

Registered Company Number: 4284605 (England and Wales)
Registered Charity Number: 1091052

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED
31 MAY 2022
FOR
FISHGUARD AND GOODWICK YOUNG PERSONS TRUST LTD**

Prepared by:

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FISHGUARD AND GOODWICK YOUNG PERSONS TRUST LTD

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FOR THE YEAR ENDED 31 MAY 2022**

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FISHGUARD AND GOODWICK YOUNG PERSON'S TRUST LTD

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31ST MAY 2022

The trustees are pleased to present their annual directors' report together with the consolidated financial statements of the charity for the year ending 31st May 2022 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31st May 2022. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Statement applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

OBJECTIVES AND ACTIVITIES

Objectives and Aims

As set out in the Articles, the purposes of the charity are the advancement of young persons, aged 11-25 who are resident in the stated areas of North Pembrokeshire, through the promotion of their spiritual, social, moral, cultural and physical development. The charity's mission statement is:

"This project will help young people to acquire the self-esteem, skills and self-confidence to cope with the personal and social problems of the transition from childhood to adulthood and to enable them to play an active role in the community where they live."

In shaping our objectives for the year and planning our activities, the trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'. Affordability and universal access for all young people aged 11-25 from the North Pembrokeshire area is extremely important to us. The majority of young people we support are from families who are marginalised due to living in a highly rural location with very limited access to services and good quality public transport. Many are also highly economically deprived; therefore, affordability is essential to ensure that all young people have equal access to services. Engaging young people positively in their local community forms a large part of our work with young people and is reflected in the aims and objectives.

The strategies employed to achieve the charity's aims and objectives are:

- To provide a drop-in service where young people can access non-discriminatory, non-judgemental, high-quality support and information in a warm, safe and welcoming environment. Where they can enhance their life skills, develop their interests and socialise with their peers and positive role models.



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- To empower young people to make decisions and explore options and opportunities. To develop a sense of place for themselves within their community, society and the local environment.
- To deliver accredited and vocational training in an informal setting and at a pace that suits each individual, particularly for those young people who struggle in a school environment or who are either NEET (not in education, employment or training) or vulnerable to becoming NEET.
- To inspire young people to take on the challenge of adventure activities with the aim of developing interests, enhancing confidence, self-esteem and team skills.
- To represent the needs and views of young people within their community and to work in partnership with them to action ideas.

Putting these strategies into action we have 3 major areas of activity which are

- 1) 6 day per week drop in provision with a focus on wellbeing and physical activity, creativity and reaching potential, adventure, the outdoors sporting activities, intergenerational connections with the community, community activities.
- 2) educational and employability programmes;
- 3) more recently we are into year 1 of a 3-year programme that focuses on young people's emotional health and well-being, in particular a plan to provide in-house specialist low level mental health support which includes a counselling service, continuation of our intergenerational mentoring service for young people and group support for young people experiencing emotional health issues such as self-harm, anxiety exam stress, depression etc.

SIGNIFICANT ACTIVITIES

The Charity provides a youth drop-in centre, "The Popworks" which is a building leased (40-year lease) from Pembrokeshire County Council at a peppercorn rent, where young people aged 11-25, can meet in a safe environment, play, get involved in fun activities and obtain help and advice from the youth development workers. The centre acts as the base for a large range of activities which serve to fulfill its objectives (with recreational facilities, computer suite, kitchen, information on emotional, sexual and physical health etc.). The drop-in centre service is provided through Government funded Families First money, People and Places funding via National Lottery Community Fund, The Co-op Community Fund and Children in Need funding. The other building, "The Old Printworks" (private lease) houses our drop in employability skills for young people project. The Printworks also houses part of our Nurturing the Future emotional health and wellbeing project that provides a professional counselling service, mentoring from older members of the community who have been trained in Youth Mental Health First Aid training delivered by POINT staff who are trained facilitators in partnership with Mental Health Wales. The Popworks building houses part of the Nurturing the Future project activities including physical activities for wellbeing and the Mind Matters group support sessions for young people struggling with low level mental health issues who benefit from facilitated group support where they can be with other peers in similar situations.



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A sample of the organisational activities that fits with the aims and objectives of these funding streams include: -

- Sport sessions, Fit Friday's local walking challenges and team building activities
- Discussion groups and structured workshops covering topics such as bullying, grief and loss, body image, substance misuse, antisocial behaviour etc.
- Employability workshops, training and weekly drop-ins, opportunities for voluntary work and enterprise initiatives.
- One to one mentoring for young people by older members of the community around areas of a young person's life they may want some additional help and support with for instance, wellbeing support, employability skills, life skills, development of hobbies or interests, befriending.
- Alternative education for those young people who struggle in a more formal environment such as school, college etc. and who are at risk of exclusion or who have been identified as being in need of nurturing education.
- Accredited sessions which provide young people with evidence-based learning opportunities such as Duke of Edinburgh, John Muir, ASDAN accredited training delivered at a pace suitable for young people of all abilities.
- Fundraising activities such as cake and coffee mornings, car wash for Children in Need, Syrian Refuges and support with local events such as the RNLI fun day.
- The promotion of healthy lifestyles including the provision of C Card which is a local authority scheme which provides young people with sexual health advice alongside the provision of condoms.
- Healthy living activities that involve cookery sessions and learning to grow produce in the youth centre garden and out in the community with the Fishguard and Goodwick Greening group who work to plant and maintain plants and flowers in public areas of the towns.
- Homemade healthy cooked meals at highly subsidized prices 5 days per week
- Theatre Forum sessions at the youth drop-in centre and the local primary and secondary schools on issues such as "celebrating difference" "Anti Bullying", "healthy relationships"
- "Sound of the Youth" youth forum where young people have the chance to have a voice about POINT and how it is run; also, about wider issues such as mental health and working with older people in the community. Sound of the Youth feeds into the Pembrokeshire Youth Forum.
- In-house access to external specialized services such as social services, Team Around the Family, "Choices" Drugaid's young people's substance misuse services.
- Arts and crafts and opportunities to develop and implement creative enterprise ideas.
- Engaging young people in outdoor and adventure activities such as coasteering, kayaking, surfing, mountain biking, adventure parks, outward bound residential activities etc.



