Office

35 The Avenue, Southampton, SO17 1XN

Copies of financial statements can be obtained from this address

Auditors

Fiander ETL, 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.

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Purpose of the Charity

Our charitable objects

To help relieve and prevent suffering caused by mental or physical ill-health or by social or economic circumstances amongst the young people of the City of Southampton and surrounding areas by establishing, maintaining and developing an information, advice and counselling service for the individual and/or group.

Our vision

Children and young people are empowered to reach their potential through excellent information, advice, counselling and support.

Our mission

To deliver information, advice, counselling and support services to children and young people.

Our area of benefit

Hampshire, Isle of Wight, Portsmouth, Southampton and surrounding areas.

Messages

From Stephen, our Chair of Trustees

Welcome to our Annual Report and Accounts. I hope, in the pages that follow, we have managed to encapsulate the positive impact and vital importance of No Limits to young people in Southampton and across Hampshire. Our high-quality support wouldn't be possible without our dedicated staff team and volunteers, fellow trustees, supporters, funders and commissioners. All of you play a vital role in changing young people's lives for the better – thank you.



From Natalie, our CEO

I am so proud to be CEO of this amazing charity. So often I am struck by the resilience and determination of the young people we support, despite the challenges they face. Impact numbers are important, but young people's own words provide an insight into the lives behind the numbers and the real impact we have, working with the young person to help them make long-lasting changes to their lives. Thank you, Hannah, for sharing your story.

From Hannah, an ex-service user and volunteer

I first moved to Southampton a few years ago to study live sound technology at university, hoping to get into the music industry, but I really struggled with my mental health. Moving away from all my friends and struggling to fit in made my social anxiety worse and made it difficult to go to uni.

Along with anxiety and depression, I had also been diagnosed with PTSD from being bullied at school. The support I needed exceeded what the university could do for me, so the GP referred me into No Limits' Primary Mental Health Service.

I then joined SHINE and the youth worker running it made me feel really welcome. It was through SHINE that I started coming to the Advice Centre, which is when things started moving in a positive way for me, rather than just coasting along. I joined some

more groups and got one-to-one support for my mental health, where my worker pushed for me to be referred to the community mental health team. She really advocated for me. The DASH team also helped with my transition from their service to CGL and were always here to speak to me.

When I eventually aged out of service age, it was bittersweet. I'd made loads of friends and knew all the staff.

I have been volunteering for six months now and am really enjoying it. Everyone has been really lovely. I help a lot of young people around housing and mental health - I've experienced both myself. It's really good to be able to use my own experiences to help young people. They can tell when you're being genuine and they really appreciate that.

Having chats with young people watching them have their own lightbulb moments, those are the kind of moments when you love yourself. You can hold someone's hand, you can drag them through hell, but when they stand there, when they sit up and say 'this is me, this is what I want', that's a really nice feeling.

If the young people didn't have places like No Limits to go to, it would be a tragedy. Services are under pressure, but No Limits helping young people advocate for themselves and be a safe space from all the horrible things outside the world would be a lot worse off for it.



Our Key Activities

Advice & Information



Early Help drop-ins

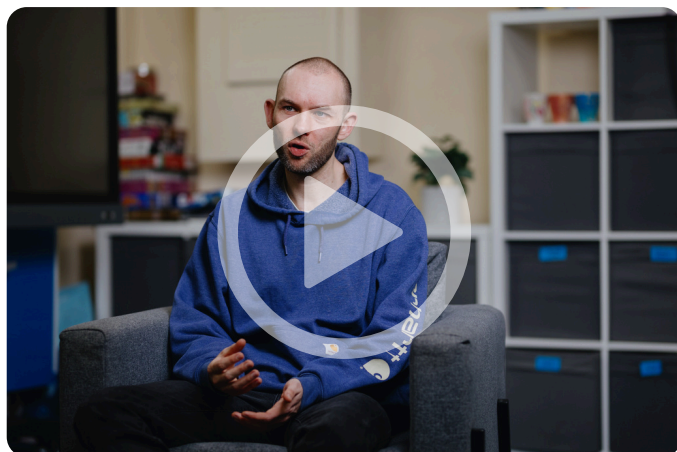
We offer regular Health and Wellbeing drop-ins and one to ones in schools and colleges throughout Southampton.

Advice Centre

An informal hub offering information, advice and support without appointment or waiting lists, with a shower, laundry facilities, phone chargers, quiet rooms and food available. Help is also offered over the phone, by email and online. We are part of the Advice in Southampton partnership and are also funded to provide specialist support (also drop-in) for housing issues and domestic abuse. We run a weekly employment support club and host a sexual health clinic.

SPA

Our Single Point of Access provides a triage for all our services to ensure referrals are as smooth as possible. The SPA workers also provide brief interventions including signposting to further appropriate support.



Comic Relief has provided five year funding for our housing support work. They visited the Advice Centre to talk to some of the young people and staff involved.

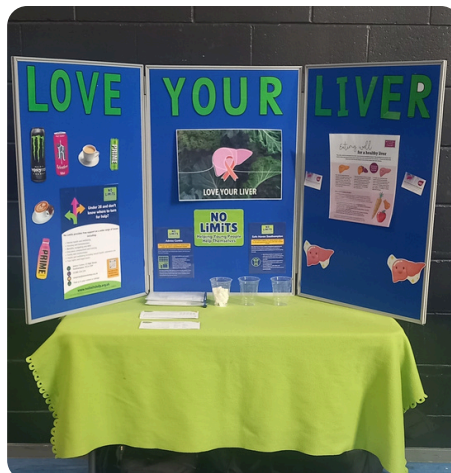
Click the play button to watch.

Elise's story

Elise came into our Advice Centre because she had no money and needed help. She had paid off a big chunk of her Universal Credit advanced payment that month and as a result was left with no money for three weeks. Elise had thought she'd be able to get another advance, but this was not an option.

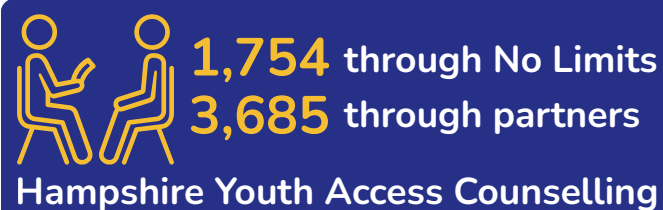
To help with the immediate crisis, we completed a basics bank voucher, gave her some food to take with her and shared information on free food provisions from SO:Linked, a local signposting network. To help going forward, we completed a budgeting form and looked at what spending could be limited to help create a spending cushion each month. We also called the PIP helpline and started a claim, as Elise met the criteria. We offered to help Elise complete the claim form once it arrived.

As a result of our support, Elise now has additional money each month and is more confident at managing her budget.



