

YOUNG AND FREE

England & Wales · Charity number 1117939

Details

Status Registered

Legal form Other

Registered 2007-02-13

Register [View on the Charity Commission register](#)

Contact

Address Filwood Hope Advice Centre
11-13 Filwood Broadway
Bristol
BS4 1JL

Phone 07468524364

Email l.whittle@youngandfreecharity.co.uk

Website www.youngandfreecharity.co.uk

Activities

Objects: FOR THE RELIEF OF PEOPLE WITH PHYSICAL AND SENSORY DISABILITIES TO PROMOTE OPPORTUNITIES, INDEPENDENCE, EDUCATION, ADVANCEMENT, INCLUSION AND INTEGRATION IN THE BRISTOL AREA.

Activities: Our aim is to encourage young physically and/or sensory disabled people between the ages of 16-25 yrs to build a social network of non-disabled friends through one to one buddying. We also encourage disabled youngsters to play a fuller role in their community through active participation in the running of the charity as well as taking part in and organising educational and group social activities.

Classification

- **How:** Other Charitable Activities
- **What:** Disability
- **Who:** Children/young People, People With Disabilities

Geography

- **Area of benefit:** BRISTOL AREA
- Bath And North East Somerset
- Bristol City
- North Somerset
- South Gloucestershire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£39,478	£66,550	-	-
2024-03-31	£61,679	£65,791	-	-
2023-03-31	£66,598	£65,894	-	-
2022-03-31	£59,131	£45,666	-	-
2021-03-31	£48,930	£30,758	-	-

Trustees

Name	Role	Appointed
Mark David Cranney	Chair	2023-01-08
Charmaine Louise Sharpe		2020-09-10
HANNAH LOUISE WEBB		
KARLIS LAPINS		
Kayleigh Marie Malone		2019-07-15
Lewis Phillips		2025-02-03
MARIE WEBB		
Sacha Lapins		2015-01-21

YOUNG AND FREE

England & Wales - Charity number 1117939

Accounts



Trustees' Annual Report

For the year ended 31 March 2025

1. Reference and Administrative Details

Charity name: Young and Free
Charity number: 1117939
Principal address: 11, 13 Filwood Broadway, Bristol BS4 1JL

Trustees:

Mr M Cranney,
Mr K Lapins,
Mr S Lapins,
Mrs M Webb,
Miss H Webb,
Miss K Malone,
Mrs C Sharp,
Mr L Phillips appointed 03rd February 2025.

Independent Examiner / Auditors: Albert Goodman, TA1 2PX.

Governing document: Constitution adopted on the 13th March 2006, as amended 27th November 2006.

2. Structure, Governance and Management

Young and Free is governed by its trustees, who are responsible for the strategic direction, governance, and financial oversight of the charity. Trustees meet regularly to review performance, manage risk, and ensure compliance with legal and regulatory requirements.

Trustees are volunteers and are appointed and approved by the committee members at the Annual General Meeting, in accordance with the governing document. Trustees receive induction and ongoing support appropriate to their role.

The day-to-day operations of the charity are delegated to the Project Co-Ordinator, who reports directly to the trustees. Laura is the charity's only paid member of staff and is employed on a part-time basis. She is responsible for managing all events and overseeing communications for the charity, with the support of the trustees and volunteers.



3. Objectives and Activities

The objects of the charity, as set out in the governing document, are:

For the relief of people with physical and sensory disabilities, to promote opportunities, independence, education, advancement, inclusion, and integration in the Bristol area.

In pursuit of these objects, Young and Free delivers activities and programs designed to support and empower young disabled people, enabling them to develop confidence, independence, and positive life opportunities.

Public Benefit

The trustees confirm that they have complied with their duty under section 4 of the Charities Act 2011 to have due regard to the Charity Commission's guidance on public benefit. The charity's activities are directed toward clear and identifiable public benefit, with particular focus on young people who face barriers to opportunity.

4. Achievements and Performance

During the year, Young and Free focused on delivering high-quality programs for young disabled people.

Key achievements include:

- Supporting our members through structured activities. Typically, two events per month, with a residential weekend in July.
- Moving offices due to building improvements.

Events Delivered

The charity delivered a wide range of social and recreational events, including:

- Multiple trips to the Bristol Hippodrome.
- Easter Workshop
- Christmas Workshop
- Christmas Party at the Bristol Pavilion
- Number of meals across Bristol Restaurants
- Long weekend Break to Centre Parks Nottingham
- Ten pin bowling
- Tim Burton Exhibition London.
- Glastobility party.
- Planet Ice Skating
- Congo fall Mini Golf

The above events were well attended by members.

Events at Young and Free give members the opportunity to meet new people and build friendships in a safe and supportive environment. Many young people may struggle with isolation or lack of confidence, and attending events helps them feel included and valued.

YOUNG & FREE

— THE FUTURE OF INTEGRATION —

Group activities encourage teamwork, communication, and a sense of belonging, which are essential for social development.

Buddying

The Buddying program plays an important part of what Young and Free offers. This is where members can arrange meeting up with Volunteers on a one to one base. This helps members to feel reassured and supported, particularly those who may feel anxious or uncertain.

Buddying helps members form positive social connections. By encouraging communication and interaction, the program supports the development of friendships and trust between members/ volunteers. This reduces feelings of isolation and helps create a strong sense of community within Young and Free.

This has been encouraged over the period.

Buddying Events

- Meals out at restaurants
- Coffees
- Cinema
- Fun Fair
- F1 Exhibition- London
- Ice Hockey
- Football Matches

Volunteers

Volunteers play a vital role in the success and impact of the Young and Free charity. Their time, skills, and commitment enable the organisation to put on events and help to create safe, encouraging environments where members can build confidence, develop life skills, and feel valued within their communities.

Volunteers contribution is invaluable, their impact enduring, and their commitment a true testament to the power of kindness and service.

5. Safeguarding and Wellbeing

The trustees recognise their responsibility to safeguard and promote the welfare of young people. Appropriate safeguarding policies and procedures are in place, and all relevant staff and volunteers receive safeguarding training. Any concerns are managed promptly and in line with statutory guidance.



6. Risk Management

The trustees have assessed the major risks to which the charity is exposed, including financial sustainability, safeguarding, and operational risks. Systems and controls are in place to mitigate these risks, and they are reviewed regularly.

7. Plans for Future Periods

In the coming year, the charity aims to:

- Continue delivering and strengthening events for its members
 - Review and develop the Young and Free website
 - Secure sustainable funding to ensure long-term financial stability
 - Maintain high standards of governance and safeguarding
 - Secure a long term office accommodation for the project Coordinator
-

8. Statement of Trustees' Responsibilities

The trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and regulations. They are responsible for keeping proper accounting records, safeguarding the assets of the charity, and taking reasonable steps to prevent and detect fraud and other irregularities.

9. Approval

This report was approved by the trustees and signed on their behalf.

Name: Mark Cranney

Position: Chair of Trustees

Date: 10th January 2026

Signature:

A handwritten signature in black ink, appearing to read "Mark Cranney", written over a horizontal line.

