

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

CONTENTS	Page
Legal & Administrative Information	1
Trustees' annual report	2
Independent examiner's report	7
Receipts and payments account	8
Statement of assets and liabilities	9
Notes to the accounts	10

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', with a long horizontal stroke extending to the right.

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:

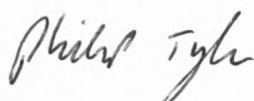
(1) which gives me reasonable cause to believe that in any material respect the requirements

- 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
	<u>25,956</u>	<u>3,939</u>	<u>29,895</u>	<u>15,483</u>

4. Restricted Funds

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