

**UP FOR YORKSHIRE**

***ALSO KNOWN AS***

**SELBY DISTRICT ASSOCIATION OF VOLUNTARY  
SERVICE**

**FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED**

**31 MARCH 2023**

Company registration number: 7565045  
Charity number: 1146109

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## **UP FOR YORKSHIRE**

### **TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023**

The trustees who are also the directors of the charity for the purposes of the Companies Act, present their annual report and unaudited accounts of the company for the year ended 31 March 2023. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" in preparing the annual report and financial statements of the charity.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published in October 2019.

### **OBJECTIVES AND ACTIVITIES**

#### **Charitable objectives**

The association is established:

To promote any charitable purposes for the benefit of the public, principally but not exclusively in the local government area of Selby District and its environs and, in particular, build the capacity of third sector organisations and provide them with the necessary support, information and services to enable them to pursue or contribute to any charitable purpose.

To promote, organise and facilitate co-operation and partnership working between third sector, statutory and other relevant bodies in the achievement of the above purposes within the area of benefit.

The Trustees confirmed that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the aims and objectives and in planning future activities.

Up for Yorkshire continues with the modernisation process ensuring a number of small but significant changes in the way that the trustee board and the organisation have operated and fulfilled its duties as the Local Support and Development Organisation to the voluntary and community sector within the district.

#### **Mission Statement**

"To enable the development of a strong, accessible and dynamic voluntary and community sector enabling residents to get the highest quality support services they need".

The Aims of Up for Yorkshire are:

- To develop organisations, support the identification of needs in the local community, and facilitate innovation and improvement in service provision to meet those needs
- To support organisations and community groups to fulfil their missions more effectively
- To facilitate opportunities for collaboration through consultation, liaison and networking between groups and other sectors
- To influence policies, plans and practices that have an impact on organisations and their beneficiaries

Up for Yorkshire meets its aims in the following ways:

#### **Development**

Up for Yorkshire supports the identification of needs in the local community and facilitates Innovation and improvements in service provision to meet those needs. We do this through our networking and partnership working and on the response from our members. When possible we seek to fill these gaps through project development work with an individual organisation to increase capacity using volunteers or by working with individual or multiple organisations to support partnership working to provide these services.

## UP FOR YORKSHIRE

### TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

#### Support

The organisation supports local voluntary organisations and community groups to fulfil their aspirations. We offer governance and fundraising advice, management, support, business planning, bespoke and general training.

A key part of our service involves making complex information simple and relevant to the sector, we use a variety of communication channels to ensure that all our members receive the information in a way that works for them. We also signpost members when appropriate and provide information about the range of services of other agencies provided by the voluntary and community organisations in Selby District.

We also operate an equipment loan service, and through our social enterprise, Community House, offer meeting, conference and interview rooms. We also provide an online monthly newsletter, face book page and website to promote the work of the sector, highlight local events and issues relevant to service delivery.

#### Collaboration

The organisation facilitates effective communication and collaboration amongst local voluntary organisations and community groups and between different sectors. We do this through local events and various County networks.

We chair the following partnerships;

- Selby District Equality Network
- York and Selby Police Independent Advisory Group
- Selby District Anti-Poverty Partnership
- Selby District Dementia Action

We work closely with North Yorkshire Council, Selby District Council, Selby District Disability Forum, Selby Advice Network, North Yorkshire Police and Better Connect.

We have a wide range of organisations who are registered to receive our media publications, updates and news bulletins.

#### Influence

The organisation supports local voluntary organisations and community groups to influence policies, plans and practices that have an impact on their organisations and beneficiaries. We support other voluntary sector representatives in their roles on other bodies.

We take part in local consultations and surveys and actively seek contribution from members about local issues. We monitor the developments of statutory authorities and keep our members informed about the bigger picture and what might affect them. Members told us that being involved in our networks raises their profile and voice so we have continued to provide our forums and events for our members to discuss developments that will affect them, their communities and client groups.

## UP FOR YORKSHIRE

### TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

#### ACTIVITIES AND PERFORMANCE



<https://youtu.be/FJs0hRhvB8U> the film says it all “Up for You. Up For Yorkshire.”

In the last five years, the landscape surrounding the work of Up for Yorkshire has changed immensely. To meet the needs of the local community, and address challenges and gaps in services, we have developed, extended, and diversified our focus.

We needed these changes and developments to be reflected in our name and visual personality, as well as

our values and ambitions. This is why we launched our new identity in March. We needed our partners, stakeholders, and the wider community to know that we are here, what we exist to do and enable them to access us. We are up for the challenge, but our old name and brand were not.

We want to reach new and current audiences, collectively and directly supporting ongoing challenges in our community and continuing to strengthen our invaluable voluntary and community network across Yorkshire.

We had a short film made, by ‘Inspired Youth’ which perfectly announced the new name, putting it into context and illustrating the breadth of what we do as an organisation, whilst reflecting our personality. We believe in community, we listen, we challenge, we collaborate, we support, and we champion. We are up for you.... We are.... Up for Yorkshire.

