THE SOURCE YOUNG PEOPLE'S CHARITY

England & Wales · Charity number 1112691

Details

Other names	THE SOURCE
Status	Registered
Legal form	Charitable company
Company number	05639458
Registered	2006-01-11
Register	View on the Charity Commission register

Contact

Address	Park Church Hall 258 Lower Farnham Road Aldershot GU11 3RB
Phone	01252333330
Email	info@thesourceforyou.co.uk
Website	www.thesourceforyou.co.uk

Activities

Objects: THE PROVISION OF FACILITIES FOR RECREATIONAL AND OTHER LEISURE-TIME OCCUPATION INCLUDING BUT NOT BY WAY OF LIMITATION THE PROVISION OF EDUCATION AND TRAINING IN LIFE SKILLS IN THE INTERESTS OF SOCIAL WELFARE FOR PERSONS WHO HAVE NEED BY REASON OF THEIR YOUTH, POVERTY OR SOCIAL AND ECONOMIC CIRCUMSTANCES AND WITH THE OBJECT OF IMPROVING THEIR CONDITIONS OF LIFE IN ALDERSHOT, HAMPSHIRE AND IN SUCH OTHER PARTS OF THE UNITED KINGDOM AS THE TRUSTEES MAY FROM TIME TO TIME THINK FIT

Activities: The Source Young People's Charity is an inclusive local Christian Charity. We support and empower Young People aged 14-25 years living in Aldershot and the surrounding areas through bespoke 1 - 1 programmes and group work.

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Classification

- **How:** Provides Services
- **What:** General Charitable Purposes, Education/training, The Prevention Or Relief Of Poverty, Other Charitable Purposes
- **Who:** Children/young People

Geography

- **Area of benefit:** ALDERSHOT, HAMPSHIRE
- Hampshire
- Surrey

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£164,870	£181,432	-	-
2024-03-31	£158,144	£150,186	-	-
2023-03-31	£120,233	£128,231	-	-
2022-03-31	£128,836	£123,714	-	-
2021-03-31	£168,248	£153,127	-	-

Trustees

Name	Role	Appointed
Dr Jocelyn Johnston	Chair	2013-09-01
Brian McDermid		2025-07-14
Dr Barry Douglas Bird		2016-10-13
Eleanor Joy North		2023-03-23
Lyndsey Ruth Wills		2025-05-13
Roger Keith Holder		2021-04-07
STEPHEN DELVES		2023-03-23
Teodor Emil Cojocaru		2025-07-14
Tim Heys		2013-12-01

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THE SOURCE YOUNG PEOPLE'S CHARITY

England & Wales - Charity number 1112691

Accounts

Company registration number: 05639458

Charity registration number: 1112691

The Source Young People's Charity

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 March 2025

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Reference and Administrative Details

Chairman	Mr Stephen Delves
Trustees :	Dr Barry Bird Mr Tim Heys Dr Jos Johnston BEM Mr Roger Holder Mrs Joy North Mrs Pamela Welch (Retired 23 September 2024) Mr Stephen Delves Mrs Lindsey Wills (appointed 11 February 2025)
Senior Management / Leadership Team	Mr Peter James Shears, Director
Charity Registration Number	1112691
Company Registration Number	05639458
Registered Office	2nd Floor Imperial House 2 Grosvenor Road Aldershot Hampshire GU11 1DP

The Source Young People's Charity
Trustees' Report

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

Objectives and activities

Objects and aims

In our Memorandum and Articles of Association our objectives are:
The provision of facilities for recreational and other leisure-time occupation, including but not by way of limitation the provision of education and training in life skills in the interests of social welfare for persons who have need by reason of their youth, poverty or social and economic circumstances and with the object of improving their condition of life in Aldershot, Hampshire and in such other parts of the United Kingdom as the Trustees from time to time think fit.

Our mission is to serve the local community as an expression of our Christian faith, by providing personalised 1 to 1 youth counselling, mentoring and creative group activities to young people aged 14 to 25 years struggling with their mental health and wellbeing. Through increased resilience, confidence and self-esteem, our aim is for them to live healthy, hopeful and fulfilled lives. We celebrate diversity and our doors are open to everyone regardless of belief or background, as demonstrated by the wide range of local agencies who recommend our services to young people and families.

Our vision is to see all local young people who are struggling with their mental health and wellbeing, living fulfilled, thriving and hopeful lives.

Our Values:

Welcoming - recognising everyone as unique and special, respecting their background and beliefs
Compassionate - acknowledging the needs of others and striving to help
Hopeful - seeing the potential in all, and enabling them to realise it
Coliaborative - working together, willing to learn with humility, recognising our strengths and weaknesses
Prayerful - bringing everything before God, for help and strength

Our Focus:

We support local young people who are struggling with their wellbeing or mental health and in these past 12 months, developed a range of other programmes, alongside counselling, to offer choice of support groups for young people to access. Enabling us to measure our impact has been a strong focus towards the end of this year, with our staff using PHQ-9 and GAD-7 measurement tools to evaluate depression and anxiety symptoms respectively. We have also continued to provide impact measurements around self-esteem using Rosenberg questionnaires. Initial indications from these methods are showing between 70%-80% improvement in mental health for our participants undertaking a programme of counselling. For those involved in wellbeing workshops and practical activities, 80% reported an increase in confidence, new skills and social development.

Public benefit

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.

The Source Young People's Charity
Trustees' Report

Review of charitable activities undertaken

Highlights for 2024-25

1. 270 counselling sessions for 40 local young people, providing a non-judgemental space to share their feelings and thoughts, and to develop skills to manage their thoughts, emotions, and behaviour.

2. 60 neurodivergent / socially anxious young people, participating in new sport and physical activity programmes.

3. BikeStart continuing to be a valuable resource for local eco-sustainability, bike maintenance training for young people, and volunteering opportunities.

4, Refurbished bikes continue to be provided to support looked-after young people, families / individuals with financial struggles, and refugees, providing cost efficient transport for daily living and exercise.

5. Wellbeing workshops offering new creative activities for 35 local young people needing a wellbeing boost, in a relaxing, welcoming environment.

Activate Programme Case Study

Taking part in physical and group activities can be really hard for some young people, particularly those who are neurodivergent. Throughout 2024 / 25, The Source Activate Team have been supporting 60 young people to get involved in physical activities. All these young people have had wellbeing challenges and struggle with social and / or communication difficulties. Many are neurodivergent. The barriers these young people face on a daily basis, and when they signed up to our activity programmes included:

sensory challenges (too big a group and too much noise)

feeling anxious about many things (meeting new people, going to new venues, not understanding the rules)

general lack of confidence in themselves to participate

previous negative experiences of sport or team games

One young person who managed to attend a new activity, stated that they often feel "too scared to reveal when they're struggling". This lowers their confidence, reduces their self-esteem, and can lead to them giving up.

To break these barriers our Activate Team now have an adapted way of working, ensuring those who currently struggle to participate in mainstream activities, have a place for them:

Create a welcoming and friendly atmosphere in all sessions

Group sizes kept small (between 4 and 6 participants initially).

Ensure all coaches / support staff have training / understand the challenges for neurodivergent young people.

Staff will create time to individually confirm instructions and ask participants how they are getting on.

Use of positive and encouraging language at all times.

The positive impact of these simple adjustments is highlighted in the feedback we've received from participants, parents, and our partnership funders alike.

"I liked meeting some new people, and even though I didn't know anyone at first, everyone was nice. I liked that the sport wasn't competitive, and I really like the coach because he's patient and explains things simply". (Participant)

"Owing to the fact that she doesn't like going into new groups, this has been a significant step. Please thank your calm, patient staff who gave her confidence to learn and join in." (Parent)

"The impact your sessions have had on young people, and the care taken to ensure that the offer is just right for them, really shines through". (Energise Me - Grant Funding Manager)

A HUGE THANK YOU TO ALL OUR INCREDIBLE SUPPORTERS

Your generosity means so much to us and the young people we support and empower. Thank you to everyone who has supported our work by making an individual donation (monthly donors and one-off) or giving your time. Your partnership with us is so important and valued, and we really appreciate your support.

Organisational Donors for 2024-2025

Thank you to the local churches, businesses and societies who have donated funds and in-kind support in 2024/2025.

These include:

Broadhurst Ltd, Benefact Trust, The Albert Hunt Trust, Garfield Weston Foundation, Mytchett Ministries, Rotary Club of Rushmoor, TK MAXX, Hamphire County Council (Energise Me), St Paul's Church Tongham, St Peter's Church Farnborough, Holy Trinity Church Aldershot, St Michael's Church Aldershot, Blackwater Valley Runners, Foresters Friendly Society and Oaklands Agency Ltd.

Thank you also to everyone who supported BikeStart through donating an old bike, purchasing a bike, booking bike maintenance training, or getting your bike repaired/serviced. The funds raised by this amazing social enterprise provide further valuable contributions to the lives of vulnerable young people.

Structure, governance and management

Nature of governing document

The governing document of The Source Young People's Charity is the Memorandum and Articles of Association dated 29th November 2005 which was amended in January 2011.

Recruitment and appointment of trustees

The Source Young People's Charity is an independent charity and is not affiliated to any other organisation.

The members of The Source Young People's Charity are the Trustees and the legal minimum number of Trustees is three. The Board of Trustees may by ordinary resolution appoint a person who is willing to act to be a trustee. New Trustees are recruited through local publicity (e.g. through the website, volunteering sites and newsletters.) Applicants undergo a comprehensive recruitment procedure which focuses on the skills, knowledge and experience of the applicant and the needs of the Charity. The induction of new Trustees may include shadowing with staff and volunteers, site visits, mentoring from a Trustee and formal in-house training as part of their ongoing development.

Board meetings are held at least quarterly (although usually more frequently.) At board meetings governance, strategic plans, operational plans, policies, risk assessments, budgets etc are reviewed and decisions made.

The Source Young People's Charity
Trustees' Report

Organisational structure

Management

During the year 2024/25 the Director was Mr Peter Shears, who is responsible for implementing the decisions made at Board meetings, reporting back to the Board and ensuring The Source's work is fully resourced and carried out to the highest standards. The Director receives regular supervision from the Chair.

Statement of trustees' responsibilities

The trustees (who are also the directors of The Source Young People's Charity 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".

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.

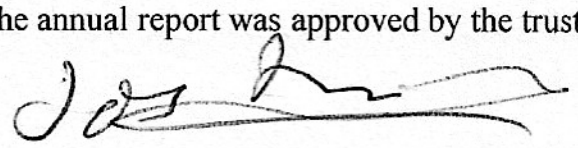
The trustees are responsible for keeping proper accounting records that can disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding 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.

Disclosure of information to auditor

Each trustee has taken steps that they ought to have taken as a trustee in order to make themselves aware of any relevant audit information and to establish that the charity's auditor is aware of that information. The trustees confirm that there is no relevant information that they know of and of which they know the auditor is unaware.

The annual report was approved by the trustees of the charity on 6 December 2025 and signed on its behalf by:



.....

Dr Jos Johnston BEM
Trustee

Independent Examiner's Report to the trustees of The Source Young People's Charity ('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

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:

1. accounting records were not kept in respect of The Source Young People's Charity 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.

T Jenkins-Avery

Trudie Jenkins-Avery
MTD Accountancy Ltd

6 December 2025

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 funds £	Restricted funds £	Total 2025 £
Income and Endowments from:				
Donations and legacies	3	69,638	51,098	120,736
Charitable activities	4	42,106	-	42,106
Other trading activities	5	288	-	288
Investment income	6	1,740	-	1,740
Total income		113,772	51,098	164,870
Expenditure on:				
Charitable activities	8	(127,654)	(53,778)	(181,432)
Total expenditure		(127,654)	(53,778)	(181,432)
Net expenditure		(13,882)	(2,680)	(16,562)
Transfers between funds		(2,680)	2,680	-
Net movement in funds		(16,562)	-	(16,562)
Reconciliation of funds				
Total funds brought forward		58,103	-	58,103
Total funds carried forward	15	41,541	-	41,541

	Note	Unrestricted funds £	Restricted funds £	Total 2024 £
Income and Endowments from:				
Donations and legacies	3	81,256	33,072	114,328
Charitable activities	4	42,406	-	42,406
Other trading activities	5	88	-	88
Investment income	6	1,322	-	1,322
Total income		125,072	33,072	158,144
Expenditure on:				
Charitable activities	8	(116,731)	(33,455)	(150,186)
Total expenditure		(116,731)	(33,455)	(150,186)
Net income/(expenditure)		8,341	(383)	7,958
Transfers between funds		(383)	383	-
Net movement in funds		7,958	-	7,958
Reconciliation of funds				
Total funds brought forward		50,145	-	50,145
Total funds carried forward	15	58,103	-	58,103

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

The notes on pages 9 to 16 form an integral part of these financial statements.

(Registration number: 05639458)
Balance Sheet as at 31 March 2025

	Note	2025 £	2024 £
Fixed assets			
Tangible assets	11	523	765
Current assets			
Debtors	12	2,957	21,909
Cash at bank and in hand	13	75,097	63,917
		78,054	85,826
Creditors: Amounts falling due within one year	14	(37,036)	(28,488)
Net current assets		41,018	57,338
Net assets		41,541	58,103
Funds of the charity:			
Unrestricted income funds			
Unrestricted funds		41,541	58,103
Total funds	15	41,541	58,103

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.

The financial statements on pages 7 to 16 were approved by the trustees, and authorised for issue on 6 December 2025 and signed on their behalf by:

.....
Dr Jos Johnston BEM
Trustee

The notes on pages 9 to 16 form an integral part of these financial statements.

Notes to the Financial Statements for the Year Ended 31 March 2025

1 Charity status

The charity is limited by guarantee, incorporated in , 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.

The address of its registered office is:
2nd Floor Imperial House
2 Grosvenor Road
Aldershot
Hampshire
GU11 1DP

2 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
The Source Young People's Charity 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 trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

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

Income and endowments
All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

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.

Investment income

Bank interest received is included at the date of receipt.

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.

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

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.

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 £50.00 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
Plant & Machinery	25% straight line on additions

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

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.