Young and Free

Independent Examiner's Report to the Trustees
For the Year Ended 31 March 2025



Albert
Goodman

Independent examiners report to the Trustees of Young and Free

I report to the trustees on my examination of the accounts for Young and Free ("the charity") for the year ended 31 March 2025.

Responsibilities and basis of report

As the charity trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the 2011 Act").

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement – matter of concern identified

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
2. the accounts do not comply with these records

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.

.....
Michelle Ferris BSC (Hons) FCA DChA

Albert Goodman LLP
Chartered Accountants
Goodwood House
Blackbrook Park Avenue
Taunton
Somerset
TA1 2PX

Date: 28 January 2026



CHARITY COMMISSION
FOR ENGLAND AND WALES

Young and Free

1117939

Receipts and payments accounts

CC16a

For the period from	Period start date	To	Period end date
	01/04/2024		31/03/2025

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	32,117	-	-	32,117	58,879
Donations for activities	-	7,361	-	7,361	2,800
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	32,117	7,361	-	39,478	61,679
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	32,117	7,361	-	39,478	61,679
A3 Payments					
Beneficiary activities	28,339	7,182	-	35,520	35,444
Rents and rates	2,190	-	-	2,190	1,685
Equipment	229	-	-	229	78
Insurance	265	-	-	265	914
Training	106	-	-	106	-
Printing, postage, stationery and telephone	2,254	-	-	2,254	1,899
Co-ordination services	9,166	-	-	9,166	8,950
Compliance costs	513	-	-	513	1,423
Costs of generating funds	14,400	-	-	14,400	14,459
Accountancy	1,680	-	-	1,680	756
Payroll software	168	-	-	168	148
Data protection fee	35	-	-	35	35
DBS checks	24	-	-	24	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	59,369	7,182	-	66,550	65,791
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	59,369	7,182	-	66,550	65,791
Net of receipts/(payments)	- 27,252	180	-	- 27,072	- 4,112
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	124,214	9	-	124,223	128,335
Cash funds this year end	96,962	189	-	97,151	124,223

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank account	56,798	189	-
	Deposit account	40,110	-	-
	Cash	54	-	-
	Total cash funds	96,962	189	-

(agree balances with receipts and payments account(s))

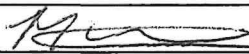
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets			-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Accountancy	Unrestricted	1,746	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	M Cranney	27-1-26

YOUNG AND FREE

England & Wales - Charity number 1117939

Accounts

YOUNG AND FREE

REPORT AND UNAUDITED ACCOUNTS
Registered Charity Number 1117939

31 MARCH 2023

YOUNG AND FREE
REPORT AND UNAUDITED ACCOUNTS
YEAR ENDED 31 MARCH 2023

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YOUNG AND FREE

LEGAL & ADMINISTRATIVE INFORMATION

YEAR ENDED 31 MARCH 2023

CHARITY NAME:	Young and Free
REGISTERED NUMBER:	1117939
CHARITY'S PRINCIPAL ADDRESS:	Filwood Community Centre Barnstaple Road Bristol BS4 1JP
GOVERNING DOCUMENT:	Constitution adopted on 13 March 2006, as amended 27 November 2006.
OBJECTS OF THE CHARITY:	For the relief of people with physical and sensory disabilities to promote opportunities, independence, education, advancement, inclusion and integration in the Bristol area.
INDEPENDENT EXAMINER:	Tyler Redmore Redland House 157 Redland Road Redland Bristol BS6 6YE
BANKERS:	National Westminster Bank plc PO Box 209 72 Gloucester Road Bristol BS99 5AF

YOUNG AND FREE
TRUSTEES' REPORT
YEAR ENDED 31 MARCH 2023

INTRODUCTION

The Trustees present their report and unaudited accounts of the Charity for the year ended 31 March 2023. In preparing this report the Trustees complied with current statutory requirements and the Charity's Trust Deed

The Trustees who held office during the year were:

Mr A M Khan Chair until 16 August 2023. Retired on 16 August 2023
Mr M Cranney Appointed 8 January 2023. Chair from 13 November 2023
Mr K Lapins
Ms S Lapins
Mrs M Webb
Miss H Webb
Ms K Malone
Ms C Sharpe

STRUCTURE GOVERNANCE AND MANAGEMENT

The Charity is governed by its Constitution, adopted on 13 March 2006 and amended on 27 November 2006.

Appointment of Trustees

All the trustees are volunteers. Two trustees are disabled young people who are also members and, as such, regularly benefit from the services offered by the charity. The trustees are approved by the members at the Annual General Meeting.

Risk Management

The major risks to which the charity is exposed, as identified by the trustees, have been reviewed and systems established to mitigate those risks.

OBJECTIVES AND ACTIVITIES

Details of the Charities objectives are set out on page 1. The trustees have had due regard to the Charity Commission guidance on public benefit in deciding what activities we should undertake and confirm that all our activities are undertaken to further our charitable purpose.

ACHIEVEMENTS AND PERFORMANCE

This year has been another busy and very rewarding one for Young and Free and a year when we have gone from strength to strength. We have welcomed several new members and volunteers and enjoyed a more ambitious and exciting programme of social events. Of course, none of this would have been possible without our amazingly loyal supporters, upon whom the Charity depends for both financial and practical stability.

Young and Free is a registered charity that is run by, and for, young adults with physical and/or sensory disabilities and related learning difficulties, operating in Bristol and the surrounding area. The aim of Young and Free is to combat the social isolation experienced by so many disabled young people. A social life is important to us all, but vital to young adults, and many of our members struggle to get out and about and integrate with their peers without support. If support isn't forthcoming, feelings of isolation can cause distress, and in many

YOUNG AND FREE

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2023

cases, mental health issues. Young and Free Charity was founded by the parents of two disabled young people for whom these feelings were only too real and painful. Both of these young people are active Trustees of Charity.

To date, we have enjoyed seventeen years of Young and Free which is quite remarkable given that the charity receives no statutory funding, whatsoever. We depend entirely upon the generosity of our supporters to ensure our future. Essentially, the charity relies on volunteers and most of our Trustees and Committee members are either carers or disabled young people themselves. However, once again, we are delighted to have secured sufficient funds to develop and expand our work and to pay the salary of our Project Coordinator for at least another year. This is thanks primarily to regular donations from trusts, companies and individuals, many of whom have donated regularly for several years. The Charity simply would not be in the position it is today without these generous donations. Some years we are blessed to receive very large donations from single sources, and this year was no exception. We want to express our gratitude and make a special mention of The Pierrepont Trust who donated an amazing £10,000 and the three Trusts who each gave us £5,000 – John James, The Hillcote Trust and The Louis Nicholas Residual Charitable Trust. We also want to thank The Starfish Trust for their generosity. They gave us £8,373 to fund in full our residential trip to Parkdean Resorts booked for summer 2023; a wonderful break planned for 27 people.

Our Project Coordinator, Laura continues in post and her dedication to her role forms the heart of the Charity. Laura is herself a disabled young person who tries to use her own experiences to help and encourage others. Her enthusiasm and determination to achieve in all aspects of her life inspires us all.

