COUNSELLING AND SUPPORT FOR YOUNG PEOPLE

England & Wales · Charity number 1092938

Details

Other names	C.A.S.Y.
Status	Registered
Legal form	Charitable company
Company number	04310724
Registered	2002-07-12
Register	View on the Charity Commission register

Contact

Address	Casy 23 Mill Gate Newark Nottinghamshire NG24 4TR
Phone	01636704620
Email	office@casy.org.uk
Website	www.casy.org.uk

Activities

Objects: (1) THE PROMOTION AND PRESERVATION OF GOOD HEALTH AMONG YOUNG PEOPLE IRRESPECTIVE OF THEIR SEX, RACE, POLITICAL OR RELIGIONS BELIEFS THROUGH THE PROVISION OF A FREE AND CONFIDENTIAL COUNSELLING SERVICE PARTICULARLY BUT NOT EXCLUSIVELY WITHIN THE AREA COVERED BY THE EAST MIDLAND REGIONAL DEVELOPMENT AGENCY (HEREINAFTER REFERRED TO AS THE AREA OF BENEFIT).(2) TO ADVANCE THE EDUCATION OF YOUNG PEOPLE WITHIN THE AREA OF BENEFIT BY THE PREVISION AND PROMOTION OF TRAINING FACILITIES AND COURSES.

Activities: The principle activities are:Counselling young people using volunteer counsellors working in schools and youth centres.Training volunteer counsellors in-house and using external trainers.Training school staff in relevant issues.Training young people in schools.

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Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Economic/community Development/employment
- **Who:** Children/young People

Geography

- **Area of benefit:** AREA COVERED BY THE EAST MIDLAND REGIONAL DEVELOPMENT AGENCY
- Derbyshire
- Leicestershire
- Lincolnshire
- Nottinghamshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£586,169	£521,132	£125,591	6
2024-03-31	£564,745	£520,875	£60,554	7
2023-03-31	£0	£502,745	£242,229	7
2022-03-31	£479,597	£441,681	-	-
2021-03-31	£395,961	£361,856	-	-

Trustees

Name	Role	Appointed
Lynda Margaret Jones		2024-02-13
Rebecca Johnson		2014-02-04
Tim Parker		2021-12-06

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COUNSELLING AND SUPPORT FOR YOUNG PEOPLE

England & Wales - Charity number 1092938

Accounts

Company registration number: 04310724

Charity registration number: 1092938

C.A.S.Y.

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 March 2025

Community Accounting Plus
Units 1 & 2 North West
41 Talbot Street
Nottingham
NG1 5GL

C.A.S.Y.

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C.A.S.Y.

Reference and Administrative Details

Trustees	Tim Parker, Chair Rebecca Johnson, Secretary Ian Lund Lynda Jones
Senior Management Team	Pauline Renshaw, Chief Executive
Charity Registration Number	1092938
Company Registration Number	04310724
Registered Office	23 Millgate Newark Nottinghamshire NG24 4TR
Independent Examiner	Eva Stevens, employee of Community Accounting Plus Units 1 & 2 North West 41 Talbot Street Nottingham NG1 5GL
Bankers	TSB 37 Castlegate Newark NG24 1BD

C.A.S.Y.

Trustees' Report

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 31 March 2025.

Trustees and officers

The trustees and officers serving during the year and since the year end were as follows:

Trustees:	Tim Parker, Chair
	Jill Oakham, Chair (resigned 31 March 2025)
	Rebecca Johnson, Secretary
	Ian Lund
	Lynda Jones

Structure, governance and management

Nature of governing document

The charity is a company limited by guarantee and registered charity. It is operated under the rules of its memorandum and articles of association dated 25 October 2001 and most recently amended 9 December 2003. It has no share capital and the liability of each member in the event of winding-up is limited to £1.

Recruitment and appointment of trustees

New trustees are appointed through an application to the Chair and then approval by all trustees at a trustee meeting. New trustees are generally found through recommendation or advertising on local volunteering websites.

Objectives and activities

Objects and aims

The promotion and preservation of good emotional and mental health among young people, irrespective of their sex, race, political or religious beliefs primarily through the provision of a confidential counselling service within the East Midlands (hereinafter referred to as the Area of Benefit) to young people but also to those who work with, or support them, including family members.

To improve awareness and understanding of emotional and mental health within the area of benefit, primarily through, but not limited to, the delivery of workshops and talks aimed at supporting young people and all those who work with, or support, them.

Our Mission: CASY exists to reduce and relieve the suffering and distress, and to improve the emotional wellbeing, of young people and their families throughout the East Midlands.
Our Vision: is that all children and young people in Nottinghamshire and Lincolnshire have the best possible chance of a mentally and emotionally healthy future.
Our Aims: are to deliver emotional and mental health services and support to children & young people, their families and all who support and care for them.

C.A.S.Y.

Trustees' Report

Objectives, strategies and activities

CASY supports children as young as 6 years old up to 25 years old, from predominantly Nottinghamshire and Lincolnshire and are continuing to expand across the East Midlands area. We offer 9 sessions of one to one confidential counselling sessions, with no judgements, reinforcing they don't have to face life's challenges on their own. Growth isn't a straight line, everyone's journey is different, with ups, downs, and everything in between. Our service is for anyone who needs support no matter where they are on their path. We offer a safe place to talk and reflect, develop a way forward to feel more like themselves again.

At CASY, our commitment lies in providing the children and young people across the East Midlands, access to our support, providing a solid foundation for future well-being through optimal mental health. Recognising that good mental health, forms the bedrock of emotional and intellectual development in young people, it cultivates self-worth, confidence, independence, and resilience. Growing evidence underscores the connection between poor mental health in the young and adverse outcomes later in life. with some issues leading to social exclusion, impaired interpersonal relationships, involvement in offending behaviours and erratic employment. Children and young adults often struggle to identify and access support for mental health challenges.

Here at CASY we are striving to support all children and young people by helping them through some of life's inevitable challenges, giving them tools that will stay with them as they grow. The overall aim is with these tools and coping strategies, they can develop into more resilient, adaptable adults, who are able to deal with whatever life throws at them.

CASY provides a range of different services based in the community and educational settings. Within the community we provide confidential one to one counselling from our office in Newark on Trent, which is delivered by both qualified and student placement counsellors. In educational settings we work with pastoral teams to deliver one to one and group emotional wellbeing sessions to improve the emotional resilience and decision making of children and young people. CASY also support parents with individual counselling and those experiencing child to parent violence through the Non-Violent Resistance programme (NVR). We also support carers and other professionals.

Achievements and performance

Counselling within the community

Over the year 2024-2025 we have seen a total of 271 young people and offered 2,637 counselling hours. Of the children and young people seen:
- 24% were aged 6 to 10 years old
- 67% were aged 11 to 18 years old
- 9% were aged 19 to 25 years old

Our 3 top presenting issues, from a list of 30 areas, were:
- Anxiety @ 26%
- Suicidal Ideation/thoughts or Self Harm @ 22%
- Family Relationships @ 13%

We use a process of continual self and counsellor assessment to measure the effectiveness of sessions had. These assessments are carried out during the fist and last sessions, with 15 topics covered relating to how the child or young person feels in certain situations, each one scored out of 10. The average scores between the first and final session and the impact is:
- Average First Assessment score 5.96
- Average Final Assessment score 7.50
- Demonstrating an overall positive improvement of 1.54

The top 3 areas of positive impact, feedback through this process, were:
- 35% improvement for 'I can make myself feel better when I am upset/I am in control of my feelings'.
- 28% improvement for 'I worry about what people think of me/I feel judged by others'.
- 24% improvement for 'I worry that I will do badly at school/I worry that I will not reach my goals'.

Counselling in School Settings

We offer 2 types of counselling in schools. the first being agreed over the 38 weeks of the academic year and the second, a bespoke service of either 8 or 10 sessions per young person, during term time.

Over the year 2024-2025 we have seen a total of 1,858 young people and offered 17,910 counselling hours. We had 75 main school contracts, (over 38 weeks of term time) and supported 127 bespoke school referrals (over 8 to 10 weeks of term time). Of the children and young people seen:
- 47% were Primary school age
- 53% were Secondary school age

Our top presenting issues from a list of 30 areas, were:
- Anxiety @ 30%
- Suicidal Ideation/thoughts or Self Harm @ 24%
- Behavioural Problems @ 15%

We use the same process of continual self and counsellor assessment to measure the effectiveness of sessions had, the results were:
- Average First Assessment score 5.79
- Average Final Assessment score 7.60
- Demonstrating an overall positive improvement of 1.81

The top 3 areas of positive impact, feedback through this process, were:
- 28% improvement for 'I can make myself feel better.
- 23% improvement for 'I have too many bad days'.
- 23% improvement for 'I worry about what people think of me/I feel judged by others'.

In total (schools and community) for the financial year 2024-2025 we held a total of 20,547 counselling hours and engaged with 2,129 children and young people.

Training

We have a rolling training programme with an element of compulsory core training and Continuing Profession Development (CPD). We encourage not only our own counsellors to attend but their supervisors and other professionals. The programme run during 2024-2025 is as follows:-

Core Training
- Safeguarding (internal only)
- Endings and Beginnings (internal only)
- Core Competences for working with children (CCC) - (Quality Marked by the NCPS and available to all)
Part 1 - Understanding Development
Part 2 - Law and Ethics
Part 3 - Skills and Adaptation
- Pre-Trial Therapy (internal only).

CPD - Available to all Counsellors
- Self Harm (Quality Marked by the NCPS)
- Anxiety (Quality Marked by the NCPS)
- Suicidal ideation and Intent (Quality Marked by the NCPS)
- Intersectionality (Quality Marked by the NCPS)

We are very proud to have achieved the National Counselling and Psychotherapy Society (NCPS) quality mark for our Training material, which meets the standards set out for working with under 18's.

This training supports both Qualified and Trainee Counsellors, whatever stage they are at, looking for affordable CPD opportunities.

Thanks

We would like to say a huge thank you to all the counsellors who volunteered hours in our community setting in Newark and also to our paid counsellors in the school network. They have been nothing but professional and reliable and without them we would not be able to deliver the services we do - Thank you all.

We would also like to acknowledge the team at the centre in Newark, there are 6 people (FTE 4.2), who co-ordinate all community and school work. They have gone above and beyond to support CASY's work, demonstrating incredible flexibility, resilience and professionalism, while supporting the needs of our individual clients and schools. Thank you for all your hard work and dedication.

Public benefit

Good mental and emotional health is essential for young people to grow and mature into adulthood. The effects of poor emotional health in young people when carried through to adulthood are severely damaging and can lead to poor relationships, erratic employment, chaotic lifestyles and possible imprisonment. It is estimated that the cost of public support for adults with mental and emotional health difficulties is ten times higher than those with stable emotional health. The services that CASY delivers are essential for providing young people with the best possible chance for a stable and healthy future.

As a dedicated children's charity offering counselling support, we are plugging a gap in the NHS provision in this area, by supporting referrals from CAMH's, GP's, Social Services and other professionals. Our service focuses on early intervention and our internal monitoring shows significant improvement for the children and young people seen, in areas such as self-esteem, confidence, and reduced rates of self-harm and suicidal thoughts. We empower them to ask for help when they need it and come back for further support as and when they need it. Our goal is always to equip the children and young people with the tools needed to build resilience and strengthen their mental health.

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Trustees' Report

Financial review

We have ended this year in another positive position, with a surplus of £65,037 (2024: £43,870)

During this financial period our school contracts and contractual hours increased again over the academic year and resulting in an increased school income of £56,588 (2024: an increase of £37,644).
The income from our bid writing reduced this year by £23,714 which directly supports our work here in the community.
Our reported income was £586,169 (2024: £564,745) and our expenditure £521,132 (2024: £520,875), this gave us the surplus of £65,037. The vast majority of this is committed spend for our sessional counsellors, who cover the school contracts running up to the end of the school year, July 2025.

Principal risks and uncertainties

Financial Risks
CASY faces no immediate financial risks as we continue to grow and improve our services. Fundraising is ongoing and includes; trusts and foundations, corporate giving and individual support.

Policy on reserves

Reserves policy is three months operating costs plus six months committed counsellor costs in schools. This is currently £204,000.
Current reserves stand at £115,981 which is just under target but with continued surpluses in another year this is achievable.

We would like to thank the following Charities, Trusts and funders for their fantastic contributions, you have enabled us to reach and support more young people - Thank You.

- Awards for All - Lottery;
- St James Place;
- David Riddell Memorial CIO;
- The Lady Hind Trust;
- The Zobel Charitable Trust;
- Sir John Eastwood Foundation;
- The Mary Robertson Trust;
- The N Smith Charitable Settlement.

We have found fundraising increasing difficult from Trust and Grants sources but have continued our rolling programme of applications, increasing the number submitted.

Our main priority remains the work we do in schools, maintaining the contract relationships and performance, whilst also identifying and developing new opportunities within schools. This also includes our commitment to our counsellors ongoing development through training and general wellbeing through supervision.

Plans for future periods

Aims and key objectives for future periods

With Contract work being the biggest source of income for CASY, we will be working on retaining our current contracts in schools, maintaining and building positive relationships with them, ensuring they have a good relationship with their counsellors. We will be looking to increase the contract numbers and hours, through good relationship management, learning from what's worked well and what could have been better. We will also be continuing to expand our reach into other areas across the East Midlands.

We will continue to review and update our rolling CPD for both new and existing counsellors. New development topics will continue to be introduced to give our counsellors greater learning opportunities, which in turn can only improve our service to the young people we see, both in the community venue and within the schools. We will be continuing to look at offering school staff with these CPD opportunities too, listening to what they are asking of us.