Trade creditors
Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

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 donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

3 Income from donations and legacies

	Unrestricted funds General £	Restricted funds £	Total funds £
Donations and legacies;			
Donations	31,906	-	31,906
Gift aid reclaimed	2,122	-	2,122
Grants, including capital grants;			
Grants from other charities	35,610	51,098	86,708
Total for 2025	69,638	51,098	120,736
Total for 2024	81,256	33,072	114,328

4 Income from charitable activities

	Unrestricted funds General £	Total funds £
Bike Start income	42,106	42,106
Total for 2025	42,106	42,106
Total for 2024	42,406	42,406

5 Income from other trading activities

	Unrestricted funds General £	Total funds £
Events income;		
Other events income	288	288
Total for 2025	288	288
Total for 2024	88	88

6 Investment income

	Unrestricted funds General £	Total funds £
Interest receivable and similar income;		
Interest receivable on bank deposits	1,740	1,740
Total for 2025	1,740	1,740
Total for 2024	1,322	1,322

7 Expenditure on raising funds

) Costs of trading activities

	Note	Total funds £
Total for 2025		-

8 Expenditure on charitable activities

	Note	Unrestricted funds General £	Restricted funds £	Total funds £
Staff costs		66,986	51,273	118,259
Allocated support costs		56,931	2,505	59,436
Governance costs		3,737	-	3,737
Total for 2025		127,654	53,778	181,432
Total for 2024		116,731	33,455	150,186

Analysis of governance and support costs

Governance costs

	Unrestricted funds General £	Total funds £
Other governance costs	1,033	1,033
Allocated support costs	2,704	2,704
Total for 2025	3,737	3,737
Total for 2024	5,167	5,167

9 Staff costs

The aggregate payroll costs were as follows:

	2025 £	2024 £
Staff costs during the year were:		
Wages and salaries	109,627	81,399
Social security costs	3,295	1,178
Pension costs	2,113	1,685
Other staff costs	3,224	1,395
	118,259	85,657

The monthly average number of persons (including senior management / leadership team) employed by the charity during the year expressed as full time equivalents was as follows:

	2025 No	2024 No
Average number of employees	8	5

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

10 Taxation

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

11 Tangible fixed assets

	Furniture and equipment £	Total £
Cost		
At 1 April 2024	28,936	28,936
Additions	359	359
At 31 March 2025	29,295	29,295
Depreciation		
At 1 April 2024	28,171	28,171
Charge for the year	601	601
At 31 March 2025	28,772	28,772
Net book value		
At 31 March 2025	523	523
At 31 March 2024	765	765

12 Debtors

	2025 £	2024 £
Trade debtors	2,957	21,909

13 Cash and cash equivalents

	2025 £	2024 £
Cash at bank	75,097	63,917

14 Creditors: amounts falling due within one year

	2025 £	2024 £
Other taxation and social security	3,656	-
Other creditors	2,266	2,776
Accruals	2,682	2,280
Deferred income	28,432	23,432
	37,036	28,488

15 Funds

	Balance at 1 April 2024 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2025 £
Unrestricted funds					
General	58,103	113,772	(127,654)	(2,680)	41,541
Restricted funds	-	51,098	(53,778)	2,680	-
Total funds	58,103	164,870	(181,432)	-	41,541

	Balance at 1 April 2023 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2024 £
Unrestricted funds					
General	50,145	125,072	(116,731)	(383)	58,103
Restricted funds	-	33,072	(33,455)	383	-
Total funds	50,145	158,144	(150,186)	-	58,103

16 Analysis of net assets between funds

	Unrestricted funds General £	Total funds at 31 March 2025 £
Tangible fixed assets	523	523
Current assets	78,054	78,054
Current liabilities	(37,036)	(37,036)
Total net assets	41,541	41,541

	Unrestricted funds General £	Total funds at 31 March 2024 £
Tangible fixed assets	765	765
Current assets	85,826	85,826
Current liabilities	(28,488)	(28,488)
Total net assets	58,103	58,103

17 Related party transactions

Statement of Financial Activities by fund for the Year Ended 31 March 2025

Unrestricted Funds

	Total Unrestricted Funds 2025 £	Total Unrestricted Funds 2024 £
Income and Endowments from:		
Donations and legacies	69,638	81,256
Charitable activities	42,106	42,406
Other trading activities	288	88
Investment income	1,740	1,322
Total income	113,772	125,072
Expenditure on:		
Charitable activities	(127,654)	(116,731)
Total expenditure	(127,654)	(116,731)
Net (expenditure)/income	(13,882)	8,341
Transfers between funds	(2,680)	(383)
Net movement in funds	(16,562)	7,958
Reconciliation of funds		
Total funds brought forward	58,103	50,145
Total funds carried forward	41,541	58,103

Statement of Financial Activities by fund for the Year Ended 31 March 2025

Restricted Funds

	Total Restricted Funds 2025 £	Total Restricted Funds 2024 £
Income and Endowments from:		
Donations and legacies	51,098	33,072
Total income	51,098	33,072
Expenditure on:		
Charitable activities	(53,778)	(33,455)
Total expenditure	(53,778)	(33,455)
Net expenditure	(2,680)	(383)
Transfers between funds	2,680	383
Reconciliation of funds		
Total funds carried forward	-	-

Detailed Statement of Financial Activities for the Year Ended 31 March 2025

	Total 2025 £	Total 2024 £
Income and Endowments from:		
Donations and legacies (analysed below)	120,736	114,328
Charitable activities (analysed below)	42,106	42,406
Other trading activities (analysed below)	288	88
Investment income (analysed below)	1,740	1,322
Total income	164,870	158,144
Expenditure on:		
Charitable activities (analysed below)	(181,432)	(150,186)
Total expenditure	(181,432)	(150,186)
Net (expenditure)/income	(16,562)	7,958
Net movement in funds	(16,562)	7,958
Reconciliation of funds		
Total funds brought forward	58,103	50,145
Total funds carried forward	41,541	58,103

Detailed Statement of Financial Activities for the Year Ended 31 March 2025

	Total 2025 £	Total 2024 £
Donations and legacies		
Appeals and donations	31,906	19,023
Gift Aid tax reclaimed	2,122	2,033
Grants - other agencies	51,098	33,072
Grants - other agencies	35,610	60,200
	120,736	114,328
Charitable activities		
Bike Start sales	42,106	42,406
	42,106	42,406
Other trading activities		
Fund raising events	288	88
	288	88
Investment income		
Interest on cash deposits	1,740	1,322
	1,740	1,322
Charitable activities		
Bike start mechanic	(11,378)	(12,701)
Wages and salaries	(46,506)	(29,070)
Wages and salaries	(63,121)	(52,329)
Staff NIC (Employers)	(1,026)	-
Staff NIC (Employers)	(2,269)	(1,178)
Staff pensions (Other) - pension scheme 1	(706)	(602)
Staff pensions (Other) - pension scheme 1	(1,407)	(1,083)
Staff welfare	(3,035)	(1,270)
Staff welfare	(995)	(306)
Volunteer expenses	(189)	(125)
Depreciation of plant and machinery	(601)	(511)
Staff training	(572)	(606)
Staff training	(3,401)	(1,621)
Travelling	(5,240)	(2,749)
Recruitment	(277)	(195)
Rent & Service charges	(12,937)	(16,898)
Utilities	(321)	(486)
Utilities	(2,896)	(4,371)
Repairs and maintenance	(75)	(1,489)
Project support costs	(3,016)	(2,042)
Computer software and maintenance costs	(1,560)	(1,374)
Computer software and maintenance costs	(14,434)	(12,370)
Printing, postage and stationery	(52)	(47)

Detailed Statement of Financial Activities for the Year Ended 31 March 2025

	Total 2025 £	Total 2024 £
Printing, postage and stationery	(264)	(426)
Licences & Subscriptions	(1,068)	(1,017)
Advertising	(349)	(18)
Legal and professional fees	-	(135)
Bank charges	(1,033)	(791)
Sundry expenses	-	(13)
Accountancy fees	(2,400)	(2,623)
Legal and professional fees	(304)	(1,740)
	(181,432)	(150,186)

THE SOURCE YOUNG PEOPLE'S CHARITY

England & Wales - Charity number 1112691

Accounts

Company registration number: 05639458

Charity registration number: 1112691

The Source Young People's Charity

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 March 2024

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Reference and Administrative Details

Chairman
Dr Jos Johnston BEM

Trustees

Dr Barry Bird

Mr Stephen Delves

Mr Tim Heys

Dr Jos Johnston BEM

Mr Roger Holder

Mrs Joy North

Mrs Pamela Welch

Senior Management / Leadership Team
Mr Peter James Shears,
Chief Executive Officer

Charity Registration Number
1112691

Company Registration Number
05639458

Registered Office
2nd Floor Imperial House
2 Grosvenor Road
Aldershot
Hampshire
GU11 1DP

The Source Young People's Charity
Trustees' Report

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

Objectives and activities

Objects and aims

In our Memorandum and Articles of Association our objectives are:
The provision of facilities for recreational and other leisure-time occupation, including but not by way of limitation the provision of education and training in life skills in the interests of social welfare for persons who have need by reason of their youth, poverty or social and economic circumstances and with the object of improving their condition of life in Aldershot, Hampshire and in such other parts of the United Kingdom as the Trustees from time to time think fit.

Our mission is to serve the local community as an expression of our Christian faith, by providing support for young people aged 11 to 25 years, who are struggling with their wellbeing and mental health. Through providing opportunities to increase their resilience, confidence and self-esteem, our aim is for them to live healthy, hopeful and fulfilled lives. We celebrate diversity and our doors are open to everyone regardless of belief or background, as demonstrated by the wide range of local agencies who recommend our services to young people and families.

Our vision is to see all local young people who are struggling with their mental health and wellbeing, living fulfilled, thriving and hopeful lives.

Our Values:

Welcoming - recognising everyone as unique and special, respecting their background and beliefs
Compassionate - acknowledging the needs of others and striving to help
Hopeful - seeing the potential in all, and enabling them to realise it
Collaborative - working together, willing to learn with humility, recognising our strengths and weaknesses
Prayerful - bringing everything before God, for help and strength

Our Focus:

We support local young people who are struggling with their wellbeing or mental health. Counselling is a strong focus for our work, but in 2022/23 we started to create and test new activities to offer further early help support, and this has continued in 2023/24. As described below, we have created several new activities to enable young people to improve their wellbeing before any health issues worsen. BikeStart has played an important role in this through developing support programmes for young people based round bike maintenance, and several young people have been referred to us by the Hampshire Youth Offending Team.

Measuring our impact remains important for us. We continue to develop wellbeing programme impacts using the PHQ-9 and GAD-7 measurement tools to evaluate depression and anxiety symptoms respectively. For our new early help programmes, we have developed measurement systems which assist us to evaluate self-esteem and resilience. As in the report below, we are seeing very positive outcomes for a high percentage of participants.

Public benefit

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.

The Source Young People's Charity
Trustees' Report

Review of charitable activities undertaken

In 2023 / 24 we further developed our plan to offer additional preventative / early help support for young people struggling with their wellbeing. Alongside our 1 to 1 counselling sessions, we provided opportunities for support at an early stage, creating resilience against further mental health challenges in the future. Using the NHS 5 Ways to Wellbeing as our model, we developed a series of workshops, each designed to provide a boost for young people's wellbeing. The programme offers opportunities for physical activity, relaxation / mindfulness, learning new skills, connecting / new friendships, and giving to others. We have also developed our Activity Mentoring project which delivers Bike Maintenance skills for a range of local young people including those who are neurodivergent, homeless, or supported through reparation linked to the Youth Justice Service.

Each programme is detailed below:

Counselling:

- 46 young people aged 13 to 25 supported with up to 12 counselling / therapeutic mentoring sessions each.

Wellbeing Activity Programme

- 36 young people aged 11 to 17 supported through wellbeing workshops during the school holidays this year. These included Motivational Artwork, Photography, Salsa Drumming, Garden Makeover Challenges, Cookery, and Indoor Gardening. Groups are designed to be kept small to provide a calm and relaxed environment. Many participants have social / communication needs, or struggle with sensory challenges. Sessions are advertised for "anyone needing a boost to their wellbeing" and all participants are welcomed.

Feedback showing that our workshops were both popular and helpful, included the following:

- 85% reported an increase in their confidence.
- 90% stated that they had learnt new skills.
- 82% felt that the sessions improved their friendships / social skills.

Some parents said:-

"It is such a valuable opportunity for isolated young people to meet other young people and get out of the home".

"My daughter really shies away from socialising. After a lot of persuasion, she agreed to attend a couple of these workshops with her friends. It was really good to see, and hear, how much she loved these".

Activity Mentoring

This project has steadily grown and developed during the year, with a significant rise in enquiries for new sessions. A local volunteer (aged 23) who was supported / mentored by our Bikestart volunteers during 2022/2023, has qualified as a Bike technician and now mentors and teaches other young people through Bike Maintenance workshops. This year, he and the other volunteers have supported 24 young people.

- Two young people with learning disabilities each receiving a course of 12 sessions.
- Autistic young person supported as a volunteer for over 80 hours.
- Three young people supported with reparation alongside Hampshire Youth Offending Team
- Young person from a homeless hostel supported to begin a 12-week course.

Seventeen others attended introductory Bike Maintenance workshops throughout the year.

Practical support.

As well as training young people, Bikestart continues to provide a sustainable income for our support programmes through the refurbishment and sales of donated bikes. This year, over 500 bikes were donated by local people, of which 233 were refurbished and sold, and an additional 90 were donated to other local people in need. A further 241 bike services were provided, using rescued / recycled parts where possible from other donated bikes.

The donated bikes were supported by a grant from Farnborough Airport sustainability fund, and Surrey County Council, and recipients included referrals from social care and employability programmes, those with challenging financial circumstances, local asylum seekers / refugees, and rewards for young volunteers.

A HUGE THANK YOU TO ALL OUR INCREDIBLE SUPPORTERS

Your generosity means so much to us and the young people we support and empower. Thank you to everyone who has supported our work by making an individual donation (monthly donors and one-off) or giving your time. Your contribution is important and valued, and we appreciate your partnership with us.

Organisational Donors for 2023-2024

Thank you to the local churches, businesses and societies who have donated funds and in-kind support in 2023/2024.