We have continued our tenancy at Filwood Community Centre in Knowle West, where we have been based very successfully since May 2015. This unit is ideally situated for our Project Coordinator to reach on public transport and for many of our service users who live in South Bristol. We occupy an office within a larger unit which is perfectly adequate for our needs and was offered to us at a reduced rent, helping us keep our administration costs as low as possible. We also have use of their function rooms for a very reasonable fee, which means we never have to hire expensive rooms elsewhere for low key events.

Throughout the year, our members have enjoyed an extensive events programme. Typically, two events are held each month. Activities have included:

- An Easter card-making workshop
- Seven trips to the Bristol Hippodrome to see We Will Rock You, Chicago, Mamma Mia, Les Miserables, Joseph, Jersey Boys and Sister Act. Some of these shows were booked during the Covid period and postponed. Laura is careful to ensure that she only makes bookings when wheelchair spaces are available so that every member can attend if they choose.
- A trip to Bristol Zoo
- A disco for friends and family
- A Yoga/Pampering/Henna tattoo workshop, offering something for everyone!
- A meal at ZaZa Bazaar in Bristol. This event was supposed to be our long-awaited day trip to West Midlands Safari Park, but we were let down by Catch coach company. Despite reassurances from the company that they had adapted transport to suit our needs, when the coach arrived, it was inaccessible for wheelchair users. All attempts to claim our money back have failed - even a local journalist got involved, but to no avail. However, in true Young and Free style, we made the most of the day, visiting the M-Shed and then enjoying a delicious meal overlooking the Bristol docks.

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TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2023

- Crazy Golf at Stockwood Vale Golf club
- Several well attended group meals at Zizzis, Cosmos and Casa Brazil, where 33 of us sat down together.
- Sessions at Ten Pin bowling, followed by McDonald's.
- A Christmas craft workshop
- An afternoon/evening at Longleat, combining a visit to the Safari Park and later, enjoying The Festival of Light, which was spectacular, and a real Christmas treat.
- A lovely Christmas celebration at The Inn at Yanleigh.
- A slightly different bowling experience at Lane 7 bowling in Bristol, followed by food.
- Ice skating at Planet Ice, wheelchair users pushed around in their chairs, followed by Burger King.

Following our hugely successful long weekend break to Centerparcs, Longleat in July 2021, we decided on a return visit in October 2022. Again, this was a very enjoyable time where we all got to learn new things about each other and spend extremely valuable social time together. We all took away our own special memories.

Our charitable fundraising events have included:

- A Young and Free fundraising table at the 'Knowle West Fest'. Not only did we raise some valuable funds, but also this community event gave us a great opportunity for networking and allowed us to support a venture organised by people who have been so welcoming and supportive of us.

At Young and Free, buddying is a significant part of the service we offer, and all members are offered the opportunity of one to one buddying, small group buddying and buddying within our twice monthly 'big' events. Socialising is not limited to our organised events as we actively encourage individuals to meet outside of the group and we tend to find that this enables friendships to develop and blossom in a natural and 'organic' way.

Frequent small buddying group activities include bowling, going to football matches with volunteers who are season ticket holders, cinema trips, meeting up in town for lunch or just spending an evening together and ordering a takeaway. Typically, these are groups of four or five service users supported by two or three volunteers, depending on needs. They tend to be initiated by members at the larger events.

All these befriending activities create a strong bond in the charity and firm friendships based on trust, thus helping our service users to become more confident in social situations. This is vital for improving their self-esteem which many disabled people struggle with due to negative experiences at their school or college.

When considering a programme of charity events, it is also necessary for us to budget for the cost of taxis and disabled access coach transport. We are blessed with a very reliable network of taxi drivers with adapted vehicles, who are trusted and respected by our service users and volunteers alike, but we have always struggled to find dependable, accessible coach transport. This has proved very frustrating, given that we pride ourselves on offering new opportunities and currently have the funds available to us. However, now we have discovered Avon Minibuses, and a whole world of possibilities has opened up for us! At the time of writing, we have booked them for our next long weekend break to Parkdean Resorts in Poole, and six more adventures, including, by popular demand, a revisit to The Harry Potter Studios to include those who didn't have the opportunity to go first time around.

YOUNG AND FREE**TRUSTEES' REPORT****YEAR ENDED 31 MARCH 2023**

At Young and Free we use social media and networking opportunities to spread the word and our Project Co-ordinator is very skilled in this field. Laura also visits local colleges and charity groups to promote our work and we have links with the volunteer teams at both the University of Bristol and UWE in the hope of bringing in new volunteers too.

Our service users and volunteers are always encouraged to participate in the organisational work of Young and Free on a level at which each individual feels confident. Opportunities include contributing to the website, posting pictures on our Facebook and Twitter pages, supporting presentations, fundraising and writing articles for the newsletter. We also have active WhatsApp groups that make keeping in touch and feeling involved very easy; sharing photos and comments after events can go on into the small hours!

All service users and volunteers are actively encouraged to join the Executive Committee. At our most recent Annual General Meeting three more volunteers and one service user were nominated for election. The current Executive Committee is now made up of sixteen people – eight volunteers and eight disabled members. Our seven Trustees currently in office were approved by the membership at the Annual General Meeting. At the time of writing this report, it is with sadness that the Trustees have accepted the resignation of Anwar Khan as both Chair of Trustees and as a Trustee. Anwar has been wonderful supporter of Young and Free over many years, both as a volunteer and Trustee, and has held the post of Chair since 2014. The Trustees are very grateful to him for his contribution to the Charity and wish him well for the future. Mark Cranney was voted in as the new Chair of Trustees at the AGM on 13th November 2023. The Trustees are delighted that Mark has accepted this role and look forward to working with him and supporting him.

We currently have 47 registered members the majority of whom have a combined physical and learning disability. Twenty seven of those we see on a regular basis. We have 32 registered volunteers who attend events as frequently as studies/work permit, but we are blessed with a core group of around fifteen to twenty very dedicated volunteers upon whom we can always rely. We've recently recruited several new volunteers and we look forward to welcoming them in due course. All of our volunteers have enhanced DBS checks carried out before being authorised to volunteer, all receive practical training to ensure that they feel confident in their role and all are expected to sign and comply with our policies.

PLANS FOR THE FUTURE

Our areas of focus for 2023/24 are as follows:

- Continue to offer an extensive, varied programme of activities and look at new ideas for full day trips.
- Continue to expand our network of members and volunteers and all play our part in spreading the word. We will maintain links with other charities and within our own group, using our well-maintained website and facebook page, our leaflets and the inspiring efforts of our Project Co-ordinator.
- The one to one and small group buddying activities have gone from strength to strength and we want to maintain and build on this enthusiasm.
- Encourage and support our Project Co-ordinator with volunteer help if requested.
- At the time of writing, we have once again enjoyed an extremely successful trip the Parkdean Resorts, Sandford. 25 people enjoyed a weekend that they will never forget. As mentioned earlier, this experience was entirely funded by the generosity of The Starfish Trust, and we are extremely grateful to them for giving us an opportunity to spend such a happy time together.
- Make plans for another residential break in Summer 2024

YOUNG AND FREE

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2023

FINANCIAL REVIEW

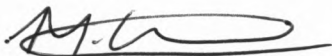
At the end of the financial year the charity held £128,335 (2022 - £127,631) in the form of cash in the bank and in hand, of which £127,322 are unrestricted funds.