CASY also needs to improve the local communities awareness of who we are and what we do. We have more capacity than ever here in Newark and therefore need more young people to support. We will be looking at ways in which to increase the numbers seen specifically here in Newark.

Statement of Responsibilities

The trustees (who are also the directors of C.A.S.Y. for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland". The report and accounts have been prepared in accordance with the provisions in the Companies Act 2006 relating to small companies.

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they 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 its 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 apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards, comprising FRS 102 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 business.

The trustees are responsible for keeping proper accounting records that can 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.

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

Small companies provision statement

This report has been prepared in accordance with the small companies regime under the Companies Act 2006.

The annual report was approved by the trustees of the charity on 29/1/2025 and signed on its behalf by:

.....
Tim Parker
Trustee

C.A.S.Y.

Independent Examiner's Report to the trustees of C.A.S.Y. ('the Company')

Independent examiner's report to the trustees of C.A.S.Y. ('the Company')
I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2025.

Responsibilities and basis of report

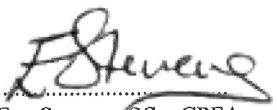
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your 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
Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Chartered Institute of Public Finance and Accountancy (CIPFA), which is one of the listed bodies.
I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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



Eva Stevens, BSc, CPFA, employee of Community Accounting Plus
member of the Chartered Institute of Public Finance and Accountancy (CIPFA)

Units 1 & 2 North West
41 Talbot Street
Nottingham
NG1 5GL

Date: 06/11/2025

C.A.S.Y.

Statement of Financial Activities for the Year Ended 31 March 2025 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted £	Restricted £	Total 2025 £	Total 2024 £
Income and Endowments from:					
Donations and legacies	2	14,891	-	14,891	36,445
Charitable activities	3	537,298	33,980	571,278	528,300
Total Income		552,189	33,980	586,169	564,745
Expenditure on:					
Charitable activities	8	(490,887)	(30,245)	(521,132)	(520,875)
Total Expenditure		(490,887)	(30,245)	(521,132)	(520,875)
Net income		61,302	3,735	65,037	43,870
Net movement in funds		61,302	3,735	65,037	43,870
Reconciliation of funds					
Total funds brought forward		54,679	5,875	60,554	16,684
Total funds carried forward	16	115,981	9,610	125,591	60,554

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for the period is shown in note 16.

C.A.S.Y.

Statement of Financial Activities for the Year Ended 31 March 2025 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

These are the figures for the previous accounting period and are included for comparative purposes

	Note	Unrestricted funds £	Restricted funds £	Total 2024 £
Income and Endowments from:				
Donations and legacies	2	36,445	-	36,445
Charitable activities	3	483,920	44,380	528,300
Total income		520,365	44,380	564,745
Expenditure on:				
Charitable activities	8	(482,370)	(38,505)	(520,875)
Total expenditure		(482,370)	(38,505)	(520,875)
Net income		37,995	5,875	43,870
Net movement in funds		37,995	5,875	43,870
Reconciliation of funds				
Total funds brought forward		16,684	-	16,684
Total funds carried forward	16	54,679	5,875	60,554

The notes on pages 13 to 20 form an integral part of these financial statements.

C.A.S.Y.

(Registration number: 04310724)
Balance Sheet as at 31 March 2025

	Note	2025 £	2024 £
Current assets			
Debtors	11	3,222	2,872
Cash at bank and in hand	12	329,532	297,332
		332,754	300,204
Creditors: Amounts falling due within one year	13	(207,163)	(239,650)
Net assets		125,591	60,554
Funds of the charity:			
Restricted income funds			
Restricted funds	16	9,610	5,875
Unrestricted income funds			
Unrestricted funds		115,981	54,679
Total funds	16	125,591	60,554

For the financial year ending 31 March 2025 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

The financial statements on pages 9 to 20 were approved by the trustees, and authorised for issue on 29 Oct 2025 and signed on their behalf by:

.....

Rebecca Johnson
Trustee

Statement of Cash Flows for the Year Ended 31 March 2025

	Note	2025 £	(As restated) 2024 £
Cash flows from operating activities			
Net cash income		65,037	43,870
Adjustments to cash flows from non-cash items			
Depreciation		-	1,072
		65,037	44,942
Working capital adjustments			
Increase in debtors	11	(350)	(597)
(Decrease)/increase in creditors	13	(340)	50
(Decrease)/increase in deferred income	13	(32,147)	14,055
Net cash flows from operating activities		32,200	58,450
Net increase in cash and cash equivalents		32,200	58,450
Cash and cash equivalents at 1 April		297,332	238,882
Cash and cash equivalents at 31 March		329,532	297,332
Reconciliation of net cash flow to movement in net funds			
Increase in cash		32,200	58,450
Net funds at 1 April 2024		297,332	238,882
Net funds at 31 March 2025		329,532	297,332

All of the cash flows are derived from continuing operations during the above two periods.

1 Accounting policies

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

Statement of compliance
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 in October 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Basis of preparation
C.A.S.Y. meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern
The financial statements have been prepared on a going concern basis.

The trustees assess whether the use of going concern is appropriate i.e. whether there are any material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The trustees make this assessment in respect of a period of one year from the date of approval of the financial statements.

Income and endowments
Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Deferred income

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which, it has been received. Such income is only deferred when:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the charity has unconditional entitlement.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Government grants

Government grants are recognised based on the accrual model and are measured at the fair value of the asset received or receivable. Grants are classified as relating either to revenue or to assets. Grants relating to revenue are recognised in income over the period in which the related costs are recognised. Grants relating to assets are recognised over the expected useful life of the asset. Where part of a grant relating to an asset is deferred, it is recognised as deferred income.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
IT equipment	33.3% on a straight line basis

Trade debtors

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents
Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Fund structure
Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Restricted income funds are those grants for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Pensions and other post retirement obligations
The charity operates a defined contribution pension scheme for employees. The assets of the scheme are held separately from those of the charity. Pension costs charges in the Statement of Financial Activities represent the contributions payable by the charity during the year.

2 Income from donations and legacies

	Unrestricted funds General £	Total 2025 £	Total 2024 £
Donations and legacies;			
Donations from companies, trusts and similar proceeds	5,250	5,250	25,524
Donations from individuals	9,641	9,641	2,881
Grants, including capital grants;			
Government grants	-	-	8,040
	14,891	14,891	36,445

3 Income from charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2025 £	Total 2024 (As restated) £
DBS applications	1,799	-	1,799	1,761
Grants & donations	-	33,980	33,980	44,380
School fees	496,273	-	496,273	439,685
Training fees	3,230	-	3,230	3,109
Parent fees	35,996	-	35,996	39,365
	537,298	33,980	571,278	528,300

4 Grants & donations

	Unrestricted funds £	Restricted funds £	Total £
Awards for All	-	13,980	13,980
St James Place	-	10,000	10,000
David Riddell Memorial Charity	-	10,000	10,000
The Mary Robertson Trust	2,000	-	2,000
The Lady Hind Trust	1,000	-	1,000
Sir John Eastwood Foundation	1,000	-	1,000
The N Smith Charitable Settlement	750	-	750
The Zobel Charitable Trust	500	-	500
Other companies and Individuals	9,641	-	9,641
	14,891	33,980	48,871

5 Taxation

The charity is a registered charity and is therefore exempt from corporation taxation.

6 Charity status

The charity is a company limited by guarantee and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £1 towards the assets of the charity in the event of liquidation.

7 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

8 Expenditure on charitable activities

The following table presents expenditure using a natural classification. Support costs have not been separately allocated and disclosed as the Trustees believe they are immaterial to the financial statements.

	Unrestricted funds General £	Restricted funds £	Total 2025 £	Total 2024 £
Advertising	1,408	-	1,408	1,633
Cleaning	1,642	-	1,642	1,405
Counsellor fees	300,924	17,818	318,742	301,115
DBS Checks	2,031	-	2,031	1,818
Furniture & fittings	217	-	217	2,846
Equipment & IT	2,601	-	2,601	2,766
Insurance	2,866	845	3,711	3,132
Depreciation	-	-	-	1,072
Legal & professional	9,727	200	9,927	10,076
Membership	384	-	384	827
Refreshments & hospitality	112	-	112	26
Rent & services	25,236	-	25,236	25,440
Maintenance	1,034	-	1,034	6,466
Staff expenses	891	826	1,717	1,918
Stationery & photocopying	2,163	906	3,069	4,077
Supervision	-	3,690	3,690	4,070
Telephone, internet & postage	2,241	85	2,326	4,110
Training	2,386	1,763	4,149	3,773
Utilities	5,554	-	5,554	6,465
Volunteer expenses	-	4,112	4,112	5,199
Wages, NI & pension - service delivery	100,621	-	100,621	104,245
Wages, NI & pension - operational management	28,849	-	28,849	28,396
	490,887	30,245	521,132	520,875

9 Fees payable to independent examiner

During the period, the fees payable (excluding VAT) to the charity's independent examiner Community Accounting Plus are analysed as follows:

	2025 £	2024 £
Independent examination	1,020	1,020
Other financial services	720	790
	1,740	1,810

10 Staff costs

The aggregate payroll costs were as follows:

	2025 £	2024 £
Staff costs during the year were:		
Wages and salaries	123,002	126,761
Social security costs	4,513	4,144
Pension costs	1,955	1,736
	129,470	132,641

The monthly average number of persons (including senior management team) employed by the charity during the year was as follows:

	2025 No	2024 No
Average number of employees	6	7

5 (2024 - 4) of the above employees participated in the Defined Contribution Pension Schemes.

Contributions to the employee pension schemes for the year totalled £1,955 (2024 - £1,736).

No employee received emoluments of more than £60,000 during the year.

The total employee benefits of the key management personnel of the charity were £28,849 (2024 - £28,396).

11 Debtors

	2025 £	2024 £
Prepayments	3,222	2,872

12 Cash and cash equivalents

	2025 £	2024 £
Cash at bank	329,532	297,332

13 Creditors: amounts falling due within one year

	2025 £	2024 £
Other creditors	1,224	1,564
Deferred income	205,939	238,086
	207,163	239,650

14 Commitments

Capital commitments

At 31 March 2019 the charity had non-cancellable commitments under a five year operating lease for the premises expiring 21 November 2025.

The total amount contracted for but not provided in the financial statements was £Nil (2024 - £Nil).

15 Related party transactions

There were no related party transactions in the year.

16 Funds

	Balance at 1 April 2024 £ (As restated)	Incoming resources £	Resources expended £	Balance at 31 March 2025 £
Unrestricted funds				
General				
General fund	54,679	552,189	(490,887)	115,981
Restricted funds				
Suicide & self harm prevention (Awards for All)	-	13,980	(13,980)	-
Suicide & self harm prevention	5,875	20,000	(16,265)	9,610
Total restricted funds	5,875	33,980	(30,245)	9,610
Total funds	60,554	586,169	(521,132)	125,591

The specific purposes for which the funds are to be applied are as follows:

The Awards for All funding was provided specifically to support young people with suicidal thoughts, intent and/or self harm behaviours.

The restricted Suicide & self harm project was funded this year by St James Place and the David Riddell Memorial Charity, last year's funding from Weslyan Community Grants & The Jones 1986 charity was all spent, this was to help support young people with suicidal thoughts, intent and/or self harm behaviours.

Last year's Equipment fund was funded by The Percy Bilton Charity; The Skipton Building Society; The Thomas Farr Charity & The Vale of Belvoir Rotary Club, which helped with the costs of purchasing new equipment.

	Balance at 1 April 2023 £ (As restated)	Incoming resources £ (As restated)	Resources expended £	Balance at 31 March 2024 £ (As restated)
Unrestricted funds				
General				
General fund	16,684	520,365	(482,370)	54,679
Restricted				
Equipment	-	5,110	(5,110)	-
Suicide & self harm prevention (Awards for All)	-	17,980	(17,980)	-
Suicide & self harm prevention	-	21,290	(15,415)	5,875
Total restricted funds	-	44,380	(38,505)	5,875
Total funds	16,684	564,745	(520,875)	60,554

17 Analysis of net assets between funds

	Unrestricted General £	Restricted £	2025 Total funds £
Current assets	323,144	9,610	332,754
Current liabilities	(207,163)	-	(207,163)
Total net assets	115,981	9,610	125,591

	Unrestricted General £	Restricted £	2024 Total funds £ (As restated)
Current assets	294,329	5,875	300,204
Current liabilities	(239,650)	-	(239,650)
Total net assets	54,679	5,875	60,554

COUNSELLING AND SUPPORT FOR YOUNG PEOPLE

England & Wales - Charity number 1092938

Accounts

Company registration number: 04310724

Charity registration number: 1092938

C.A.S.Y.

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 March 2024

Community Accounting Plus
Units 1 & 2 North West
41 Talbot Street
Nottingham
NG1 5GL

C.A.S.Y.

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C.A.S.Y.

Reference and Administrative Details

Trustees	Jill Oakham, Chair Rebecca Johnson, Secretary Ian Lund Tim Parker Lynda Jones
Senior Management Team	Mick Mason, Chief Executive, until Dec 2023 Pauline Renshaw
Charity Registration Number	1092938
Company Registration Number	04310724
Registered Office	23 Millgate Newark Nottinghamshire NG24 4TR
Independent Examiner	John O'Brien, employee of Community Accounting Plus Units 1 & 2 North West 41 Talbot Street Nottingham NG1 5GL
Bankers	TSB 37 Castlegate Newark NG24 1BD

C.A.S.Y.

Trustees' Report

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 31 March 2024.