These include:

Broadhurst Trust, Garfield Weston, Benefact, Girdler's Company, Albert Hunt Trust, Shanly Foundation, Lloyds Bank Foundation, St Peter's Church, Farnborough, Holy Trinity Church Aldershot, Aldershot Baptist Church, St Michael's Church, Aldershot, St Paul's Church, Tongham, Mytchett Ministries, Rushmoor BC, Grainger (Bikestart facilities), Aldershot Rotary Club, and Eggers Hill Retirement Home.

Thank you also to everyone who supported BikeStart through donating an old bike, purchasing a bike, booking bike maintenance training or getting your bike repaired/serviced. The funds raised by this social enterprise provide further valuable contributions to the lives of vulnerable young people.

Structure, governance and management

Nature of governing document

The governing document of The Source Young People's Charity is the Memorandum and Articles of Association dated 29th November 2005 which was amended in January 2011.

Recruitment and appointment of trustees

The Source Young People's Charity is an independent charity and is not affiliated to any other organisation.

The members of The Source Young People's Charity are the Trustees and the legal minimum number of Trustees is three. The Board of Trustees may by ordinary resolution appoint a person who is willing to act to be a trustee. New Trustees are recruited through local publicity (e.g. through the website, volunteering sites and newsletters.) Applicants undergo a comprehensive recruitment procedure which focuses on the skills, knowledge and experience of the applicant and the needs of the Charity. The induction of new Trustees may include shadowing with staff and volunteers, site visits, mentoring from a Trustee and formal in-house training as part of their ongoing development.

Board meetings are held at least quarterly (although usually more frequently.) At board meetings governance, strategic plans, operational plans, policies, risk assessments, budgets etc are reviewed and decisions made.

Organisational structure

Management

During the year 2023/24 the CEO was Mr Peter Shears, who is responsible for implementing the decisions made at Board meetings, reporting back to the Board and ensuring The Source's work is fully resourced and carried out to the highest standards. The CEO receives regular supervision from the Chair.

Statement of trustees' responsibilities

The trustees (who are also the directors of The Source Young People's Charity 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".

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.

The Source Young People's Charity
Trustees' Report

Disclosure of information to auditor

Each trustee has taken steps that they ought to have taken as a trustee in order to make themselves aware of any relevant audit information and to establish that the charity's auditor is aware of that information. The trustees confirm that there is no relevant information that they know of and of which they know the auditor is unaware.

The annual report was approved by the trustees of the charity on 22nd October 2024 and signed on its behalf by:



Dr Jos Johnston BEM
Chairman and Trustee

Independent Examiner's Report to the trustees of The Source Young People's Charity ('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

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:

1. accounting records were not kept in respect of The Source Young People's Charity 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.

T Jenkins-Avery

.....

Trudie Jenkins-Avery
MTD Accountancy Ltd

Date:...16./12/2024.....

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 funds £	Restricted funds £	Total 2024 £
Income and Endowments from:				
Donations and legacies	3	81,256	33,072	114,328
Charitable activities	4	42,406	-	42,406
Other trading activities	5	88	-	88
Investment income	6	1,322	-	1,322
Total income		125,072	33,072	158,144
Expenditure on:				
Charitable activities	8	(116,731)	(33,455)	(150,186)
Total expenditure		(116,731)	(33,455)	(150,186)
Net income/(expenditure)		8,341	(383)	7,958
Transfers between funds		(383)	383	-
Net movement in funds		7,958	-	7,958
Reconciliation of funds				
Total funds brought forward		50,145	-	50,145
Total funds carried forward	15	58,103	-	58,103

	Note	Unrestricted funds £	Restricted funds £	Total 2023 £
Income and Endowments from:				
Donations and legacies	3	64,180	14,774	78,954
Charitable activities	4	41,236	-	41,236
Other trading activities	5	43	-	43
Total income		105,459	14,774	120,233
Expenditure on:				
Raising funds	7	(157)	-	(157)
Charitable activities	8	(94,709)	(33,365)	(128,074)
Total expenditure		(94,866)	(33,365)	(128,231)
Net income/(expenditure)		10,593	(18,591)	(7,998)
Transfers between funds		(18,591)	18,591	-
Net movement in funds		(7,998)	-	(7,998)
Reconciliation of funds				
Total funds brought forward		58,143	-	58,143
Total funds carried forward	15	50,145	-	50,145

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

(Registration number: 05639458)
Balance Sheet as at 31 March 2024

	Note	2024 £	2023 £
Fixed assets			
Tangible assets	11	765	1,276
Current assets			
Debtors	12	21,909	3,916
Cash at bank and in hand	13	63,917	88,595
		85,826	92,511
Creditors: Amounts falling due within one year	14	(28,488)	(43,642)
Net current assets		57,338	48,869
Net assets		58,103	50,145
Funds of the charity:			
Unrestricted income funds			
Unrestricted funds		58,103	50,145
Total funds	15	58,103	50,145

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.

The financial statements on pages 7 to 16 were approved by the trustees, and authorised for issue on 22nd October 2024 and signed on their behalf by:



Dr Jos Johnston BEM
Chairman and trustee

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

1 Charity status

The charity is limited by guarantee, incorporated in , 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.

The address of its registered office is:
2nd Floor Imperial House
2 Grosvenor Road
Aldershot
Hampshire
GU11 1DP

2 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
The Source Young People's Charity 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 trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

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

Income and endowments
All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

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.

Investment income

Bank interest received is included at the date of receipt.

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.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

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.

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

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.

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 £50.00 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
Plant & Machinery	25% straight line on additions

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

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.

Trade creditors
Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

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 donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

3 Income from donations and legacies

	Unrestricted funds General £	Restricted funds £	Total funds £
Donations and legacies;			
Donations	19,023	-	19,023
Gift aid reclaimed	2,033	-	2,033
Grants, including capital grants;			
Grants from other charities	60,200	33,072	93,272
Total for 2024	81,256	33,072	114,328
Total for 2023	64,180	14,774	78,954

4 Income from charitable activities

	Unrestricted funds General £	Total funds £
Bike Start income	42,406	42,406
Total for 2024	42,406	42,406
Total for 2023	41,236	41,236

5 Income from other trading activities

	Unrestricted funds General £	Total funds £
Events income;		
Other events income	88	88
Total for 2024	88	88
Total for 2023	43	43

6 Investment income

	Unrestricted funds General £	Total funds £
Interest receivable and similar income;		
Interest receivable on bank deposits	1,322	1,322
Total for 2024	1,322	1,322

7 Expenditure on raising funds

Costs of trading activities
)

	Note	Unrestricted funds General £	Total funds £
Total for 2024		-	-
Total for 2023		157	157

8 Expenditure on charitable activities

	Note	Unrestricted funds General £	Restricted funds £	Total funds £
Staff costs		54,715	30,942	85,657
Allocated support costs		56,849	2,513	59,362
Governance costs		5,167	-	5,167
Total for 2024		116,731	33,455	150,186
Total for 2023		94,709	33,365	128,074

Other governance costs	
Allocated support costs	
Total for 2024	
Total for 2023	

9 Staff costs

The aggregate payroll costs were as follows:

	2024 £	2023 £
Staff costs during the year were:		
Wages and salaries	81,399	69,563
Social security costs	1,178	-
Pension costs	1,685	1,339
Other staff costs	1,395	1,899
	85,657	72,801

The monthly average number of persons (including senior management / leadership team) employed by the charity during the year expressed as full time equivalents was as follows:

	2024 No	2023 No
Average number of employees	5	4

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

10 Taxation

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

11 Tangible fixed assets

	Furniture and equipment £	Total £
Cost		
At 1 April 2023	28,936	28,936
At 31 March 2024	28,936	28,936
Depreciation		
At 1 April 2023	27,660	27,660
Charge for the year	511	511
At 31 March 2024	28,171	28,171
Net book value		
At 31 March 2024	765	765
At 31 March 2023	1,276	1,276

12 Debtors

	2024 £	2023 £
Trade debtors	21,909	3,914
Other debtors	-	2
	21,909	3,916

13 Cash and cash equivalents

	2024 £	2023 £
Cash at bank	63,917	88,595

14 Creditors: amounts falling due within one year

	2024 £	2023 £
Other creditors	2,776	2,110
Accruals	2,280	2,510
Deferred income	23,432	39,022
	28,488	43,642

15 Funds

	Balance at 1 April 2023 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2024 £
Unrestricted funds					
General	50,145	125,072	(116,731)	(383)	58,103
Restricted funds	-	33,072	(33,455)	383	-
Total funds	50,145	158,144	(150,186)	-	58,103

	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2023 £
Unrestricted funds					
General	58,143	105,459	(94,866)	(18,591)	50,145
Restricted funds	-	14,774	(33,365)	18,591	-
Total funds	58,143	120,233	(128,231)	-	50,145

16 Analysis of net assets between funds

	Unrestricted funds General £	Total funds at 31 March 2024 £
Tangible fixed assets	765	765
Current assets	85,826	85,826
Current liabilities	(28,488)	(28,488)
Total net assets	58,103	58,103

	Unrestricted funds General £	Total funds at 31 March 2023 £
Tangible fixed assets	1,276	1,276
Current assets	92,511	92,511
Current liabilities	(43,642)	(43,642)
Total net assets	50,145	50,145

17 Related party transactions

Statement of Financial Activities by fund for the Year Ended 31 March 2024

Unrestricted Funds

	Total Unrestricted Funds 2024 £	Total Unrestricted Funds 2023 £
Income and Endowments from:		
Donations and legacies	81,256	64,180
Charitable activities	42,406	41,236
Other trading activities	88	43
Investment income	1,322	-
Total income	125,072	105,459
Expenditure on:		
Raising funds	-	(157)
Charitable activities	(116,731)	(94,709)
Total expenditure	(116,731)	(94,866)
Net income	8,341	10,593
Transfers between funds	(383)	(18,591)
Net movement in funds	7,958	(7,998)
Reconciliation of funds		
Total funds brought forward	50,145	58,143
Total funds carried forward	58,103	50,145

Statement of Financial Activities by fund for the Year Ended 31 March 2024

Restricted Funds

	Total Restricted Funds 2024 £	Total Restricted Funds 2023 £
Income and Endowments from:		
Donations and legacies	33,072	14,774
Total income	33,072	14,774
Expenditure on:		
Charitable activities	(33,455)	(33,365)
Total expenditure	(33,455)	(33,365)
Net expenditure	(383)	(18,591)
Transfers between funds	383	18,591
Reconciliation of funds		
Total funds carried forward	-	-

Detailed Statement of Financial Activities for the Year Ended 31 March 2024

	Total 2024 £	Total 2023 £
Income and Endowments from:		
Donations and legacies (analysed below)	114,328	78,954
Charitable activities (analysed below)	42,406	41,236
Other trading activities (analysed below)	88	43
Investment income (analysed below)	1,322	-
Total income	158,144	120,233
Expenditure on:		
Raising funds (analysed below)	-	(157)
Charitable activities (analysed below)	(150,186)	(128,074)
Total expenditure	(150,186)	(128,231)
Net income/(expenditure)	7,958	(7,998)
Net movement in funds	7,958	(7,998)
Reconciliation of funds		
Total funds brought forward	50,145	58,143
Total funds carried forward	58,103	50,145

Detailed Statement of Financial Activities for the Year Ended 31 March 2024

	Total 2024 £	Total 2023 £
Donations and legacies		
Appeals and donations	19,023	13,938
Gift Aid tax reclaimed	2,033	2,658
Grants - other agencies	33,072	14,774
Grants - other agencies	60,200	47,584
	114,328	78,954
Charitable activities		
Bike Start sales	42,406	41,236
	42,406	41,236
Other trading activities		
Fund raising events	88	-
Fund raising events	-	43
	88	43
Investment income		
Interest on cash deposits	1,322	-
	1,322	-
Raising funds		
Commissions payable	-	(157)
	-	(157)
Charitable activities		
Bike start mechanic	(12,701)	(13,898)
Wages and salaries	(29,070)	(29,198)
Wages and salaries	(52,329)	(40,365)
Staff NIC (Employers)	(1,178)	-
Staff pensions (Other) - pension scheme 1	(602)	(490)
Staff pensions (Other) - pension scheme 1	(1,083)	(849)
Staff welfare	(1,270)	(1,274)
Staff welfare	(306)	(374)
Volunteer expenses	-	(349)
Volunteer expenses	(125)	(276)
Depreciation of plant and machinery	(511)	(690)
Staff training	(606)	(317)
Staff training	(1,621)	(311)
Travelling	(2,749)	(2,654)
Recruitment	(195)	-
Rent & Service charges	(16,898)	(13,500)
Utilities	(486)	(240)
Utilities	(4,371)	(4,060)

Detailed Statement of Financial Activities for the Year Ended 31 March 2024

	Total 2024 £	Total 2023 £
Repairs and maintenance	(1,489)	(1,397)
Project support costs	(2,042)	(802)
Computer software and maintenance costs	(1,374)	(1,103)
Computer software and maintenance costs	(12,370)	(10,552)
Printing, postage and stationery	(47)	(147)
Printing, postage and stationery	(426)	(1,947)
Licences & Subscriptions	(1,017)	-
Advertising	-	(7)
Advertising	(18)	(162)
Legal and professional fees	(135)	-
Bank charges	(791)	(392)
Sundry expenses	(13)	(13)
Accountancy fees	(2,623)	(2,060)
Legal and professional fees	-	(240)
Legal and professional fees	(1,740)	(407)
	(150,186)	(128,074)

THE SOURCE YOUNG PEOPLE'S CHARITY

England & Wales - Charity number 1112691

Accounts

Company registration number: 05639458

Charity registration number: 1112691

The Source Young People's Charity

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 March 2023

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Reference and Administrative Details

Chairman	Dr Jos Johnston BEM
Trustees :	Dr Barry Bird Mr Tim Heys Dr Jos Johnston BEM Mr Roger Holder Mrs Susan Wiggam (resigned 14 July 2022) Mrs Joy North (appointed 31 January 2023) Mrs Pam Welch (appointed 12 May 2022) Mr Steve Delves (appointed 31 January 2023)
Senior Management / Leadership Team	Mr Peter James Shears, Director
Charity Registration Number	1112691
Company Registration Number	05639458
Registered Office	2nd Floor Imperial House 2 Grosvenor Road Aldershot Hampshire GU11 1DP
Accountants	M T D Accountancy Ltd 21 Silver Street Ottery St. Mary Devon EX11 1DB

The Source Young People's Charity
Strategic Report for the Year Ended 31 March 2023

The trustees, who are directors for the purposes of company law, present their strategic report for the year ended 31 March 2023, in compliance with s414C of the Companies Act 2006.

