

**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**

<b>CONTENTS</b>	<b>Page</b>
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 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.

**YOUNG AND FREE**

**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 13<sup>th</sup> 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**

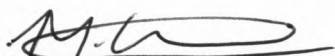
At the end of the financial year the charity held £128,335 (2022 - £127,631) in the form of cash in the bank and in hand, of which £127,322 are unrestricted funds.

**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 &amp; 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**

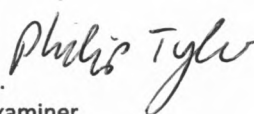
In connection with my examination, no matter has come to my attention:

(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 £
<b>RECEIPTS</b>					
Donations		52,475	14,123	66,598	59,131
<b>TOTAL RECEIPTS</b>		<b>52,475</b>	<b>14,123</b>	<b>66,598</b>	<b>59,131</b>
<b>PAYMENTS</b>					
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
<b>TOTAL PAYMENTS</b>		<b>50,373</b>	<b>15,521</b>	<b>65,894</b>	<b>45,666</b>
<b>Net receipts/(payments)</b>		<b>2,102</b>	<b>(1,398)</b>	<b>704</b>	<b>13,465</b>
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 £
<b>CASH FUNDS</b>				
Bank current account	126,309	1,013	127,322	127,631
Deposit account	10	-	10	-
Cash in hand	1,003	-	1,003	-
	<u>127,322</u>	<u>1,013</u>	<u>128,335</u>	<u>127,631</u>

## CURRENT LIABILITIES

Co-ordination services	-	758
Professional fees	750	690
	<u>750</u>	<u>1,448</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:



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
	<u>34,967</u>	<u>15,521</u>	<u>50,488</u>	<u>29,895</u>

**4. Restricted Funds**

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