Trustees and officers

The trustees and officers serving during the year and since the year end were as follows:

Trustees:	Jill Oakham, Chair
	Rebecca Johnson, Secretary
	Ian Lund
	Tim Parker
	Lynda Jones (appointed 13 February 2024)

Structure, governance and management

Nature of governing document

The charity is a company limited by guarantee and registered charity. It is operated under the rules of its memorandum and articles of association dated 25 October 2001 and most recently amended 9 December 2003. It has no share capital and the liability of each member in the event of winding-up is limited to £1.

Recruitment and appointment of trustees

New trustees are appointed through an application to the Chair and then approval by all trustees at a trustee meeting. New trustees are generally found through recommendation or advertising on local volunteering websites.

Objectives and activities

Objects and aims

The promotion and preservation of good emotional and mental health among young people, irrespective of their sex, race, political or religious beliefs primarily through the provision of a confidential counselling service within the East Midlands (hereinafter referred to as the Area of Benefit) to young people but also to those who work with, or support them, including family members.

To improve awareness and understanding of emotional and mental health within the area of benefit, primarily through, but not limited to, the delivery of workshops and talks aimed at supporting young people and all those who work with, or support, them.

Our Mission: CASY exists to reduce and relieve the suffering and distress, and to improve the emotional wellbeing, of young people and their families throughout the East Midlands.
Our Vision: is that all children and young people in Nottinghamshire and Lincolnshire have the best possible chance of a mentally and emotionally healthy future.
Our Aims: are to deliver emotional and mental health services and support to children & young people, their families and all who support and care for them.

C.A.S.Y.

Trustees' Report

Objectives, strategies and activities

At CASY, our commitment lies in providing the children and young people across the East Midlands, access to our support, providing a solid foundation for future well-being through optimal mental health. Recognising that good mental health forms the bedrock of emotional and intellectual development in young people, it cultivates self-worth, confidence, independence, and resilience. Growing evidence underscores the connection between poor mental health in the young and adverse outcomes later in life. with some issues leading to social exclusion, impaired interpersonal relationships, involvement in offending behaviours and erratic employment. Children and young adults often struggle to identify and access support for mental health challenges.

CASY provides a range of different services based in the community and educational settings. Within the community we provide confidential one to one counselling from our office in Newark on Trent, which is delivered by both qualified and student placement counsellors. In educational settings we work with pastoral teams to deliver one to one and group emotional wellbeing sessions to improve the emotional resilience and decision making of children and young people. CASY also support parents, carers and other professionals.

Achievements and performance

Counselling within the community

Over the year 2023-2024 we have seen a total of 354 young people and offered 3,159 counselling hours. There are 30 presenting issue categories, of which we capture 2 for each young person. The top 5 being:-

- 50% of young people seen presented with Anxiety
- 16% of young people seen presented with Depression/Low Mood
- 12% of young people seen presented with Self Harm
- 10% of young people seen presented with Suicidal thoughts/intent
- 10% of young people seen presented with Family Relationship problems.

Counselling in School Settings

We offer 2 types of counselling in schools, the first being agreed over the 38 weeks of the academic year and the second, a bespoke service of either 8 or 10 sessions per young person, again during term time.

Over the year 2023-2024 we have seen a total of 1,625 young people and offered 14,187 counselling hours. We had 68 main school contracts, (over 38 weeks of term time) and supported 48 bespoke schools (over 8 to 10 weeks of term time).

The top 5 presenting issues were:-

- 50% of young people seen presented with Anxiety
- 14% of young people seen presented with Behaviour Problems
- 14% of young people seen presented with Depression/Low Mood
- 14% of young people seen presented with Anger
- 12% of young people seen presented with Family Relationship problems

In total (schools and community) for the period we held a total of 17,346 counselling hours and engaged with 1,979 young people.

C.A.S.Y.

Trustees' Report

Training

We now have a consistent rolling training programme with an element of compulsory core training and Continuing Professional Development (CPD). We encourage not only our own counsellors to attend but their supervisors and other professionals. The programme is as follows:-

Core Training
- Safeguarding
- Endings and Beginnings
- Core Competences for working with children (CCC)
Part 1 - Understanding Development
Part 2 - Law and Ethics
Part 3 - Skills and Adaptation
- Pre-Trial Therapy.

CPD
- Self Harm
- Anxiety
- Attachment 101
- Suicidal ideation and Intent
- Online Lives.

Last year we were extremely pleased to have achieved the National Counselling and Psychotherapy Society (NCPS) quality mark for our Core Competencies For Working With Under 18's training. Over the next 12 months we have achieved the same recognition for our CPD webinars - Self Harm - Anxiety - Suicidal Ideation and Intent.

Thanks

We would like to say a huge thank you to all the counsellors who volunteered hours in our community setting in Newark and also to our paid counsellors in the school network. They have been nothing but professional and reliable and without them we would not be able to deliver the services we do - Thank you all.

We would also like to acknowledge the team at the centre in Newark who co-ordinate all community and school work. They have gone above and beyond to support CASY's work, demonstrating incredible flexibility, resilience and professionalism, while supporting the needs of our individual clients and schools. Thank you for all your hard work and dedication.

Public benefit

Good mental and emotional health is essential for young people to grow and mature into adulthood. The effects of poor emotional health in young people when carried through to adulthood are severely damaging and can lead to poor relationships, erratic employment, chaotic lifestyles and possible imprisonment. It is estimated that the cost of public support for adults with mental and emotional health difficulties is ten times higher than those with stable emotional health. The services that CASY delivers are essential for providing young people with the best possible chance for a stable and healthy future.

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Trustees' Report

Financial review
We have ended this year in another positive position, having made a surplus of £43,870 (2023: £17,072)

During this financial period our school contracts and contractual hours increased again over the academic year. This resulted in an increased school income of £37,644. We have also had great results from our bid writing, receiving a staggering £62,944 in grant funding, plus an additional £17,881 from other companies and individuals, supporting our work here in the community. With our highest ever reported income at £564,745 and our expenditure at £520,875, this gave us the surplus of £43,870. The vast majority of this is committed spend for our sessional counsellors, who cover the school contracts running up to the end of the school year, July 2024.

We would like to thank the following Charities, Trusts and funders for their fantastic contributions, you have enabled us to reach and support more young people - Thank You.

- Awards for All - Lottery
- St James Place
- Wesleyan Community Grants
- Schroder Charity Trust
- The Williamson Benevolent Trust
- The Forman Hardy Trust
- The Mary Robertson Trust
- The Jones 1986 Charity
- Groundwork UK
- Nottingham Local Community Fund
- Newark Council Local Community Fund
- Souter Charitable Trust
- The Percy Bilton Charity
- Skipton Building Society
- Thomas Farr Charity
- Vale of Belvoir Rotary Club

We are continuing our rolling programme of fundraising ensuring applications are submitted regularly.

Our main priority remains the work we do in schools, maintaining the contract relationships and performance, whilst also identifying and developing new opportunities within schools. This also includes our commitment to our counsellors ongoing development through training and general wellbeing through supervision.

Principal risks and uncertainties

Financial Risks
CASY faces no immediate financial risks as we continue to grow and improve our services. Fundraising is ongoing and includes; trusts and foundations, corporate giving and individual support.

Policy on reserves

Reserves policy is three months operating costs plus six months committed counsellor costs in schools. This is currently £210,000.

Plans for future periods

Aims and key objectives for future periods

The next 12 months - We will continue to work with our Schools, maintaining and building positive relationships with them and between them and their allocated counsellors. We will be looking to increase the contract numbers and hours, learning from what's worked well and what could have been better.

School contracts were almost always commissioned on an individual basis by the Head Teacher. This year we have seen a change, with the Trusts they are aligned to approaching us to cover the cluster of schools they have. To meet such a demand in a timely fashion, we need to build a bank of counsellors that we can call upon. This will be a primary focus as we move forward.

We will continue to review and update our rolling CPD for both new and existing counsellors. New development topics will be introduced to give our counsellors greater learning opportunities, which in turn can only improve our service to the young people we see, both in the community venue and within the schools. We will be looking at offering school staff with these CPD opportunities too, listening to what they are asking of us.

Statement of Responsibilities

The trustees (who are also the directors of C.A.S.Y. for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland". The report and accounts have been prepared in accordance with the provisions in the Companies Act 2006 relating to small companies.

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they 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 its 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 apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards, comprising FRS 102 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 business.

The trustees are responsible for keeping proper accounting records that can 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.

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

Small companies provision statement

This report has been prepared in accordance with the small companies regime under the Companies Act 2006.

C.A.S.Y.

Trustees' Report

The annual report was approved by the trustees of the charity on 31 July 2024 and signed on its behalf by:

.....
Tim Parker
Trustee

C.A.S.Y.

Independent Examiner's Report to the trustees of C.A.S.Y. ('the Company')

Independent examiner's report to the trustees of C.A.S.Y. ('the Company')
I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2024.

Responsibilities and basis of report

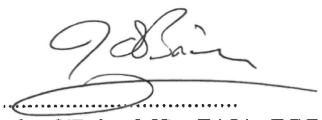
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your 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
Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member and Fellow of the Association of Charity Independent Examiners, which is one of the listed bodies.
I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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



.....
John O'Brien MSc, FAIA, FCCA, FCIE, employee of Community Accounting Plus
Fellow of the Association of Charity Independent Examiners

Units 1 & 2 North West
41 Talbot Street
Nottingham
NG1 5GL

Date: 29/08/2024

C.A.S.Y.

Statement of Financial Activities for the Year Ended 31 March 2024 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted £	Restricted £	Total 2024 £	(As restated) Total 2023 £
Income and Endowments from:					
Donations and legacies	2	36,445	-	36,445	63,033
Charitable activities	3	483,920	44,380	528,300	456,609
Other income	4	-	-	-	175
Total Income		520,365	44,380	564,745	519,817
Expenditure on:					
Charitable activities	9	(482,370)	(38,505)	(520,875)	(502,745)
Total Expenditure		(482,370)	(38,505)	(520,875)	(502,745)
Net income		37,995	5,875	43,870	17,072
Net movement in funds		37,995	5,875	43,870	17,072
Reconciliation of funds					
Total funds brought forward		16,684	-	16,684	(388)
Total funds carried forward	18	54,679	5,875	60,554	16,684

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for the period is shown in note 18.

C.A.S.Y.

Statement of Financial Activities for the Year Ended 31 March 2024 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

These are the figures for the previous accounting period and are included for comparative purposes

	Note	Unrestricted funds £	Restricted funds £	Total 2023 £ (As restated)
Income and Endowments from:				
Donations and legacies	2	63,033	-	63,033
Charitable activities	3	447,609	9,000	456,609
Other income	4	175	-	175
Total income		510,817	9,000	519,817
Expenditure on:				
Charitable activities	9	(493,745)	(9,000)	(502,745)
Total expenditure		(493,745)	(9,000)	(502,745)
Net income		17,072	-	17,072
Net movement in funds		17,072	-	17,072
Reconciliation of funds				
Total funds brought forward		(388)	-	(388)
Total funds carried forward	18	16,684	-	16,684

The notes on pages 13 to 21 form an integral part of these financial statements.

C.A.S.Y.

(Registration number: 04310724)
Balance Sheet as at 31 March 2024

	Note	2024 £	2023 £ (As restated)
Fixed assets			
Tangible assets	12	-	1,072
Current assets			
Debtors	13	2,872	2,275
Cash at bank and in hand	14	297,332	238,882
		300,204	241,157
Creditors: Amounts falling due within one year	15	(239,650)	(225,545)
Net current assets		60,554	15,612
Net assets		60,554	16,684
Funds of the charity:			
Restricted income funds			
Restricted funds	18	5,875	-
Unrestricted income funds			
Unrestricted funds		54,679	16,684
Total funds	18	60,554	16,684

For the financial year ending 31 March 2024 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

The financial statements on pages 9 to 21 were approved by the trustees, and authorised for issue on 31 July 2024 and signed on their behalf by:

.....
Rebecca Johnson
Trustee

C.A.S.Y.

Statement of Cash Flows for the Year Ended 31 March 2024

	Note	2024 £	(As restated) 2023 £
Cash flows from operating activities			
Net cash income		43,870	17,072
Adjustments to cash flows from non-cash items			
Depreciation		1,072	1,071
		44,942	18,143
Working capital adjustments			
Increase in debtors	13	(597)	(484)
Increase/(decrease) in creditors	15	50	(383)
Increase in deferred income	15	14,055	12,556
Net cash flows from operating activities		58,450	29,832
Net increase in cash and cash equivalents		58,450	29,832
Cash and cash equivalents at 1 April		238,882	209,050
Cash and cash equivalents at 31 March		297,332	238,882
Reconciliation of net cash flow to movement in net funds			
Increase in cash		58,450	29,832
Net funds at 1 April 2023		238,882	209,050
Net funds at 31 March 2024		297,332	238,882

All of the cash flows are derived from continuing operations during the above two periods.

Notes to the Financial Statements for the Year Ended 31 March 2024

1 Accounting policies

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

Statement of compliance
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 in October 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Basis of preparation
C.A.S.Y. meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern
The financial statements have been prepared on a going concern basis.

The trustees assess whether the use of going concern is appropriate i.e. whether there are any material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The trustees make this assessment in respect of a period of one year from the date of approval of the financial statements.

Income and endowments
Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Deferred income

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which, it has been received. Such income is only deferred when:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the charity has unconditional entitlement.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees meetings and reimbursed expenses.