Financial review

The end of the year financial results include donations, grants and charitable activities income amounting to £78,954 (2022 £87,247), of which £14,774 (2022 £19,573) was restricted income. Activities for generating income, which consisted of income from BikeStart and counselling services, amounted to £41,279 (2022 £41,589). This resulted in total income for the year amounting to £120,233 (2022 £128,836).

The total resources expended were kept under tight control and amounted to £128,231 (2022 £123,714). The overall surplus of income over expenditure was therefore -£7,998 (2022 £5,122). With the end of the virus and greater stability among the staff, 2022-23 was a more settled year than its predecessors and we were able to begin to consolidate and grow the operations, albeit with a small overall deficit for the year.

Plans for future periods

Aims and key objectives for future periods

One legacy of the pandemic is an increased number of young people struggling with their wellbeing and mental health. We are committed to trying to alleviate this through early interventions. The key ones remain our bespoke 1-1 counselling and mentoring for 14 to 25 year olds, but we intend to broaden our offering to include soft touch group and informal activities for young people, some of whom may be less than 14. This engagement will involve small groups using creative art, music, bike maintenance, physical activity, and other skills to build confidence and resilience.

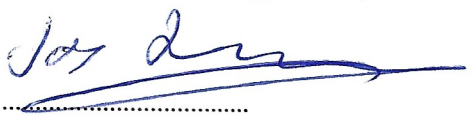
We are grateful to our BikeStart volunteers who have raised more income through their activities but have also provided more support for young people.

Activities planned to achieve aims

The mental health and wellbeing of all local young people is a growing concern. In 2022 the NHS Children's Commissioner stated that 1 in 5 children/young people aged 7 to 16 years and 1 in 4 young people aged 17 to 19 years had a probable mental health condition. The Children's Society also reported recently that 55% of 16 to 25 year old's have seen a GP about their mental health.

We are passionate about supporting young people and will continue to grow our programmes, meeting the needs of those who require it. The emphasis on early help and prevention will continue to grow within our strategy, alongside the vital work of counselling for young people in immediate need of support. The new creative programmes will be enhanced as together with partners, we develop further activities to support greater numbers of young people. We will also reduce the age range for these participants to 11 years old. We will continue to expand our reach within the vital counselling and mentoring programmes, with a recognition that these are still likely to be more suitable for 14 to 25 years old young people.

The strategic report was approved by the trustees of the charity on 6 December 2023 and signed on its behalf by:



.....

Dr Jos Johnston BEM
Chairman and trustee

The Source Young People's Charity
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.

Objectives and activities

Objects and aims

In our Memorandum and Articles of Association our objectives are:
The provision of facilities for recreational and other leisure-time occupation, including but not by way of limitation the provision of education and training in life skills in the interests of social welfare for persons who have need by reason of their youth, poverty or social and economic circumstances and with the object of improving their condition of life in Aldershot, Hampshire and in such other parts of the United Kingdom as the Trustees from time to time think fit.

Our mission is to serve the local community as an expression of our Christian faith, by providing personalised 1 to 1 youth counselling, mentoring and creative group activities to young people aged 14 to 25 years struggling with their mental health and wellbeing. Through increased resilience, confidence and self-esteem, our aim is for them to live healthy, hopeful and fulfilled lives. We celebrate diversity and our doors are open to everyone regardless of belief or background, as demonstrated by the wide range of local agencies who recommend our services to young people and families.

Our vision is to see all local young people who are struggling with their mental health and wellbeing, living fulfilled, thriving and hopeful lives.

Our Values:

Welcoming - recognising everyone as unique and special, respecting their background and beliefs
Compassionate - acknowledging the needs of others and striving to help
Hopeful - seeing the potential in all, and enabling them to realise it
Coliaborative - working together, willing to learn with humility, recognising our strengths and weaknesses
Prayerful - bringing everything before God, for help and strength

Our Focus:

We support local young people who are struggling with their wellbeing or mental health. Counselling is a strong focus for our work however, in 2022/23 we have started to create and test new activities to offer further early help support, enabling young people to improve their wellbeing before any health issues worsen. Measuring our impact is also a growing feature for us. We are in the process of developing wellbeing programme impacts, as well as using new PHQ-9 and GAD-7 measurement tools to evaluate depression and anxiety symptoms respectively. In 2022, we predominantly used Rosenberg and Nicholson McBride measurement systems, to evaluate self-esteem and resilience with positive outcomes for a high percentage of participants. Evaluations following a programme of support from our Counselling/Mentoring team showed an increase in self-esteem of 82% and resilience of 77%.

Public benefit

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.

Counselling/Mentoring

Throughout 2022/23 our counselling programmes have continued to provide vital support for local young people struggling with their mental health. 53 young people aged between 14 to 25 accessed our counselling and mentoring support programmes. The largest age bracket was 14 to 17 year olds with 31 young people supported, followed by 13 young people aged 18 to 21 and 9 young people aged 22 to 25. We're also seeing an increasing number of young people with neurodiverse and similar support needs accessing our services.

Young people referred to our services in the past 12 months are requesting support for a range of challenges including depression, anxiety, lack of self-esteem, disordered eating, isolation, self-harm, trauma, abusive relationship issues and suicidal thoughts. The growing number of younger teenagers accessing our support programme, and the understanding of the significant mental health challenges for many, continues to drive our strategy in 2023.

Wellbeing Programmes

In August 2022 we piloted a new Wellbeing Workshop programme. Using music and creative arts, we provided a series of workshops which aimed to increase the young people's confidence and self-esteem. Whilst the number of attendees was low (8), this became the springboard for 2023's successful Holiday Wellbeing Workshop programme which has seen an increase in participants grow to 25. Using the NHS's 5 ways to wellbeing format, we are designing the workshops to increase young people's confidence, self-esteem, and resilience. The Wellbeing methods we use are developing connectivity / friendships, learn new skills, have fun/relax, take part in physical activity, and giving to others.

In January 2023 we supported a local High School through mentoring six young people struggling during classes. Providing a listening ear during challenging times in their school days, saw students attending school more regularly.

BikeStart

Our social enterprise BikeStart, has continued to be an amazing resource for the charity through refurbishing donated bikes for sales and providing a low cost local bike maintenance service. The volunteer team have also developed further areas of support for local young people through offering a range of bike maintenance workshops, mentoring support (for Hampshire Young Offending Service), work experience for young people with disabilities/support needs and volunteering opportunities for both young and older bike enthusiasts. One local young participant who offered voluntary support to BikeStart, initially came to us after losing his job in lockdown, with his mental health beginning to suffer. He left 8 months later saying "I knew this would be a great place to increase my bike maintenance skills in preparation for gaining future paid work. What I didn't realise was how much it would help me personally too."

In 2022 BikeStart contributed to our local sustainable economy as follows:

Number of volunteers: 11
Number of bikes donated (and saved from landfill): 353
Number of refurbished bikes sold: 187
Number of bikes serviced: 232
Number of bikes donated to Africa: 45 (Re-Cycle Halfords scheme)
Number of bikes donated to local refugees: 75

Our BikeStart slogan of "reduce waste, reuse parts, refurbish bicycles" shows how this innovative project is both environmentally friendly and community focused.

The Source Young People's Charity
Trustees' Report

Partnerships

Our partnership with local statutory organisations has continued to grow and develop. Together with other third sector organisations, we are seeing regular referrals for young people in need of our services. Regular referrals are taken from CAMHS (Child and Adolescent Mental Health Service), NHS Health Teams, Social Care staff, Secondary schools, other local charities and GP surgeries.

Additional Support

Recognising the challenges around school holidays, and particularly Christmas, we provided wellbeing packs for 20 young people who were part of our counselling/mentoring programmes during 2022. With kind support from local Churches and donations from LUSH store, we were able to provide the packs free of charge. Additional items donated were donated to Hart/Rushmoor Young Carers Project to distribute to local young carers.

Highlights for 2022-23

1. We conducted 451 counselling/mentoring sessions for 53 local young people, predominantly face to face.
2. Christmas Wellbeing packs distributed to local young people in need.
3. 75 local refugees receiving refurbished bikes, providing cost efficient transport for daily living and exercise.
4, BikeStart continuing to be a valuable resource for local eco-sustainability, bike maintenance training, and volunteering opportunities.
5. 450 hours of volunteering/work experience opportunities provided to local young people via BikeStart.

Mentoring/Youth volunteer case study

"I started an apprenticeship as an Outdoors Instructor (Archery/Mountain Biking) in 2020, however when Covid-19 hit, the project was shut down. When it didn't re-start, I needed money, so I took a job in a betting shop. After 18 months I began to get quite low and my mental health started to suffer. I became de-sensitised towards gambling, which wasn't healthy, and I decided to leave.

I heard about a local bike maintenance workshop called BikeStart and was encouraged to get involved. I went along and found a team of volunteers who take donated bikes, refurbish them and sell them to the public. I was accepted and started volunteering two days a week. I knew this would be a great place to increase my bike maintenance skills in preparation for gaining future paid work. What I didn't realise was how much it would help me personally too. The staff and other volunteers were so friendly and enthusiastic about bikes, that it was a pleasure just being around the workshop. The atmosphere is amazing and so many of them took time to teach me new maintenance skills. I also found that by just giving my time to help others, it made me feel really good. I distinctly remember watching an excited boy from a refugee family cycle away on a bike which I'd refurbished for him. It was a great feeling. Knowing everything we do benefits vulnerable local young people is fantastic too.

Thanks to all the knowledge and experience I gained at BikeStart; I recently passed my level 2 Cytech bike maintenance qualification. I now have full-time paid employment at a local bike store. I feel genuinely sad to be leaving BikeStart and the amazing team of volunteers, even if they are mostly 30 years older than me! It's a great little community to be part of. I've loved every minute and I will always be grateful for the help and support they've given me."

A HUGE THANK YOU TO ALL OUR INCREDIBLE SUPPORTERS

Your generosity means so much to us and the young people we support and empower. Thank you to everyone who has supported our work by making an individual donation (monthly donors and one-off) or giving your time. Your contribution is important and valued, and we appreciate your partnership with us.

Organisational Donors for 2022-2023

Thank you to the local churches, businesses and societies who have donated funds and in-kind support in 2022/2023. These include:

Lloyds Bank Foundation, Broadhurst Trust, Garfield Weston Foundation, Benefact Trust, Hampshire County Council, Mytchett Ministries, Waitrose, TK Maxx, Theatre Foundation, local Churches (St. Peter's Farnborough, Holy Trinity, Aldershot North Camp Methodist and Hale Methodist), Aldershot Rotary, Purple Patch, Rushmoor Community Lottery, Indelible Design and Oaklands Agency Ltd.

Thank you also to everyone who supported BikeStart through donating an old bike, purchasing a bike, booking bike maintenance training or getting your bike repaired/serviced. The funds raised by this amazing social enterprise provide further valuable contributions to the lives of vulnerable young people.

Structure, governance and management

Nature of governing document

The governing document of The Source Young People's Charity is the Memorandum and Articles of Association dated 29th November 2005 which was amended in January 2011.

Recruitment and appointment of trustees

The Source Young People's Charity is an independent charity and is not affiliated to any other organisation.

The members of The Source Young People's Charity are the Trustees and the legal minimum number of Trustees is three. The Board of Trustees may by ordinary resolution appoint a person who is willing to act to be a trustee. New Trustees are recruited through local publicity (e.g. through the website, volunteering sites and newsletters.) Applicants undergo a comprehensive recruitment procedure which focuses on the skills, knowledge and experience of the applicant and the needs of the Charity. The induction of new Trustees may include shadowing with staff and volunteers, site visits, mentoring from a Trustee and formal in-house training as part of their ongoing development.

Board meetings are held at least quarterly (although usually more frequently.) At board meetings governance, strategic plans, operational plans, policies, risk assessments, budgets etc are reviewed and decisions made.

Organisational structure

Management

During the year 2022/23 the Director was Mr Peter Shears, who is responsible for implementing the decisions made at Board meetings, reporting back to the Board and ensuring The Source's work is fully resourced and carried out to the highest standards. The Director receives regular supervision from the Chair.

Statement of trustees' responsibilities

The trustees (who are also the directors of The Source Young People's Charity 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".

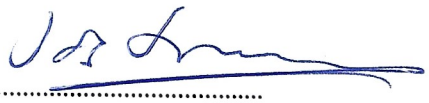
Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources 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.

The annual report was approved by the trustees of the charity on 6 December 2023 and signed on its behalf by:



.....
Dr Jos Johnston BEM
Chairman and Trustee

The Source Young People's Charity

Independent Examiners Report to the Trustees

For the Year ended 31st March 2023

We report to the trustees on our examination of the accounts of the charitable company for the year ended 31st March 2023.

Responsibilities and basis of report

As the charity Trustees, who are also directors for the purposes of the company law, are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act')

Having satisfied ourselves 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. We report in respect of our examination of the charity's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out our examination we have followed the directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiners statement

We have completed our examination. We confirm that no matters have come to our attention in connection with the examination giving us 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 these records; or
3. The accounts do not comply with the 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).

We 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.

.....