Reserves Policy

The charity's current cash reserves are adequate to cover one year of expenditure. The trustees are reserving sufficient funds to engage the services of a Project Co-ordinator to help to continue to develop the charity. The trustees consider that £15,000 of the cash reserves are adequate to maintain the Project Co-ordinator role. The remaining cash reserves will support a continuation of current activities as we continue to increase membership following recent fundraising successes.

SIGNATURE AND DECLARATION

This Report was approved by the Trustees on 14/1/24 and signed on their behalf by:



Mr M Cranney (Chairman)

YOUNG AND FREE

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF YOUNG & FREE

YEAR ENDED 31 MARCH 2023

I report on the accounts of Young and Free Trust for the year ended 31 March 2023, which are set out on pages 8 to 10.

Respective Responsibilities of Trustees and Independent Examiner

The Charity's Trustees are responsible for the preparation of the accounts. The Charity's Trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general directions given by the Charity Commission under section 145(5)(b) of the Act; and
- to state whether particular matters have come to my attention.

Basis of Independent Examiner's Report

My examination was carried out in accordance with the general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent Examiner's Statement

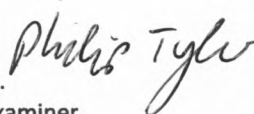
In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements

- to keep accounting records in accordance with section 130 of the 2011 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.


P.G. Tyler F.C.A.
Independent Examiner
Tyler Redmore
157 Redland Road
Redland
Bristol BS6 6YE

Date 14/01/2024

YOUNG AND FREE

RECEIPTS AND PAYMENTS ACCOUNT

YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Total Funds 2022 £
RECEIPTS					
Donations		52,475	14,123	66,598	59,131
TOTAL RECEIPTS		52,475	14,123	66,598	59,131
PAYMENTS					
Direct Charitable Expenditure	3	34,967	15,521	50,488	29,895
Support Costs					
Cost of generating funds (awareness, marketing, fundraising, etc)		14,681	-	14,681	15,040
Governance Costs					
Accountancy fee		690	-	690	696
Data protection fee		35	-	35	35
TOTAL PAYMENTS		50,373	15,521	65,894	45,666
Net receipts/(payments)		2,102	(1,398)	704	13,465
Cash Funds as at 31 March 2022		125,220	2,411	127,631	114,166
Cash Funds as at 31 March 2023		127,322	1,013	128,335	127,631

YOUNG AND FREE

STATEMENT OF ASSETS AND LIABILITIES

YEAR ENDED 31 MARCH 2023

	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Total Funds 2022 £
CASH FUNDS				
Bank current account	126,309	1,013	127,322	127,631
Deposit account	10	-	10	-
Cash in hand	1,003	-	1,003	-
	127,322	1,013	128,335	127,631

CURRENT LIABILITIES

Co-ordination services	-	758
Professional fees	750	690
	750	1,448

In accordance with the engagement letter dated 10 September 2018, the trustees approve the accounts, which comprise the Receipts and Payments Account, the Statement of Assets and Liabilities and the notes. We acknowledge our responsibility for the accounts, including the appropriateness of the accounting basis as set out in note 1, and for providing Tyler Redmore with all the information and explanations necessary for its compilation.

Signed on behalf of the Trustees:



.....
M Cranney (Chairman)

Date 14 / 1 / 24

YOUNG AND FREE

NOTES TO THE ACCOUNTS

YEAR ENDED 31 MARCH 2023

1. ACCOUNTING BASIS

The accounts have been prepared on a Receipts and Payments basis for the purposes of submitting information to the Charity Commission.

2. TRUSTEES/EMPLOYEES

No Trustee, or anyone connected with them, received or waived any remuneration during this year or previous year.

Expenses of £2,114 (2022 - £3,950) paid by trustees were reimbursed during the year. Expenses include card payments at venues, online bookings and purchases of supplies and materials for events.

3. DIRECT CHARITABLE EXPENDITURE

	Unrestricted Funds 2023 £	Restricted Fund 2023 £	Total Funds 2023 £	Total Funds 2022 £
Beneficiary trips, befriending, group events, activities	20,792	15,521	36,313	18,019
Rents and rates	1,045	-	1,045	400
Equipment	869	-	869	459
Insurance	889	-	889	779
Training	-	-	-	-
Printing, stationery, postage and telephone	1,523	-	1,523	1,382
Co-ordination services	9,641	-	9,641	8,696
Compliance costs	208	-	208	160
	34,967	15,521	50,488	29,895

4. Restricted Funds

Restricted funds relate to donations towards the cost of an annual residential trip.

YOUNG AND FREE

England & Wales - Charity number 1117939

Accounts

YOUNG AND FREE

REPORT AND UNAUDITED ACCOUNTS
Registered Charity Number 1117939

31 MARCH 2022

YOUNG AND FREE
REPORT AND UNAUDITED ACCOUNTS
YEAR ENDED 31 MARCH 2022

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YOUNG AND FREE

LEGAL & ADMINISTRATIVE INFORMATION

YEAR ENDED 31 MARCH 2022

CHARITY NAME:	Young and Free
REGISTERED NUMBER:	1117939
CHARITY'S PRINCIPAL ADDRESS:	Filwood Community Centre Barnstaple Road Bristol BS4 1JP
GOVERNING DOCUMENT:	Constitution adopted on 13 March 2006, as amended 27 November 2006.
OBJECTS OF THE CHARITY:	For the relief of people with physical and sensory disabilities to promote opportunities, independence, education, advancement, inclusion and integration in the Bristol area.
INDEPENDENT EXAMINER:	Tyler Redmore Redland House 157 Redland Road Redland Bristol BS6 6YE
BANKERS:	National Westminster Bank plc PO Box 209 72 Gloucester Road Bristol BS99 5AF

YOUNG AND FREE
TRUSTEES' REPORT
YEAR ENDED 31 MARCH 2022

INTRODUCTION

The Trustees present their report and unaudited accounts of the Charity for the year ended 31 March 2022. In preparing this report the Trustees complied with current statutory requirements and the Charity's Trust Deed

The Trustees who held office during the year were:

Mr A M Khan (Chair)
Mr K Lapins
Ms S Lapins
Mrs M Webb
Miss H Webb
Ms K Malone
Ms C Sharpe

STRUCTURE GOVERNANCE AND MANAGEMENT

The Charity is governed by its Constitution, adopted on 13 March 2006 and amended on 27 November 2006.

Appointment of Trustees

All the trustees are volunteers. Two trustees are disabled young people who are also members and, as such, regularly benefit from the services offered by the charity. The trustees are approved by the members at the Annual General Meeting.

Risk Management

The major risks to which the charity is exposed, as identified by the trustees, have been reviewed and systems established to mitigate those risks.