Government grants

Government grants are recognised based on the accrual model and are measured at the fair value of the asset received or receivable. Grants are classified as relating either to revenue or to assets. Grants relating to revenue are recognised in income over the period in which the related costs are recognised. Grants relating to assets are recognised over the expected useful life of the asset. Where part of a grant relating to an asset is deferred, it is recognised as deferred income.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Individual fixed assets costing £500.00 or more are initially recorded at cost.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
IT equipment	33.3% on a straight line basis

Trade debtors
Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents
Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Fund structure
Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Restricted income funds are those grants for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Pensions and other post retirement obligations
The charity operates a defined contribution pension scheme for employees. The assets of the scheme are held separately from those of the charity. Pension costs charges in the Statement of Financial Activities represent the contributions payable by the charity during the year.

2 Income from donations and legacies

	Unrestricted funds General £	Total 2024 £	Total 2023 £
Donations and legacies;			
Donations from companies, trusts and similar proceeds	25,524	25,524	43,770
Donations from individuals	2,881	2,881	12,723
Grants, including capital grants;			
Government grants	8,040	8,040	6,540
	36,445	36,445	63,033

3 Income from charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2024 £	Total 2023 (As restated) £
DBS applications	1,761	-	1,761	1,912
Grants & donations	-	44,380	44,380	9,000
School fees	439,685	-	439,685	402,041
Training fees	3,109	-	3,109	2,710
Parent fees	39,365	-	39,365	40,946
	483,920	44,380	528,300	456,609

4 Other income

	Total 2024 £	Total 2023 £
Rental income	-	175

5 Grants & donations

	Unrestricted funds £	Restricted funds £	Total £
Awards for All	-	17,980	17,980
St James Place	-	10,000	10,000
Nottingham Local Community Fund	8,040	-	8,040
Weslyan Community Grants	-	6,490	6,490
The Jones 1986 Charity	-	4,800	4,800
Schroder Charity Trust	4,000	-	4,000
Thomas Farr Charity	-	2,860	2,860
The Williamson Benevolent Fund	2,500	-	2,500
The Mary Robertson Trust	2,000	-	2,000
Souter Charitable Trust	1,024	-	1,024
Skipton Building Society	-	1,000	1,000
The Percy Bilton Charity	-	750	750
Vale of Belvoir Rotary Club	-	500	500
Groundwork Uk	500	-	500
The Forman Hardy Trust	500	-	500
Other companies and Individuals	17,881	-	17,881
	36,445	44,380	80,825

6 Taxation

The charity is a registered charity and is therefore exempt from taxation.

7 Charity status

The charity is a company limited by guarantee and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £1 towards the assets of the charity in the event of liquidation.

8 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

9 Expenditure on charitable activities

The following table presents expenditure using a natural classification. Support costs have not been separately allocated and disclosed as the Trustees believe they are immaterial to the financial statements.

	Unrestricted funds General £	Restricted funds £	Total 2024 £	Total 2023 £
Advertising	-	1,633	1,633	2,176
Cleaning	1,405	-	1,405	1,288
Counsellor fees	288,805	12,310	301,115	277,353
DBS Checks	1,818	-	1,818	1,947
Furniture & fittings	-	2,846	2,846	-
Equipment & IT	2,446	320	2,766	10,019
Insurance	3,132	-	3,132	2,596
Depreciation	1,072	-	1,072	1,071
Legal & professional	5,476	4,600	10,076	2,756
Membership	827	-	827	694
Refreshments & hospitality	26	-	26	131
Rent & services	25,440	-	25,440	24,476
Maintenance	6,466	-	6,466	1,392
Staff expenses	-	1,918	1,918	2,073
Stationery & photocopying	521	3,556	4,077	2,606
Supervision	-	4,070	4,070	4,577
Telephone, internet & postage	4,110	-	4,110	2,691
Training	-	3,773	3,773	4,250
Utilities	6,465	-	6,465	7,131
Volunteer expenses	1,720	3,479	5,199	6,444
Wages, NI & pension - service delivery	104,245	-	104,245	91,474
Wages, NI & pension - operational management	28,396	-	28,396	55,600
	482,370	38,505	520,875	502,745

10 Fees payable to independent examiner

During the period, the fees payable (excluding VAT) to the charity's independent examiner Community Accounting Plus are analysed as follows:

	2024 £	2023 £
Independent examination	1,020	975
Other financial services	790	735
	1,810	1,710

11 Staff costs

The aggregate payroll costs were as follows:

	2024 £	2023 £
Staff costs during the year were:		
Wages and salaries	126,761	139,051
Social security costs	4,144	5,992
Pension costs	1,736	2,031
	132,641	147,074

The monthly average number of persons (including senior management team) employed by the charity during the year was as follows:

	2024 No	2023 No
Average number of employees	7	7

4 (2023 - 5) of the above employees participated in the Defined Contribution Pension Schemes.

Contributions to the employee pension schemes for the year totalled £1,736 (2023 - £2,031).

No employee received emoluments of more than £60,000 during the year.

The total employee benefits of the key management personnel of the charity were £28,396 (2023 - £24,442).

12 Tangible fixed assets

	IT equipment £	Total £
Cost		
At 1 April 2023	3,215	3,215
At 31 March 2024	3,215	3,215
Depreciation		
At 1 April 2023	2,143	2,143
Charge for the year	1,072	1,072
At 31 March 2024	3,215	3,215
Net book value		
At 31 March 2024	-	-
At 31 March 2023	1,072	1,072

13 Debtors

	2024 £	2023 £
Prepayments	2,872	2,275

14 Cash and cash equivalents

	2024 £	2023 £
Cash at bank	297,332	238,882

15 Creditors: amounts falling due within one year

	2024 £	2023 £ (As restated)
Other creditors	1,564	1,514
Deferred income	238,086	224,031
	239,650	225,545

16 Commitments

Capital commitments

At 31 March 2019 the charity had non-cancellable commitments under a five year operating lease for the premises expiring 21 November 2025.

The total amount contracted for but not provided in the financial statements was £Nil (2023 - £Nil).

17 Related party transactions

There were no related party transactions in the year.

18 Funds

	Balance at 1 April 2023 £ (As restated)	Incoming resources £	Resources expended £	Balance at 31 March 2024 £
Unrestricted funds				
General				
General fund	16,684	520,365	(482,370)	54,679
Restricted funds				
Equipment	-	5,110	(5,110)	-
Suicide & self harm prevention (Awards for All)	-	17,980	(17,980)	-
Suicide & self harm prevention	-	21,290	(15,415)	5,875
Total restricted funds	-	44,380	(38,505)	5,875
Total funds	16,684	564,745	(520,875)	60,554

The specific purposes for which the funds are to be applied are as follows:

The Awards for All funding was provided specifically to support young people with suicidal thoughts, intent and/or self harm behaviours.

The restricted Suicide & self harm project was funded by St James Place; Weslyan Community Grants & The Jones 1986 charity, this was to help support young people with suicidal thoughts, intent and/or self harm behaviours.

The Equipment fund was funded by The Percy Bilton Charity; The Skipton Building Society; The Thomas Farr Charity & The Vale of Belvoir Rotary club, this was to help with the costs of purchasing new equipment.

	Balance at 1 April 2022 £ (As restated)	Incoming resources £ (As restated)	Resources expended £	Balance at 31 March 2023 £ (As restated)
Unrestricted funds				
General				
General fund	(388)	510,817	(493,745)	16,684
Restricted				
Training Staff Project (Awards for All)	-	9,000	(9,000)	-
Total funds	(388)	519,817	(502,745)	16,684

19 Analysis of net assets between funds

	Unrestricted General £	Restricted £	2024 Total funds £
Current assets	294,329	5,875	300,204
Current liabilities	(239,650)	-	(239,650)
Total net assets	54,679	5,875	60,554

	Unrestricted General £	2023 Total funds £ (As restated)
Tangible fixed assets	1,072	1,072
Current assets	241,157	241,157
Current liabilities	(225,545)	(225,545)
Total net assets	16,684	16,684

COUNSELLING AND SUPPORT FOR YOUNG PEOPLE

England & Wales - Charity number 1092938

Accounts

Company registration number: 04310724

Charity registration number: 1092938

C.A.S.Y.

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 March 2023

Community Accounting Plus
Units 1 & 2 North West
41 Talbot Street
Nottingham
NG1 5GL

C.A.S.Y.

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C.A.S.Y.

Reference and Administrative Details

Trustees	Jill Oakham, Chair Rebecca Johnson, Secretary Ian Lund Tim Parker
Senior Management Team	Mick Mason, Chief Executive
Charity Registration Number	1092938
Company Registration Number	04310724
Registered Office	23 Millgate Newark Nottinghamshire NG24 4TR
Independent Examiner	John O'Brien, employee of Community Accounting Plus Units 1 & 2 North West 41 Talbot Street Nottingham NG1 5GL
Bankers	TSB 37 Castlegate Newark NG24 1BD

C.A.S.Y.

Trustees' Report

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 31 March 2023.

Trustees and officers

The trustees and officers serving during the year and since the year end were as follows:

Trustees:	Jill Oakham, Chair
	Rebecca Johnson, Secretary
	Clive Goode (resigned 2 April 2022)
	Ian Lund
	Tim Parker

Structure, governance and management

Nature of governing document

The charity is a company limited by guarantee and registered charity. It is operated under the rules of its memorandum and articles of association dated 25 October 2001 and most recently amended 9 December 2003. It has no share capital and the liability of each member in the event of winding-up is limited to £1.

Recruitment and appointment of trustees

New trustees are appointed through an application to the Chair and then approval by all trustees at a trustee meeting. New trustees are generally found through recommendation or advertising on local volunteering websites.

Objectives and activities

Objects and aims

The promotion and preservation of good emotional and mental health among young people, irrespective of their sex, race, political or religious beliefs primarily through the provision of a confidential counselling service within the East Midlands (hereinafter referred to as the Area of Benefit) to young people but also to those who work with, or support them, including family members.

To improve awareness and understanding of emotional and mental health within the area of benefit, primarily through, but not limited to, the delivery of workshops and talks aimed at supporting young people and all those who work with, or support, them.

Our Mission: CASY exists to reduce and relieve the suffering and distress, and to improve the emotional wellbeing, of young people and their families throughout the East Midlands.
Our Vision: is that all children and young people in Nottinghamshire and Lincolnshire have the best possible chance of a mentally and emotionally healthy future.
Our Aims: are to deliver emotional and mental health services and support to children & young people, their families and all who support and care for them.

C.A.S.Y.

Trustees' Report

Objectives, strategies and activities

There are around half a million young people aged between 6–25 years old within the East Midlands and it is estimated that anywhere between 10–20% will have a mental health disorder (The Office of National Statistics). CASY provides a range of different services based in the community and educational settings. Within the community we provide confidential one to one counselling from our office in Newark upon Trent, this is delivered by both qualified and student placement counsellors. In educational settings we work with pastoral teams to deliver one to one and group emotional wellbeing workshops in education settings to improve the emotional resilience and decision making of children and young people. CASY also support parents, carers and other professionals.

Good mental health is the foundation of a young person's emotional and intellectual growth; it defines their sense of self-worth, provides confidence, independence, and resilience. Evidence shows that there is a direct correlation between poor mental health in the young and negative outcomes later in life. If children and young people are not supported with these issues then problems can persist and develop further in their adult life, often resulting in social exclusion, poor inter-personal relationships, offending behaviour and erratic employment. It is estimated that the cost of delivering public services for those who have had troubled behaviour, caused by emotional problems as children is ten times higher than those with no significant problems.

Counselling within the community

Over the year 2022-23 we have seen a total of 333 young people and offered 3,314 counselling hours. Some of the presenting issues we have worked with are suicidal ideation (14%) Self-Harm (11%) and Anxiety (45%). We use a process of continual self and counsellor assessment to ensure that each individual is benefiting from the sessions, average assessment scores for the first assessment were 5.99, increasing to 7.38 by the final assessment giving a 1.39 improvement (out of 10). Each young person averages around 10 sessions of one to one counselling, more sessions are available if required and there is no limit on how many times an individual can be referred to us for support.

The key outcomes measure for our clients are below taken from the extra net:

90% increase in young people reporting improved mental health.
60% reporting decreased feelings of suicide.
75% reporting decreased instances or thoughts of self-harm.
50% reporting improvement in family relationships
80% reporting an increase of feelings of potential for the future.

We have used a range of qualified counsellors and placement counselors depending on the presenting issues from the young person. We have supported over 35 trainee counsellors during this period.

Schools counselling

We offer 2 types of counselling contracts the first is a full contract that lasts a full academic year and the other is a bespoke contract where a school will pay for 8 sessions of counselling for one young person.

We have seen a total of 1,741 young people within the educational setting under our schools contracts, we have delivered a total of 15,128 hours of face to face counselling. Over the period we held a total of 63 contracts for a full academic year along with 69 bespoke contracts.

In total (schools and community) for the period we held a total of 18,442 counselling hours and engaged with 2,074 young people within schools and the community.

Trustees' Report

Training

Our training offer has grown significantly over the last 12 months and we offer the following list of training for our own counsellors as well as external supervisors.

Self Harm CPD
Endings/Beginnings CASY Core training
Safeguarding CASY Core training
Anxiety CPD
Core Competencies for working with Children (CCC-1,2 & 3 CASY Core training
Attachment 101 CPD
Suicidal ideation CPD
School 101 CASY Core training
Online Lives CPD
Anxiety, Teachers CPD
Online Lives CPD
Self Harm, Teachers CPD
Suicide, Teachers
Pretrial Therapy

We were extremely pleased to have achieved the National Counselling and Psychotherapy Society (NCPS) quality mark for our core competencies training. Over the next 12 months we will be looking at getting other parts of our training offer signed off. This will enable CASY to offer training externally to other agencies.