Our Key Activities

Therapeutic Services



Counselling

Our accredited counselling service offers individual and group support from qualified counsellors and youth wellbeing practitioners for children and young people in Southampton, Portsmouth and Hampshire – and we lead Hampshire Youth Access, a partnership of eleven local charities offering place-based support to children in their local community.



Safe Havens

For children and young people in Southampton, Isle of Wight (Space 4U) and North East Hants and Farnham who are experiencing difficulties with their mental health and need access to out of hours support.

Safe House and Teen Safe House

Support groups for children and young people suffering from confidence or anxiety issues or who have lived experience of mental health issues.

Imogen's story

Imogen came to Safe Haven one evening because she was feeling very low and self-harming by hitting and biting herself. She was stressed as she was preparing for exams and reported that she had little time to revise at home, as she was looking after her younger siblings.

Imogen attended several one-to-one appointments at Safe Haven. We initially completed a safety plan in response to her self-harm and explored protective factors such as enjoying creative activities and her hopes and goals for the future.

We planned together how to open conversations with her parents to facilitate positive changes at home and this worked very well - Imogen was able to arrange protected study time and the conversation also helped improve her relationship with Mum. As a result, her self-harming stopped.

After five sessions, Imogen felt confident to stop attending Safe Haven, knowing that she was welcome to return if she needed more help in the future.

Our refurbished counselling suite at The Avenue



Our Key Activities

Inclusion



Bright Beginnings

One-to-one volunteer befriender support for young parents in Southampton, to build their confidence, self-esteem and help them develop a healthy bond with their baby. Also, delivery of Gro-Brain training to young parents, helping them understand the importance of the first 1001 days.

DASH

Drug and alcohol support hub in Southampton offering needle exchange, support with harm reduction, ongoing one to one support. Plus groups including SHINE (support group for women), Emotional Resilience and the DASH art group.

Next Steps

One-to-one support for young people whose experiences and life situation place them at risk of offending or exploitation.

Time 4U

Weekly support group for children and young people with autism or learning difficulties.

Detached youth work

Operating in areas of Southampton identified as being high need, increasing support for underserved groups of young people.

Cat's story

Cat has a two year old son and a baby daughter. She came to Bright Beginnings for support as she was overwhelmed and her mental health had deteriorated since having her daughter. She was having an on/off relationship with the children's father and had experienced periods of domestic abuse with him, her housing was inadequate and she relied on her parents for support.

We explored nurseries in her local area and near her parents' home, finding three that might be suitable and contacting them to arrange viewings. We also contacted the health visiting service for support with possible post-natal depression. With our support, Cat contacted STOP Domestic Abuse and engaged with them. We explained the involvement of Children's Services and supported Cat through a Team Around the Family meeting, as well as liaising with local authorities around housing and supporting Cat through PIP application and assessment.

Cat engaged with STOP Domestic Abuse and we supported her to attend court where she was granted a court order which states that her ex-partner will have no contact with her or the children. Southampton City Council provided a property and Cat was awarded the higher rate mobility component of PIP and was able to get a car. This has helped considerably, especially as she has regular hospital appointments for her daughter.



Our Key Activities

Health & Wellbeing



**Emergency
Departments**



**Mental Health
Transitions**



**Social
Prescribing**



**653
Follow-on
from ED**



**283
through
111**



**41
through
CAMHS SPA**

Emergency Department and 111 Services

No Limits' youth workers provide support and social prescribing to children and young people in Southampton, Portsmouth, Winchester, Basingstoke and Isle of Wight hospitals, and through the 111 service – for those presenting because of mental health or violence.

Mental Health Transitions

Mental health support for young people aged 16-25 in Hampshire around the transitions that happen in their lives, including going from child to adult services, and getting support for the first time as an adult.

Primary Mental Health

Early intervention to prevent mental health issues escalating, offered at our Advice Centre and in schools.

Social Prescribing

Located on the CAMHS SPA triage to provide early intervention support.

Josiah's story

Josiah needed stitches in ED after self-harming. He had experienced years of domestic abuse growing up and often felt too anxious to go anywhere alone.

When we met Josiah, he was sofa-surfing between his mum's flat, sister's house and friends - living out of a bag with no base. He was struggling with his mental health and his anxiety at its worst.

Having supported him in ED, we then continued this support through the social prescribing element of the service. We worked with him to secure a safe home, including attending housing appointments, making visuals of his options and finances. We helped Josiah search for accommodation online and attended viewings with him. With our support, Josiah also started taking his anti-depressants and engaging with talking therapies.

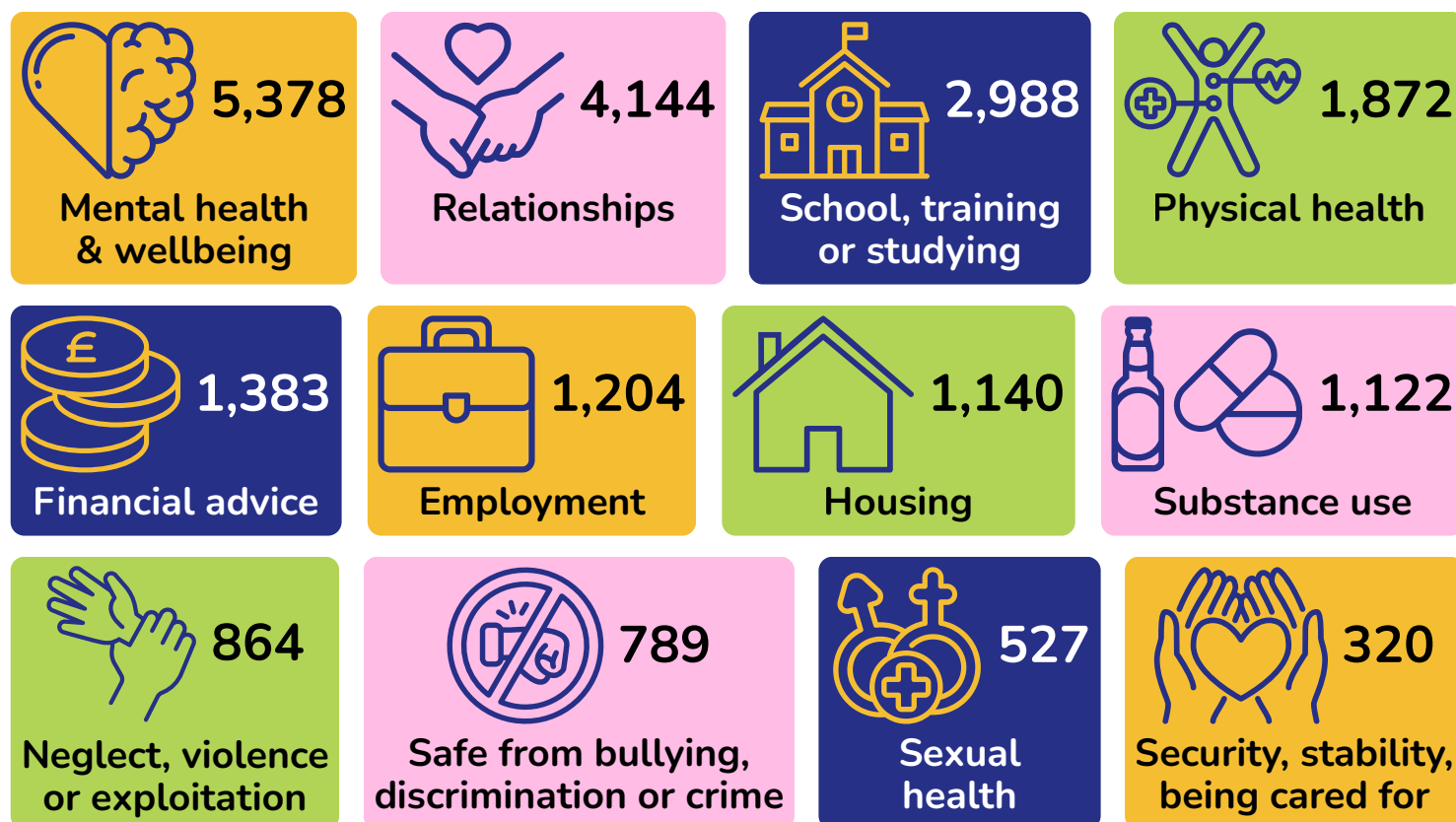
After two months of support, Josiah successfully viewed and secured a room in a shared house. His mental health has improved, he feels safer and he has told us that he is very proud of himself – and so he should be!