OBJECTIVES AND ACTIVITIES

Details of the Charities objectives are set out on page 1. The trustees have had due regard to the Charity Commission guidance on public benefit in deciding what activities we should undertake and confirm that all our activities are undertaken to further our charitable purpose.

ACHIEVEMENTS AND PERFORMANCE

This year marked sixteen years of Young and Free, an achievement that makes us very proud and extremely grateful to our amazing supporters who have been there through thick and thin. Our last reporting year was so tough, but along with the rest of the country, we've finally welcomed the relaxation of the Pandemic restrictions and have relished the opportunity to plan exciting new group events and to enjoy each other's company once again.

Young and Free is a registered Charity that is run by, and for, young adults with physical and/or sensory disabilities and related learning difficulties, operating in Bristol and the surrounding area. We receive no statutory funding whatsoever and depend entirely upon the generosity of regular donations from trusts, companies and individuals, many of whom have donated regularly for several years. The aim of Young and Free is to overcome the social isolation experienced by many disabled young people. A social life is important to us

YOUNG AND FREE**TRUSTEES' REPORT****YEAR ENDED 31 MARCH 2022**

all and vital to young adults, but many of our members find it impossible to get out and about and integrate with their peers without support. If support isn't forthcoming, feelings of isolation can cause distress, and in many cases, mental health issues; indeed, the Charity was founded by the parents of two young people for whom these feelings were only too real and painful. All our members are vulnerable adults and for those struggling with mental health issues, the fear of Covid-19 only exacerbated their anxiety. At Young and Free, buddying is a significant part of the service we offer and has continually proved to be a very successful way of providing comfort and support over the years. Now that we are allowed to meet up again, it's more valuable than ever. The Trustees recognise that the charity has a huge role to play in helping our service users to get their lives back on track.

Our Project Coordinator, Laura continues in post and without doubt, she is the heart and soul of the Charity. Laura is herself a disabled young person who uses her own experiences to help and encourage others. Her enthusiasm and determination to achieve in all aspects of her life inspires us all. When the country went into lockdown, Laura was set up with a laptop to work from home and this has remained an option throughout the accounting period. We have kept our tenancy at Filwood Community Centre and Laura has returned to the office as and when she has felt comfortable to do so.

As soon as restrictions permitted, we embarked upon our much anticipated programme of events, starting with Tenpin Bowling at the end of June. As face masks were mandatory, Laura had ordered masks for everyone, customized with the Young and Free logo which gave a feeling of solidarity in the group and added to the fun of the afternoon.

After the success of the bowling, more events followed:

- A coach trip to Weston- Super-Mare where we enjoyed a fish and chips lunch together on the promenade
- Two very enjoyable afternoons of Adventure Golf at Stockwood Vale Golf Club in August 21 and then again, by popular request, in March 22
- Two Games and Pizza afternoons held at Filwood Community Centre
- Trips to the Bristol Hippodrome to see 'Beauty and the Beast', 'Everybody's talking about Jamie' and 'The Nutcracker'.
- Afternoons at the cinema
- Several more sessions at Tenpin Bowling, this time followed by McDonalds
- A very well attended restaurant meal at Casa Brazil
- A Halloween Disco
- A visit just before Christmas to see the Enchanted Lights Trail at Westonbirt Arboretum. Unfortunately we were let down by the coach company who failed to send a fully wheelchair accessible coach, despite booking with them well in advance. Luckily, we had enough volunteers available with adapted cars to provide lifts and save the day.
- A Christmas Craft Workshop
- A lovely Christmas meal celebration at the Wessex Flyer in Hengrove
- A wellbeing afternoon, when we were treated to a seated Yoga session and a visit from Mollie the Collie, courtesy of Pets As Therapy!
- A fantastic afternoon of ice-skating at Planet Ice followed by Burger King

YOUNG AND FREE

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2022

At the end of February 2022 we marked Laura's 10th anniversary of working as Project Co-ordinator to the Charity. We celebrated with a surprise party for her at The Fox in Yate and it was a very happy, emotional afternoon. We've watched Laura grow from strength to strength and blossom into her role and the Trustees are very grateful to her for her unwavering dedication. We look forward to the next ten years!

In July 2021 we enjoyed a hugely successful long weekend break in Centerparcs, Longleat. This holiday was rearranged from summer 2020, when Centerparcs had to close their doors due to Covid. However, it was well worth the wait. Although many restrictions were still in place, with a bit of planning, we were certainly able to make the most of our time there. A highlight was watching England in the postponed Euro 2020 finals together, whilst enjoying a take-away roast dinner! Once again we took with us many happy memories.

We've been very fortunate during the pandemic, and indeed since the restrictions have been lifted, to enjoy regular generous donations from companies and grant-making trusts; mostly from on-going supporters but also others entirely new to us. We are extremely grateful and feel very blessed. We were especially proud to receive two sizeable separate donations – the first for £6,380 and another for £5,000 - from Bristol City Council's Community Isolation Support Fund. These grants were in recognition of the Charity's work with our service users during the lockdown periods.

At meetings during the year, the idea of setting up a Garden Club was very popular. So in October we were delighted to hear that Laura's application to Knowle West Media was successful and we had been given us a grant of £200 towards creating a vegetable growing area at Filwood Community Centre. This is an ongoing project that we hope will be beneficial for our members and volunteers alike.

At Young and Free we use social media and networking opportunities to spread the word and our Project Co-ordinator is very skilled in this field. Laura also regularly visits local groups and colleges to promote our work and we have links with the volunteer teams at both the University of Bristol and UWE in the hope of bringing in new volunteers too. In January, Laura and our Chair of Trustees, Anwar gave a presentation at Paul's Place at Coalpit Heath. Several of our members attend Paul's Place but we hoped to attract potential new members within our target age range. We look forward to exploring ideas with them in the future.

Our members and volunteers are always encouraged to participate in the organisational work of Young and Free on a level at which each individual feels confident. Opportunities include contributing to the website, posting pictures on our Facebook page, supporting presentations, fundraising and writing articles for the newsletter.

All service users and volunteers are actively encouraged to join the Executive Committee. The current Executive Committee is now made up of fifteen people – nine volunteers and six disabled members. Our seven Trustees currently in office were approved by the membership at the last Annual General Meeting. We've had interest from two more members and two more volunteers who would like to join the Committee and they will be voted on at our next AGM. We're also delighted that Mark Cranney, a very reliable and well respected volunteer of many years has indicated that he would be happy to take on the role of Trustee. Mark has lots of experience with Young and Free and has supported the Charity through difficult times. We know he will be a real asset and look forward to welcoming him formally at the AGM.

We currently have 45 registered members the majority of whom have a combined physical and learning disability. Twenty-five of those we see on a regular basis. We have 30 registered volunteers who attend events

YOUNG AND FREE**TRUSTEES' REPORT****YEAR ENDED 31 MARCH 2022**

as frequently as studies/work permit, but we are blessed with a core group of around fifteen very dedicated volunteers upon whom we can always rely. We've recently had a lot of interest from potential new volunteers, which is extremely welcome, and Laura has spent a lot of time conducting interviews and arranging DBS checks. We hope this enthusiasm will continue and look forward to welcoming them in due course. All of our volunteers have enhanced DBS checks carried out before being authorised to volunteer, all receive practical training to ensure that they feel confident in their role and all are expected to sign and comply with our policies.