Public benefit

Good mental and emotional health is essential for young people to grow and mature into adulthood. The effects of poor emotional health in young people when carried through to adulthood are severely damaging and can lead to poor relationships, erratic employment, chaotic lifestyles and possible imprisonment. It is estimated that the cost of public support for adults with mental and emotional health difficulties is ten times higher than those with stable emotional health. The services that CASY delivers are essential for providing young people with the best possible chance for a stable and healthy future.

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Achievements and performance

At the start of the year a target of 45k has been set for grants this was exceeded by nearly 15k which enabled CASY to make some much needed updates to our systems and building maintenance, including a new boiler system.
Once again we achieved and maintained an increase in schools contracts, we were also able to maintain the amount of sessions and individuals we have seen as we have done the previous 2 years.

Trustees' Report

Financial review

Again this year we have managed to end the year in a positive position having made a surplus of £29,628 (2022: £37,916).

This is because during this financial period we have been able to continue growth within our schools contracts, this had been due to not only some schools increasing their contractual hours over the academic year but also managing to gain a few new contracts. Along with managing to secure over £59,000k of grants this has meant for the first time CASY had generated income over £500,000. Over the period we have generated income to the value of £532,373 and our expenditure stands at £502,745 giving a surplus of £29,628. The vast majority of this is committed spend on sessional counsellors who cover the schools contracts up to the end of the academic year ending August 2023. For this reason the trustees have decided to transfer £25,000 to a designated fund to represent the funds received this year but which are still to be spent on School contracts that continue to the end of the 2023 academic year.

Grants, donations and generated client income:
We would like to thank the following for there grant contributions which totaled £59,310
Awards for All
Nottinghamshire County Council
The Jones 1986 Charity
Thomas Farr Charity
Thoresby Charitable Trust
Global Charities Ltd
Chetwode Foundation.

We also generated a total of £40,946 through payment for sessions and a total of £12,723 through individual giving.

A rolling programme of fundraising ensures that applications to trusts and foundations are submitted regularly, new opportunities are sought and identified as well as ensuring support from the local community and businesses. We also maintain our current school contracts via our Co Ordinator roles who also identify and develop new opportunity within educational settings.

Principal risks and uncertainties

Financial Risks

CASY faces no immediate financial risks as we continue to improve and move forward. Fundraising is ongoing and includes; trusts and foundations, corporate giving and individual support.

Policy on reserves

Reserves policy is three months operating costs plus six months committed counsellor costs in schools. This is currently £195,000.

Plans for future periods

Activities planned to achieve aims

In the next 12 months we will be ensuring that we retain our current school contracts and increase these where needed. We will also be recruiting and training more qualified counsellors to ensure that we can meet the increasing needs of the local community.
NCPS quality mark will be achieved for more of our training courses and we will be offering more of our training packages externally to other organisations to increase our income.
A review of all our policies and procedures is currently under way to ensure that they comply with all guidance and legislation.
The CASY website will be overhauled and updated to increase access and offer more information on our services and general mental wellbeing. There will also be an online booking system for our training packages.
We will continue to fundraise via Trusts and Foundations, community events, individual sponsorship and corporate sponsorship.

Statement of Responsibilities

The trustees (who are also the directors of C.A.S.Y. for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland". The report and accounts have been prepared in accordance with the provisions in the Companies Act 2006 relating to small companies.

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they 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 its 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 apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards, comprising FRS 102 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 business.

The trustees are responsible for keeping proper accounting records that can 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.

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

Small companies provision statement

This report has been prepared in accordance with the small companies regime under the Companies Act 2006.

C.A.S.Y.

Trustees' Report

The annual report was approved by the trustees of the charity on 26 September 2023 and signed on its behalf by:

Jill Oakham
Trustee

C.A.S.Y.

Independent Examiner's Report to the trustees of C.A.S.Y. ('the Company')

Independent examiner's report to the trustees of C.A.S.Y. ('the Company')
I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2023.

Responsibilities and basis of report

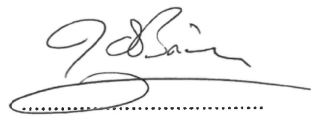
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your 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
Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member and Fellow of the Association of Charity Independent Examiners, which is one of the listed bodies.
I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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



.....
John O'Brien MSc, FAIA, FCCA, FCIE, employee of Community Accounting Plus
Fellow of the Association of Charity Independent Examiners

Units 1 & 2 North West
41 Talbot Street
Nottingham
NG1 5GL

Date: 30/10/2023

C.A.S.Y.

Statement of Financial Activities for the Year Ended 31 March 2023 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted £	Restricted £	Total 2023 £	Total 2022 £
Income and Endowments from:					
Donations and legacies	2	63,033	-	63,033	36,010
Charitable activities	3	460,165	9,000	469,165	443,152
Other income	4	175	-	175	435
Total Income		523,373	9,000	532,373	479,597
Expenditure on:					
Charitable activities	9	(493,745)	(9,000)	(502,745)	(441,681)
Total Expenditure		(493,745)	(9,000)	(502,745)	(441,681)
Net income		29,628	-	29,628	37,916
Net movement in funds		29,628	-	29,628	37,916
Reconciliation of funds					
Total funds brought forward		211,087	-	211,087	173,171
Total funds carried forward	18	240,715	-	240,715	211,087

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for the period is shown in note 18.

C.A.S.Y.

Statement of Financial Activities for the Year Ended 31 March 2023 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

These are the figures for the previous accounting period and are included for comparative purposes

	Note	Unrestricted funds £	Restricted funds £	Total 2022 £
Income and Endowments from:				
Donations and legacies	2	36,010	-	36,010
Charitable activities	3	423,852	19,300	443,152
Other income	4	435	-	435
Total income		460,297	19,300	479,597
Expenditure on:				
Charitable activities	9	(422,553)	(19,128)	(441,681)
Total expenditure		(422,553)	(19,128)	(441,681)
Net income		37,744	172	37,916
Transfers between funds		1,731	(1,731)	-
Net movement in funds		39,475	(1,559)	37,916
Reconciliation of funds				
Total funds brought forward		171,612	1,559	173,171
Total funds carried forward	18	211,087	-	211,087

The notes on pages 13 to 21 form an integral part of these financial statements.

C.A.S.Y.

(Registration number: 04310724)
Balance Sheet as at 31 March 2023

	Note	2023 £	2022 £
Fixed assets			
Tangible assets	12	1,072	2,143
Current assets			
Debtors	13	2,275	1,791
Cash at bank and in hand	14	238,882	209,050
		241,157	210,841
Creditors: Amounts falling due within one year	15	(1,514)	(1,897)
Net current assets		239,643	208,944
Net assets		240,715	211,087
Funds of the charity:			
Unrestricted income funds			
Unrestricted funds		240,715	211,087
Total funds	18	240,715	211,087

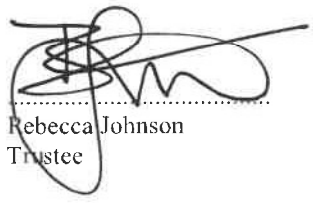
For the financial year ending 31 March 2023 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

The financial statements on pages 9 to 21 were approved by the trustees, and authorised for issue on 26 September 2023 and signed on their behalf by:



Rebecca Johnson
Trustee

C.A.S.Y.

Statement of Cash Flows for the Year Ended 31 March 2023

	Note	2023 £	2022 £
Cash flows from operating activities			
Net cash income		29,628	37,916
Adjustments to cash flows from non-cash items			
Depreciation		1,071	1,072
		30,699	38,988
Working capital adjustments			
(Increase)/decrease in debtors	13	(484)	3,797
(Decrease)/increase in creditors	15	(383)	745
Net cash flows from operating activities		29,832	43,530
Cash flows from investing activities			
Purchase of tangible fixed assets	12	-	(3,215)
Net increase in cash and cash equivalents		29,832	40,315
Cash and cash equivalents at 1 April		209,050	168,735
Cash and cash equivalents at 31 March		238,882	209,050
Reconciliation of net cash flow to movement in net funds			
Increase in cash		29,832	40,315
Net funds at 1 April 2022		209,050	168,735
Net funds at 31 March 2023		238,882	209,050

All of the cash flows are derived from continuing operations during the above two periods.

Notes to the Financial Statements for the Year Ended 31 March 2023

1 Accounting policies

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

Statement of compliance
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 in October 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Basis of preparation
C.A.S.Y. meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern
The financial statements have been prepared on a going concern basis.

The trustees assess whether the use of going concern is appropriate i.e. whether there are any material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The trustees make this assessment in respect of a period of one year from the date of approval of the financial statements.

Income and endowments
Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Expenditure
All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Government grants
Government grants are recognised based on the accrual model and are measured at the fair value of the asset received or receivable. Grants are classified as relating either to revenue or to assets. Grants relating to revenue are recognised in income over the period in which the related costs are recognised. Grants relating to assets are recognised over the expected useful life of the asset. Where part of a grant relating to an asset is deferred, it is recognised as deferred income.

Taxation
The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets
Individual fixed assets costing £500.00 or more are initially recorded at cost.

Depreciation and amortisation
Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
IT equipment	33.3% on a straight line basis

Trade debtors
Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents
Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Fund structure
Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Designated funds are unrestricted funds set aside for specific purposes at the discretion of the trustees.

Pensions and other post retirement obligations
The charity operates a defined contribution pension scheme for employees. The assets of the scheme are held separately from those of the charity. Pension costs charges in the Statement of Financial Activities represent the contributions payable by the charity during the year.

2 Income from donations and legacies

	Unrestricted funds General £	Total 2023 £	Total 2022 £
Donations and legacies:			
Donations from companies, trusts and similar proceeds	43,770	43,770	25,724
Donations from individuals	12,723	12,723	9,694
Grants, including capital grants;			
Government grants	6,540	6,540	592
	63,033	63,033	36,010

3 Income from charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2023 £	Total 2022 £
DBS applications	1,912	-	1,912	1,535
Grants & donations	-	9,000	9,000	19,300
School fees	414,597	-	414,597	373,030
Training fees	2,710	-	2,710	360
Parent fees	40,946	-	40,946	48,927
	460,165	9,000	469,165	443,152

4 Other income

	Unrestricted funds General £	Total 2023 £	Total 2022 £
Rental income	175	175	435

5 Grants & donations

	Unrestricted funds £	Restricted funds £	Total £
Awards for All	-	9,000	9,000
David Riddell Memorial	12,980	-	12,980
Nottinghamshire County Council	6,540	-	6,540
Focus Foundation	6,490	-	6,490
The Jones 1986 Charity	5,000	-	5,000
Global Charities Limited	5,000	-	5,000
The Star Trust	3,200	-	3,200
Chetwode Foundation	3,060	-	3,060
The Williamson Benevolent Trust	2,500	-	2,500
Thomas Farr Charity	2,340	-	2,340
Thoresby Charitable Trust	1,000	-	1,000
The Charities Trust	1,000	-	1,000
DWF Foundation	1,000	-	1,000
Collingham Community Trust Limited	200	-	200
Sundry donations	12,723	-	12,723
	63,033	9,000	72,033

6 Taxation

The charity is a registered charity and is therefore exempt from taxation.

7 Charity status

The charity is a company limited by guarantee and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £1 towards the assets of the charity in the event of liquidation.

8 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

9 Expenditure on charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2023 £	Total 2022 £
Advertising	2,176	-	2,176	1,848
Cleaning	1,288	-	1,288	1,308
Counsellor fees	277,353	-	277,353	231,931
DBS Checks	1,947	-	1,947	1,962
Furniture & fittings	-	-	-	110
Equipment & IT	10,019	-	10,019	1,873
Insurance	2,596	-	2,596	2,496
Depreciation	1,071	-	1,071	1,072
Legal & professional	2,756	-	2,756	2,106
Membership	694	-	694	463
Refreshments & hospitality	131	-	131	62
Rent & services	24,476	-	24,476	25,249
Maintenance	1,392	-	1,392	6,377
Staff expenses	2,073	-	2,073	2,047
Stationery & photocopying	2,606	-	2,606	1,157
Supervision	4,577	-	4,577	4,712
Telephone, internet & postage	2,691	-	2,691	2,606
Training	4,250	-	4,250	640
Utilities	7,131	-	7,131	3,806
Volunteer expenses	6,445	-	6,445	3,863
Wages, NI & pension - service delivery	82,473	9,000	91,473	82,548
Wages, NI & pension - operational management	55,600	-	55,600	63,445
	493,745	9,000	502,745	441,681

10 Fees payable to independent examiner

During the period, the fees payable (excluding VAT) to the charity's independent examiner Community Accounting Plus are analysed as follows:

	2023 £	2022 £
Independent examination	975	930
Other financial services	735	855
	1,710	1,785

11 Staff costs

The aggregate payroll costs were as follows:

	2023 £	2022 £
Staff costs during the year were:		
Wages and salaries	139,051	138,023
Social security costs	5,992	6,038
Pension costs	2,031	1,932
	147,074	145,993

The monthly average number of persons (including senior management team) employed by the charity during the year was as follows:

	2023 No	2022 No
Average number of employees	7	8

5 (2022 - 5) of the above employees participated in the Defined Contribution Pension Schemes.

Contributions to the employee pension schemes for the year totalled £2,031 (2022 - £1,932).

No employee received emoluments of more than £60,000 during the year.

The total employee benefits of the key management personnel of the charity were £24,442 (2022 - £34,333).