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ACHIEVEMENTS and PERFORMANCE

➤ **Formal/informal qualifications attained**

Formal Training

Mentoring training –

We have recruited and trained 6 new mentors during this period, involving a young person in the recruitment process. 42 mentoring sessions have occurred and activities have included; learning a new skill of sewing; getting more out and about and increasing confidence with it; a mentoring relationship taking a trip to theatre to meet our famous Patron Griff Rhys Jones

Youth Mental Health First Aid – As part of the Nurturing the Future project 60 members of the community have completed the licensed course in “Youth Mental Health First Aid” training with us via online module and webinar completion. We have delivered the course to members of the community and to the public, private and voluntary sectors. The training has developed into a professional and accessible varied learning style delivery which includes online modules and 2 facilitated online ‘webinars’. These webinars consolidate the learning of the online modules and give opportunity for learners to discuss their concerns and enthusiasm around supporting young people with a varied range of mental health related issues.



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7 members of the community took part in our first 'in person' course, which saw great results and feedback.

We are therefore very proud to have supported a total of 67 frontline workers/ volunteers and parents in our community and we believe this is a huge achievement for year 2

Informal training

-5 young people have taken part in the John Muir Award this year and are due to complete this by the end of September. The John Muir Award encourages awareness and responsibility for the natural environment through a structured yet adaptable scheme, in the spirit of fun, adventure, exploration and sharing. This year POINT delivered this in partnership with the Sea Trust. Young people got to learn about local marine life and how to conserve it.

4 young people have completed their Senior Member training this year in partnership with Pembrokeshire Council Youth Service. The training includes learning about the philosophy and practice of youth work, and an introduction to safeguarding, first aid and food hygiene courses.



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- **Statistics**

Nurturing the Future project

Overview of the project: The Nurturing the Future Project is a National Lottery Funded project which aims to address the Mental and Emotional Wellbeing needs of young people in the North of Pembrokeshire by providing different platforms of support.

Counselling

OUTCOME 1 - young people will have increased access to specialised mental health support

We have provided 46 young people with counselling during this year in partnership with Area 43.

We believe that to have supported 46 young people over a period of 1 year who are in emotional distress is a huge achievement and from the feedback we have received we know that the counselling support has been, for the vast majority extremely beneficial for young people as the monitoring and evaluation shows

Number of young people supported = 46

Number of counselling (including assessment) sessions held = 227

Number of cancellations by young people = 92 by counsellor / organisation = 7

Referrals processed but did not go ahead due to personal reasons = 7

OUTCOME 2 - Young people will feel more confident, resilient and healthy

Youth Forum

6 Young people have taken part and developed 'The North Youth' Forum. The North Youth have fed into a community consultation at the local 'On Lands Edge' festival, hosted by Theatr Gwaun. They have been providing their viewpoints on the results of a young persons' survey held by POINT which will feed into future plans and funding bids for our youth centre and have made additional suggestions such as visiting other youth centres to identify similarities and differences to what we offer at POINT, in a hope to unveil possible developments for the future POINT services.

The Youth Forum has taken on the 'Goodwick Youth Bank' scheme. Their role is to identify, discuss and approve/decline grant applications for up to £500 from young people for various Entrepreneurial



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reasons. This has seen an increase in debating skills, compromise, voting and the demonstration of a whole host of skills and maturity

Drop in Activities

235 young people have taken part in a huge range of new activities this year which aim to challenge them and encourage physical and emotional wellbeing and a sense of team working and togetherness. Activities included weekly Dungeons and Dragons face to face interactive game sessions, board games, gardening and construction of the POINT Clay Oven in partnership with the Pembrokeshire Coast National Park (PCNP) Ranger. The ranger has also worked with POINT to engage young people in their local environment with local walks and beach trips.

Other sporting activities included POINT World Cup where each week young people got the chance to learn about a world cup country and to try out the country's national sport. We hold weekly informal football sessions throughout the year in the local leisure centre which are hugely popular. We also hold regular tennis, badminton, cricket and dodgeball sessions in the POINT garden throughout the year.

There have been many opportunities for young people to engage in adventure activities outside X POINT including 2 residential trips where water sports activities have been the theme (surfing, coasteering, canoeing) and the legendary mud assault course. Other adventure trips have included the Aqua Park, trampolining in Cardiff, Battlefield Live, and much more.

Over the course of the year, 127 young people have had an improvement in their emotional wellbeing, through various ways.

- 1) Youth workers in the drop in have provided 4 young people with regular one to one emotional health and wellbeing sessions, where they could talk about any difficulties they were facing and catch up with staff. These have been extremely beneficial. One of these young people has been having these meetings online over Zoom.
- 2) We have started to put on activities which focus on the importance of self care. Workshops have included stress-ball making, creating personal natural face masks and hair oils and other activities which focus and relax young people such as bracelet making, colouring and art and crafts such as paint pouring, calligraphy, embroidery, drawing and cooking.
- 3) The dungeons and dragons' groups have had a massive impact on the young people attending. They reported the following:
 - o Improved our teamworking
 - o More confidence and can express ourselves better
 - o Doing more
 - o Expanded our friendship circles and bonds
 - o Makes us happy
 - o Overcoming anger in positive ways.
- 4) Our drop-in service is a vital part of improving emotional wellbeing as young people can come and chat to youth workers about any problems and concerns they may be experiencing as and when they



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are happening. This year we have had an increase in these one-to-one chats, especially around problems that are happening at school and school pressures.