Supporting those around the child

The number of enquiries and requests from families and carers has continue to increase, with **3248 enquiries** from concerned families asking us for advice on how to support their child.

The complexity of the issues facing many young people we support is continuing to increase and our strong links enable us to be a part of multi-agency support across the wider system. In 2024-25 we had **3493 interactions** with other professionals to ensure a whole system approach to the individual.

What did we help children and young people with?



Our Impact

Our work makes a difference. After support, young people tell us that their:



ability to deal with
problems has improved
70%



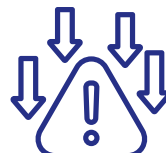
knowledge of where to
get help has improved
89%



emotional wellbeing
has improved
70%



situation has improved
70%



stress level has reduced
78%

99.7%

of the young people we supported were happy with the service they received

“

This place has helped me a lot. Without No Limits, I would have been struggling and homeless. We need more places like this. The staff are very welcoming and supportive, and they understand too. They can relate to where I have come from.

”

“

You've given us a reason to hope - and I'd hope that every parent and young person could achieve this. You're doing an incredible job, we're so grateful to you.

”

“

Working with No Limits has been wonderful. I feel very proud that I have been working on my life with the best help and support I could have ever asked for. It's been a real pleasure because I have had chances to fix my life with the best support.

”



Our Insights

Our work enables us to gain an insight into the current challenges facing young people, which we share nationally, regionally and locally, through various forums of which we are a part, including Youth Access and the Children and Young People's Mental Health Coalition. Insights from 2024-25 include:



The challenges young people face are growing more complicated

At our Advice Centre, on average, each individual sought help for three to four interconnected issues. The most common areas of concern included emotional wellbeing / mental health, housing insecurity, relationship breakdowns, financial hardship, and navigating benefits systems.



Significantly more neurodivergent young people are seeking counselling

There has been a 220% increase in referrals for neurodivergent children and young people. This reflects a growing awareness among families and professionals about neurodiversity and the benefits of early intervention and therapeutic support. It also aligns with the wider picture of increased demand for specialist services, such as CAMHS, and a greater reliance on community-based provision like ours.



Suicide and self-harm are significant risks for those who need our help

There has been a 28% increase in referrals to our counselling service across all age groups. Key presenting issues have been at risk of suicide or self-harm. There has been an increase in young people being referred for counselling to help with behaviour.



Emotional wellbeing is impacting school attendance

Our Health and Wellbeing services have seen an increase in the support needed for children and young people with emotionally-based school absence.



Sexual abuse disclosures are increasing

There has been an increase in historic and current disclosures of sexual abuse, including a recent rise in consensual sexual abuse, across all our health, wellbeing and therapeutic services.



Ketamine use is causing serious health issues

Through our support in hospital emergency departments, we are seeing an increase, particularly in Portsmouth, in young people presenting in hospital emergency departments because of Ketamine use. Our substance use service is also seeing an emerging concern around alcohol use.



More children need safeguarding support

1263 safeguarding concerns were recorded for 982 children and young people, a 35% increase on last year. There is a rise in the number of concerns young people come to us with, reflecting the increasing complexity of many of their lives. Most common concerns are emotional wellbeing and personal safety.

Our Strategy - Plans and Progress

We have reached the end of the first year of our three-year strategy, which sets out four primary objectives:



No Limits is responsive

We have continued to respond to young people's needs by developing new services including the new partnership Mental Health Transitions Service for Hampshire and Southampton. We have also introduced additional support for young people seeking employment.

We continue to seek funding to provide more support for those living with or supporting a child or young person, where our work together could lead to better, longer term, or more sustainable outcomes for them.



No Limits is impactful

We continue to listen to young people to understand our impact, including through surveys, focus groups and informal feedback. We have strengthened our feedback recording to enable us to analyse our impact and develop or extend services where needed.

We are also working hard to demonstrate our impact. We have commissioned several external evaluations of our work this year, including the Advice Centre and our housing work. We are also part of an evaluation by Liverpool John Moores into youth worker support in hospital emergency departments.



Our detached youth workers are reaching more young people who are often underserved and we are seeking funding to expand this service alongside other local providers. Our Youth Communications Group has helped us design young person-friendly self-help resources available on our website.

We will continue to increase the number of young people we can support by refining our paid services to schools, with all profits from this invested back into our delivery of free services to young people.



We have secured longer term grant funding where possible, including currently from National Lottery Community Fund, Comic Relief and the Prudence Trust. We will continue to focus on long-term funding where possible, helped by our improving ability to demonstrate our impact.

We have also increased our number of volunteers, successfully changing our approach to recruitment.



A Holistic Approach for Young People

We work closely with partners and statutory services to ensure we can jointly meet the needs of each young person. We have long-established relationships with commissioners and stakeholders, including Local Authorities, police, the Violence Reduction Unit and the Integrated Care Board, as well as close working relationships with many other teams and organisations which work with young people, including Youth Justice, Early Help, Missing, Exploited, Trafficked (MET) teams. We are part of and share information with various forums including the Multi Agency Safeguarding Hub, Met Hub, Children and Adolescents Mental Health Service's SPA, helping to provide holistic and joined up support for each young person.

