



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
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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:

Young and Free

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



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.

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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

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Receipts and payments accounts

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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))			

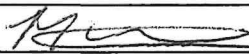
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets			-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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

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

	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