5) 2070 meals have been given out over the course of the year, with young people trying a variety of new foods. The young people have also started working on a 'world cup' cookbook. Every Friday throughout the summer young people have been cooking a traditional food from a certain country who has qualified for the world cup.

OUTCOME 3 - Community members / parents / professionals engaged in YMHFA)

This related to our Youth Mental Health First Aid training which is explained above under "formal qualifications"

OUTCOME 4 – Young people and older people will report an increase in connections with and understanding of different generations.

Formal activity:

We have recruited and trained 6 new mentors during this period, involving a young person in the recruitment process.

42 mentoring sessions have occurred and activities have included;

- learning a new skill of sewing
- getting more out and about and increasing confidence with it
- a mentoring relationship taking a trip to theatre to meet our patron Griff Rhys Jones.

Informal activity:

We held a vibrant and hugely successful intergenerational open day. All the community was welcomed, and the day was filled with intergenerational activity and interactions. Over 40 young people and 60 older people joined together to celebrate 20 years of POINT Youth Centre. Interactions shared included a drum workshop, led by a local Samba Band (Samba Doc), all ages within the community joined a parade led by the band around the town. Young and old climbed the 30ft climbing walk alongside each other, offering words of encouragement and celebration and played games such as Tombola amongst conversation and sharing food.

We held an intergenerational football tournament with the local hockey club and Round table. This had 12 older members of the community attend with 10/12 reporting that due to this activity they had a better understanding of the younger generation. 18 young people attended the football match with 16/18 reporting they had a better understanding of the older generation after the football match. 4 young people also took part in an intergenerational activity where they helped two local firefighters paint some rooms in the fire station. This was a lovely activity where the young people reported they felt good to be giving back to a service that does so much for the community



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Employ, Educate and Grow Employability programme

This was a 6-month project running from May 2021 to March 2022, funded via the Dulverton Trust to over young people coming out of lock down with some support to get back into work/develop skills to get them closer to the job market.

Project Outcomes:

- The number of individual young people accessing POINT for employment support (target – 12) **Achieved 13 young people**
- The number of young people sessions (target 24) **Achieved: 42**
- The number of young people accessing further training after attending POINT (target 2) **Achieved: 8**
- The number of young people entering employment (target 6) **Achieved: 6**
- The number of young people who acquire new skills as a result of support e.g., time keeping, reliability, personal hygiene, emotional resilience (target 6) **Achieved: 9**

The number of young people who report improved confidence. **Achieved:** The Survey Monkey questionnaire showed that after attending their sessions with POINT, **33% reported more confidence in general, 19% reported confidence to apply for a job and attend an interview, 16% had more skills to update their CV, 16% had the skills and knowledge to set up a business and 16% reported other skills.**

Children in Need Youth Drop in Project

Over year 2 of the Children in need project we have worked with 266 young people between the ages of 10 and 18. The three differences of the Children in need funding are:

- For young people to feel better about themselves
- Young people have a stronger sense of pride in themselves
- Young people have a greater belief that they can achieve

We have achieved these differences by providing young people with a vast number of activities from dungeons and dragons, targeted workshops, interactive events like the POINT world cup, art activities and youth forum

Mind Matters (mental health project funded by Waterloo Foundation which provides structured group support to young people in the form of fun games, and using theatre forum techniques to build resilience)

In September 2021 we started working with the new year 6 in Ysgol Wdig. We ran 8 sessions. After the success of the workshops which we ran with the old year 6 group, topics were explored such as wellbeing, friendship/relationship and confidence building.



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Evaluation – What young people / the community said about their engagement in POINT services:

Evaluation

In order to ensure that young people are having their say about how the POINT services are being run and to make any suggestions for improvement, we conduct surveys to gain the views of young people. We also have a "suggestions box" kept at a central point within the building so young people have the opportunity to make suggestions at any time of year. We also routinely collect evaluations from young people in various and creative ways following every trip or organized activity.

In our yearly 'Your Views' 97% of young people who took part reported that POINT made them happy and improved their emotional wellbeing with comments like: "I am happier now as I come to point and do lots of activities which makes me happy inside" "Absolutely. POINT is open and welcoming and I love being here" "Yes by having fun" "I am so much happier since attending point. I can be myself there and if I ever get picked on the staff always make sure that bullying behaviour is addressed right away. and they make me feel like I belong" "It has made me more happy because if I ever need a safe place to go to I know POINT is there to help me and young people." "Definitely-when going to point you find people just like you who maybe had no confidence it shows you 're not alone."

What participants of Youth Mental Health First Aid training said:

What the trained community say "I have a better understanding of mental health issues and how to approach discussions around these but also aware of how little I know and the work I need to do as an adult to further my understanding".

"I feel more able to support young people due to the content given via the resources provided outside of the webinar's, they are very useful."

"I feel more confident and better equipped to approach and assist young people who are going through a mental health crisis and suffering from mental ill health in general, as well as psychosis and drug and alcohol use and misuse."

"Great course, this is a vital course for anybody who lives or works with young people. Mental health issues are more prevalent in today's society and knowing how to recognize, help and support young people while they go through it is a valuable resource".