We also work closely with many local voluntary organisations. Joint working this year has included:

- Leading Hampshire Youth Access - eleven grassroots youth and counselling organisations.
- Working in partnership with Solent Mind to provide mental health peer support for young people.
- Working with STOP Domestic Abuse and Yellow Door to provide support to young victims of domestic violence.
- Formation of the Mental Health Transitions partnership with Solent Mind, Re:minds and Youth Options.
- Supporting Breakout Youth, an LGBTQ+ charity, by providing back office support through a contractual arrangement.

Co-production with Young People

Young people are at the centre of all we do, and they help to shape the organisation through direct involvement and feedback. We have two young trustees and our Youth Ambassadors – a group of current and past service users – meet weekly and help make decisions about how our organisation is run, advocating on behalf of other young people including:

- Co-designing organisational strategy
- Involvement with recruitment, including sitting on interview panels
- Helping to review and design staff/volunteer training, incorporating lived experience
- Advising on policies

- Providing suggestions to make our marketing material young person-friendly
- Attending our Youth Empowerment meetings

We also hold focus groups to inform specific areas of development and regularly ask for feedback on young people's experiences with our services, including an annual survey, online Microsoft forms shared after each intervention and informal conversations. Our Youth Communications Group has helped us launch successfully on TikTok this year.

Amplifying Young People's Voices for Systems Change

In the last few years, as the needs of young people and pressure on services grow, we increasingly see an additional aim beyond delivering direct services to young people - to use both the experience and knowledge gained from our grassroots delivery, and our close connections with young people, to help and support them to influence wider change in ways that will help them.

No Limits was chosen by Youth Access as one of three organisations to run a youth-led social action project during the year. We trained two of our Youth Ambassadors as Youth Action Leaders to lead the group in paid roles. Our Youth Ambassadors chose to design and deliver social action focusing on abuse against women and girls. In a blog after the campaign, one of our Youth Action Leaders said:

"As a man, I proudly identify as a feminist and wholeheartedly champion this cause. However, my greatest source of pride in this campaign is witnessing the incredible growth of the young people I've had the privilege of working with. Providing a space for their voices to be heard and watching them blossom into skilled and confident campaigners has been an enriching experience."

We have involved young people directly and used our knowledge to support the #FundtheHubs coalition work and developed new opportunities for our Youth Ambassadors, including one of our Youth Ambassadors speaking at Parliament, representing No Limits and service users of open-access support hubs. Click the play button to watch.



Our Youth Empowerment Group continues to explore new ways of embedding youth voice across the organisation.

We provide young people with opportunities to influence through our involvement with umbrella and commissioning bodies. Our Director of Services is on the Steering Committee of the Children and Young People's Mental Health Coalition and our CEO sits on the Integrated Care Partnership as the voluntary sector representative.

We are working closely with other Youth Advice and Counselling services, who are also members of the national charity Youth Access, to develop a quality framework for Young Futures Hubs. We are also part of the Department for Health and Social Care's Shared Outcomes Fund, creating effective outcomes measuring tools to illustrate the impact of our services.

Our People

Volunteers

Our volunteers provide so much to our organisation and we are truly grateful for their dedication and commitment. They are trained alongside our staff, enabling them to deliver the same high-quality support across many of our services and enhancing their own employability. We are also lucky enough to have regular volunteers from local companies at our weekly Work Club. In 24-25, volunteers contributed £143,200 of added value to our young people's services.

“ I love the contact with young people, building up relationships with them and hearing their stories and aspirations. I also love the stimulation of learning new skills and trying to do a difficult job well. As a retired person, I feel a small part of an important city organisation and that I am still able to contribute to society. I also greatly enjoy the friendship and companionship of the other workers at No Limits, who have welcomed me into the team, put up with my many questions, and shared many friendly chats over a cup of coffee.

- Alison Spottiswoode, Advice Centre Volunteer

”

Staff

Our staff are the foundation of No Limits, driven by a deep commitment to our values and a dedication to going the extra mile for young people. We are committed to the wellbeing of our staff and volunteers, providing access to an Employee Assistance Programme and dedicated clinical supervision. This year we have also trained a number of staff in Emotional First Aid. Training and development is central to our commitment to professional and personal growth, and we work hard to retain talent - nearly a third of this year's vacancies were filled by current staff and volunteers. This highlights our focus on nurturing and promoting talent from within. We regularly review our recruitment practices to maintain our commitment to diversity and inclusion, with 75% of our staff having relevant lived experience.

Our Buildings

This financial year has seen the reconfiguration of our buildings on The Avenue, Southampton, to create more space to support young people. With funding from the Youth Investment Fund we have created a new counselling suite and large drop-in space, plus a separate groupwork building in the garden. The building work was completed in March 2025 and we look forward to welcoming many more young people into our spaces for support in the next financial year. Much of the support offered from The Avenue buildings will be for younger children, up to 18 years.

At the same time, we have refreshed our Advice Centre, creating a clean, vibrant and young person-friendly space for all those who use it.



Financial Review - Key Highlights

During the year there has been a 10.7% increase in income. Charitable Activities income rose by 1.9%, Grant income rose by 39.9%, Donation income rose by 51.3%, and Investment income rose by 34.5%. No Limits continues to work towards achieving longer term funding to provide stability for the Charity.

Trustees aim for a year end position of breaking even or achieving a small surplus (3% target) to contribute to reserves, to protect the Charity in the event of future changes. We achieved a small surplus in 24/25 in addition to the Capital Grant from the Social Investment Business Foundation. This accumulated surplus provides No Limits with some financial security for the future as we enter a time of financial uncertainty with demand for our services increasing.

Principal sources of income in the year were:

• NHS Hampshire, Southampton IOW ICB counselling	£1,100,597
• Southampton City Council - DASH	£806,330
• NHS Hampshire, Southampton & IOW CCG	£706,156
• Southampton City Council	£119,447
• Big Lottery Fund	£145,622
• Citizens Advice Bureau (Advice, Information & Guidance)	£145,385
• Social Investment Business Foundation	£677,305

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

The Charity continues to make use of volunteers in the course of its charitable activities. Volunteers make a crucial contribution to the Charity including the provision of information and advice at the Charity's Advice Centre, and counselling services at the Charity's Southampton properties. 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 reduced to 0.60% of total expenditure compared to 0.72% in the previous year.