12 Tangible fixed assets

	IT equipment £	Total £
Cost		
At 1 April 2022	3,215	3,215
At 31 March 2023	3,215	3,215
Depreciation		
At 1 April 2022	1,072	1,072
Charge for the year	1,071	1,071
At 31 March 2023	2,143	2,143
Net book value		
At 31 March 2023	1,072	1,072
At 31 March 2022	2,143	2,143

13 Debtors

	2023	2022
	£	£
Prepayments	2,275	1,791

14 Cash and cash equivalents

	2023	2022
	£	£
Cash at bank	238,882	209,050

15 Creditors: amounts falling due within one year

	2023	2022
	£	£
Other taxation and social security	-	716
Other creditors	1,514	1,181
	1,514	1,897

16 Commitments

Capital commitments

At 31 March 2019 the charity had non-cancellable commitments under a five year operating lease for the premises expiring 21 November 2023.

The total amount contracted for but not provided in the financial statements was £Nil (2022 - £37,500).

17 Related party transactions

There were no related party transactions in the year.

18 Funds

	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2023 £
Unrestricted funds					
General					
General fund	211,087	523,373	(493,745)	(25,000)	215,715
Designated					
Funds held for next year	-	-	-	25,000	25,000
Total unrestricted funds	211,087	523,373	(493,745)	-	240,715
Restricted funds					
Training Staff Project (Awards for All)	-	9,000	(9,000)	-	-
Total funds	211,087	532,373	(502,745)	-	240,715

The specific purposes for which the funds are to be applied are as follows:

The Awards for All funding was for salaries and it was received to help with the costs involved in training staff.

In previous years there were also the following funds:
The Global Make Some Noise funding was used for sessional workers to counsel young people with Suicidal ideation and self-harming issues;
Nottinghamshire CM funding from Wheatcroft was for counsellors' costs and supervision;
The Evan Cornish Foundation was also used to help with the costs of sessional workers to counsel young people.

The transfer from the General fund to the Designated fund (Funds held for next year) was to show the amount of the surplus this year which, due to timing of the service delivery, will not be expended until 2023-24.

	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2022 £
Unrestricted funds					
General					
General fund	171,612	460,297	(422,553)	1,731	211,087
Restricted					
Self-harm project (Global Make Some Noise)	(1,719)	16,400	(12,950)	(1,731)	-
Sessional Counsellors (Nottinghamshire CM)	-	2,900	(2,900)	-	-
Sessional Counsellors (Evan Cornish)	3,278	-	(3,278)	-	-
Total restricted funds	1,559	19,300	(19,128)	(1,731)	-
Total funds	173,171	479,597	(441,681)	-	211,087

19 Analysis of net assets between funds

	Unrestricted		2023
	General £	Designated £	Total funds £
Tangible fixed assets	1,072	-	1,072
Current assets	216,157	25,000	241,157
Current liabilities	(1,514)	-	(1,514)
Total net assets	215,715	25,000	240,715

	Unrestricted	2022
	General £	Total funds £
Tangible fixed assets	2,143	2,143
Current assets	210,841	210,841
Current liabilities	(1,897)	(1,897)
Total net assets	211,087	211,087

COUNSELLING AND SUPPORT FOR YOUNG PEOPLE

England & Wales - Charity number 1092938

Accounts

Company registration number: 04310724

Charity registration number: 1092938

C.A.S.Y.

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 March 2022

Community Accounting Plus
Units 1 & 2 North West
41 Talbot Street
Nottingham
NG1 5GL

C.A.S.Y.

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C.A.S.Y.

Reference and Administrative Details

Trustees	Jill Oakham, Chair Rebecca Johnson, Secretary Ian Lund Tim Parker
Senior Management Team	Mick Mason, Chief Executive
Charity Registration Number	1092938
Company Registration Number	04310724
Registered Office	23 Millgate Newark Nottinghamshire NG24 4TR
Independent Examiner	John O'Brien, employee of Community Accounting Plus Units 1 & 2 North West 41 Talbot Street Nottingham NG1 5GL

C.A.S.Y.

Trustees' Report

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 31 March 2022.

Trustees and officers

The trustees and officers serving during the year and since the year end were as follows:

Trustees:	Jill Oakham, Chair
	Rebecca Johnson, Secretary
	Ian Lund
	Tim Parker (appointed 6 December 2021)
	Clive Goode (resigned 2 April 2022)
	James Smith (resigned 10 December 2021)

Structure, governance and management

Nature of governing document

The charity is a company limited by guarantee and registered charity. It is operated under the rules of its memorandum and articles of association dated 25 October 2001 and most recently amended 9 December 2003. It has no share capital and the liability of each member in the event of winding-up is limited to £1.

Recruitment and appointment of trustees

New trustees are appointed through an application to the Chair and then approval by all trustees at a trustee meeting. New trustees are generally found through recommendation or advertising on local volunteering websites.

Objectives and activities

Objects and aims

The promotion and preservation of good emotional and mental health among young people, irrespective of their sex, race, political or religious beliefs primarily through the provision of a confidential counselling service within the East Midlands (hereinafter referred to as the Area of Benefit) to young people but also to those who work with, or support them, including family members.

To improve awareness and understanding of emotional and mental health within the area of benefit, primarily through, but not limited to, the delivery of workshops and talks aimed at supporting young people and all those who work with, or support, them.

Our Mission: CASY exists to reduce and relieve the suffering and distress, and to improve the emotional wellbeing, of young people and their families throughout the East Midlands.
Our Vision: is that all children and young people in Nottinghamshire and Lincolnshire have the best possible chance of a mentally and emotionally healthy future.
Our Aims: are to deliver emotional and mental health services and support to children & young people, their families and all who support and care for them.

C.A.S.Y.

Trustees' Report

Objectives, strategies and activities

Our counselling service consists of:
• Your Space in the community – a counselling service for young people, aged 6 to 25, delivered from our office in Newark.
• Your Space in Schools – we provide a counselling service within schools throughout Lincolnshire and Nottinghamshire this enables pupils work on a one to one basis with our counsellors in a safe space within the educational setting. We also offer support for pastoral teams, SENCO leads and teachers, this enables the educational team to be in a better place to support the young people within the school.

We are a placement provider to trainee counsellors who are currently participating in a level 4 and above course in a range of counselling approaches. Over the last 12 months we have provided over 40 places for new trainees together with over 20 new qualified counsellors who have started on school's contacts, our bespoke services and offering volunteer hours within our community venues. For all of our counsellors we offer monthly continuous professional development (CPD) sessions on a range of topics which include, Self-Harm, Low self-esteem, Anger, Anxiety etc.

Public benefit

Good mental and emotional health is essential for young people to grow and mature into adulthood. The effects of poor emotional health in young people when carried through to adulthood are severely damaging and can lead to poor relationships, erratic employment, chaotic lifestyles and possible imprisonment. It is estimated that the cost of public support for adults with mental and emotional health difficulties is ten times higher than those with stable emotional health. The services that CASY delivers are essential for providing young people with the best possible chance for a stable and healthy future.

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Achievements and performance

Counselling Services
During 2021-22 we have seen a total of 2,568 clients which equates to over 18,000 counselling hours delivered. This is an increase of 30% from the previous year when we supported 1,960 clients. Whilst the COVID pandemic and lockdowns have increased the need for support, we had already experienced a rise in demand for our services of 20% in 2019-20 before the pandemic hit and expect this demand to continue to increase in 2022/23.

The presenting issues have remained consistent over the last 3 years with anxiety, low mood, suicidal ideation, and self-harm the top 4 issues.

Trusts and Foundations Income
We would like to thank the following trusts and foundations for their support during the year we have secured over £45,000 in grants and donations.

Masonic Charitable Foundation
Global Make Some Noise
Arnold Clarke
Souter Trust
The Helen Jean Cope Charity
Chetwode Foundation
Weatcroft Foundation
J N Derbyshire Trust
Thoresby Trust
Newby Trust

Trustees' Report

Schools
During 2021-22 our schools' contracts have grown again, and we continued to have a waiting list for both school contracts and our bespoke services. We secured a total of 69 school contracts delivering 416 hours per week (over 15,808 annually) of one-to-one counselling. During the same period, we delivered over 115 bespoke contracts. After consultation we have decided to increase our contract price by a 11% this will enable us to increase the hourly rate for our school counsellors.

Over the last 12 months we have had an average attendance rate 77% within the community setting, whilst this is an improvement from the previous year this is still something we are constantly monitoring and keen to improve.

Training
During 20021-22 we have delivered a range of training including our core training, safeguarding, beginnings, and endings and children and young people (CYP) core competencies. Over the later part of the year BACP and NCS have produced there CYP core competencies framework which counsellors will need to work toward to sign up to the register. Our training has been based on the BACP competencies, we are currently looking at NCS and working with them to gain their quality mark. We will not know until the end of 2022 early 2023 if we have achieved this, it will give CASY a large foundation to work from once the final information is sent out. We will also be working toward getting the monthly CPD workshops quality marked by NCS as well.

Community Fundraising
We would like to thank all of the individuals who have supported us over the last 12 months and raised over £9,600 from one off donations to the groups who have raised sponsorship money on behalf of CASY.

Volunteers
We would also like to say a huge thank you to all the counsellors who offer volunteer hours in the community setting and who work on our school contracts, without them we would not be able to deliver the services we do.

Financial review
Again this year we have managed to end the year in a positive position, having made a surplus of £37,916 (2021: £48,215).

Policy on reserves

Reserves policy is three months operating costs plus six months committed counsellor costs in schools. This is currently £80,000.

Principal risks and uncertainties

Financial Risks
CASY faces no immediate financial risks as we continue to improve and move forward. Fundraising is ongoing and includes; trusts and foundations, corporate giving and individual support.

C.A.S.Y.

Trustees' Report

Statement of Trustees' Responsibilities

The trustees (who are also the directors of C.A.S.Y. for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations. The report and accounts have been prepared in accordance with the provisions in the Companies Act 2006 relating to small companies.

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- 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 business.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and 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.

Small companies provision statement

This report has been prepared in accordance with the small companies regime under the Companies Act 2006.

The annual report was approved by the trustees of the charity on 12 October 2022 and signed on its behalf by:

Jill Oakham
Trustee

C.A.S.Y.

Independent Examiner's Report to the trustees of C.A.S.Y.

Independent examiner's report to the trustees of C.A.S.Y. ('the Company')
I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2022.

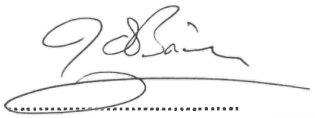
Responsibilities and basis of report
As the charity's trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your 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
Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member and Fellow of the Association of Charity Independent Examiners, which is one of the listed bodies.
I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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



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John O'Brien MSc, FCCA, FCIE, employee of Community Accounting Plus
Fellow of the Association of Charity Independent Examiners

Units 1 & 2 North West
41 Talbot Street
Nottingham
NG1 5GL

Date: 8/11/2022

C.A.S.Y.

Statement of Financial Activities for the Year Ended 31 March 2022 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted £	Restricted £	Total 2022 £	Total 2021 £
Income and Endowments from:					
Donations and legacies	2	36,010	-	36,010	7,373
Charitable activities	3	423,852	19,300	443,152	367,811
Other income	4	435	-	435	1,074
Total Income		460,297	19,300	479,597	376,258
Expenditure on:					
Charitable activities	9	(422,553)	(19,128)	(441,681)	(328,043)
Total Expenditure		(422,553)	(19,128)	(441,681)	(328,043)
Net income		37,744	172	37,916	48,215
Transfers between funds		1,731	(1,731)	-	-
Net movement in funds		39,475	(1,559)	37,916	48,215
Reconciliation of funds					
Total funds brought forward		171,612	1,559	173,171	124,956
Total funds carried forward	18	211,087	-	211,087	173,171

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for the period is shown in note 18.

C.A.S.Y.

Statement of Financial Activities for the Year Ended 31 March 2022 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

These are the figures for the previous accounting period and are included for comparative purposes

	Note	Unrestricted funds £	Restricted funds £	Total 2021 £
Income and Endowments from:				
Donations and legacies	2	7,373	-	7,373
Charitable activities	3	305,153	62,658	367,811
Other income	4	1,074	-	1,074
Total income		313,600	62,658	376,258
Expenditure on:				
Charitable activities	9	(266,944)	(61,099)	(328,043)
Total expenditure		(266,944)	(61,099)	(328,043)
Net income		46,656	1,559	48,215
Net movement in funds		46,656	1,559	48,215
Reconciliation of funds				
Total funds brought forward		124,956	-	124,956
Total funds carried forward	18	171,612	1,559	173,171

C.A.S.Y.

(Registration number: 04310724)
Balance Sheet as at 31 March 2022

	Note	2022 £	2021 £
Fixed assets			
Tangible assets	12	2,143	-
Current assets			
Debtors	13	1,791	5,588
Cash at bank and in hand	14	209,050	168,735
		210,841	174,323
Creditors: Amounts falling due within one year	15	(1,897)	(1,152)
Net current assets		208,944	173,171
Net assets		211,087	173,171
Funds of the charity:			
Restricted income funds			
Restricted funds	18	-	1,559
Unrestricted income funds			
Unrestricted funds		211,087	171,612
Total funds	18	211,087	173,171

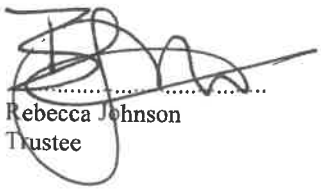
For the financial year ending 31 March 2022 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

The financial statements on pages 7 to 18 were approved by the trustees, and authorised for issue on 12 October 2022 and signed on their behalf by:



Rebecca Johnson
Trustee

Notes to the Financial Statements for the Year Ended 31 March 2022

1 Accounting policies

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

Statement of compliance
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 in October 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Basis of preparation
C.A.S.Y. meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern
The financial statements have been prepared on a going concern basis.