"Really good course, feel better equipped to deal with Mental Health issues/concerns as they arise in my work. Also acknowledge the importance of self-care as a Youth Work Practitioner."

"Thank you for providing me with more insight into a range of mental illnesses and how I can support others". "It was excellent and totally changed the way I looked at mental health"



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Counselling evaluation from young people

Using a professional measurement tool, of the data gathered,

85% of counselling clients recorded an improvement in their CORE OM 'score' over the course of their counselling therapy.

CORE OM (https://www.coreims.co.uk/About_Core_System_Outcome_Measure.html) is widely used within the counselling profession and is a client self-reporting questionnaire identifying how the client has been during 'the last week'. Focusing on 4 keys areas:

- Subjective well-being
- Problems/symptoms
- Life functioning
- Risk/harm

Many outcomes and improvements can often be attributed to new skills, tools and resilience clients have gained during their time with the counsellor as well as outside of the counselling room. Through completing two types of survey methods, young people fed back;

- 87% said their mental health and/or wellbeing has improved.
- 92% said they have more skills to be able to cope when things are difficult,
- 100% reported they felt comfortable with the counsellor.
- 100% reported that the environment felt safe.
- Young people accessing counselling rated how welcomed they felt at POINT Youth Centre as 97%.
- Young people rated the helpfulness and relevance of the service information received as 93% and the referral system as 100%.
- 47% said they felt more able to support my friends and family with their mental health / emotional wellbeing as a result of learning from the counselling experience

➤ Promotion of services

There have been a large number of publications in the local newspapers that have promoted some of the work we do with young people and older members of the community. These articles have helped to promote POINT in a positive light within the community. We also have a huge presence on our public social media pages such as 2 x Facebook pages one for young people and parents and one for the community, Twitter, TiK Tok and Instagram which we use as platforms to communicate with young



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people and members of the community to let them know what opportunities we have coming up and they can get involved.

PUBLIC BENEFIT

The charity has referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing its aims and objectives and in planning its future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives they have set. The charity meets the public benefit requirement of relief of those in need by reason of youth, financial hardship or another disadvantage.

FINANCIAL REVIEW

We are now coming towards the end of year 2 of our National Lottery funding Nurturing the Future project and our Children in Need drop in provision funding. Both of these projects are our major funders and the projects are for 3 years taking us to August 2023.

We receive £31,000 per year of local authority Children and Families funding (formerly known as Families First) to assist with staffing costs and structured activities for our drop-in service, plus our Saturday evening provision. This funding is reviewed yearly and often we do not hear until after the April deadline as to whether we will continue to receive this funding for the year. We have been told that the funding is likely to continue in 2021.

A Fundraising Committee meeting held every 3 months with the General Manager, 3 Trustees and the PAC and Drop in Managers to look at the strategy for future funding for the different projects we have with POINT. All the Trustees and the General Manager are committed to seeking alternative funding for the various drop-in projects we have and the committee's regular meetings ensure that applications are made in plenty of time to replace a stream of funding when it is due to run out.

RESERVES POLICY AND GOING CONCERN

Designated reserves note

The trustees are aware of the charity's reliance on continuing funding from the National Lottery and, to a lesser extent, BBC Children In Need and Pembrokeshire County Council. The trustees regularly review and update contingency plans for the management of the reduction, or in a worse case scenario, the closure, of some of its services and programmes including the necessity of making redundancy payments to the staff involved should funding from any source not continue at the current levels. Therefore, the trustees have designated reserves of £102,414 (2021 - £102,395) to cover general running costs and a further £17,759 (2021 £17,756) to cover redundancy costs should major changes in funding occur in the future.



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FUTURE DEVELOPMENTS

Plans for the Future include: -

Following extensive consultation with young people, parents of the young people, the community at large and from stakeholders it is clear that we need to seek continuation funding to continue our health and wellbeing services beyond August 2023. Young people still believe that mental health and wellbeing is the biggest issue affecting them in their communities. The wider community also believe that mental health and wellbeing is a huge issue for young people. They identify the need for independent living skills and a "Back to Basics" approach towards employability where the focus is on addressing some of the huge barriers that young people have encountered coming out of lock down. Support is also needed in dealing with the overwhelming cost of living increase and with getting themselves ready for work.

Our current strategy is to gain support by writing funding bids to assist the general manager and the project managers with the fundraising drive which will be prevalent in year 3 of our Nurturing the Future project. Our priority is to extend the health and wellbeing project beyond August 2023 but to include an additional strand which will incorporate employability support and independent living skills; this support to be provided by a dedicated worker and also from our volunteer mentors. It is very clear that Covid 19 has affected young people's emotional wellbeing and their ability to be resilient and that mental health and wellbeing support is an ongoing need for many of the young people we support.

We will seek some core funding via Children in Need's new funding opportunity which provides funding for core activities. In addition to this we are seeking to look for continuation funding for our health and wellbeing project via funders such as the National Lottery People and Places large grants. We will also need to secure funding via other smaller pots to provide top up funding for core and project costs, and to cover increases in our day to day running costs.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number 4284605 (England and Wales)

Registered Charity Number 1091052

Registered Office Popworks, Parc-y-Shwt, Fishguard, Pembs. SA65 9AP

Trustees

P. Worth, **Chair of Trustees**

P. Thomas, **Secretary**

P. Morgan, **Treasurer**

Prof. T. Care

K. Davies



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E. Evans

R. Kedward

P. Davies

Reverend J. Spencer

Key management personnel:

General Manager

Z. Davies

Chair of Trustees

P. Worth

Company Secretary

P. Thomas

Independent Examiner

Ian Williams FCA FCCA
Pritchard & Co
Accountants
Ffynnoddofn
74 High Street
Fishguard
Pembrokeshire
SA65 9AU

Banker

HSBC
41 High Street
Haverfordwest
Pembrokeshire
SA61 2BU



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STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The Charity is a charitable company limited by guarantee as defined by the Companies Act 2006, governed by its Memorandum and Articles of Association. It was incorporated on 10 September 2001 and is governed by its articles as amended by special resolution on 31 May 2010. It is registered as a charity with the Charity Commission.