Reserves

Total reserves are £3,604,706 which includes £586,434 of restricted reserves. £1,503,067 is held as an unrestricted General Reserve. £170,000 is designated as a Business Development Fund to cover costs of continuing existing services in the event of temporary funding loss, and seed funding for new initiatives. £60,000 is designated as a Property Maintenance Fund to help maintain and develop the charity's properties. £85,000 is designated as a Business Transformation Fund to cover costs of making significant change to the charity outside of budgeted development and in line with its strategy. £50,000 is designated as a Youth Empowerment Innovation Fund for youth led developments. £375,000 is designated as an Expansion Fund for the purpose of investing in service delivery, including capital growth, across our area of benefit, to meet unmet evidenced need. The remaining reserves of £775,204 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 best practice 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 5.5 months of unrestricted expenditure. The Trustees are of a view that the Charity is a going concern.

Investments

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

Surplus funds will be invested in four ways:

- a. Cash investments. Sums will be maintained in a variety of deposit accounts with the aim of reducing risk and to maximise returns, while ensuring adequate liquidity for the operation of the charity;

- b. Investments will be made in the financial market with a view to achieving longer term returns. This will be based on professional advice;
- c. Property investments will only be made to enable the use of cost-effective working spaces for the charity's needs;
- d. 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 "pump-priming" funds into a social enterprise where a long-term return can be demonstrated.

The investment strategy will be promoted by firstly agreeing the minimum cash sum for liquidity and then investing the remaining amounts across the other areas detailed above on the recommendation of the No Limits Investment panel. Any new programme related investments will be over the medium term with a view to improving services for children and young people through new enterprises.

Future Financial Strategy

Future strategies will continue to focus on a balance of maintaining reserves at a level in line with best practice, 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 breakeven budget, with a secondary target for a surplus of 3% of total income each year (approximately £140,000) where conditions allow for this. New funding sources will continue to be sought and secured to contribute to sustaining the delivery of current services and delivering new services to meet the needs of young people. 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.

Governance Structure

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.

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' have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their powers or duties. 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 (Services, Central Services and Finance & Risk), 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.

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. 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.

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

- AQS (Advice Quality Standard) for young people's advice, debt, employment, housing and welfare benefits.
- Youth Access Standards for information, advice, counselling and support services.
- Accredited member of the British Association for Counselling and Psychotherapy (BACP).
- Financial Conduct Authority Regulation

Risk management

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 organisational risk matrix. 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 Senior Leadership Team monitors and updates on a regular basis.

Decision making and management of the charity

Day to day management of the charity is delegated to the charity's Chief Executive

Officer and the Senior Leadership Team who meet regularly to ensure the charity is operationally achieving its charitable objectives. No Limits' Chief Executive Officer is Natalie Webb. Natalie has overall responsibility for management of the organisation, leadership, strategic partnerships and developing the organisation. The Senior Leadership Team includes the Director of Services and Director of Central Services. Together with the CEO they provide leadership across all strategic activities.

Fundraising practices

Fundraising is carried out by in-house fundraisers employed by the charity; no third parties are involved. The Head of Fundraising and Development 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. The Finance and Risk Subgroup of the No Limits Trustee Board oversees fundraising and meets quarterly. No Limits is registered with the Fundraising Regulator and committed to the Fundraising Promise and adherence to the Code of Fundraising Practice. The charity has received no complaints about fundraising in the past 12 months. All staff, including fundraisers, abide by our safeguarding policies and receive regular training in protecting vulnerable people.

Statement of the 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.

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

Stephen Taylor Trustee xxx (date) 17/11/2025 | 09:47 PST

Report of the Independent Auditors

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 2025 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 2025 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.
- Reading minutes of those charged with governance

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.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our work, for this report, or for the opinions we have formed.

Mark Gregory ACA

Mark Gregory

for and on behalf of Fiander ETL xxx (date) 18/11/2025 | 11:08 GMT

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 2025**

	Note	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Total Funds 2024 £
Income from:					
Donations and legacies	4a	108,769	1,152,500	1,261,269	893,338
Charitable activities	4b	3,297,359	-	3,297,359	3,246,553
Commercial trading operations	4c	62,269	-	62,269	70,888
Investments	4d	74,646	-	74,646	55,491
Total Income		3,543,043	1,152,500	4,695,543	4,266,270
Expenditure on:					
Fundraising	6	135,278	-	135,278	116,779
Charitable activities	5	3,258,832	589,188	3,848,020	3,961,964
Commercial trading operations		35,921	-	35,921	51,412
Total Expenditure		3,430,031	589,188	4,019,219	4,130,155
Net (loss)/gains on investments		9,582	-	9,582	21,514
Net Income		122,594	563,312	685,906	157,629
Transfers					
Gross transfers between funds	13	(2,922)	2,922	-	-
Net Movement in Funds		119,672	566,234	685,906	157,629
Reconciliation of Funds:					
Total Funds brought forward at 1 April 2024		2,902,816	20,200	2,923,016	2,765,387
Total Funds carried forward at 31 March 2025	13	3,022,488	586,434	3,608,922	2,923,016

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 2025**

	Note	Group 2025 £	Charity 2025 £	Group 2024 £	Charity 2024 £
Fixed Assets					
Tangible fixed assets	9	1,367,850	1,367,850	814,098	814,098
Investments	10	712,311	712,311	1,134,863	1,134,864
Total Fixed Assets		2,080,162	2,080,161	1,948,961	1,948,962
Current Assets					
Debtors	11	346,009	349,582	304,391	305,254
Loan		-	-	-	24,000
Cash at bank and in hand		2,296,893	2,272,369	1,586,337	1,558,844
Total Current Assets		2,642,902	2,621,951	1,890,728	1,888,098
Creditors: Amounts falling due within one year	12	(1,114,141)	(1,097,408)	(916,673)	(893,104)
Net Current Assets		1,528,761	1,524,544	974,055	994,994
Total Assets less Current Liabilities		3,608,922	3,604,706	2,923,016	2,943,956
Total Net Assets		3,608,922	3,604,706	2,923,016	2,943,956
Funds of the Charity					
Unrestricted Funds	14,15	1,507,284	1,503,067	1,721,898	1,742,838
Designated Funds					
Functional fixed asset fund	14,15	775,204	775,204	795,918	795,918
Business transformation fund	14,15	85,000	85,000	85,000	85,000
Business development reserve	14,15	170,000	170,000	170,000	170,000
Property maintenance & improvement fund	14,15	60,000	60,000	130,000	130,000
Service Delivery Youth Empowerment Innovation Fund	14,15	50,000	50,000	-	-
Service Expansion Fund	14,15	375,000	375,000	-	-
Restricted Funds	14,15	586,434	586,434	20,200	20,200
Total Funds		3,608,922	3,604,706	2,923,016	2,943,956

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 *****.

Signed on behalf of the board of trustees:

.....*Stephen Taylor*.....