Finally, we are very sad to announce that our Founder, Pat Lapins passed away in the spring of this year. Pat was a very generous, kind person who willingly gave of herself in support of others. She had personal experience of the impact that social isolation has on the life of a disabled person and was determined to combat the obstacles that prevent disabled young people from enjoying a fulfilling social life. Her vision was not only to enrich the life of her own son but also to reach out to other young people in Bristol in the same situation. The success of Young and Free is a wonderful legacy that Pat leaves behind. She will be sadly missed by us all.

PLANS FOR THE FUTURE

Our areas for focus for 2022/23 are as follows:

- Continue our twice monthly group social gatherings, exploring new ideas. We also need to find a reliable coach company or minibus providers so that we can enjoy more day trips in the summer months. At the time of writing, we have a booking with Avon Minibuses to see the Festival of Light at Longleat which we hope will proceed without any hitches.
- Encourage and support the enthusiasm around one-to-one buddying and small group buddying.
- Continue to expand our network of members and volunteers and all play our part in spreading the word. We will maintain links with other charities and within our own group using our well-maintained website, active Facebook page, our leaflets, newsletters and the inspiring efforts of our Project Coordinator, Laura.
- At the time of writing, we have once again enjoyed a very entertaining long weekend at Centerparcs, Longleat. This year we booked four lodges instead of three and took 24 people.
- Make plans for another weekend break in summer 2023. Centerparcs has been successful because it offers all the facilities we require as a group with additional needs, but we feel it's now time to explore alternative ideas.

FINANCIAL REVIEW

At the end of the financial year the charity held £127,631 (2021 - £114,166) in the form of cash in the bank and in hand, of which £125,220 are unrestricted funds.

YOUNG AND FREE
TRUSTEES' REPORT
YEAR ENDED 31 MARCH 2022

Reserves Policy

The charity's current cash reserves are adequate to cover one year of expenditure. The trustees are reserving sufficient funds to engage the services of a Project Co-ordinator to help to continue to develop the charity. The trustees consider that £15,000 of the cash reserves are adequate to maintain the Project Co-ordinator role. The remaining cash reserves will support a continuation of current activities as we look to increase membership following recent fundraising successes.

SIGNATURE AND DECLARATION

This Report was approved by the Trustees on 3/1/23 and signed on their behalf by:

A handwritten signature in black ink, appearing to be 'A Khan', written over a horizontal line.

Mr A Khan (Chairman)

YOUNG AND FREE**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF YOUNG & FREE****YEAR ENDED 31 MARCH 2022**

I report on the accounts of Young and Free Trust for the year ended 31 March 2022, which are set out on pages 8 to 10.

Respective Responsibilities of Trustees and Independent Examiner

The Charity's Trustees are responsible for the preparation of the accounts. The Charity's Trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general directions given by the Charity Commission under section 145(5)(b) of the Act; and
- to state whether particular matters have come to my attention.

Basis of Independent Examiner's Report

My examination was carried out in accordance with the general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

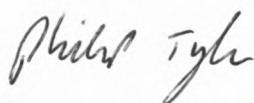
(1) which gives me reasonable cause to believe that in any material respect the requirements

- to keep accounting records in accordance with section 130 of the 2011 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

P.G. Tyler F.C.A.
Independent Examiner
Tyler Redmore
157 Redland Road
Redland
Bristol BS6 6YE



Date 3/1/2023

YOUNG AND FREE

RECEIPTS AND PAYMENTS ACCOUNT

YEAR ENDED 31 MARCH 2022

	Notes	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
RECEIPTS					
Donations		54,781	4,350	59,131	48,930
TOTAL RECEIPTS		54,781	4,350	59,131	48,930
PAYMENTS					
Direct Charitable Expenditure	3	25,956	3,939	29,895	15,483
Support Costs					
Cost of generating funds (awareness, marketing, fundraising, etc)		15,040	-	15,040	14,616
Governance Costs					
Accountancy fee		696	-	696	624
Data protection fee		35	-	35	35
TOTAL PAYMENTS		41,727	3,939	45,666	30,758
Net receipts/(payments)		13,054	411	13,465	18,172
Cash Funds as at 31 March 2021		112,166	2,000	114,166	95,994
Cash Funds as at 31 March 2022		125,220	2,411	127,631	114,166

YOUNG AND FREE
STATEMENT OF ASSETS AND LIABILITIES
YEAR ENDED 31 MARCH 2022

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
CASH FUNDS				
Bank current account	125,220	2,411	127,631	113,953
Cash in hand	-	-	-	213
	<u>125,220</u>	<u>2,411</u>	<u>127,631</u>	<u>114,166</u>

CURRENT LIABILITIES

Co-ordination services	758	783
Professional fees	690	636
	<u>1,448</u>	<u>1,419</u>

In accordance with the engagement letter dated 10 September 2018, the trustees approve the accounts, which comprise the Receipts and Payments Account, the Statement of Assets and Liabilities and the notes. We acknowledge our responsibility for the accounts, including the appropriateness of the accounting basis as set out in note 1, and for providing Tyler Redmore with all the information and explanations necessary for its compilation.

Signed on behalf of the Trustees:



A Khan (Chairman)

Date 3/1/23

YOUNG AND FREE

NOTES TO THE ACCOUNTS

YEAR ENDED 31 MARCH 2022

1. ACCOUNTING BASIS

The accounts have been prepared on a Receipts and Payments basis for the purposes of submitting information to the Charity Commission.

2. TRUSTEES/EMPLOYEES

No Trustee, or anyone connected with them, received or waived any remuneration during this year or previous year.

Expenses of £3,950 (2021 - £55) paid by trustees were reimbursed during the year. Expenses include card payments at venues, online bookings and purchases of supplies and materials for events.

Fees of £1,775 (2021 - £nil) were paid to Mr A Khan (Trustee) for transport services provided through his business. The trustees have considered this to be an invaluable service to the charity as charges were kept to a minimum and frequently waived.

3. DIRECT CHARITABLE EXPENDITURE

	Unrestricted Funds 2022 £	Restricted Fund 2022 £	Total Funds 2022 £	Total Funds 2021 £
Beneficiary trips, befriending, group events, activities	14,080	3,939	18,019	4,196
Rents and rates	400	-	400	650
Equipment	459	-	459	-
Insurance	779	-	779	738
Training	-	-	-	44
Printing, stationery, postage and telephone	1,382	-	1,382	1,182
Co-ordination services	8,696	-	8,696	8,562
Compliance costs	160	-	160	111
	25,956	3,939	29,895	15,483

4. Restricted Funds

Restricted funds relate to a donation towards the cost of a residential trip planned for July 2022.