Wider Network

The Charity, which is otherwise known as POINT, has in the past year been actively seeking to develop good relationships within the community in order to develop the long-term future of the project by raising community awareness of POINT and its activities. It recognizes that it is important for the project to continue to develop a good working relationship with the public sector. It also regularly consults with the community to gain feedback on performance and also with future plans. We work closely with other similar organizations such as Pembrokeshire Youth Service and other charity youth provisions in North and South Pembrokeshire and are part of a charity youth service consortium. We are members of the Council for Wales Voluntary Youth Services (CWVYS) and also Pembrokeshire Association of Voluntary Services (PAVS). We also have very close partnerships working in place with other agencies working in the area such as Area 43 Youth Drop in, Planed, Pembrokeshire Coast National Park, Transition Bro Gwaun, Pembrokeshire County Council Youth Outreach Team, Gwalia, substance misuse services - Drugaid, Workways, Futureworks, the local Community Safety Police and other local groups and fellowships including The Soroptimists, The Friendship Circle, The Good Neighbours' Club, The Rotary, The Lions, the Sea Trust etc.

Appointment of Trustees

The Trustees constitute directors of the charity for the purposes of the Companies Act 2006 and Trustees of the charity for the Charities Act 2006 and have complied with the duty in section 4 of the 2006 Charities Act to have due regard to guidance published by the Charity Commission. Details of appointment of trustees are cited in the Articles of Association. Please see excerpt from the Articles of Association below:

6. *No person other than a trustee retiring by rotation shall be appointed or reappointed a trustee at any general meeting unless:*

(1) he is recommended by the trustee; or

(2) not less than fourteen nor more than thirty-five clear days before the date appointed for the meeting, notice executed by a member qualified to vote at the meeting has been given to the Charity of the intention to propose that person for appointment or reappointment stating the particulars which would, if he were so appointed or reappointed, be required to be included in the Charity's register of trustees together with a notice executed by that person of his willingness to be appointed or reappointed.



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7. *No person may be appointed as a trustee:*
 - (1) *if they are under the age of 18 years unless the charity is a registered company;*
 - (2) *in circumstances such that, had he already been a trustee, he would have been disqualified from acting under the provisions of Article 38.*
8. *Not less than seven nor more than twenty-eight clear days before the date appointed for holding a general meeting notice shall be given to all persons who are entitled to receive notice of the meeting of any person (other than a trustee retiring by rotation at the meeting) who is recommended by the trustees for appointment or reappointment as a trustee at the meeting or in respect of whom notice has been duly given to the Charity of the intention to propose him at the meeting for appointment or reappointment as a trustee. The notice shall give the particulars of that person which would, if he were so appointed or reappointed, be required to be included in the Charity's register of trustees.*
9. *Subject as aforesaid, the Charity may by ordinary resolution appoint a person who is willing to act to be a trustee either to fill a vacancy or as an additional trustee and may also determine the rotation in which any additional trustees are to retire.*
10. *The trustees may appoint a person who is willing to act to be a trustee either to fill a vacancy or as an additional trustee provided that the appointment does not cause the number of trustees to exceed any number fixed by or in accordance with the articles as the maximum number of trustees. A trustee so appointed shall hold office only until the following annual general meeting and shall not be taken into account in determining the trustees who are to retire at the meeting. If not reappointed at such general meeting, he shall vacate office at the conclusion thereof.*

TRUSTEE INDUCTION AND TRAINING

The trustees seek to ensure that the community of Fishguard and Goodwick is represented on the Board and that trustees are well trained in the governance of a charity. The Board ensures that there are no interests which may cause a conflict in the role of a trustee or senior staff member including any related party transactions. Trustees are selected by personal contact and are subject to election to the Board. The maximum number of Board members remains at nine. All newly appointed trustees undergo an orientation day to brief them on: Their legal obligations under charity and company law, the Charity Commission guidance on public benefit. They are informed of the content of the Memorandum and Articles of Association, the committee and decision-making processes, the business plan and financial performance of the charity. During their induction day they meet key employees and other trustees.



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Trustees are encouraged to attend appropriate external training events which help to facilitate the undertaking of their role.

ORGANISATION

The number of trustees shall not be less than three (unless otherwise determined by ordinary resolution) and shall not be subject to any maximum. The Board meets every 8 weeks and there is a subcommittee covering funding and finance that also meets 3 monthly. A General Manager is appointed by the trustees to manage the day-to-day operations of the charity. To facilitate operations, the General Manager has delegated authority for some operational matters including finance and young people's activities and projects.

RELATED PARTIES AND CO-OPERATION WITH OTHER ORGANISATIONS

None of the trustees receive remuneration or other benefit for their work with the charity. Any connection between a trustee or senior manager of the charity and a related organisation or party must be disclosed to the full board of trustees in the same way as any other contractual with a related party. Over the past year, no such connections were reported.

PAY POLICY FOR SENIOR STAFF

The Board of Trustees, who are the POINT's Trustees, and the General Manager make up the key management personnel of the charity in charge of directing and controlling, running and operating the Trust on a day-to-day basis. All trustees give of their time freely and no trustees received remuneration this year. The Articles of Association states the following with regards to director expenses:

39. The trustees may be paid all reasonable travelling, hotel and other expenses properly incurred by them in connection with their attendance at meetings of trustees or committees of trustees or general meetings or otherwise in connection with the discharge of their duties, but shall otherwise be paid no remuneration.