Stephen Taylor
Trustee 17/11/2025 | 09:47 PST

The notes on pages 18 to 35 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 2025**

	Note	Group 2025 £	Charity 2025 £	Group 2024 £	Charity 2024 £
Cash flow from operating activities	19	778,242	781,211	(846,317)	(870,144)
Net cash flow from operating activities		<u>778,242</u>	<u>781,211</u>	<u>(846,317)</u>	<u>(870,143)</u>
Cash flow from investing activities					
Payments to acquire tangible fixed assets		(574,466)	(574,466)	(18,180)	(18,180)
Payments to acquire investment		(400,000)	(400,000)	(832,134)	(832,134)
Receipt on transfer of investment portfolio		832,134	832,134	-	-
Interest receivable		74,646	74,646	55,491	55,491
Net cash flow from investing activities		<u>(67,686)</u>	<u>(67,686)</u>	<u>(794,823)</u>	<u>(794,823)</u>
Net (decrease)/increase in cash and cash equivalents		<u>710,556</u>	<u>713,525</u>	<u>(1,641,140)</u>	<u>(1,664,967)</u>
Cash and cash equivalents at 1 April 2024		<u>1,586,337</u>	<u>1,558,846</u>	<u>3,227,477</u>	<u>3,223,811</u>
Cash and cash equivalents at 31 March 2025		<u>2,296,893</u>	<u>2,272,371</u>	<u>1,586,337</u>	<u>1,558,844</u>
Cash and cash equivalents consist of:					
Cash at bank and in hand		<u>2,296,893</u>	<u>2,272,371</u>	<u>1,586,337</u>	<u>1,558,844</u>
Cash and cash equivalents at 31 March 2025		<u>2,296,893</u>	<u>2,272,371</u>	<u>1,586,337</u>	<u>1,558,844</u>

No Limits (South)

Notes (forming part of the financial statements) for the Year Ended 31 March 2025

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 accrual's 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 criterion has been met.

Income from grants receivable is 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 is recognised on an accrual's basis.

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. 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 £5,000 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:

	2025 £	2024 £
Income	4,642,565	4,195,382
	<u>4,642,565</u>	<u>4,195,382</u>
Expenditure on charitable activities	(3,991,398)	(4,082,131)
Net Income	<u>651,167</u>	<u>113,251</u>
Other recognised gains/(losses)	9,582	21,514
Net movement in Funds for the year	<u>660,749</u>	<u>134,765</u>
Reconciliation of Funds:		
Total Funds brought forward at 1 April 2024	2,943,957	2,809,192
Total Funds carried forward at 31 March 2025	<u>3,604,706</u>	<u>2,943,957</u>
Represented by:		
Restricted income funds	586,434	20,200
Unrestricted income funds	<u>3,018,271</u>	<u>2,923,757</u>
	<u>3,604,706</u>	<u>2,943,957</u>

4 Incoming Resources

4a Donations and legacies

	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Total Funds 2024 £
Grants	12,709	1,096,237	1,108,946	792,653
Donations & Similar Incoming Resources	96,060	50,140	146,200	98,303
Donated Services & Facilities	-	6,123	6,123	2,382
	<u>108,769</u>	<u>1,152,500</u>	<u>1,261,269</u>	<u>893,338</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 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Total Funds 2024 £
<i>Grants</i>				
Big Lottery Fund – Reaching Communities	-	145,622	145,622	156,744
The Blagrove Trust	-	8,483	8,483	71,950
Peter Harrison	-	9,000	9,000	9,000
Southern Water	-	-	-	10,000
Southampton Hospital Charity	-	-	-	255,000
Southampton City Council	-	4,095	4,095	13,551
Police & Crime Commissioner	-	92,625	92,625	90,247
Go Southampton	-	8,000	8,000	28,160
Children in Need	-	33,353	33,353	32,441
Swire Foundation	-	-	-	16,800
The Big Lottery Fund – Prince's Trust	-	-	-	956
Paul Hamlyn Foundation	-	-	-	15,500
Pilgrim's Trust	-	-	-	10,715
Masonic Charitable Foundation	-	18,635	18,635	13,977
Rayne Foundation	-	15,000	15,000	5,000
Nationwide	-	-	-	6,800
Charles Hayward	-	14,350	14,350	24,017
HIWCF	-	-	-	9,987
Social Investment Business Foundation	-	677,305	677,305	21,807
Access to Work	-	5,269	5,269	-
City Life Church	-	4,875	4,875	-
Southern Co-op Safer Fund	-	10,000	10,000	-
	-	49,626	49,626	-
Other	12,708	-	12,708	-
	12,708	1,096,238	1,108,946	792,653
For the year ended 31 March 2024	53,750	738,902		792,653
<i>Donations and Similar Incoming Resources</i>				
Miscellaneous	96,060	7,382	103,442	87,182
Quakers	-	22,758	22,758	-
Comic Relief	-	20,000	20,000	-
Ardonagh Trust	-	-	-	5,000
East Horton Golf Club	-	-	-	6,121
	96,060	50,140	146,200	98,303
For the year ended 31 March 2024	51,396	46,907		98,303
<i>Donated Services and Facilities</i>				
Gifts in Kind	-	6,123	6,123	2,382

In addition, the Charity has received support from volunteers in providing information, advice and counselling services at the Charity's premises in Southampton. This is invaluable support, and the Trustees are not able to value this in monetary terms.

4b Charitable activities

	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Total Funds 2024 £
NHS Hampshire, Southampton and IOW				
ICB Counselling	1,100,597	-	1,100,597	974,383
Southampton City Council - DASH	806,330	-	806,330	752,040
Solent NHS Trust	42,800	-	42,800	183,979
NHS Hampshire, Southampton & IOW ICB	706,156	-	706,156	541,065
Hampshire County Council - Frankie	-	-	-	129,743
Citizens Advice Bureau (Advice, Information & Guidance)	145,385	-	145,385	145,385
Breakout Youth	31,433	-	31,433	28,912
Portsmouth City Council	-	-	-	19,500
Southampton City Council (Health & Wellbeing Drop Ins)	66,573	-	66,573	66,573
Hampshire County Council	50,136	-	50,136	62,393
NHS Frimley ICB/North Hants – Safe Haven	74,628	-	74,628	75,862
Solent Mind	93,649	-	93,649	36,465
STOP Domestic Abuse	20,000	-	20,000	20,000
Change Grow Live	-	-	-	38,425
Southampton City Council (Other)	52,874	-	52,874	159,925
Income from providing student placements	11,910	-	11,910	4,288
Department of Health & Social Care	66,602	-	66,602	-
University of Southampton	319	-	319	-
Other	27,967	-	27,967	7,614
	3,297,359	-	3,297,359	3,246,553
For the year ended 31 March 2024	3,246,553	-		3,246,553

4c Income earned from other activities

The summary financial performance of the subsidiary alone is:

