

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 olds 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

Colaborative - 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.

The Source Young People's Charity Trustees' Report

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.

The Source Young People's Charity Trustees' Report

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:

The Source Young People's Charity Trustees' Report

- 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:



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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		<u>105,459</u>	<u>14,774</u>	<u>120,233</u>
Expenditure on:				
Raising funds	6	(157)	-	(157)
Charitable activities	7	<u>(94,709)</u>	<u>(33,365)</u>	<u>(128,074)</u>
Total expenditure		<u>(94,866)</u>	<u>(33,365)</u>	<u>(128,231)</u>
Net income/(expenditure)		10,593	(18,591)	(7,998)
Transfers between funds		<u>(18,591)</u>	<u>18,591</u>	<u>-</u>
Net movement in funds		(7,998)	-	(7,998)
Reconciliation of funds				
Total funds brought forward		<u>58,143</u>	<u>-</u>	<u>58,143</u>
Total funds carried forward	15	<u>50,145</u>	<u>-</u>	<u>50,145</u>
	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		<u>109,263</u>	<u>19,573</u>	<u>128,836</u>
Expenditure on:				
Raising funds	6	(216)	-	(216)
Charitable activities	7	<u>(79,577)</u>	<u>(43,921)</u>	<u>(123,498)</u>
Total expenditure		<u>(79,793)</u>	<u>(43,921)</u>	<u>(123,714)</u>
Net income/(expenditure)		29,470	(24,348)	5,122
Transfers between funds		<u>(24,348)</u>	<u>24,348</u>	<u>-</u>
Net movement in funds		5,122	-	5,122
Reconciliation of funds				
Total funds brought forward		<u>53,021</u>	<u>-</u>	<u>53,021</u>
Total funds carried forward	15	<u>58,143</u>	<u>-</u>	<u>58,143</u>

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

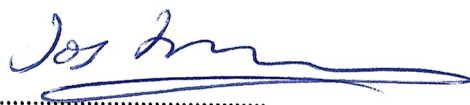
	Note	2023 £	2022 £
Fixed assets			
Tangible assets	10	1,276	1,966
Current assets			
Stocks	11	-	226
Debtors	12	3,916	1,101
Cash at bank and in hand	13	88,595	80,208
		92,511	81,535
Creditors: Amounts falling due within one year	14	(43,642)	(25,358)
Net current assets		48,869	56,177
Net assets		50,145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

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

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.

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

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

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

4 Income from charitable activities

	Unrestricted funds General £	Total funds £
Bike Start income	41,236	41,236
Total for 2023	<u>41,236</u>	<u>41,236</u>
Total for 2022	<u>41,536</u>	<u>41,536</u>

5 Income from other trading activities

	Unrestricted funds General £	Total funds £
Events income;		
Other events income	43	43
Total for 2023	<u>43</u>	<u>43</u>
Total for 2022	<u>53</u>	<u>53</u>

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		<u>157</u>	<u>157</u>
Total for 2022		<u>216</u>	<u>216</u>

7 Expenditure on charitable activities

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

	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		<u>94,709</u>	<u>33,365</u>	<u>128,074</u>
Total for 2022		<u>79,577</u>	<u>43,921</u>	<u>123,498</u>

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	<u>2,872</u>	<u>240</u>	<u>3,112</u>
Total for 2022	<u>3,218</u>	<u>-</u>	<u>3,218</u>

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

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
	<u>72,801</u>	<u>63,300</u>

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	<u>4</u>	<u>4</u>

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

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

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

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

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

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	<u>-</u>	<u>14,774</u>	<u>(33,365)</u>	<u>18,591</u>	<u>-</u>
Total funds	<u>58,143</u>	<u>120,233</u>	<u>(128,231)</u>	<u>-</u>	<u>50,145</u>

	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	<u>-</u>	<u>19,573</u>	<u>(43,921)</u>	<u>24,348</u>	<u>-</u>
Total funds	<u>53,021</u>	<u>128,836</u>	<u>(123,714)</u>	<u>-</u>	<u>58,143</u>

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	<u>(43,642)</u>	<u>(43,642)</u>
Total net assets	<u>50,145</u>	<u>50,145</u>

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	<u>(25,358)</u>	<u>(25,358)</u>
Total net assets	<u>58,143</u>	<u>58,143</u>

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	<u>120,233</u>	<u>128,836</u>
Expenditure on:		
Raising funds (analysed below)	(157)	(216)
Charitable activities (analysed below)	<u>(128,074)</u>	<u>(123,498)</u>
Total expenditure	<u>(128,231)</u>	<u>(123,714)</u>
Net (expenditure)/income	<u>(7,998)</u>	<u>5,122</u>
Net movement in funds	(7,998)	5,122
Reconciliation of funds		
Total funds brought forward	<u>58,143</u>	<u>53,021</u>
Total funds carried forward	<u><u>50,145</u></u>	<u><u>58,143</u></u>

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

	Total 2023 £	Total 2022 £
<i>Donations and legacies</i>		
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
	<u>78,954</u>	<u>87,247</u>
<i>Charitable activities</i>		
Bike Start sales	41,236	41,536
	<u>41,236</u>	<u>41,536</u>
<i>Other trading activities</i>		
Fund raising events	43	53
	<u>43</u>	<u>53</u>
<i>Raising funds</i>		
Commissions payable	(157)	(216)
	<u>(157)</u>	<u>(216)</u>
<i>Charitable activities</i>		
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)	-

This page does not form part of the statutory financial statements.

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)
	<u>(128,074)</u>	<u>(123,498)</u>