14th December 2023

MTD Accountancy Ltd

21 Silver Street

Ottery St Mary

Devon EX11 1DB

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 funds £	Restricted funds £	Total 2023 £
Income and Endowments from:				
Donations and legacies	3	64,180	14,774	78,954
Charitable activities	4	41,236	-	41,236
Other trading activities	5	43	-	43
Total income		105,459	14,774	120,233
Expenditure on:				
Raising funds	6	(157)	-	(157)
Charitable activities	7	(94,709)	(33,365)	(128,074)
Total expenditure		(94,866)	(33,365)	(128,231)
Net income/(expenditure)		10,593	(18,591)	(7,998)
Transfers between funds		(18,591)	18,591	-
Net movement in funds		(7,998)	-	(7,998)
Reconciliation of funds				
Total funds brought forward		58,143	-	58,143
Total funds carried forward	15	50,145	-	50,145

	Note	Unrestricted funds £	Restricted funds £	Total 2022 £
Income and Endowments from:				
Donations and legacies	3	67,674	19,573	87,247
Charitable activities	4	41,536	-	41,536
Other trading activities	5	53	-	53
Total income		109,263	19,573	128,836
Expenditure on:				
Raising funds	6	(216)	-	(216)
Charitable activities	7	(79,577)	(43,921)	(123,498)
Total expenditure		(79,793)	(43,921)	(123,714)
Net income/(expenditure)		29,470	(24,348)	5,122
Transfers between funds		(24,348)	24,348	-
Net movement in funds		5,122	-	5,122
Reconciliation of funds				
Total funds brought forward		53,021	-	53,021
Total funds carried forward	15	58,143	-	58,143

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

The notes on pages 11 to 19 form an integral part of these financial statements.

(Registration number: 05639458)
Balance Sheet as at 31 March 2023

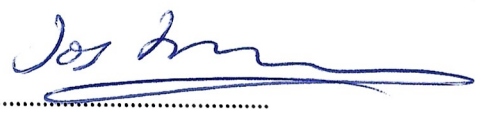
	Note	2023 £	2022 £
Fixed assets			
Tangible assets	10	1,276	1,966
Current assets			
Stocks	11	-	226
Debtors	12	3,916	1,101
Cash at bank and in hand	13	88,595	80,208
		92,511	81,535
Creditors: Amounts falling due within one year	14	(43,642)	(25,358)
Net current assets		48,869	56,177
Net assets		50,145	58,143
Funds of the charity:			
Unrestricted income funds			
Unrestricted funds		50,145	58,143
Total funds	15	50,145	58,143

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.

The financial statements on pages 9 to 19 were approved by the trustees, and authorised for issue on 6 December 2023 and signed on their behalf by:



.....

Dr Jos Johnston BEM
Chairman and trustee

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

1 Charity status

The charity is limited by guarantee, incorporated in , 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.

The address of its registered office is:
2nd Floor Imperial House
2 Grosvenor Road
Aldershot
Hampshire
GU11 1DP

2 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
The Source Young People's Charity 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 trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

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

Income and endowments
All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

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.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

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.

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

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.

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 £50.00 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
Plant & Machinery	25% straight line on additions

Stock
Stock is valued at the lower of cost and estimated selling price less costs to complete and sell, after due regard for obsolete and slow moving stocks. Cost is determined using the first-in, first-out (FIFO).

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

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.

Trade creditors
Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

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 donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

3 Income from donations and legacies

	Unrestricted funds General £	Restricted funds £	Total funds £
Donations and legacies;			
Donations	13,938	-	13,938
Gift aid reclaimed	2,658	-	2,658
Grants, including capital grants;			
Grants from other charities	47,584	14,774	62,358
Total for 2023	64,180	14,774	78,954
Total for 2022	67,674	19,573	87,247

4 Income from charitable activities

	Unrestricted funds General £	Total funds £
Bike Start income	41,236	41,236
Total for 2023	41,236	41,236
Total for 2022	41,536	41,536

5 Income from other trading activities

	Unrestricted funds General £	Total funds £
Events income;		
Other events income	43	43
Total for 2023	43	43
Total for 2022	53	53

6 Expenditure on raising funds

) Costs of trading activities

	Note	Unrestricted funds General £	Total funds £
Other direct costs of activities for generating funds		157	157
Total for 2023		157	157
Total for 2022		216	216

7 Expenditure on charitable activities

	Note	Unrestricted funds General £	Restricted funds £	Total funds £
Staff costs		41,490	31,311	72,801
Allocated support costs		50,347	1,814	52,161
Governance costs		2,872	240	3,112
Total for 2023		94,709	33,365	128,074
Total for 2022		79,577	43,921	123,498

Analysis of governance and support costs

Governance costs

	Unrestricted funds General £	Restricted funds £	Total funds £
Other governance costs	392	-	392
Allocated support costs	2,480	240	2,720
Total for 2023	2,872	240	3,112
Total for 2022	3,218	-	3,218

8 Staff costs

The aggregate payroll costs were as follows:

	2023 £	2022 £
Staff costs during the year were:		
Wages and salaries	69,563	60,248
Social security costs	-	111
Pension costs	1,339	772
Other staff costs	1,899	2,169
	72,801	63,300

The monthly average number of persons (including senior management / leadership team) employed by the charity during the year expressed as full time equivalents was as follows:

	2023 No	2022 No
Average number of employees	4	4

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

9 Taxation

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

10 Tangible fixed assets

	Furniture and equipment £	Total £
Cost		
At 1 April 2022	28,936	28,936
At 31 March 2023	28,936	28,936
Depreciation		
At 1 April 2022	26,970	26,970
Charge for the year	690	690
At 31 March 2023	27,660	27,660
Net book value		
At 31 March 2023	1,276	1,276
At 31 March 2022	1,966	1,966

11 Stock

	2023 £	2022 £
Stocks	-	226

12 Debtors

	2023 £	2022 £
Trade debtors	3,914	500
Other debtors	2	601
	3,916	1,101

13 Cash and cash equivalents

	2023 £	2022 £
Cash at bank	88,595	80,208

14 Creditors: amounts falling due within one year

	2023 £	2022 £
Trade creditors	-	55
Other creditors	2,110	1,020
Accruals	2,510	2,060
Deferred income	39,022	22,223
	43,642	25,358

15 Funds

	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2023 £
Unrestricted funds					
General	58,143	105,459	(94,866)	(18,591)	50,145
Restricted funds	-	14,774	(33,365)	18,591	-
Total funds	58,143	120,233	(128,231)	-	50,145

	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2022 £
Unrestricted funds					
General	53,021	109,263	(79,793)	(24,348)	58,143
Restricted funds	-	19,573	(43,921)	24,348	-
Total funds	53,021	128,836	(123,714)	-	58,143

16 Analysis of net assets between funds

	Unrestricted funds General £	Total funds at 31 March 2023 £
Tangible fixed assets	1,276	1,276
Current assets	92,511	92,511
Current liabilities	(43,642)	(43,642)
Total net assets	50,145	50,145

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

	Unrestricted funds General £	Total funds at 31 March 2022 £
Tangible fixed assets	1,966	1,966
Current assets	81,535	81,535
Current liabilities	(25,358)	(25,358)
Total net assets	58,143	58,143

Statement of Financial Activities by fund for the Year Ended 31 March 2023

Unrestricted Funds

	Total Unrestricted Funds 2023 £	Total Unrestricted Funds 2022 £
Income and Endowments from:		
Donations and legacies	64,180	67,674
Charitable activities	41,236	41,536
Other trading activities	43	53
Total income	105,459	109,263
Expenditure on:		
Raising funds	(157)	(216)
Charitable activities	(94,709)	(79,577)
Total expenditure	(94,866)	(79,793)
Net income	10,593	29,470
Transfers between funds	(18,591)	(24,348)
Net movement in funds	(7,998)	5,122
Reconciliation of funds		
Total funds brought forward	58,143	53,021
Total funds carried forward	50,145	58,143

Statement of Financial Activities by fund for the Year Ended 31 March 2023

Restricted Funds

	Total Restricted Funds 2023 £	Total Restricted Funds 2022 £
Income and Endowments from:		
Donations and legacies	14,774	19,573
Total income	14,774	19,573
Expenditure on:		
Charitable activities	(33,365)	(43,921)
Total expenditure	(33,365)	(43,921)
Net expenditure	(18,591)	(24,348)
Transfers between funds	18,591	24,348
Reconciliation of funds		
Total funds carried forward	-	-

Detailed Statement of Financial Activities for the Year Ended 31 March 2023

	Total 2023 £	Total 2022 £
Income and Endowments from:		
Donations and legacies (analysed below)	78,954	87,247
Charitable activities (analysed below)	41,236	41,536
Other trading activities (analysed below)	43	53
Total income	120,233	128,836
Expenditure on:		
Raising funds (analysed below)	(157)	(216)
Charitable activities (analysed below)	(128,074)	(123,498)
Total expenditure	(128,231)	(123,714)
Net (expenditure)/income	(7,998)	5,122
Net movement in funds	(7,998)	5,122
Reconciliation of funds		
Total funds brought forward	58,143	53,021
Total funds carried forward	50,145	58,143

Detailed Statement of Financial Activities for the Year Ended 31 March 2023

	Total 2023 £	Total 2022 £
Donations and legacies		
Appeals and donations	-	4,553
Appeals and donations	13,938	25,455
Gift Aid tax reclaimed	2,658	3,119
Grants - other agencies	14,774	15,020
Grants - other agencies	47,584	39,100
	78,954	87,247
Charitable activities		
Bike Start sales	41,236	41,536
	41,236	41,536
Other trading activities		
Fund raising events	43	53
	43	53
Raising funds		
Commissions payable	(157)	(216)
	(157)	(216)
Charitable activities		
Bike start mechanic	(13,898)	(14,812)
Wages and salaries	(29,198)	(38,736)
Wages and salaries	(40,365)	(21,512)
Staff NIC (Employers)	-	(111)
Staff pensions (Other) - pension scheme 1	(490)	(451)
Staff pensions (Other) - pension scheme 1	(849)	(321)
Staff welfare	(1,274)	(1,945)
Staff welfare	(374)	-
Volunteer expenses	(349)	-
Volunteer expenses	(276)	(224)
Depreciation of plant and machinery	(690)	(265)
Staff training	(317)	(2,189)
Staff training	(311)	(578)
Travelling	-	(489)
Travelling	(2,654)	(1,796)
Recruitment	-	(2,220)
Rent and rates	(13,500)	(13,500)
Utilities	(240)	-
Utilities	(4,060)	(3,257)
Repairs and maintenance	(1,397)	(1,017)
Client well being packs	(802)	-
Computer software and maintenance costs	(1,103)	-

Detailed Statement of Financial Activities for the Year Ended 31 March 2023

	Total 2023 £	Total 2022 £
Computer software and maintenance costs	(10,552)	(13,117)
Printing, postage and stationery	(147)	-
Printing, postage and stationery	(1,947)	(2,698)
Sundry expenses	-	(30)
Cost of trustee meetings	-	(70)
Advertising	(7)	-
Advertising	(162)	(942)
Bank charges	(392)	(1,071)
Sundry expenses	(13)	-
Accountancy fees	(2,060)	(2,060)
Legal and professional fees	(240)	-
Legal and professional fees	(407)	(87)
	(128,074)	(123,498)

THE SOURCE YOUNG PEOPLE'S CHARITY

England & Wales - Charity number 1112691

Accounts

Company registration number: 05639458

Charity registration number: 1112691

The Source Young People's Charity

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 March 2022

The Source Young People's Charity

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The Source Young People's Charity

Reference and Administrative Details

Chairman	Dr Jos Johnston
Trustees :	Dr Barry Bird Mr Tim Heys Mr John Cook (resigned 31 December 2021) Dr Jos Johnston Mr Roger Holder (appointed 7 April 2021) Mrs Susan Wiggam
Other Officers	Mr Jonathan Wiggam
Senior Management / Leadership Team	Mr Peter James Shears, Director
Charity Registration Number	1112691
Company Registration Number	05639458
Registered Office	2nd Floor Imperial House 2 Grosvenor Road Aldershot Hampshire GU11 1DP
Accountants	M T D Accountancy Ltd 21 Silver Street Ottery St. Mary Devon EX11 1DB

The Source Young People's Charity

Strategic Report for the Year Ended 31 March 2022

The trustees, who are directors for the purposes of company law, present their strategic report for the year ended 31 March 2022, in compliance with s414C of the Companies Act 2006.

Financial review

The end of the year financial results include donations, grants and charitable activities income amounting to £87,247 (2021 £127,163), of which £19,573 (2021: £26,144) was restricted income. Activities for generating income, which consists of income from BikeStart and counselling services, amounted to £41,589 (2021: £41,085). This resulted in total income for the year amounting to £128,836 (2021: £168,248).

The total resources expended were kept under tight control and amounted to £123,714 (2021: £153,127). The overall surplus of income over expenditure was therefore £5,122 (2021: £15,121). With the virus, the departure of the Director and other uncertainties, 2021-22 was difficult, a year of retrenchment, but we now have a solid base for the growth taking place in all areas this year.

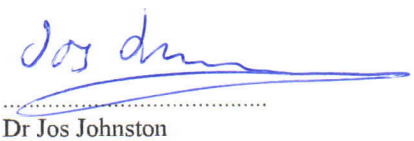
Plans for future periods

Aims and key objectives for future periods

The need for counselling and mentoring continues to grow. The well publicised challenge of the pandemic is the growing number of young people struggling with their wellbeing/ mental health. We are committed to supporting this need through providing further early intervention programmes, which offer wellbeing strategies and lifestyle support. This entails developing an early help and preventative strategy which provide soft touch engagement in small groups using creative art, music and physical activity, enhancing confidence and resilience techniques for the young people. We will also reduce the age range for these participants to 11 years old. We will continue to expand our reach within the vital Counselling and Mentoring programmes, with a recognition that these are still likely to be more suitable for 14 to 25 years old young people.

We are grateful to a number of new volunteer bike mechanics who have enabled our BikeStart team to continue to develop its work, moving from two to three days a week.

The strategic report was approved by the trustees of the charity on 22 November 2022 and signed on its behalf by:



.....

Dr Jos Johnston
Chairman and trustee

The Source Young People's Charity

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.

Objectives and activities

Objects and aims

In our Memorandum and Articles of Association our objectives are:
The provision of facilities for recreational and other leisure-time occupation, including but not by way of limitation the provision of education and training in life skills in the interests of social welfare for persons who have need by reason of their youth, poverty or social and economic circumstances and with the object of improving their condition of life in Aldershot, Hampshire and in such other parts of the United Kingdom as the Trustees from time to time think fit.