The pay of the General Manager is reviewed annually and increased in accordance with average senior management earnings in the area. In view of the nature of the charity, the Trustees benchmark against pay levels in other Pembrokeshire charity youth centres of a similar size.

RISK MANAGEMENT

In accordance with best practice, the major risks to the charity, as identified by the Trustees, have been reviewed and the Trustees confirm that systems and/or procedures are in place to manage those risks and provide reasonable assurance against fraud and error.

RESPONSIBILITIES OF THE TRUSTEES

Company law required the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of the affairs of the charitable company as at the balance sheet date and



FISHGUARD AND GOODWICK YOUNG PERSON'S TRUST LTD

of its incoming resources and application of resources, including income and expenditure, for the financial year. In preparing those financial statements, the trustees should follow best practice and select suitable accounting policies and then apply them consistently; observe the methods and principles in the charities SORP; make judgments and estimates that are reasonable and prudent; and prepare the financial statements on the going concern basis unless it is inappropriate to assume that the company will continue on that basis.

The Trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. The Trustees 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. This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to Small Companies.

Approved by the Executive Committee on 6/1/23

Signed on its behalf by:  Chairperson/Director/Trustee

Ms. Perys Worth.

Chairperson of the Board of Trustees

ON BEHALF OF THE BOARD

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
FISHGUARD AND GOODWICK YOUNG PERSONS TRUST LTD**

I report on the account for the year ending 31 May 2022 set out on pages 20 to 30.

Respective Responsibilities of Trustees and Examiner

As the trustees (who are also the directors for the purpose of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

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

Independent Examiner's Statement

I have completed my examination. I confirm that no material matters have come to my attention which gives me cause to believe that:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102)

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



I R Williams FCA FCCA
Pritchard & Co
Ffynnonddofn
74 High Street
Fishguard
Pembrokeshire
SA65 9AU

Date 16 January 2023

FISHGUARD AND GOODWICK YOUNG PERSONS TRUST LTD

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MAY 2022

	Notes	Unrestricted Funds £	Total Restricted Funds £	Total 2022 Funds £	Total 2021 Funds £
Income					
Charitable Activities					
		5,032		5,032	120
		9,331		9,331	1,937
		14,363	0	14,363	2,057
Total Charitable Activities					
		275		275	108
		4,547	2,245	6,792	2,308
		72	239,164	239,236	228,111
		4,894	241,409	246,303	230,527
Total Donations and Legacies					
		23	0	23	33
Bank Interest Received					
Other Trading					
		2,945	299	3,244	3,451
					20,000
		289	0	289	256
		3,234	299	3,533	23,707
Total Other Trading					
		22,514	241,708	264,222	256,324
Total Income					
Expenditures					
Charitable Activities Expense					
	2	2,311	47,573	49,884	48,169
	3	2,094	122,215	124,309	86,266
	4	2,523	112,260	114,783	109,710
	5	791	393	1,185	842
		7,719	282,442	290,161	244,987
Total Charitable Activities Expense					
		226	0	226	
Raising funds					
		7,945	282,442	290,387	244,987
Total Expenditures					
		14,569	-40,734	-26,165	11,337
Net Operating Income					
		134,522	79,781	214,303	202,966
Balance b/f					
		-19,863	19,863	0	
Historic deficit transferred to unrestricted funds					
		129,228	58,910	188,138	214,303
Balance c/f					

FISHGUARD AND GOODWICK YOUNG PERSONS TRUST LTD

**BALANCE SHEET
AT 31 MAY 2022**

	Notes	Unrestricted funds £	Restricted funds £	Total 2022 funds £	Total 2021 funds £
FIXED ASSETS					
Tangible assets	9		3,876	3,876	8,021
CURRENT ASSETS					
Debtors		-	-	-	-
Cash at bank and in hand		130,441	58,786	189,227	210,934
Total current assets		130,441	58,786	189,227	210,934
LIABILITIES					
Creditors: amounts falling due within one year	10	-1,212	-3,753	-4,965	-4,652
NET CURRENT ASSETS		129,229	55,033	184,262	206,282
TOTAL ASSETS LESS CURRENT LIABILITIES		129,229	58,909	188,138	214,303
TOTAL NET ASSETS		129,229	58,909	188,138	214,303
THE FUNDS OF THE CHARITY	11				
Restricted income funds				58,910	79,781
Unrestricted funds				129,228	134,522
TOTAL CHARITY FUNDS				188,138	214,303

FISHGUARD AND GOODWICK YOUNG PERSONS TRUST LTD

**BALANCE SHEET
AT 31ST MAY 2022**

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 May 2022.

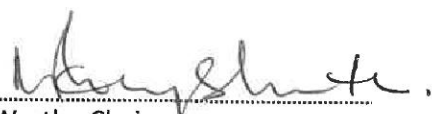
The members have not required the charitable company to obtain an audit of its financial statements for the year ended 31 May 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the company.

The financial statements were approved by the Board of Trustees on the 12 January 2023
and were signed on behalf by:


P. Worth - Chair

MARGARETTA PERYS WORTH.