The trustees assess whether the use of going concern is appropriate i.e. whether there are any material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The trustees make this assessment in respect of a period of one year from the date of approval of the financial statements.

Exemption from preparing a cash flow statement
The charity opted to adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Income and endowments
Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Expenditure
All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Government grants
Government grants are recognised based on the accrual model and are measured at the fair value of the asset received or receivable. Grants are classified as relating either to revenue or to assets. Grants relating to revenue are recognised in income over the period in which the related costs are recognised. Grants relating to assets are recognised over the expected useful life of the asset. Where part of a grant relating to an asset is deferred, it is recognised as deferred income.

Taxation
The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets
Individual fixed assets costing £500.00 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation
Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
IT equipment	33.3% on a straight line basis

Trade debtors
Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents
Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Fund structure
Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Restricted income funds are those grants for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Pensions and other post retirement obligations
The charity operates a defined contribution pension scheme for employees. The assets of the scheme are held separately from those of the charity. Pension costs charges in the Statement of Financial Activities represent the contributions payable by the charity during the year.

2 Income from donations and legacies

	Unrestricted funds General £	Total 2022 £	Total 2021 £
Donations and legacies;			
Donations from companies, trusts and similar proceeds	25,724	25,724	1,000
Donations from individuals	9,694	9,694	5,189
Grants, including capital grants;			
Government grants	592	592	1,184
	36,010	36,010	7,373

3 Income from charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2022 £	Total 2021 £
DBS applications	1,535	-	1,535	395
Grants & donations	-	19,300	19,300	62,658
School fees	373,030	-	373,030	280,336
Training fees	360	-	360	290
Parent fees	48,927	-	48,927	24,132
	423,852	19,300	443,152	367,811

4 Other income

	Unrestricted funds General £	Total 2022 £	Total 2021 £
Rental income	435	435	1,074

5 Grants & donations

	Unrestricted funds £	Restricted funds £	Total £
Global Make Some Noise	-	16,400	16,400
Nottinghamshire CM - Wheatcroft	-	2,900	2,900
Newby Trust	7,500	-	7,500
Masonic Charitable Trust	5,000	-	5,000
Chetwode Foundation	2,944	-	2,944
Municipal General Charity	2,500	-	2,500
Thoresby Charitable Trust	1,500	-	1,500
J N Derbyshire	1,500	-	1,500
The Souter Trust	1,280	-	1,280
The Lady Hind Trust	1,000	-	1,000
Arnold Clark	1,000	-	1,000
Helen Jean Cope Charity	750	-	750
Jesse Spencer Trust	750	-	750
HMRC JRS Grant	592	-	592
Sundry donations	9,694	-	9,694
	36,010	19,300	55,310

6 Taxation

The charity is a registered charity and is therefore exempt from taxation.

7 Charity status

The charity is a company limited by guarantee and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £1 towards the assets of the charity in the event of liquidation.

8 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

9 Expenditure on charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2022 £	Total 2021 £
Advertising	1,848	-	1,848	-
Cleaning	1,308	-	1,308	928
Counsellor fees	219,613	12,318	231,931	156,063
DBS Checks	1,962	-	1,962	-
Dilapidation costs	-	-	-	2,000
Equipment & IT	1,423	450	1,873	2,270
Furniture & fittings	110	-	110	2,383
Depreciation	207	865	1,072	-
Insurance	2,496	-	2,496	2,476
Legal & professional	2,106	-	2,106	2,727
Membership	463	-	463	350
Refreshments & hospitality	62	-	62	-
Maintenance	6,377	-	6,377	148
Rent & services	25,249	-	25,249	20,611
Staff expenses	950	1,097	2,047	232
Stationery & photocopying	915	242	1,157	2,206
Supervision	2,240	2,472	4,712	3,713
Telephone, internet & postage	2,485	121	2,606	2,268
Training	480	160	640	1,313
Utilities	3,806	-	3,806	3,739
Volunteer expenses	2,460	1,403	3,863	1,128
Wages, NI & pension - service delivery	82,548	-	82,548	57,433
Wages, NI & pension - operational management	63,445	-	63,445	66,055
	422,553	19,128	441,681	328,043

10 Fees payable to independent examiner

During the period, the fees payable (excluding VAT) to the charity's independent examiner Community Accounting Plus are analysed as follows:

	2022 £	2021 £
Independent examination	930	900
Other financial services	855	670
	1,785	1,570

11 Staff costs

The aggregate payroll costs were as follows:

	2022 £	2021 £
Staff costs during the year were:		
Wages and salaries	138,023	116,040
Social security costs	6,038	5,617
Pension costs	1,932	1,831
	145,993	123,488

The monthly average number of persons (including senior management team) employed by the charity during the year was as follows:

	2022 No	2021 No
Average number of employees	8	5

5 (2021 - 4) of the above employees participated in the Defined Contribution Pension Schemes.

Contributions to the employee pension schemes for the year totalled £1,932 (2021 - £1,831).

No employee received emoluments of more than £60,000 during the year.

The total employee benefits of the key management personnel of the charity were £34,333 (2021 - £34,891).

12 Tangible fixed assets

	IT equipment £	Total £
Cost		
Additions	3,215	3,215
At 31 March 2022	3,215	3,215
Depreciation		
Charge for the year	1,072	1,072
At 31 March 2022	1,072	1,072
Net book value		
At 31 March 2022	2,143	2,143

13 Debtors

	2022 £	2021 £
Prepayments	1,791	1,588
Other debtors	-	4,000
	1,791	5,588

14 Cash and cash equivalents

	2022 £	2021 £
Cash at bank	209,050	168,735

15 Creditors: amounts falling due within one year

	2022 £	2021 £
Other taxation and social security	716	-
Other creditors	1,181	1,152
	1,897	1,152

16 Commitments

Capital commitments

At 31 March 2019 the charity had non-cancellable commitments under a five year operating lease for the premises expiring 21 November 2023.

The total amount contracted for but not provided in the financial statements was £37,500 (2021 - £61,500).

17 Related party transactions

There were no related party transactions in the year.

18 Funds

	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2022 £
Unrestricted funds					
General					
General fund	171,612	460,297	(422,553)	1,731	211,087
Restricted funds					
Self-harm project (Global Make Some Noise)	(1,719)	16,400	(12,950)	(1,731)	-
Sessional Counsellors (Nottinghamshire CM)	-	2,900	(2,900)	-	-
Sessional Counsellors (Evan Cornish)	3,278	-	(3,278)	-	-
Total restricted funds	1,559	19,300	(19,128)	(1,731)	-
Total funds	173,171	479,597	(441,681)	-	211,087

The specific purposes for which the funds are to be applied are as follows:

The Global Make Some Noise funding was used for sessional workers to counsel young people with Suicidal ideation and self-harming issues;
Nottinghamshire CM funding from Wheatcroft was for counsellors' costs and supervision;
The Evan Cornish Foundation was also used to help with the costs of sessional workers to counsel young people.

In previous years there were also the following funds:
The Awards for All funding was used to help with our running costs and was put towards rent, telephone and utilities costs;
The funding from Nottinghamshire County Council was also for running costs.

The transfer from the Self-harm project (Global Make Some Noise funding) to the General fund represents the net book value of fixed assets, the use of which is not subject to any restriction.

	Balance at 1 April 2020 £	Incoming resources £	Resources expended £	Balance at 31 March 2021 £
Unrestricted funds				
General				
General fund	124,956	313,600	(266,944)	171,612
Restricted				
Running costs (Nottinghamshire County Council)	-	5,000	(5,000)	-
Self-harm project (Global Make Some Noise)	-	32,900	(34,619)	(1,719)
Sessional Counsellors (Nottinghamshire CM)	-	9,400	(9,400)	-
Sessional Counsellors (Evan Cornish)	-	5,358	(2,080)	3,278
Running costs (Awards for All)	-	10,000	(10,000)	-
Total restricted funds	-	62,658	(61,099)	1,559
Total funds	124,956	376,258	(328,043)	173,171

19 Analysis of net assets between funds

	Unrestricted General £	2022 Total funds £
Tangible fixed assets	2,143	2,143
Current assets	210,841	210,841
Current liabilities	(1,897)	(1,897)
Total net assets	211,087	211,087

	Unrestricted General £	Restricted £	2021 Total funds £
Current assets	172,764	1,559	174,323
Current liabilities	(1,152)	-	(1,152)
Total net assets	171,612	1,559	173,171

COUNSELLING AND SUPPORT FOR YOUNG PEOPLE

England & Wales - Charity number 1092938

Accounts

Company registration number: 04310724

Charity registration number: 1092938

C.A.S.Y.

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 March 2021

Community Accounting Plus
Units 1 & 2 North West
41 Talbot Street
Nottingham
NG1 5GL

C.A.S.Y.

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C.A.S.Y.

Reference and Administrative Details

Trustees	Jill Oakham, Chair Rebecca Johnson, Secretary Clive Goode James Smith Ian Lund
Senior Management Team	Mick Mason, Chief Executive
Principal Office	23 Millgate Newark Nottinghamshire NG24 4TR
Company Registration Number	04310724
Charity Registration Number	1092938
Independent Examiner	John O'Brien, employee of Community Accounting Plus Units 1 & 2 North West 41 Talbot Street Nottingham NG1 5GL

C.A.S.Y.

Trustees' Report

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 31 March 2021.

Trustees

Jill Oakham, Chair

Rebecca Johnson, Secretary

Gill Goode, Treasurer (resigned 2 November 2020)

Clive Goode

James Smith

Ian Lund

Structure, governance and management

Nature of governing document

The charity is a company limited by guarantee and registered charity. It is operated under the rules of its memorandum and articles of association dated 25 October 2001 and most recently amended 9 December 2003. It has no share capital and the liability of each member in the event of winding-up is limited to £1.

Recruitment and appointment of trustees

New trustees are appointed through an application to the Chair and then approval by all trustees at a trustee meeting. New trustees are generally found through recommendation or advertising on local volunteering websites.

Objectives and activities

Objects and aims

The promotion and preservation of good emotional and mental health among young people, irrespective of their sex, race, political or religious beliefs primarily through the provision of a confidential counselling service within the East Midlands (hereinafter referred to as the Area of Benefit) to young people but also to those who work with, or support them, including family members.

To improve awareness and understanding of emotional and mental health within the area of benefit, primarily through, but not limited to, the delivery of workshops and talks aimed at supporting young people and all those who work with, or support, them.

Our Mission: CASY exists to reduce and relieve the suffering and distress, and to improve the emotional wellbeing, of young people and their families throughout the East Midlands.
Our Vision: is that all children and young people in Nottinghamshire and Lincolnshire have the best possible chance of a mentally and emotionally healthy future.
Our Aims: are to deliver emotional and mental health services and support to children & young people, their families and all who support and care for them.

C.A.S.Y.

Trustees' Report

Objectives, strategies and activities

Our counselling service consists of:
• Your Space in the community – a counselling service for young people, aged 6 to 25, delivered from our offices in Newark, Worksop, Mansfield and Lincolnshire;
• Your Space in Schools – we provide a counselling service within schools throughout Lincolnshire and Nottinghamshire, this enables pupils to work on a one to one basis with our counsellors in a safe space within the educational setting. We also offer support for pastoral teams, SENCO leads and teachers, this enables the educational team to be in a better place to support the young people within the school.

We are a placement provider to trainee counsellors who are currently participating in a level 4 and above course in a range of counselling approaches. Over the last 12 months we have taken a number of new trainees along with a number of qualified counsellors who have started on school's contacts, our bespoke services and offering volunteer hours within our community venues. For all of our counsellors we offer monthly (CPD) sessions on a range of topic which include, Self-Harm, Low self-esteem, Anger, Anxiety etc.

Public benefit

Good mental and emotional health is essential for young people to grow and mature into adulthood. The effects of poor emotional health in young people when carried through to adulthood are severely damaging and can lead to poor relationships, erratic employment, chaotic lifestyles and possible imprisonment. It is estimated that the cost of public support for adults with mental and emotional health difficulties is ten times higher than those with stable emotional health. The services that CASY delivers are essential for providing young people with the best possible chance for a stable and healthy future.

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Achievements and performance

Overview
2020 was a year that tested CASY's ability to adapt, thrive and survive during what has been the most disruptive and unprecedented time in the history of the organisation. This year continues to be difficult and to present existing and new challenges for the team. During the three national lockdowns and the areas time in Tier 3 we have had the office closed and staff working from home for a total of 7 months out of the year. Despite this, and due to the amazing commitment and skill of our team, we were able to develop, implement and deliver new online (face to face) and telephone counselling within the first four weeks of the March 2020 lockdown. One of the main challenges that we have faced is how to maintain our contractual hours within schools.

This was the first time any of us had ever delivered online services and even though it was a huge challenge the team managed to deliver sessions both in schools and to clients via Doxyme. As a result of this we had to develop a whole new way of working, policies and procedure had to be written to comply with GDPR. Specific online training had to be delivered to our existing counsellors to ensure that our new ways of working were firmly embedded within their practice.

Trust and Foundations Income
The funding forecast for 2020-21 was £45,000, We have been able to increase this by 41% to £63,658. This has been achieved by accessing all the Covid-19 funding that we have been eligible for combined with a fundraising strategy that focused on funding streams that would secure us larger amounts per bid and submitting fewer applications.

Currently there is a lot of uncertainty as to where funders will focus their criteria for 2021-22, many seem to be waiting to see what happens with the pandemic and if there will be a third wave in the UK. However, as we submitted fewer applications in 2020, we currently have a larger pool of trusts and foundations that we can apply to for this year and into 2022.