Our mission is to serve the local community as an expression of our Christian faith, by providing personalised 1 to 1 youth counselling, mentoring and creative group activities to young people aged 14 to 25 years struggling with their mental health and wellbeing. Through increased resilience, confidence and self-esteem, our aim is for them to live healthy, hopeful and fulfilled lives. We celebrate diversity and our doors are open to everyone regardless of belief or background, as demonstrated by the wide range of local agencies who recommend our services to young people and families.

Our vision is that young people will transform their lives and through their transformation, their families and communities will be transformed.

Our Values:

Expressing God's love - reflecting God's deep passion for the world
Rooted in Prayer - encouraging positive expectancy in God's faithfulness
Igniting Hope - releasing sparkling hope, joy and expectation for life
Renewal - restoring and creating new life in all
Acceptance and Inclusion - celebrating all as made in God's image and respecting them whatever their background or belief
Empowering - not doing, but supporting each person ro realise their potential themselves.

Our Focus:

We focus on supporting deprived and vulnerable young people who are struggling or finding things difficult. Outcomes we see young people achieve through their personalised programmes, include:

85% of participants completing their programme showed an increase in their self-esteem (Feltzer Institute-self reporting measures). Developing hope for their future, building their aspirations and gaining an understanding of their importance and value.

77% of participants completing their programme showed an increase in their resilience (Nicholson McBride resilience questionnaire) improving their decision making skills, learning skills to communicate more effectively with their friends and family, healthier lifestyles including taking up hobbies, good sleeping, exercise and eating routines, leading to reduced anxiety.

The Source Young People's Charity

Trustees' Report

Objectives, strategies and activities

Following 12 months of lockdowns and restrictions, we re-adjusted our work patterns and developed a new programme of support for local young people. These include the introduction of an online counselling service, enabling us to re-start one-to-one sessions, albeit in a different way. As restrictions gradually lessened, we were able to adopt a hybrid model which enabled both face to face counselling and online sessions, depending on the young person's preference. We also set up several outreach programmes supporting young people on local estates, including some of our local Army families. As 2022 progressed we have seen most young people preferring face to face sessions, but the option of online provision is still helpful for a few. Our mentoring support programmes also restarted using community facilities including local cafes and coffee shops.

Our social enterprise, BikeStart has provided amazing support for the Charity and the team of willing volunteers who work tirelessly in our workshops are a valued and valuable part of the organisation. As more people continue to take up cycling and want good, refurbished bicycles, we have seen the contributions continue and grow, and many are now bringing their bikes for further servicing and maintenance.

One feature of the pandemic and lockdowns is the increase in mental health challenges among young people. Our services are needed more then ever. Over the year we have taken the opportunity to develop partnerships with a variety of local organisations. Our discussions with local networks of social prescribers, CAMHS and NHS staff has led to an increase in referrals from statutory organisations, including GP's. We have developed stronger relationships with several local schools and have supported them through receiving counselling/mentoring referrals as well as providing a bespoke sports/mentoring programme during the summer. Work with the Army Welfare Community Support Team continued as we supported new recruits who were struggling with their mental health, as well as families who were suffering from prolonged periods of separation. Utilising the skills of an ex-international basketball player on our counselling and mentoring team, enabled us to develop trusted relationships and provide mentoring support.

Dr Ellie Jones stepped down as Director from April 2021 and we are most grateful for her 5 years of service leading the charity. As mentioned in last year's report, the new model, new opportunities and other changes, meant we needed to take time to consider afresh the structure and roles of our leadership before appointing a successor. We were most grateful to Alan Hilliar who stepped in as interim Service Delivery Manager. In November 2021 we were delighted to be able to appoint Peter Shears as our new Director.

Highlights for 2021-22:

1. We conducted 483 counselling/mentoring sessions, each adapted to work around lockdown and restrictions.
2. We supported and empowered 60 young people and their families.
3. A new structure enabled counselling to be held on line.
4. 77% and 85% increase in participants resilience and sefl-esteem respectively.
5. Work with the military, including families/young people in their community and support for young soldiers.
6. Continued support and delivery from BikeStart, our social enterprise bike project.
7. Volunteers continued to make a valuable contribution from professional training placements to bike mechanics and as local mentors.

Feedback is a vital part of our work, enabling us to evaluate and adjust our programmes as required. Feedback from young people this year included:

"I feel like I'm looking forward now and not down."

"I understand myself a bit better."

"I really appreciate all the support you've given me. It's had a positive effect through a difficult time. I look forward to and enjoy our sessions, and I know it makes a difference."

"It's nice to have someone to talk to that doesn't know me."

One parent commented: "She's a different person, thank you so much. Her mentor has been amazing."

Using a strong team of qualified volunteers is a key part of our work.

"I have only recently started volunteering with The Source, but already I feel at home with the team, and find them so supportive and friendly. I am loving the privilege of supporting a young person."

"The Source provides an environment that is welcoming for the counsellors and the clients alike. The staff are lovely too."

"I personally feel very lucky to be part of a larger supportive local organisation, to try and help others when they need it most."

Fundraising disclosures

Your generosity means so much to us and the young people we support and empower. Thank you to everyone who has supported our work by making an individual donation or giving your time. Your contribution is important and valued and we appreciate your partnership with us.

Organisational Donors for 2021-2022:

Thank you to the local churches, businesses and societies who have donated funds and in-kind support in 2021-2022, and to organisations which have helped us through the pandemic. These include:

Broadhurst Trust, Lloyds Bank Foundation, National Emergency Trust Fund, The Girdlers Company, Emma Campbell Trust, Hampshire County Council, Leathersellers Co, Edgeborough School, NHS Charities Partnership, Blythswood Care, St Peters Church - Farnborough, Park Evangelical Church - Aldershot, Holy Trinity Church - Aldershot, Parish of Cove, Mytchett Ministries, Aldershot Youth Swimming Club, Sustainability Fair, Giving Force, Natwest Bank, Muller Milk, Rushmoor Community Lottery.

Thank you also to everyone who has supported BikeStart through donating an old bike, purchasing a bike, booking bike maintenance training or getting your bike repaired/serviced. The funds raised by this amazing enterprise provide further valuable contributions to the lives of vulnerable young people.

Public benefit

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.

The Source Young People's Charity

Trustees' Report

Trustees and officers

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

Trustees:	Dr Barry Bird
	Mr Tim Heys
	Mr John Cook (resigned 31 December 2021)
	Dr Jos Johnston
	Mr Roger Holder (appointed 7 April 2021)
	Mrs Susan Wiggam
Chairman:	Dr Jos Johnston
Other Officers:	Mr Jonathan Wiggam
Senior Management / Leadership Team:	Mr Peter James Shears, Director (appointed 16 November 2021)

Structure, governance and management

Nature of governing document

The governing document of The Source Young People's Charity is the Memorandum and Articles of Association dated 29th November 2005 which was amended in January 2011.

Recruitment and appointment of trustees

The Source Young People's Charity is an independent charity and is not affiliated to any other organisation.

The members of The Source Young People's Charity are the Trustees and the legal minimum number of Trustees is three. The Board of Trustees may by ordinary resolution appoint a person who is willing to act to be a trustee. New Trustees are recruited through local publicity (e.g. through the website, volunteering sites and newsletters.) Applicants undergo a comprehensive recruitment procedure which focuses on the skills, knowledge and experience of the applicant and the needs of the Charity. The induction of new Trustees may include shadowing with staff and volunteers, site visits, mentoring from a Trustee and formal in-house training as part of their ongoing development.

Board meetings are held at least quarterly (although usually more frequently.) At board meetings governance, strategic plans, operational plans, policies, risk assessments, budgets etc are reviewed and decisions made.

Organisational structure

Management

During the year 2021/22 the Senior Manager, Dr Eleanor Jones, who was Director and Company Secretary, resigned with effect from 10th April 2021. She was replaced on an interim basis by Alan Hilliar as interim Service Delivery Manager, until a new Director, Peter Shears, was appointed from 16th November 2021. The Director is responsible for implementing the decisions made at Board meetings, reporting back to the Board and ensuring The Source's work is fully resourced and carried out to the highest standards. The Director receives regular supervision from the Chair.

Chaplain's role

Here at the Source Young People's Charity, we place importance on the physical, emotional and spiritual well-being of the staff. This is supported by providing the core team and other staff, team members and volunteers, with a Chaplain to the Charity. The Chaplain meets with the core team once a week for Christian prayers and as a means to encourage the team in their vital ministry to young people.

The Chaplain is also in attendance when the Trustees meet.

Statement of trustees' responsibilities

The trustees (who are also the directors of The Source Young People's Charity 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".

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.

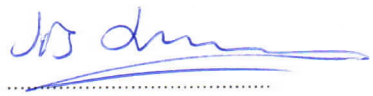
The trustees are responsible for keeping proper accounting records that can disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding 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.

The Source Young People's Charity

Trustees' Report

The annual report was approved by the trustees of the charity on 22 November 2022 and signed on its behalf by:



.....

Dr Jos Johnston
Chairman and trustee

The Source Young People's Charity

Independent Examiners Report to the Trustees

For the Year ended 31 March 2022

We report to the trustees on our examination of the accounts of the charitable company for the year ended 31st March 2022.

Responsibilities and basis of report

As the charity Trustees, who are also directors for the purposes of the company law, are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act')

Having satisfied ourselves 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. We report in respect of our examination of the charity's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out our examination we have followed the directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiners statement

We have completed our examination. We confirm that no matters have come to our attention in connection with the examination giving us 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 these records; or
3. the accounts do not comply with the 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).

We 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.

.....

MTD Accountancy Ltd
21 Silver Street
Ottery St Mary
Devon EX11 1DB

Date 16/12/2022

The Source Young People's Charity

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 funds £	Restricted funds £	Total 2022 £
Income and Endowments from:				
Donations and legacies	3	67,674	19,573	87,247
Charitable activities	4	41,536	-	41,536
Other trading activities	5	53	-	53
Total income		109,263	19,573	128,836
Expenditure on:				
Raising funds	6	(216)	-	(216)
Charitable activities	7	(79,577)	(43,921)	(123,498)
Total expenditure		(79,793)	(43,921)	(123,714)
Net income/(expenditure)		29,470	(24,348)	5,122
Transfers between funds		(24,348)	24,348	-
Net movement in funds		5,122	-	5,122
Reconciliation of funds				
Total funds brought forward		53,021	-	53,021
Total funds carried forward	15	58,143	-	58,143

	Note	Unrestricted funds £	Restricted funds £	Total 2021 £
Income and Endowments from:				
Donations and legacies	3	101,019	26,144	127,163
Charitable activities	4	41,034	-	41,034
Other trading activities	5	51	-	51
Total income		142,104	26,144	168,248
Expenditure on:				
Raising funds	6	(276)	-	(276)
Charitable activities	7	(94,630)	(58,221)	(152,851)
Total expenditure		(94,906)	(58,221)	(153,127)
Net income/(expenditure)		47,198	(32,077)	15,121
Transfers between funds		(32,077)	32,077	-
Net movement in funds		15,121	-	15,121
Reconciliation of funds				
Total funds brought forward		37,900	-	37,900
Total funds carried forward	15	53,021	-	53,021

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

The Source Young People's Charity

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

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

The Source Young People's Charity

(Registration number: 05639458)
Balance Sheet as at 31 March 2022

	Note	2022 £	2021 £
Fixed assets			
Tangible assets	10	1,966	1,172
Current assets			
Stocks	11	226	210
Debtors	12	1,101	21,010
Cash at bank and in hand	13	80,208	58,680
		81,535	79,900
Creditors: Amounts falling due within one year	14	(25,358)	(28,051)
Net current assets		56,177	51,849
Net assets		58,143	53,021
Funds of the charity:			
Unrestricted income funds			
Unrestricted funds		58,143	53,021
Total funds	15	58,143	53,021

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.

The financial statements on pages 10 to 21 were approved by the trustees, and authorised for issue on 22 November 2022 and signed on their behalf by:

Dr Jos Johnston
Chairman and trustee

The Source Young People's Charity

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

1 Charity status

The charity is limited by guarantee, incorporated in , 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.

The address of its registered office is:
2nd Floor Imperial House
2 Grosvenor Road
Aldershot
Hampshire
GU11 1DP

2 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
The Source Young People's Charity 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 trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

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

Income and endowments
All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

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.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

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.

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

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.

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 £50.00 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
Plant & Machinery	25% straight line on additions

Stock
Stock is valued at the lower of cost and estimated selling price less costs to complete and sell, after due regard for obsolete and slow moving stocks. Cost is determined using the first-in, first-out (FIFO).

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

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.