YOUNG AND FREE

England & Wales - Charity number 1117939

Accounts

YOUNG AND FREE

REPORT AND UNAUDITED ACCOUNTS
Registered Charity Number 1117939

31 MARCH 2021

YOUNG AND FREE

REPORT AND UNAUDITED ACCOUNTS

YEAR ENDED 31 MARCH 2021

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YOUNG AND FREE

LEGAL & ADMINISTRATIVE INFORMATION

YEAR ENDED 31 MARCH 2021

CHARITY NAME:

Young and Free

REGISTERED NUMBER:

1117939

CHARITY'S PRINCIPAL ADDRESS:

Filwood Community Centre
Barnstaple Road
Bristol
BS4 1JP

GOVERNING DOCUMENT:

Constitution adopted on 13 March 2006, as amended 27 November 2006.

OBJECTS OF THE CHARITY:

For the relief of people with physical and sensory disabilities to promote opportunities, independence, education, advancement, inclusion and integration in the Bristol area.

INDEPENDENT EXAMINER:

Tyler Redmore
Redland House
157 Redland Road
Redland
Bristol
BS6 6YE

BANKERS:

National Westminster Bank plc
PO Box 209
72 Gloucester Road
Bristol
BS99 5AF

YOUNG AND FREE
TRUSTEES' REPORT
YEAR ENDED 31 MARCH 2021

INTRODUCTION

The Trustees present their report and unaudited accounts of the Charity for the year ended 31 March 2021. In preparing this report the Trustees complied with current statutory requirements and the Charity's Trust Deed

The Trustees who held office during the year were:

Mr A M Khan (Chair)
Mr K Lapins
Ms S Lapins
Mrs M Webb
Miss H Webb
Ms K Malone
Ms C Sharpe (appointed 10 September 2020)

STRUCTURE GOVERNANCE AND MANAGEMENT

The Charity is governed by its Constitution, adopted on 13 March 2006 and amended on 27 November 2006.

Appointment of Trustees

All the trustees are volunteers. Two trustees are disabled young people who are also members and, as such, regularly benefit from the services offered by the charity. The trustees are approved by the members at the Annual General Meeting.

Risk Management

The major risks to which the charity is exposed, as identified by the trustees, have been reviewed and systems established to mitigate those risks.

OBJECTIVES AND ACTIVITIES

Details of the Charities objectives are set out on page 1. The trustees have had due regard to the Charity Commission guidance on public benefit in deciding what activities we should undertake and confirm that all our activities are undertaken to further our charitable purpose.

ACHIEVEMENTS AND PERFORMANCE

This year marked fifteen years of Young and Free, an achievement that we're very proud of, but as we started our new accounting period in April 2020, we could never have foreseen the challenges we were about to face and how long they would last.

Young and Free is a registered Charity that is run by, and for, young adults with physical and/or sensory disabilities and related learning difficulties, operating in Bristol and the surrounding area. The aim of Young and Free is to overcome the social isolation experienced by many disabled young people and our befriending service has proved a very successful way of combating this over the years. But as the Covid-19 pandemic hit and the whole country went into lockdown, we were faced with a whole new set of challenges. All of our members are vulnerable adults; some would need to shield and others live alone, so maintaining contact was vital to ensure

YOUNG AND FREE**TRUSTEES' REPORT****YEAR ENDED 31 MARCH 2021**

their safety. Many struggle with mental health issues and fears of isolation during normal times, so this situation was of enormous concern and it was essential that all service users felt they had someone to turn to.

Laura, our Project Co-ordinator was set up with a laptop to work from home, so that she could maintain her role at the hub of the Charity. The Trustees considered this essential as we needed a trusted point of contact, known and respected by all members and volunteers, to get us through this unprecedented time and we knew that we could depend on Laura's resilience and determination to keep the Charity buoyant.

The Trustees were determined that we should maintain the 'family feel' that the Charity has nurtured, comforting and supporting each other to find ways of getting through the scary times ahead. At first we kept in touch daily on a group Whatsapp, sharing jokes, pictures, simple quizzes found online and general chit chat. Then Laura discovered Zoom and suddenly it was like we were all in the same room again. Our first Zoom chat attracted more than eighteen people joining throughout the evening. Although it was chaos, everyone enjoyed it so much that it became the focus of our week. On Friday evenings, Laura hosted either a group chat or a quiz prepared by a member or volunteer. Not only was it a fun, virtual social gathering but also it gave service users and indeed volunteers, the opportunity to share anxieties.

Although the Zoom calls were a great success, not everyone relished sharing their worries with a large group, so the next step was to set up wellbeing calls on a rota system. Each week every member who requested a one-to-one call was contacted by a Trustee or volunteer so that we knew they were safe and well. One of our experienced volunteers was prepared to take this even further, offering weekly visits to two service users under the Government rules permitting support of vulnerable, disabled people.

At the start of lockdown, very sadly, one of our members experienced a close family bereavement and was suddenly thrown into a situation that he struggled to cope with. This member has multiple physical and sensory problems and needed support arranging a care package and dealing with his domestic situation. Our volunteer visited him every alternate weekend, offering practical support and much needed social interaction. Between times, the same volunteer visited a second member who was struggling with acute mental health issues and spent evenings just listening and sharing a pizza. Both members saw these befriending visits quite literally as a lifeline and freely admit that they would not have coped without this support. The Charity is extremely proud to have such committed volunteers.

Some of our members felt they wanted to acknowledge the support they'd received from Young and Free and take part in a short film for our website. They felt confident enough to record a short clip of themselves describing how the Charity helped them get through lockdown and share it. Laura simply put these together where they can be viewed on our social media.

Our subscription to 'Zoom Pro Monthly' enabled us also to hold regular committee meetings to plan ahead and share new ideas. As Christmas 2020 approached, we decided to arrange a virtual Christmas craft afternoon. Laura gauged interest by text and those wishing to join in had either a gingerbread house painting kit or a Christmas mug painting kit sent to their home address. We then enjoyed a Sunday afternoon in December chatting and painting together. It was a great success, in fact so successful that we repeated the idea at Easter, making colourful Easter bunnies from decoupage kits. After each 'event' the works of art were proudly shared on social media.

The Trustees also wanted to give our service users and wonderful volunteers a little Christmas surprise. It was agreed that Laura should order mini tea and biscuit 'hampers' to be sent discreetly to everyone in the Charity.

YOUNG AND FREE**TRUSTEES' REPORT****YEAR ENDED 31 MARCH 2021**

We hoped that this would go a little way to ease the disappointment of missing our usual Christmas meal celebration. The hampers were very well received with lots of happy selfies appearing on Whatsapp!

Another idea to come out of our meetings and brainwave of Laura, was to run a virtual raffle over the Christmas period. Committee members were happy to donate small items as prizes, sharing pictures of them on social media. Laura then announced days/times when she would perform live draws on Facebook, using a number generator app on her phone. Those wishing to try their luck, chose a number between one and twenty for a donation of 50p. The countdown to each draw created a lot of fun and excitement.