Schools
Our expected income for our school contracts was forecast at £250,000, the end of year total was £280,330, over this period we have managed to secure 7 new contracts which is an increase of 1,102 hours per year.
Due to COVID lockdowns at one point we were 2,620 hours in arrears with our contracted hours. Currently we are 390 hours in arrears, and this continues to steadily reduce. It has taken the team and counsellors a lot of hard work and planning to be able to reduce the hours owed in such a short space of time and we are confident that we will be able to clear the outstanding amount quickly.

Client Statistics
Over the last 12 months we have seen a significant increase in young people presenting with issues around self-harm 33% (2019-20 21%), suicidal ideation 34% (2019-20 26%) and anxiety 57%.
We have seen a total of 1,445 clients, 412 in the community and 1,033 in Schools. This is a 21% decrease from the 2019-20 and is due to COVID restriction and multiple lockdowns.

Thank you
We would like to say a big thank you to all the support we have received this year through the grants we have received these include:

Global Make Some Noise
Awards for All
Nottinghamshire Community Fund (NET funding)
Evans Cornish Foundation
Nottinghamshire County Council
The Lady Hind Trust
and all our individual supporters.

Financial review
Despite this being a difficult year we have come through it in a positive position and have made a surplus for the year of £48,215.

Policy on reserves

Reserves policy is three months operating costs plus six months committed counsellor costs in schools. This is currently £80,000.

Principal risks and uncertainties

Financial Risks
CASY faces no immediate financial risks as we continue to improve and move forward. Fundraising is ongoing and includes; trusts and foundations, corporate giving and individual support.

Trustees' Report

Statement of Trustees' Responsibilities

The trustees (who are also the directors of C.A.S.Y. for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- 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 business.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and 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.

Small companies provision statement

This report has been prepared in accordance with the small companies regime under the Companies Act 2006.

The annual report was approved by the trustees of the charity on 18 November 2021 and signed on its behalf by:

JM Oakham

Jill Oakham
Trustee

C.A.S.Y.

Independent Examiner's Report to the trustees of C.A.S.Y.

Independent examiner's report to the trustees of C.A.S.Y. ('the Company')
I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2021.

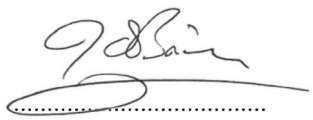
Responsibilities and basis of report
As the charity's trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your 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
Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member and Fellow of the Association of Charity Independent Examiners, which is one of the listed bodies.
I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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



.....
John O'Brien MSc, FCCA, FCIE, employee of Community Accounting Plus
Fellow of the Association of Charity Independent Examiners

Units 1 & 2 North West
41 Talbot Street
Nottingham
NG1 5GL

19 November 2021

C.A.S.Y.

Statement of Financial Activities for the Year Ended 31 March 2021 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Restricted funds £	Total 2021 £	Total 2020 £
Income and Endowments from:					
Donations and legacies	2	7,373	-	7,373	9,500
Charitable activities	3	305,153	62,658	367,811	371,027
Other income	4	1,074	-	1,074	15,434
Total Income		313,600	62,658	376,258	395,961
Expenditure on:					
Charitable activities	9	(266,944)	(61,099)	(328,043)	(361,856)
Total Expenditure		(266,944)	(61,099)	(328,043)	(361,856)
Net income		46,656	1,559	48,215	34,105
Net movement in funds		46,656	1,559	48,215	34,105
Reconciliation of funds					
Total funds brought forward		124,956	-	124,956	90,851
Total funds carried forward	17	171,612	1,559	173,171	124,956

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for the period is shown in note 17.

C.A.S.Y.

Statement of Financial Activities for the Year Ended 31 March 2021 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

These are the figures for the previous accounting period and are included for comparative purposes

	Note	Unrestricted funds £	Restricted funds £	Total 2020 £
Income and Endowments from:				
Donations and legacies	2	9,500	-	9,500
Charitable activities	3	344,087	26,940	371,027
Other income	4	15,434	-	15,434
Total income		369,021	26,940	395,961
Expenditure on:				
Charitable activities	9	(326,702)	(35,154)	(361,856)
Total expenditure		(326,702)	(35,154)	(361,856)
Net income/(expenditure)		42,319	(8,214)	34,105
Transfers between funds		(444)	444	-
Net movement in funds		41,875	(7,770)	34,105
Reconciliation of funds				
Total funds brought forward		83,081	7,770	90,851
Total funds carried forward	17	124,956	-	124,956

C.A.S.Y.

(Registration number: 04310724)
Balance Sheet as at 31 March 2021

	Note	2021 £	2020 £
Current assets			
Debtors	11	5,588	1,597
Cash at bank and in hand	12	168,735	124,439
		174,323	126,036
Creditors: Amounts falling due within one year	13	(1,152)	(1,080)
Net assets		173,171	124,956
Funds of the charity:			
Restricted income funds			
Restricted funds	17	1,559	-
Unrestricted income funds			
Unrestricted funds		171,612	124,956
Total funds	17	173,171	124,956

For the financial year ending 31 March 2021 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements on pages 7 to 18 were approved by the trustees, and authorised for issue on 18 November 2021 and signed on their behalf by:

Rebecca Johnson
Trustee

1 Accounting policies

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

Statement of compliance
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) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). They also comply with the Companies Act 2006 and Charities Act 2011.

Basis of preparation
C.A.S.Y. meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern
The financial statements have been prepared on a going concern basis.

The trustees assess whether the use of going concern is appropriate i.e. whether there are any material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The trustees make this assessment in respect of a period of one year from the date of approval of the financial statements.

Exemption from preparing a cash flow statement
The charity opted to adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Income and endowments
Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Expenditure
All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Government grants
Government grants are recognised based on the accrual model and are measured at the fair value of the asset received or receivable. Grants are classified as relating either to revenue or to assets. Grants relating to revenue are recognised in income over the period in which the related costs are recognised. Grants relating to assets are recognised over the expected useful life of the asset. Where part of a grant relating to an asset is deferred, it is recognised as deferred income.

Taxation
The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Trade debtors
Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents
Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Fund structure
Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Restricted income funds are those grants for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Pensions and other post retirement obligations
The charity operates a defined contribution pension scheme for employees. The assets of the scheme are held separately from those of the charity. Pension costs charges in the Statement of Financial Activities represent the contributions payable by the charity during the year.

2 Income from donations and legacies

	Unrestricted funds General £	Total 2021 £	Total 2020 £
Donations and legacies;			
Donations from companies, trusts and similar proceeds	1,000	1,000	9,500
Donations from individuals	5,189	5,189	-
Grants, including capital grants;			
Government grants	1,184	1,184	-
	7,373	7,373	9,500

3 Income from charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2021 £	Total 2020 £
DBS applications	395	-	395	659
Grants & donations	-	62,658	62,658	26,940
School fees	280,336	-	280,336	262,230
Training fees	290	-	290	1,498
Individual giving	-	-	-	28,908
Parents fees	24,132	-	24,132	50,792
	305,153	62,658	367,811	371,027

4 Other income

	Unrestricted funds General £	Total 2021 £	Total 2020 £
Rental income	1,074	1,074	15,434

5 Grants & donations

	Unrestricted funds £	Restricted funds £	Total £
Global Make Some Noise	-	32,900	32,900
Awards for All	-	10,000	10,000
Nottinghamshire Community Fund (NET)	-	9,400	9,400
Evans Cornish Foundation	-	5,358	5,358
Nottinghamshire County Council	-	5,000	5,000
HMRC JRS Grant	1,184	-	1,184
The Lady Hind Trust	1,000	-	1,000
Sundry donations	5,189	-	5,189
	7,373	62,658	70,031

6 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

7 Fees payable to independent examiner

During the period, the fees payable (excluding VAT) to the charity's independent examiner Community Accounting Plus are analysed as follows:

	2021 £	2020 £
Independent examination	900	900
Other financial services	670	615
	1,570	1,515

8 Taxation

The charity is a registered charity and is therefore exempt from taxation.

9 Expenditure on charitable activities

	Unrestricted funds			
	General	Restricted funds	Total 2021	Total 2020
	£	£	£	£
Advertising	-	-	-	218
Cleaning	346	582	928	1,204
Counsellor fees	135,231	20,832	156,063	175,620
DBS Checks	-	-	-	920
Dilapidation costs	2,000	-	2,000	-
Furniture & fittings	577	1,806	2,383	324
Equipment & IT	340	1,930	2,270	2,254
Insurance	1,641	835	2,476	1,517
Legal & professional	2,727	-	2,727	1,976
Membership	350	-	350	310
Refreshments & hospitality	-	-	-	434
Rent & services	11,986	8,625	20,611	26,108
Maintenance	148	-	148	901
Staff expenses	-	232	232	1,685
Stationery & photocopying	-	2,206	2,206	2,228
Supervision	-	3,713	3,713	7,755
Telephone, internet & postage	196	2,072	2,268	2,589
Training	38	1,275	1,313	3,377
Utilities	921	2,818	3,739	3,874
Volunteer expenses	-	1,128	1,128	5,335
Wages, NI & pension - service delivery	51,366	6,067	57,433	58,335
Wages, NI & pension - operational management	59,077	6,978	66,055	64,892
	266,944	61,099	328,043	361,856

10 Staff costs

The aggregate payroll costs were as follows:

	2021 £	2020 £
Staff costs during the year were:		
Wages and salaries	116,040	114,768
Social security costs	5,617	6,639
Pension costs	1,831	1,820
	123,488	123,227

The monthly average number of persons (including senior management team) employed by the charity during the year was as follows:

	2021 No	2020 No
Average number of employees	5	5

4 (2020 - 4) of the above employees participated in the Defined Contribution Pension Schemes.

Contributions to the employee pension schemes for the year totalled £1,831 (2020 - £1,820).

No employee received emoluments of more than £60,000 during the year.

The total employee benefits of the key management personnel of the charity were £34,891 (2020 - £34,393).

11 Debtors

	2021 £	2020 £
Prepayments	1,588	1,597
Other debtors	4,000	-
	5,588	1,597

12 Cash and cash equivalents

	2021 £	2020 £
Cash at bank	168,735	124,439

13 Creditors: amounts falling due within one year

	2021 £	2020 £
Other creditors	1,152	1,080

14 Charity status

The charity is a company limited by guarantee and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £1 towards the assets of the charity in the event of liquidation.

15 Commitments

Capital commitments

At 31 March 2019 the charity had non-cancellable commitments under a five year operating lease for the premises expiring 21 November 2023.
The total amount contracted for but not provided in the financial statements was £61,500 (2020 - £84,500).

16 Related party transactions

There were no related party transactions in the year.

17 Funds

	Balance at 1 April 2020 £	Incoming resources £	Resources expended £	Balance at 31 March 2021 £
Unrestricted funds				
General				
General fund	124,956	313,600	(266,944)	171,612
Restricted funds				
Running costs (Nottinghamshire County Council)	-	5,000	(5,000)	-
Self-harm project (Global Make Some Noise)	-	32,900	(34,619)	(1,719)
Sessional Counsellors (NET funding)	-	9,400	(9,400)	-
Sessional Counsellors (Evan Cornish)	-	5,358	(2,080)	3,278
Running costs (Awards for All)	-	10,000	(10,000)	-
Total restricted funds	-	62,658	(61,099)	1,559
Total funds	124,956	376,258	(328,043)	173,171

Notes to the Financial Statements for the Year Ended 31 March 2021

	Balance at 1 April 2019 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2020 £
Unrestricted funds					
General					
General fund	83,081	369,021	(326,702)	(444)	124,956
Restricted funds					
Running costs (National Lottery Community Fund)	-	10,000	(10,000)	-	-
Running costs (Masonic CT)	-	5,000	(5,000)	-	-
Counselling in the community (Boots)	-	9,400	(9,552)	152	-
Self-harm project (Comic Relief)	-	2,540	(2,832)	292	-
Listening project (Blagrave Trust)	7,770	-	(7,770)	-	-
Total restricted funds	7,770	26,940	(35,154)	444	-
Total funds	90,851	395,961	(361,856)	-	124,956

The specific purposes for which the funds are to be applied are as follows:

The Global Make Some Noise funding was used for sessional workers to counsel young people with Suicidal ideation and self-harming issues. This fund finished with an over spend which will be covered by further funding in the next financial year;
Nottinghamshire Community Fund (NET funding) was for counsellors' costs and supervision;
The Evan Cornish Foundation was also used to help with the costs of sessional workers to counsel young people;
The Awards for All funding was used to help with our running costs and was put towards rent, telephone and utilities costs;
The funding from Nottinghamshire County Council was also for running costs.

In previous years there were also the following funds:
The Blagrave Trust funding was towards the "Listening project", To facilitate feedback and listening to our clients' needs, this will enable CASY to look at any gaps within the service and if there is any need to make changes within the services we already offer;
Boots Charitable Trust funding was for the "Counselling in the community project" and was put towards Counsellors' costs and training;
Comic Relief: "Fund our work supporting young people and raising awareness of self-harm";
The National Lottery Community Fund: To help with our running costs and was used to fund salaries;
The funding from the Masonic Charitable Foundation was also for running costs and was put towards rent costs.

Last year the transfer from the General fund to the Self-harm Comic Relief fund and the Counselling in the Community Boots fund was to cover the deficit on these activities.

18 Analysis of net assets between funds

	Unrestricted funds General £	Restricted funds £	2021 Total funds £
Current assets	172,764	1,559	174,323
Current liabilities	(1,152)	-	(1,152)
Total net assets	171,612	1,559	173,171

	Unrestricted funds General £	2020 Total funds £
Current assets	126,036	126,036
Current liabilities	(1,080)	(1,080)
Total net assets	124,956	124,956