Trade creditors
Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

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 donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

3 Income from donations and legacies

	Unrestricted funds General £	Restricted funds £	Total funds £
Donations and legacies;			
Donations	25,455	4,553	30,008
Gift aid reclaimed	3,119	-	3,119
Grants, including capital grants;			
Grants from other charities	39,100	15,020	54,120
Total for 2022	67,674	19,573	87,247
Total for 2021	101,019	26,144	127,163

4 Income from charitable activities

	Unrestricted funds General £	Total funds £
Bike Start income	41,536	41,536
Total for 2022	41,536	41,536
Total for 2021	41,034	41,034

5 Income from other trading activities

	Unrestricted funds General £	Total funds £
Events income;		
Other events income	53	53
Total for 2022	53	53
Total for 2021	51	51

6 Expenditure on raising funds

) Costs of trading activities

	Note	Unrestricted funds General £	Total funds £
Other direct costs of activities for generating funds		216	216
Total for 2022		216	216

7 Expenditure on charitable activities

	Note	Unrestricted funds General £	Restricted funds £	Total funds £
Staff costs		22,057	41,243	63,300
Allocated support costs		54,302	2,678	56,980
Governance costs		3,218	-	3,218
Total for 2022		79,577	43,921	123,498
Total for 2021		94,630	58,221	152,851

Analysis of governance and support costs

Governance costs

	Unrestricted funds General £	Restricted funds £	Total funds £
Other governance costs	1,071	-	1,071
Allocated support costs	2,147	-	2,147
Total for 2022	3,218	-	3,218
Total for 2021	2,467	240	2,707

8 Staff costs

The aggregate payroll costs were as follows:

	2022 £	2021 £
Staff costs during the year were:		
Wages and salaries	60,248	88,074
Social security costs	111	1,461
Pension costs	772	749
Other staff costs	2,169	1,899
	63,300	92,183

The monthly average number of persons (including senior management / leadership team) employed by the charity during the year expressed as full time equivalents was as follows:

	2022 No	2021 No
Average number of employees	4	4

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

9 Taxation

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

10 Tangible fixed assets

	Furniture and equipment £	Total £
Cost		
At 1 April 2021	27,876	27,876
Additions	1,060	1,060
At 31 March 2022	28,936	28,936
Depreciation		
At 1 April 2021	26,705	26,705
Charge for the year	265	265
At 31 March 2022	26,970	26,970
Net book value		
At 31 March 2022	1,966	1,966
At 31 March 2021	1,171	1,171

11 Stock

	2022 £	2021 £
Stocks	226	210

12 Debtors

	2022 £	2021 £
Trade debtors	500	-
Other debtors	601	21,010
	1,101	21,010

13 Cash and cash equivalents

	2022 £	2021 £
Cash at bank	80,208	58,680

14 Creditors: amounts falling due within one year

	2022 £	2021 £
Trade creditors	55	-
Other creditors	1,020	-
Accruals	2,060	3,562
Deferred income	22,223	24,489
	25,358	28,051

15 Funds

	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2022 £
Unrestricted funds					
General	53,021	109,263	(79,793)	(24,348)	58,143
Restricted funds	-	19,573	(43,921)	24,348	-
Total funds	53,021	128,836	(123,714)	-	58,143

	Balance at 1 April 2020 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2021 £
Unrestricted funds					
General	37,900	142,104	(94,906)	(32,077)	53,021
Restricted funds	-	26,144	(58,221)	32,077	-
Total funds	37,900	168,248	(153,127)	-	53,021

16 Analysis of net assets between funds

	Unrestricted funds General £	Total funds at 31 March 2022 £
Tangible fixed assets	1,966	1,966
Current assets	81,535	81,535
Current liabilities	(25,358)	(25,358)
Total net assets	58,143	58,143

	Unrestricted funds General £	Total funds at 31 March 2021 £
Tangible fixed assets	1,172	1,172
Current assets	79,900	79,900
Current liabilities	(28,051)	(28,051)
Total net assets	53,021	53,021

The Source Young People's Charity

Statement of Financial Activities by fund for the Year Ended 31 March 2022

Unrestricted Funds

	Total Unrestricted Funds 2022 £	Total Unrestricted Funds 2021 £
Income and Endowments from:		
Donations and legacies	67,674	101,019
Charitable activities	41,536	41,034
Other trading activities	53	51
Total income	109,263	142,104
Expenditure on:		
Raising funds	(216)	(276)
Charitable activities	(79,577)	(94,630)
Total expenditure	(79,793)	(94,906)
Net income	29,470	47,198
Transfers between funds	(24,348)	(32,077)
Net movement in funds	5,122	15,121
Reconciliation of funds		
Total funds brought forward	53,021	37,900
Total funds carried forward	58,143	53,021

The Source Young People's Charity

Statement of Financial Activities by fund for the Year Ended 31 March 2022

Restricted Funds

	Total Restricted Funds 2022 £	Total Restricted Funds 2021 £
Income and Endowments from:		
Donations and legacies	19,573	26,144
Total income	19,573	26,144
Expenditure on:		
Charitable activities	(43,921)	(58,221)
Total expenditure	(43,921)	(58,221)
Net expenditure	(24,348)	(32,077)
Transfers between funds	24,348	32,077
Reconciliation of funds		
Total funds carried forward	-	-

The Source Young People's Charity

Detailed Statement of Financial Activities for the Year Ended 31 March 2022

	Total 2022 £	Total 2021 £
Income and Endowments from:		
Donations and legacies (analysed below)	87,247	127,163
Charitable activities (analysed below)	41,536	41,034
Other trading activities (analysed below)	53	51
Total income	128,836	168,248
Expenditure on:		
Raising funds (analysed below)	(216)	(276)
Charitable activities (analysed below)	(123,498)	(152,851)
Total expenditure	(123,714)	(153,127)
Net income	5,122	15,121
Net movement in funds	5,122	15,121
Reconciliation of funds		
Total funds brought forward	53,021	37,900
Total funds carried forward	58,143	53,021

The Source Young People's Charity

Detailed Statement of Financial Activities for the Year Ended 31 March 2022

	Total 2022 £	Total 2021 £
Donations and legacies		
Appeals and donations	4,553	180
Appeals and donations	25,455	20,753
Gift Aid tax reclaimed	3,119	-
Grants - other agencies	15,020	25,964
Grants - other agencies	39,100	80,266
	87,247	127,163
Charitable activities		
Bike Start sales	41,536	41,034
	41,536	41,034
Other trading activities		
Fund raising events	53	51
	53	51
Raising funds		
Commissions payable	-	(276)
Commissions payable	(216)	-
	(216)	(276)
Charitable activities		
Bike start mechanic	(14,812)	(10,447)
Wages and salaries	(38,736)	(50,651)
Wages and salaries	(21,512)	(37,423)
Staff NIC (Employers)	(111)	-
Staff NIC (Employers)	-	(1,461)
Staff pensions (Other) - pension scheme 1	(451)	-
Staff pensions (Other) - pension scheme 1	(321)	(749)
Staff welfare	(1,945)	(1,899)
Volunteer expenses	(224)	-
Depreciation of plant and machinery	(265)	(246)
Staff training	(2,189)	-
Staff training	(578)	(920)
Travelling	(489)	(299)
Travelling	(1,796)	(1,660)
Recruitment	(2,220)	-
Rent and rates	(13,500)	(15,086)
Utilities	-	(1,324)
Utilities	(3,257)	(3,613)
Repairs and maintenance	-	(539)

The Source Young People's Charity

Detailed Statement of Financial Activities for the Year Ended 31 March 2022

	Total 2022 £	Total 2021 £
Repairs and maintenance	(1,017)	(6,943)
Computer software and maintenance costs	(13,117)	(10,532)
Printing, postage and stationery	-	(3,269)
Printing, postage and stationery	(2,698)	(2,606)
Sundry expenses	(30)	(470)
Cost of trustee meetings	(70)	(7)
Advertising	(942)	-
Bank charges	(1,071)	(421)
Accountancy fees	(2,060)	(2,006)
Legal and professional fees	-	(240)
Legal and professional fees	(87)	(40)
	(123,498)	(152,851)

THE SOURCE YOUNG PEOPLE'S CHARITY

England & Wales - Charity number 1112691

Accounts

Charity number: 1112691

Company number: 05639458

(England and Wales)

The Source Young People's Charity

Report of the Trustees and Unaudited Financial Statements

For the year ended 31 March 2021

The Source Young People's Charity
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The Source Young People's Charity
Report of the Trustees
For the year ended 31 March 2021

The Trustees, who are also directors for the purposes of company law, have pleasure in presenting their report and the financial statements for the charitable company for the year ended 31 March 2021. The Trustees have adopted the provisions of 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 the Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The trustees have considered the Charity Commissions guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

REFERENCE AND ADMINISTRATIVE INFORMATION

Name of Charity	The Source Young People's Charity
Charity registration number	1112691
Company registration number	05639458
Principal office and registered office	2nd Floor Imperial House 2 Grosvenor Road (entrance on Barrack Road) Aldershot Hampshire GU11 1DP
The Trustees	Dr Jos Johnston BEM Chair Mr John Cook Mrs Susan Wiggam Mr Tim Heys Dr Barry Bird Mr Roger Holder (from 7th April 2021)
Director & Company Secretary	Dr Eleanor Jones (resigned wef 10th April 2021)
Chaplain	Mr Jonathan Wiggam
Founder	Mrs Jo Emett
Independent Examiner	M T D Accountancy Ltd 21 Silver Street Ottery St Mary Devon EX11 1DB

The Source Young People's Charity
Company Limited by Guarantee
Trustees' Annual Report (Incorporating the Director's Report)
Year ended 31st March 2021

Structure
The Source Young People's Charity is a registered Charity and a Charitable Company (limited by guarantee).

The Governing Document of The Source Young People's Charity is the Memorandum and Articles of Association dated 29th November 2005 which was amended in January 2011.

Governance
The Source Young People's Charity is an independent charity and is not affiliated to any other organisation.

The members of The Source Young People's Charity are the Trustees and the legal minimum number of Trustees is three.
The Board of Trustees may by ordinary resolution appoint a person who is willing to act to be a Trustee. New Trustees are recruited through local publicity (e.g. through the website, volunteering sites and newsletters). Applicants undergo a comprehensive recruitment procedure which focuses on the skills, knowledge and experience of the applicant and the needs of the Charity. The induction of new Trustees may include shadowing with staff and volunteers, site visits, mentoring from a Trustee and formal in-house training as part of their ongoing development.

Board meetings are held at least quarterly (although usually more frequently). At Board meetings governance, strategic plans, operational plans, policies, risk assessments, budgets etc are reviewed and decisions made.

Management
Throughout the year 2020/21, the Senior Manager was Dr Eleanor Jones, Director (who was also Company Secretary). However, she resigned with effect from 10th April 2021. The Director is responsible for implementing the decisions made at Board meetings, reporting back to the board on all Management issues and ensuring The Source's work is fully resourced and carried out to the highest standards. The Director receives regular supervision from the Chair at least every 6 weeks (although usually more frequently).

Chaplain's Role
Here at the Source Young Peoples Charity we place importance on the physical, emotional and spiritual well-being of the staff. This is supported by providing the core team and other staff team members and volunteers, with a Chaplain to the charity.

As well as general pastoral oversight the Chaplain is there to answer questions and provide spiritual guidance, providing both time and space for the staff individually and collectively as and when required.

The Chaplain gathers with the core team at least once a week for Christian prayers and as a means to encourage the team in their vital ministry to young people.

The Chaplain is also in attendance when the Trustees meet.

Objectives

In our Memorandum and Articles of Association our objectives are:
'The provision of facilities for recreational and other leisure-time occupation, including but not by way of limitation the provision of education and training in life skills in the interests of social welfare for persons who have need by reason of their youth, poverty or social and economic circumstances and with the object of improving their condition of life in Aldershot, Hampshire and in such other parts of the United Kingdom as the Trustees from time to time think fit.'

Our Mission

The Source Young People's Charity is an inclusive local Christian Charity for young people aged 14-25 living in Aldershot and the neighbouring towns. Those who are struggling or finding things difficult can transform their lives through Personalised Programmes of 1-1 and Group Support that build self-esteem, emotional intelligence, and resilience. We celebrate diversity and our doors are open to everyone regardless of belief or background, as demonstrated by the wide range of local agencies who recommend our services to young people and families.

Our Vision

That Young People will transform their lives, and through their transformation, their families and communities will be transformed.

Our Values

- Expressing God's Love – reflecting God's deep passion for the world
- Rooted in Prayer – encouraging positive expectancy in God's faithfulness
- Igniting Hope – releasing sparkling hope, joy and expectation for life
- Renewal – restoring and creating new life in all
- Acceptance & Inclusion – celebrating all as made in God's image and respecting them whatever their background or belief
- Empowering – not doing, but supporting each person to realise their potential themselves

Our Focus

We focus on supporting those who are struggling or finding things difficult. A typical young person's journey to transforming their life will include weekly 1-1 sessions with a Counsellor or a Mentor with additional support tailored to their needs such as workshops, group support, counselling and/or other therapies.

Outcomes we see young people achieve through their personalised programmes include:

- Gaining an understanding of their importance and value
- Developing hope for their future
- Building their aspirations
- Improving their decision making skills
- Setting life goals and working towards them
- Learning tools to communicate more effectively with their friends and family
- Healthier lifestyles including taking up hobbies, good sleeping, exercise and eating routines
- Less stress and anxiety

Review of 2020/21 and its achievements

In February of 2020 we implemented our new model of operation with flexible integrated movement for clients between regular mentoring, therapeutic mentoring and counselling. Following the formation of a new team, expectations were high, but then in March we went into the Covid-19 lockdowns which continued throughout 2020/21. This meant some rapid adaptions to enable us to continue to provide a service to young people despite the restrictions. Mentoring in public spaces became impossible, but we researched and installed new secure computer software to enable the counsellors to work on-line.

We had to give up some financial grants because we could not carry out the work for which we were being sponsored, but for the most part our supporters stayed with us and we are most grateful to them. We are grateful too to the organisations which provided specific Covid-related funding to help small charities survive the pandemic. The result was that, as shown in the accounts, we managed to break even over the year.

Our social enterprise, BikeStart, also provided additional support for the charity as more people took up cycling and wanted good refurbished bicycles. This increased contribution has continued and many are now bringing their bikes for servicing and maintenance.

One feature of the pandemic and the lockdowns is the increase in mental health problems amongst young people, so that our services are more needed than ever. Over the year we have taken the opportunity to develop partnerships with various organisations. We have had discussions with the local networks of social prescribers who are looking for support for young people. In particular we have begun to work with the Army Welfare Community Support Team to help new recruits and also families which may suffer from prolonged periods of separation. One of our counselling and mentoring co-ordinators is an ex-international basketball player and has started a project to use basketball as an entrance to therapeutic support.

Other partnerships are developing. CAMHS is interested in our development of therapeutic mentoring within an integrated service offering. Rushmoor Council would like us to do some work on identifying the current needs of young people. We are also keen to build our links with the local churches and their young people, and we are holding group sessions in some of the schools.

After 5 years leading the charity, Dr Ellie Jones stepped down as Director from April 2021. Because of the new model, new opportunities and other changes, we will need to consider afresh the structure and roles of our leadership before we appoint a successor. In the meanwhile we were very pleased to accept an offer from Alan Hilliar to act as Interim Service Delivery Manager until we complete the recruitment. We may also need to recruit other staff to enable us to take up the new possibilities.

In 2020-21 (despite the restrictions) we:-

1. Wrote a new programme of support for young people and their families.
2. Set up a new project with the military working with young soldiers.
3. Expanded and developed BikeStart, our social bike project.
4. Supported and empowered more than 36 young people and their families.
5. Conducted 308 counselling/therapy sessions that had been adapted to work around lockdown, with both online and telephone sessions and some in person work.
6. Sessions were conducted by two coordinators. We also recruited a counsellor and counselling psychologist to conduct sessions.