P. Thomas - Company Secretary

N. PATRICK THOMAS


P. Morgan - Treasurer

The notes on pages 23 to 30 form part of these accounts

FISHGUARD AND GOODWICK YOUNG PERSONS TRUST LTD

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MAY 2022

1. ACCOUNTING POLICIES

Accounting convention

The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Small Entities (effective April 2008), the Companies Act 2006 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

Incoming resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Resources expended

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery	20% on cost
Fixtures and fittings	20% on cost
Computer equipment	25% on cost

Items below £150 are not capitalised

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

FISHGUARD AND GOODWICK YOUNG PERSONS TRUST LTD

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MAY 2022

2 Core Costs

	Unrestricted Funds £	Total Restricted Funds £	Total 2022 Funds £	Total 2021 Funds £
Advertising		184	184	108
Dues and Subscriptions	539	555	1,094	663
Governance				
Accounts		1,123	1,123	1,283
Bank Charges	65		65	33
Insurance Expense	829	415	1,244	1,187
Total Governance	1,433	2,277	3,710	3,274
Monitoring and Evaluation	547	-	547	384
Office Expenses	289	-	289	398
Pension		13,937	13,937	12,096
Salary Costs	42	31,359	31,401	32,017
Total Account Core Costs	2,311	47,573	49,884	48,169

3 Popworks Drop In

	Unrestricted Funds £	Total Restricted Funds £	Total 2022 Funds £	Total 2021 Funds £
Activities	763	21,350	22,113	5,141
Advertising	14	44	58	88
Equipment		835	835	988
Office Expense		2,585	2,585	4,036
Repairs and Maintenance	610	375	985	1,766
Depreciation	707	3,439	4,146	3,602
Salary Costs		91,726	91,726	68,733
Training		36	36	1,298
Utilities		1,825	1,825	614
Total Popworks - Drop in	2,094	122,215	124,309	86,266

FISHGUARD AND GOODWICK YOUNG PERSONS TRUST LTD

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MAY 2022**

4 Printworks

	Unrestricted Funds £	Total Restricted Funds £	Total 2022 Funds £	Total 2021 Funds £
Activities		375	375	12
Advertising		26	26	405
Equipment		1,931	1,931	3,832
Expenses - including Travel		1,435	1,435	1,084
Monitoring and Evaluation		335	335	604
Office Expenses	31	6,188	6,219	4,222
Professional Fees	871	16,500	17,371	8,943
Rents and Rates		12,878	12,878	13,711
Repairs and Maintenance		1,405	1,405	7,714
Salary Costs	-	1,517	62,564	61,047
Support costs - IT		1,156	1,156	726
Telephone and Internet		1,828	1,828	2,324
Training	1,195	3,866	5,061	8,339
Training fees	1,944		1,944	1,396
Translation Costs		80	80	140
Utilities		1,694	1,694	1,920
Total Printworks	2,523	112,260	114,783	109,710

5 Support Costs

	Unrestricted Funds £	Total Restricted Funds £	Total 2022 Funds £	Total 2021 Funds £
Finance	462	180	642	504
HR	329	213	543	338
Total Support Costs	791	393	1,185	842

FISHGUARD AND GOODWICK YOUNG PERSONS TRUST LTD

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MAY 2022**

6 NET INCOMING/(OUTGOING) RESOURCES

Net resources are stated after charging/(crediting):

	2022	2,021
	£	£
Depreciation - owned assets	4,146	3,602
Accountancy	1,123	1,283
	<u>1,123</u>	<u>1,283</u>

7 TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 May 2022 nor for the year ended 31 May 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 May 2022 nor for the year ended 31 May 2021.

8 STAFF COSTS

	2022	2021
	£	£
Wages and salaries	184,174	155,088
Pension contributions	13,937	12,096
	<u>198,111</u>	<u>167,184</u>

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

	2022	2021
Charitable activities	13	13

No employee was paid over £60,000.

FISHGUARD AND GOODWICK YOUNG PERSONS TRUST LTD

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MAY 2022**

9 TANGIBLE FIXED ASSETS

	Plant & machinery £	Fixtures & fittings £	Computer equipment £	Totals £
Cost				
At 1 June 2021	19,604	15,686	25,648	60,938
Additions	-	-	-	0
At 31 May 2022	<u>19,604</u>	<u>15,686</u>	<u>25,648</u>	<u>60,938</u>
Depreciation				
At 1 June 2021	15,781	15,686	21,449	52,916
Charge for year	1,296	-	2,850	4,146
At 31 May 2022	<u>17,077</u>	<u>15,686</u>	<u>24,299</u>	<u>57,062</u>
Net book value				
At 31 May 2022	<u>2,527</u>	<u>-</u>	<u>1,349</u>	<u>3,876</u>
At 31 May 2021	<u>3,823</u>	<u>-</u>	<u>4,199</u>	<u>8,022</u>

Items above £150 are capitalised and accounted for as a fixed asset additions. Impairment reviews are carried out where necessary

10 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Trade creditors	-	-
Other creditors	3,753	3,327
Credit card	1,212	1,325
	<u>4,965</u>	<u>4,652</u>

FISHGUARD AND GOODWICK YOUNG PERSONS TRUST LTD

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MAY 2022**

11. RESERVES

	At 1 June 2021	Incoming resources	Resources expended	Transfers	At 31 May 2022
General reserves	134,522	22,514	-7,945	-19,863	129,228
Total unrestricted reserves	134,522	22,514	-7,945	-19,863	129,228
Restricted reserves	79,781	241,708	-282,442	19,863	58,910
	214,303	264,222	-290,387	-	188,138

Restricted reserves

Restricted reserves have arisen due to grant funding received in advance of the related expenditure.