	2025 £	2024 £
Turnover	70,370	74,275
Cost of sales and administrative costs	(45,212)	(51,412)
Net profit/(loss)	<u>25,158</u>	<u>22,863</u>
The assets and liabilities of the subsidiary were:		
Current assets	27,109	34,473
Current liabilities	(22,891)	(31,413)
Long term liabilities	-	(24,000)
Total net assets	<u>4,218</u>	<u>(20,940)</u>
Aggregate share capital and reserves	<u>4,218</u>	<u>(20,940)</u>

4d Investment Income

	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Total Funds 2024 £
Rent receivable	-	-	-	-
Bank interest receivable	74,646	-	74,646	55,491
	<u>74,646</u>	<u>-</u>	<u>74,646</u>	<u>55,491</u>
For the year ended 31 March 2024	<u>55,491</u>	<u>-</u>	<u>-</u>	<u>55,491</u>

5 Analysis of expenditure on charitable activities

	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Total Funds 2024 £
<i>Charitable Activities*</i>				
Activities undertaken directly	2,710,654	503,350	3,214,003	3,403,066
Support costs	556,278	85,838	642,116	558,898
	<u>3,266,932</u>	<u>589,188</u>	<u>3,856,120</u>	<u>3,961,964</u>
For the year ended 31 March 2024	<u>3,175,494</u>	<u>786,470</u>	<u>-</u>	<u>3,961,964</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
	2025	2025	2025	2024
	£	£	£	£
<i>Support costs</i>				
Governance	-	23,725	23,725	29,470
Finance	-	70,166	70,166	67,350
Information technology	-	266,127	266,127	308,103
Human resources	-	130,624	130,624	83,135
Depreciation	-	20,714	20,714	21,654
Office costs	-	130,760	130,760	49,186
Fundraising	135,278	-	135,278	116,779
	135,278	642,116	777,394	675,677

7 Governance Costs

	2025	2024
	£	£
<i>Governance costs</i>		
Auditor's remuneration	11,700	12,000
Legal and professional fees	278	5,632
Insurance	11,722	11,238
Trustee costs	25	600
	23,725	29,470

8 Operating Charges

	2025	2024
	£	£
Net income for the year is stated after charging:		
Auditor's remuneration:		
-Audit fees	11,700	12,000
Depreciation of tangible fixed assets	20,714	21,654
Impairment of tangible fixed assets	-	-
Operating lease rentals – land & buildings	33,000	33,000
Operating lease rentals - other	12,096	12,096

9 Fixed Assets

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

	Assets under Construction £	Freehold Property £	Leasehold Improvements £	Furniture & Equipment £	Computer Equipment £	Total £
Cost or Valuation						
At 1 April 2024	18,180	1,009,266	67,557	28,208	45,717	1,168,928
Additions	-	574,466	-	-	-	574,466
Disposals	-	-	-	(23,528)	(2,100)	(25,628)
At 31 March 2025	18,180	1,583,732	67,557	4,680	43,617	1,717,766

Depreciation and diminution in value

At 1 April 2024	-	224,437	61,401	28,208	40,784	354,830
Charge for the year	-	9,624	6,157	-	4,933	20,714
Disposals	-	-	-	(23,528)	(2,100)	(25,628)
At 31 March 2025	-	234,061	67,558	4,680	43,617	349,916

Net Book Value

At 31 March 2025	18,180	1,349,671	(1)	-	-	1,367,850
At 31 March 2024	18,180	784,829	6,156	-	4,933	814,098

Impairment tests have been carried out where appropriate and impairment losses in respect of freehold property totalling £nil (2024 : £nil) have been recognised in the SOFA

10 Investments

	Group 2025	Charity 2025	Group 2024 £	Charity 2024 £
Investment in Subsidiary Undertaking	-	1	-	1
Rathbones Portfolios – capital growth	712,311	712,311	302,729	302,729
Liquidity Portfolio - income	-	-	400,000	400,000
Cash deposits – 6 months +	-	-	432,134	432,134
	712,311	712,311	1,134,863	1,134,864
			2025 £	2024 £
Market value at 1 April 2024			1,134,864	281,216
Payment to acquire investment portfolio			400,000	832,134
Receipt on transfer of investment portfolio			(832,134)	21,514
Unrealised gain / (loss)			9,582	
At 31 March 2025			712,311	1,134,864

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.

11 Debtors

	Group 2025 £	Charity 2025 £	Group 2024 £	Charity 2024 £
Pre-payments and accrued income	44,606	44,606	36,522	36,522
Other debtors	301,403	304,976	267,869	268,732
Loan to subsidiary	-	-	-	24,000
	346,009	249,582	304,391	329,254

12 Creditors: Amounts falling due within one year

	Group 2025 £	Charity 2025 £	Group 2024 £	Charity 2024 £
Payroll liabilities	77,143	77,143	75,490	75,490
Deferred income (see note 13)	669,620	656,202	516,371	501,610
Accruals	147,476	146,476	130,266	125,656
Other creditors	219,901	217,587	194,546	190,348
	1,114,141	1,097,408	916,673	893,104

13 Deferred Incoming Resources

	Group 2025 £	Charity 2025 £	Group 2024 £	Charity 2024 £
Balance at 1 April 2024	516,371	501,610	861,638	842,876
Incoming resources deferred during the year	669,620	656,202	516,371	501,610
Amounts released from previous years	(516,371)	(501,610)	(861,638)	(842,876)
Balance at 31 March 2025	669,620	656,202	516,371	501,610

Incoming resources deferred during the year relate to grants and income from charitable activities and contract income from commercial contracts which apply to a future period.

14 Funds

		Balance at 1 April 2024	Income/ Gains	Expenditure/ Losses	Transfers	Balance at 31 March 2025
Restricted Funds						
i	Big Lottery Fund – Reaching Communities	-	145,622	144,594	-	1,027
ii	Quakers	-	22,758	22,758	-	-
iii	Blagrove Trust – Youth Ambassadors	-	8,483	8,109	-	374
iv	Children in Need	-	33,353	34,069	717	-
v	OPCC VRF	-	42,625	42,631	7	-
vi	Advice Centre	-	139,696	141,694	1,998	-
vii	Go Southampton	2,020	8,000	8,000	-	2,020
viii	Bright Beginnings	-	57,635	57,635	-	-
ix	Social Investment Business Foundation – YIF	18,180	677,305	112,945	-	582,540
x	Various restricted donations	-	17,023	16,753	200	470
		20,200	1,152,500	589,188	2,922	586,434
Unrestricted Funds						
	Designated functional fixed assets	795,918	-	20,714	-	775,204
	Business transformation fund	85,000	-	-	-	85,000
	Business development reserve	170,000	-	-	-	170,000
	Property maintenance & improvement fund	130,000	-	-	(70,000)	60,000
	Service Delivery Youth Empowerment Innovation Fund	-	-	-	50,000	50,000
	Service Expansion Fund	-	-	-	375,000	375,000
	General purposes fund	1,721,898	3,552,625	3,409,317	(357,922)	1,507,284
		2,902,816	3,552,625	3,430,031	(2,922)	3,022,488