A very popular suggestion was customised face masks. With lockdown restrictions gradually lifting and face masks mandatory, the idea of having the Young and Free logo printed onto masks was broached, aiming to create a feeling of solidarity in the group when we finally venture out together. Initially Laura only ordered a small quantity, unsure of how they would be received, but everyone wanted one, service users and volunteers alike, prompting a second order! As a spin off from this success, hoodies with the logo have been requested and one of our volunteers is costing the project at his workplace.

Although Covid fears and the Government restrictions changed our social interaction, Laura continued to spearhead our fundraising efforts, home printing large batches of fundraising letters to send to grant making trusts, companies and individuals. The response far exceeded our expectations, with generous sums of money donated not only by our loyal supporters, but also from many organisations new to us and we're so grateful. This financial security means that we can confidently make plans for the future and know that this essential service will be there to support disabled young people as they rebuild their lives.

PLANS FOR THE FUTURE

Our areas for focus for 2021/22 are as follows:

- Resume our twice monthly group social gatherings, complying with social distancing guidelines and ensuring everyone stays safe. At the time of writing this report we have already enjoyed nine very well attended group events, including a delightful coach trip to Weston-Super-Mare where we shared a fish and chip lunch in a café on the promenade. Everyone is relishing the opportunity to spend time together once again.
- Encourage and support the enthusiasm around one-to-one buddying and small group buddying, making sure all arrangements are safe.
- Continue to expand our network of members and volunteers and all play our part in spreading the word. Plans have been made to represent Young and Free at several volunteer recruitment fayres this year, which also provide excellent networking opportunities. We will maintain links with other charities and within our own group using our well maintained website, active Facebook page, our leaflets, newsletters and the inspiring efforts of our Project Coordinator, Laura.
- Before lockdown was imposed we booked a second long weekend break in Centerparcs, Longleat. Unfortunately, Centerparcs had to close their doors for summer 2020, but we were able to rearrange this holiday for July 2021 and it was well worth the wait. At the time of writing this report, we are delighted to say that it was another huge success, although different, due to the many restrictions still in place - it just took a bit more planning. A highlight was watching England in the postponed Euro 2020 finals together, whilst enjoying a take-away roast dinner! Once again we took with us many happy memories.

YOUNG AND FREE

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2021

- Make plans for another weekend break in summer 2022. By popular demand, this may mean a return to Centerparcs because it offers all the facilities we require as a group with additional needs, but we intend to explore other ideas too.

FINANCIAL REVIEW

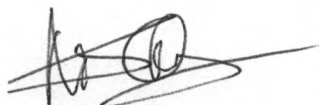
At the end of the financial year the charity held £114,166 (2020 - £95,994) in the form of cash in the bank and in hand, of which £112,166 are unrestricted funds.

Reserves Policy

The charity's current cash reserves are adequate to cover one year of expenditure. The trustees are reserving sufficient funds to engage the services of a Project Co-ordinator to help to continue to develop the charity. The trustees consider that £15,000 of the cash reserves are adequate to maintain the Project Co-ordinator role and the remaining cash reserves will support a continuation of current activities in the event of a significant drop in donations.

SIGNATURE AND DECLARATION

This Report was approved by the Trustees on *18th January 2022* and signed on their behalf by:

A handwritten signature in black ink, appearing to be 'A Khan', written over a horizontal line.

Mr A Khan (Chairman)

YOUNG AND FREE**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF YOUNG & FREE****YEAR ENDED 31 MARCH 2021**

I report on the accounts of Young and Free Trust for the year ended 31 March 2021, which are set out on pages 8 to 10.

Respective Responsibilities of Trustees and Independent Examiner

The Charity's Trustees are responsible for the preparation of the accounts. The Charity's Trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general directions given by the Charity Commission under section 145(5)(b) of the Act; and
- to state whether particular matters have come to my attention.

Basis of Independent Examiner's Report

My examination was carried out in accordance with the general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements

- to keep accounting records in accordance with section 130 of the 2011 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.


P.G. Tyler F.C.A.
Independent Examiner
Tyler Redmore
157 Redland Road
Redland
Bristol BS6 6YE

Date 18. January 2022

YOUNG AND FREE

RECEIPTS AND PAYMENTS ACCOUNT

YEAR ENDED 31 MARCH 2021

	Notes	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £	Total Funds 2020 £
RECEIPTS					
Donations		46,930	2,000	48,930	64,593
TOTAL RECEIPTS		46,930	2,000	48,930	64,593
PAYMENTS					
Direct Charitable Expenditure	3	15,483	-	15,483	30,267
Support Costs Cost of generating funds (awareness, marketing, fundraising, etc)		14,616	-	14,616	13,694
Governance Costs Accountancy fee		624	-	624	600
Data protection fee		35	-	35	35
TOTAL PAYMENTS		30,758	0	30,758	44,596
Net receipts/(payments)		16,172	2,000	18,172	19,997
Cash Funds as at 31 March 2020		95,994	-	95,994	75,997
Cash Funds as at 31 March 2021		112,166	2,000	114,166	95,994

YOUNG AND FREE
STATEMENT OF ASSETS AND LIABILITIES
YEAR ENDED 31 MARCH 2021

	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £	Unrestricted Funds 2020 £
CASH FUNDS				
Bank current account	111,953	2,000	113,953	95,697
Cash in hand	213	-	213	297
	112,166	2,000	114,166	95,994

CURRENT LIABILITIES

Co-ordination services	783	693
Professional fees	636	600
	1,419	1,293

In accordance with the engagement letter dated 10 September 2018, the trustees approve the accounts, which comprise the Receipts and Payments Account, the Statement of Assets and Liabilities and the notes. We acknowledge our responsibility for the accounts, including the appropriateness of the accounting basis as set out in note 1, and for providing Tyler Redmore with all the information and explanations necessary for its completion.

Signed on behalf of the Trustees:



.....
A Khan (Chairman)

Date 18.01.2022

YOUNG AND FREE

NOTES TO THE ACCOUNTS

YEAR ENDED 31 MARCH 2021

1. ACCOUNTING BASIS

The accounts have been prepared on a Receipts and Payments basis for the purposes of submitting information to the Charity Commission.

2. TRUSTEES/EMPLOYEES

No Trustee, or anyone connected with them, received or waived any remuneration during this year or previous year.

Expenses of £55 (2020 - £53) paid by trustees were reimbursed during the year.

No fees were paid to Mr A Khan (Trustee) for transport services provided through his business, owing to the restrictions of Covid- 19. (2020 - £1,420).

3. DIRECT CHARITABLE EXPENDITURE

	Unrestricted Funds 2021 £	Restricted Fund 2021 £	Total Funds 2021 £	Total Funds 2020 £
Beneficiary trips, befriending, group events, activities	4,196	-	4,196	18,771
Rents and rates	650	-	650	325
Equipment	-	-	-	334
Insurance	738	-	738	713
Training	44	-	44	-
Printing, stationery, postage and telephone	1,182	-	1,182	1,577
Co-ordination services	8,562	-	8,562	8,316
Compliance costs	111	-	111	231
	15,483	0	15,483	30,267

4. Restricted Funds

Restricted funds relate to a donation towards the cost of a residential trip planned for July 2021.