

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

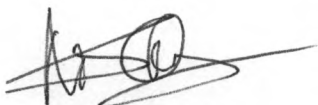
At the end of the financial year the charity held £114,166 (2020 - £95,994) in the form of cash in the bank and in hand, of which £112,166 are unrestricted funds.

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

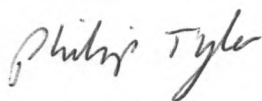
In connection with my examination, no matter has come to my attention:

(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
	<u>112,166</u>	<u>2,000</u>	<u>114,166</u>	<u>95,994</u>

CURRENT LIABILITIES

Co-ordination services	783	693
Professional fees	636	600
	<u>1,419</u>	<u>1,293</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 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
	<u>15,483</u>	<u>0</u>	<u>15,483</u>	<u>30,267</u>

4. Restricted Funds

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