**14 Funds
contd**

	Balance at 1 April 2023	Income/ Gains	Expenditure/ Losses	Transfers	Balance at 31 March 2024
Restricted Funds					
Big Lottery Fund – Reaching Communities	-	60,417	60,470	53	-
Big Lottery Fund – Prince's Trust	6,839	956	9,709	1,914	-
Big Lottery Fund – Reaching Communities - Homelessness	235	39,047	39,282	-	-
Big Lottery Fund – Reaching Communities – Early Interventions	152	57,281	58,387	954	-
Blagrave Trust – Youth Ambassadors	-	18,201	18,201	-	-
Children in Need – Stay Safe	-	32,441	32,462	21	-
HIWCH #Iwill	-	9,987	10,036	49	-
OPCC VRF	-	28,246	28,246	-	-
Southampton Hospital Charity	-	255,000	255,000	-	-
Advice Centre	3,898	118,615	123,190	677	-
Next Steps – Young Offenders	2,240	23,600	25,701	(139)	-
Go Southampton	-	28,160	26,140	-	2,020
Paul Hamlyn Foundation – Youth Fund	1,594	15,500	17,092	(2)	-
Bright Beginnings	-	52,977	52,977	-	-
Social Investment Business Foundation – YIF	-	21,807	3,627	-	18,180
Various restricted donations	110	25,957	25,950	(117)	-
	15,068	788,192	786,470	3,410	20,200
Unrestricted Funds					
Designated functional fixed assets	817,571	-	21,653	-	795,918
Business transformation fund	80,000	-	40,000	45,000	85,000
Business development reserve	170,000	-	-	-	170,000
Property maintenance & improvement fund	130,000	-	-	-	130,000
General purposes fund	1,552,748	3,478,078	3,260,518	(48,410)	1,721,898
	2,750,319	3,478,078	3,322,171	(3,410)	2,902,816

(Note 14 continued)

- i Lottery funding for 5 years to provide information, advice and support on a wide range of issues to children and young people based in Southampton and surrounding areas.
- ii Funding received from Quakers to provide an intensive support worker directly to secondary schools on the IOW in the pupil referral unit.
- iii Funding received from The Blgrave Trust to support youth participation and Youth Ambassadors
- iv 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.
- v Funding from the OPC with the aim to reduce serious violence and knife crime in Basingstoke, Southampton, Isle of Wight and Portsmouth.
- vi A variety of funding received to specifically support the provision of advice to children and young people facing a variety of issues at our Advice Centre.
- vii Funding to provide detached youth workers in Southampton centre.
- viii Funding from a variety of sources to support highly vulnerable young parents aged up to 26 to provide the healthy, stable environment needed for their baby to thrive. This project also delivers the GroBrain Baby course to young parents
- ix Capital funding to develop buildings at The Avenue to expand local youth facilities and services. Revenue funding to support delivery to improve access, participation and short-term wellbeing of young people
- x Smaller donations, including gifts in kind, given for a specific purpose.

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
	2025 £	2025 £	2025 £
Restricted Funds	3,894	582,540	586,434
Designated Funds			
Designated functional fixed asset fund	-	775,204	775,204
Property maintenance and improvement fund	60,000	-	60,000
Business Development reserve	170,000	-	170,000
Business transformation fund	85,000	-	85,000
Service Delivery Youth Empowerment	50,000	-	50,000
Innovation Fund			
Service Expansion Fund	375,000	-	375,000
Unrestricted Funds			
General purposes fund	1,507,284	-	1,507,284
	2,251,178	1,357,744	3,608,922

	Net Current Assets	Tangible Fixed Assets	Total Net Assets
	2024 £	2024 £	2024 £
Restricted Funds	2,020	18,180	20,200
Designated Funds			
Designated functional fixed asset fund	-	795,918	795,918
Property maintenance and improvement fund	130,000	-	130,000
Business Development reserve	170,000	-	170,000
Business transformation fund	85,000	-	85,000
Service Delivery Youth Empowerment	-	-	-
Innovation Fund			
Unrestricted Funds			
General purposes fund	587,035	1,134,863	1,721,898
	974,055	1,948,961	2,902,816

16 Staff Costs and Employee Benefits

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

	2025 Number	2024 Number
Raising funds	3	4
Charitable activities	116	114
Governance	3	4
	122	122

(Note 16 continued)

The total staff costs and employee benefits was as follows:

	2025 £	2024 £
Wages and salaries	2,680,175	2,733,290
Employer's National Insurance contributions	223,393	229,828
Employer's pension contributions (defined contribution scheme)	101,510	101,303
	3,005,078	3,064,421

Total redundancy payments amount to £17,576 (2024: £Nil).

There was 1 employee who fell within £70,000 to £80,000 (2024: 1).

There were outstanding contributions to the pension scheme at the balance sheet date of £25,195 (2024: £21,075)

17 Trustees' and Key Management Personnel Remuneration and Expenses

The Trustees neither received nor waived any remuneration (2024: None) during the year.

The Trustees did not have any expenses reimbursed during the year (2024: None).

No trustee has any pension arrangements accruing (2024: None).

Key management personnel comprise the Chief Executive Officer, Director of Central Services, Director of Services, and Head of Finance and Resources. Total key management personnel remuneration for the year was £237,140 (2024: £211,443).

Professional indemnity insurance in respect of Trustees and staff was held during the year at a cost of £1,869 (2024: £1,291). This includes Trustee Indemnity insurance premiums of £679 (2024: £574).

18 **Lease Commitments**

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 £45,096 (2024: £45,096).

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

	2025 Land & Buildings £	2025 Other £	2024 Land & Buildings £	2024 Other £
Payments due:				
Not later than one year	33,000	12,096	33,000	12,096
Later than one and not later than five years	136,000	21,168	-	33,264
Later than five years	-	-	-	-
	169,000	33,264	33,000	45,360

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

	2025 £	2024 £
Net income for year	685,906	157,629
Interest receivable	(74,646)	(55,491)
Depreciation and impairment of tangible fixed assets	20,714	21,654
(Profit)/Loss on the disposal of tangible fixed assets	-	(1)
Gain on sale of investment property	-	-
Investment fund charges	-	-
(Gain)/Loss on revaluation	(9,582)	(21,514)
Decrease in debtors	(41,618)	157,765
(Decrease) in creditors	197,468	(1,106,359)
Net cash flow from operating activities	778,242	(846,317)

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.