Designated reserves

The trustees are aware of the charity's reliance on continuing funding from the National Lottery and, to a lesser extent, BBC Children In Need and Pembrokeshire County Council. The trustees regularly review and update contingency plans for the management of the reduction, or in a worse case scenario, the closure, of some of its services and programmes including the necessity of making redundancy payments to the staff involved should funding from any source not continue at the current levels. Therefore, the trustees have designated reserves of £102,414 (2021 - £102,395) to cover general running costs and a further £17,759 (2021 £17,756) to cover redundancy costs should major changes in funding occur in the future.

12. CHARITY STATUS

The charity is a private company limited by guarantee and consequently does not have share capital. The liability of the members in the event of liquidation is limited to £10 per member.

Fishguard & Goodwick Young Persons' Trust Ltd
Financial Activities - Restricted Funds
June 2021 - May 2022

	BBC Children in Need	Families First	Families First Saturdays	Moondance Foundation	National Lottery	Pembrokeshire County Council	The Waterloo Foundation	Small Grants (page 30)	Total
Income									
Donations and Legacies									
Gifts and Donations Income									
Grants	31,237	4,000	4,250	21,540	143,806	16,966	10,000	2,245	2,245
Total Donations and Legacies	31,237	4,000	4,250	21,540	143,806	16,966	10,000	7,565	239,164
Other Trading								9,810	241,409
Total Other Trading	0	0	0	0	299	0	0	0	299
Total Income	31,237	4,000	4,250	21,540	143,905	16,966	10,000	9,810	241,708
Expenditures									
Charitable Activities Expense									
Account Core Costs									
Advertising			54		130	0			184
Dues and Subscriptions					555	0			555
Governance						0			0
Accounts					1,123	0			1,123
Bank Charges					0	0			0
Insurance Expense					415	0			415
Total Governance	0	0	54	0	2,223	0	0	0	2,277
Pension	2,247	1,608	921	458	6,836	322	685	880	13,937
Salary Costs					31,359	0			31,359
Total Account Core Costs	2,247	1,608	975	458	40,418	322	685	880	47,573
Popworks - Drop in									
Activities					0	0			
Advertising			280		29	11,971		9,070	21,380
Equipment			39		5	0			44
Office Expense			10		0	800		25	838
Repairs and Maintenance			842		1,695	23		25	2,585
Depreciation					22	346		7	375
Salary Costs					2,827	252		360	3,439
Training	29,660	20,375	15,456	3,558	8,087	5,434	8,823	332	91,726
Utilities					36	0			36
Total Popworks - Drop in	29,660	20,375	16,627	3,558	14,826	18,827	8,823	9,820	122,215
Printworks									
Activities					60	0		314	375
Advertising			13		13	0			26
Equipment					1,214	0		717	1,931
Expenses - including Travel					1,259	0		177	1,435
Monitoring and Evaluation					335	0			335
Office Expenses					5,795	0		393	6,188
Professional Fees					16,500	0			16,500
Rents and Rates					6,518	6,360			12,878
Repairs and Maintenance					1,351	54			1,405
Salary Costs					4,420	44,453		13,690	62,564
Support costs - IT					1,156	0			1,156
Telephone and Internet					1,828	0			1,828
Training					3,720	0		145	3,865
Training fees					0	0			0
Translation Costs					80	0			80
Utilities					1,694	0			1,694
Total Printworks	0	0	13	4,420	86,976	6,414	0	15,437	112,260
Support costs - Finance					180	0			180
Support Costs - HR		120			93	0			213
Total Charitable Activities Expense	31,907	22,103	17,614	8,436	141,193	25,563	9,488	26,136	282,442
Net Operating Income	-670	-18,103	-13,364	13,104	2,712	-8,596	512	-16,327	-40,734
Balance b/f	3,805	15,941	11,580	5,914	-16,711	14,647	12,087	32,548	79,781
Historic deficit transferred to unrestricted funds					19,863				19,863
Balance c/f	3,135	-2,162	-1,815	19,018	5,864	6,051	12,698	16,221	58,910

FISHGUARD AND GOODWICK YOUNG PERSONS TRUST LTD
FINANCIAL ACTIVITIES - SMALL RESTRICTED FUNDS
FOR THE YEAR ENDED 31 MAY 2022

	Co-Op Community Fund	Dulverton Trust	Fishguard Round Table	Job Centre Plus	Kickstart	Lions Club	Magie Little Grant	Masonic Fund	Street Games	SVP Project	Total
Income											
Donations and Legacies											
Gifts and Donations Income											
Grants			2,245		7,565						2,245
Total Donations and Legacies					7,565						7,565
Total Income	0	0	2,245	0	7,565	0	0	0	0	0	9,810
Expenditures											
Charitable Activities Expense											
Account Core Costs											
Pension											
Total Account Core Costs	0	702	0	0	176	0	0	0	0	0	880
Popworks - Drop In											
Activities											
Equipment	2,707		1,169			7	500	4,687			9,070
Office Expense	25							25			25
Repairs and Maintenance	7										25
Depreciation											7
Salary Costs	248							112			360
Total Popworks - Drop in	2,987	0	1,169	0	332	7	500	4,824	0	0	9,820
Printworks											
Activities											
Equipment	38			216							314
Expenses - including Travel											717
Office Expenses	48	15		23	139						177
Salary Costs					345						393
Travelling		8,471			5,220						13,690
Total Printworks	147	8,486	0	239	6,566	0	0	0	0	0	15,437
Total Charitable Activities Expense	3,133	9,188	1,169	239	7,076	7	500	4,824	0	0	26,136
Net Operating Income	-3,133	-9,188	1,076	-239	489	-7	-500	-4,824	0	0	-16,327
Balance b/f	11,261	10,000	0	4,075	0	67	500	5,269	700	676	32,548
Balance c/f	8,128	812	1,076	3,836	489	59	0	445	700	676	16,221