The Future

In view of the interest from a variety of organisations, we feel that our model is the correct one for this time and we will seek to develop the new partnerships. Having laid foundations, made adjustments and moved into 2021, we find the Charity in a healthy and effective position for reaching out to the young people and families in Aldershot and the surrounding areas. We will look to expand the number of Counselling and Mentoring Co-ordinators so that we can reach out to more young people.

We recognise that the 14-25 year olds that we support, consume information primarily from the internet and social media, so we have appointed a trustee with qualifications and experience of digital marketing, brand management and digital communications. He will be putting in place a plan for a vibrant modern web presence, refresh The Source's brand and create awareness with our core audiences (clients, volunteers, partners and donors). BikeStart will also consider moving from two to three days a week.

A HUGE THANK YOU TO ALL OUR INCREDIBLE SUPPORTERS

Your generosity means so much to us and the Young People we support and empower

Thank you to everyone who has supported our work by making a donation. We very much appreciate your transformational support.

Thank You to everyone who supported BikeStart through donating an old bike, purchasing a bike, booking bike maintenance training or by getting your bike repaired or serviced.

Thank you to the local churches, businesses and societies who have donated funds and in kind support in 2020/2021, and to organisations which have helped us through the pandemic. These include The Albert Hunt Trust, AllChurches Trust Ltd, Aviva Community Fund, The Broadhurst Trust, the Government's Coronavirus Support Fund, Department for Digital, Culture, Media and Sport, The Emma Campbell Trust, Gibraltar Barracks – Minley, Grainger plc, The Henry Smith Charity, Holy Trinity Church - Aldershot, Lloyds Bank Foundation, Menzies LLP, Morrisons plc, NatWest Bank - Aldershot Branch, National Emergency Trust Fund, Park Evangelical Church - Aldershot, The Rotary Club of Aldershot, Rushmoor Borough Council, Rushmoor Community Lottery and St Peter's Church – Farnborough, Souter Charitable Trust, Tesco, Well of Life.

QUOTES FROM YOUNG PEOPLE ON THEIR SESSIONS:

(Personal details have been changed to ensure confidentiality)

"This has been really helpful, I actually feel proud of myself and realizing that I am okay, that I am good enough".

"You are my outlet. I feel that my mental state has been so much better and have been able to manage things better. I went through a lot, and I never was able to really let it out and process it. But talking to you has made such a difference, I feel like I am new person, and I actually like who I am".

"Doing therapy with you helped to be able to talk about how I feel and have been able to share it with my family. I actually feel relieved now, which I haven't felt in a very long time. For the first time I actually feel like my family is my family".

"Felt able to open up – felt comfortable in the sessions. Service was flexible and there was options. Other services just offer basic options and aren't as flexible as you"

Some of the Journeys of Young People who completed their Personalised Programmes in 2020/2021

(The young people's names and identities have been changed to ensure confidentiality)

(Stephen aged 24)

Stephen was in supported living and suffered from anxiety and depression. He had a history of self-harm and had attempted suicide in the past. Through his personalised programme of support Stephen was able to identify support networks and start to manage and take charge of his needs. Stephen learnt some relaxation techniques for his anxiety and was able to use these when he was feeling low in mood and highly anxious.

(Sita aged 16)

Sita was unsure of what to expect when she visited The Source. She was initially unsure of her sessions despite talks with her. However, as these progressed Sita was able to identify emotions that she was previously not aware of. She began to identify anger and some of the isolation that she felt. She was able to work on her self-esteem and when she finished counselling sessions and was starting a new course, the sessions helped prepare for this.

(Ems aged age 15)

Ems came to The Source presenting with low self-esteem and was finding it difficult to accept herself. She was having problems and absences from school and was finding mixing with peers difficult. Through her therapy sessions Ems was able to experience having a trusting adult in her therapeutic relationship. This led to Ems finding it easier to relate to authority figures and not see all adults as the same.

(Hari aged 23)

Hari came to The Source with a history of depression anxiety and self-harm. He had also spent time in hospital. Through his therapy sessions Hari was able to explore his feelings of self-worth and look at his strengths and be able to be objective about his talents rather than always focusing on the negatives. Hari began some exposure therapy to help combat his anxiety. He did some of the things he was afraid of doing by working out a graded plan to challenge some of his anxiety and held beliefs. Through these exercises Hari was able to see that he was able to do many things he thought not possible and lessen his anxiety.

(Mandy aged 18)

Mandy came to The Source with anxiety and low self-esteem. She was quite isolated and didn't have many friends that she was in contact with. Through her sessions she was able to explore some of her feelings around social contact. She worked on strategies for anxiety through exposure therapy to help alleviate some of the more acute anxiety she was feeling. She was able to explore her relationships and connection and become more aware of the relationships in her life and better able to manage her emotions and feelings.

(Adi aged 15)

Adi came to The Source as he was feeling anxious and was having difficulties with schoolwork and stress. There was also a lot of changes in the family home, and he was finding it difficult to relate to siblings and manage parent relationships. Adi worked through some relaxation exercises and talked about some of his difficulties in school. After having a block of sessions Adi commented how he was feeling less anxious and able to deal with the pressure of exams better.

Financial Review

At the end of the year, the financial results include donations, grants and charitable activities income amounting to £127,163 (2020: £140,463), of which £26,144 (2020: £50,881) was restricted income. Activities for generating income, which consists of income from Bike Start, counselling services and other income amounted to £41,085 (2020: £28,441). This resulted in total income for the year amounting to £168,248 (2020: £168,904).

The total resources expended were kept under tight control and amounted to £153,127 (2020: £178,848). The overall surplus of income over expenditure amounted to £15,121 (2020: £5,944 excess of expenditure over income).

Small Company Provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 4th January 2022 and signed on behalf of the board of trustees by:



Dr J Johnston
Chair and Trustee

The Source Young People's Charity
Independent Examiners Report to the Trustees
For the year ended 31 March 2021

We report to the trustees on our examination of the accounts of the charitable company for the year ended 31st March 2021.

Responsibilities and basis of report

As the charity Trustees, who are also directors for the purposes of company law, are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied ourselves 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, We report in respect of our examination of the charity's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out our examination we have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiners statement

We have completed our examination. We confirm that no matters have come to our attention in connection with the examination giving us 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 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).

We 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.

19.01.2022

M T D Accountancy Ltd
21 Silver Street
Ottery St Mary
Devon
EX11 1DB

The Source Young People's Charity
Statement of Financial Activities (including Income and Expenditure Account)
For the year ended 31 March 2021

	Notes	Unrestricted funds	Restricted funds	2021	2020
		£	£	£	£
Income and endowments from:					
Donations and legacies	2	101,019	26,144	127,163	140,463
Charitable activities	3	41,034	-	41,034	28,222
Other trading activities	4	51	-	51	219
Total		**142,104**	**26,144**	**168,248**	**168,904**
Expenditure on:					
Raising funds	5	(276)	**-**	(276)	(423)
Charitable activities	6/7	(94,630)	(58,221)	(152,851)	(174,425)
Total		**(94,906)**	**(58,221)**	**(153,127)**	**(174,848)**
Transfers between funds		(32,077)	32,077	-	-
Net movement in funds		**15,121**	**-**	**15,121**	**(5,944)**
Reconciliation of funds					
Total funds brought forward		37,900	-	37,900	43,844
Total funds carried forward		**53,021**	**-**	**53,021**	**37,900**

The Source Young People's Charity
Statement of Financial Position
As at 31 March 2021

	Notes	2021	2020
		£	£
Fixed assets			
Tangible assets	12	1,171	434
		1,171	**434**
Current assets			
Stocks	13	210	210
Debtors	14	21,010	1,000
Cash at bank and in hand		58,681	72,169
		79,901	**73,379**
Creditors: amounts falling due within one year	15	(28,051)	(35,913)
Net current assets		51,850	**37,466**
Total assets less current liabilities		**53,021**	**37,900**
Net assets		**53,021**	**37,900**
The funds of the charity			
Restricted income funds	16	-	-
Unrestricted income funds		53,021	37,900
Total funds		**53,021**	**37,900**

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

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,

The trustees 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 were approved and authorised for issue by the Board and signed on its behalf by:

.....



Dr Jos Johnston
Chair and Trustee

1. Accounting Policies

Basis of accounting

The financial statements have been prepared under the historical cost convention, except for investments which are included at market value and the revaluation of certain fixed assets and in accordance with the Charities SORP (FRS 102) '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 2019)', Financial Reporting Standard 102 the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), and the Companies Act 2006.

The Source Young People's Charity 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 note(s).

2. Income from donations and legacies

	Unrestricted funds	Restricted funds	2021	2020
		£	£	£
Donations received	20,753	180	20,933	34,947
Grants received	80,266	25,964	106,230	105,516
	101,019	**26,144**	**127,163**	**140,463**

3. Income from charitable activities

	2021	2020
	£	£
Unrestricted funds		
Education and training in life skills		
Income from charitable activities	-	508
Bike Start		
Income from charitable activities	41,034	27,560
Income from other services		
Income from charitable activities	-	154
	41,034	**28,222**

4. Income earned from other activities

	2021	2020
	£	£
Unrestricted funds		
Fund raising events	51	219
	51	**219**

5. Expenditure on generating donations and legacies

	Unrestricted funds	Restricted funds	2021	2020
	£	£	£	£
Donations Just Giving	276	-	276	423
	276	**-**	**276**	**423**

6. Costs of charitable activities by fund type

	Unrestricted funds	Restricted funds	2021	2020
	£	£	£	£
Education and training in life skills	92,163	57,981	150,144	174,425
Support costs	2,467	240	2,707	-
	94,630	**58,221**	**152,851**	**174,425**

7. Costs of charitable activities by activity type

	Activities undertaken directly	Support costs	2021	2020
	£	£	£	£
Support costs				
Education and training in life skills	150,144	2,707	152,851	174,425

8. Analysis of support costs

	2021	2020
	£	£
Education and training in life skills		
Finance	421	-
Governance costs	2,286	-
	2,707	**-**

9. Net income/(expenditure) for the year

This is stated after charging/(crediting):

	2021	2020
	£	£
Depreciation of owned fixed assets	247	-
Accountancy fees	2,006	-
Staff pension contributions	1,106	-

10. Staff costs and emoluments

Total staff costs for the year ended 31 March 2021 were:

	2021	2020
	£	£
Salaries and wages	85,878	107,286
Social security costs	3,343	-
Pension costs	1,106	-
	90,327	**107,286**

	2021	2020
Staff in direct charitable activity	4	4
	4	**4**

11. Comparative for the Statement of Financial Activities 2020

	Unrestricted funds	Restricted funds	TOTAL
	£	£	£
Income and endowments from:			
Donations and legacies	89,582	50,881	140,463
Charitable activities	28,222	-	28,222
Other trading activities	219	-	219
Total	**118,023**	**50,881**	**168,904**
Expenditure on:			
Raising funds	(423)	-	(423)
Charitable activities	(123,544)	(50,881)	(174,425)
Total	**(123,967)**	**(50,881)**	**(174,848)**
Net income/expenditure	**(5,944)**	**-**	**(5,944)**
Total funds brought forward	43,844	-	43,844
Total funds carried forward	**37,900**	**-**	**37,900**

12. Tangible fixed assets

Cost or valuation	Plant and Machinery
	£
At 01 April 2020	26,892
Additions	984
At 31 March 2021	**27,876**
Depreciation	
At 01 April 2020	26,458
Charge for year	247
At 31 March 2021	**26,705**
Net book values	
At 31 March 2021	**1,171**
At 31 March 2020	**434**

13. Stocks and work in progress

	2021	2020
	£	£
Stock	210	210
	210	**210**

14. Debtors

	2021	2020
	£	£
Amounts due within one year:		
Other debtors	21,010	1,000
	21,010	**1,000**

15. Creditors: amounts falling due within one year

	2021	2020
	£	£
Accruals	3,562	-
Deferred income	24,489	35,913
	28,051	**35,913**

16. Movement in funds

	Incoming resources	Outgoing resources	Transfers	Balance at 31/03/2021
	£	£	£	£
Restricted Funds	26,144	58,221	32,077	-
	26,144	**58,221**	**32,077**	**-**

Restricted Funds - Previous year

	Incoming resources	Outgoing resources	Transfers	Balance at 31/03/2020
	£	£	£	£
Restricted funds	50,881	(50,881)	-	-
	50,881	**(50,881)**	**-**	**-**

Purpose of restricted funds

The provision of facilities for recreational and other leisure-time occupation, including the provision of education and training in life skills in the interests of social welfare, for persons who have need by reason of their youth, poverty or social and economic circumstances and with the object of improving their condition of life in Aldershot, Hampshire and in such parts of the United Kingdom as the Trustees from time to time think fit.

17. Analysis of net assets between funds

	Tangible fixed assets	Net current assets/ (liabilities)	Net Assets
	£	£	£
Unrestricted funds			
General	1,171	51,850	53,021
Restricted funds			
Restricted funds	-	-	-
	1,171	51,850	53,021

The Source Young People's Charity
Detailed Statement of Financial Activities
For the year ended 31 March 2021

	2021	2020
	£	£
INCOME AND ENDOWMENT		
Donations and legacies		
Donations	20,933	34,947
Grants receivable	106,230	105,516
	127,163	**140,463**
Charitable activities		
Income from charitable activities (Education and training in life skills)	-	508
Income from charitable activities (Bike Start)	41,034	27,560
Income from charitable activities	-	154
	41,034	**28,222**
Other trading activities		
Fund raising events	51	219
	51	**219**
Total incoming resources	**168,248**	**168,904**
EXPENDITURE		
Raising donations and legacies		
Donations	(276)	(423)
	(276)	**(423)**
Charitable activities		
Cost of direct charitable activity (Education and training in life skills)	(150,144)	(174,425)
	(150,144)	**(174,425)**
SUPPORT COSTS		
Finance		
Finance (Education and training in life skills)	(421)	-
	(421)	**-**
Governance costs		
Governance costs (Education and training in life skills)	(2,286)	-
	(2,286)	**-**
Total resources expended	**(153,127)**	**(174,848)**
Net Expenditure	**(15,121)**	**(5,944)**

This page does not form part of the statutory financial statements