On Thursday 23<sup>rd</sup> March, at Brayton Community Centre, more than 100 people from a fantastic variety of sectors and organisations attended our dynamic launch event, marking the change over to the new name and celebrating everything about our organisation.



## UP FOR YORKSHIRE

### TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

#### ACTIVITIES AND PERFORMANCE (CONTINUED)

It was a successful event, with phenomenal feedback, catapulting us forward and forging new partnerships, while strengthening current ones. We have been overwhelmed by the positive response to the new name and the re-brand event.

At the event we showcased two films made by Kev Curran from Inspired Youth and the launch of our Impact report. Bryony and Emily gave a wonderful overview of our work building up to the climax of the event – the name reveal!

At the event we also gave people the time to reflect on what we had said and to pose the question "What are you Up for?" Following the event, we have collated all the completed cards to create a schedule of meetings to take place to further our range of working relationships including with Better Connect, The Heart of Yorkshire Education Group, DWP, and Groundwork.

#### Community Support Organisation Work

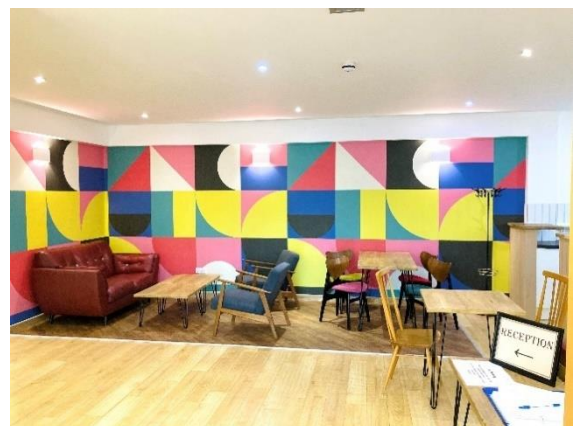
	TOTAL 22-23
Total of people helped	21,022
Befriending / social cafe	668
Advice & guidance provided	12,820
Transport provided	1,399
Food parcels delivered (number)	3,288
Food bank vouchers	246

Our role as CSO came to an end at the end of March. During the year we continued to carry out the invaluable role of CSO, responding to community challenges, some because of the pandemic. Our support and advice work, direct service delivery and signposting reaches out across so much of what we do and supports the key objectives of the organisation. The team managed the challenges of the CSO role brilliantly, alongside the demands of their normal work.

Over the last three years, our work with NYCC and SDC, through the role of CSO, has been extremely valuable. It enabled us to be at the heart of the VCSE response to the pandemic, as well as developing key partnerships and strengthening our position to move forward and grow.

As CSO we have offered a wealth of opportunities and services and will continue to offer the following:

- Telephone support line 8:30am – 5:00pm Monday – Friday.
- Signposting into services, advising, and supporting individuals to find the help they need.
- Developing services to support digital poverty, working closely with a wide variety of organisations.
- Working in partnership with the Selby Food Bank as a registered agent, providing food vouchers and delivering food parcels.
- Running the Community Fridge Project, addressing food poverty and food waste.
- Working closely with SDC and NYCC on continued developments and responses to both local and national need.
- Supporting organisations with governance, crisis management, funding, risk management, and strategic planning.
- Working with individuals, either virtually or face-to-face, to support in times of crisis, building a package of support to combat issues around poverty, mental health, homelessness, bereavement, unemployment, benefits, access to services, health conditions.



## UP FOR YORKSHIRE

### TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

#### ACTIVITIES AND PERFORMANCE (CONTINUED)

- Feeding into practical support from our team of staff and volunteers, particularly via the Community Transport and support services.
- Assisting people who wish to volunteer and linking them with appropriate opportunities.
- Supporting new and local volunteering initiatives, including service development, health and safety, policies and procedures and problem solving.

#### Community House

##### Reception Re-Vamp!

We are delighted with the new-look reception area at Community House. A project, which has been a long time coming, really has come together over the last quarter, taken shape and transformed the welcome people are greeted with as they come into the building.

The colourful and energetic mural wallpaper creates a fantastic focus point and became the centre piece of the new space planning. By reimagining the space we have allowed it to reflect what UFY is all about. Energy, Community, Openness, Comfort and Reassurance.

#### Brayton Community Centre

The progress we are making at Brayton Community Centre continues to be extremely positive and invaluable to the building and the local community. The feedback on what we have achieved so far, from centre users, residents, and stakeholders, remains very positive.

- We appointed Jade Huddleston as the most recent member of our team. Jade will be working one day per week on reception, and then a further 16 hours spread across the rest of the week supporting Emily and particularly the development of Brayton Community Centre.
- Bookings are healthy and going up, and big steps forward have been made to maximise use at the weekends for private parties.
- We are working closely with the Youth Justice team, who have been attending the centre regularly to provide meaningful and extremely helpful work placements for some of their young people. They have mainly been working in the grounds and surrounding land, helping us to keep on top of litter picking, weed control and general tidying and cutting back.
- Many months of legal efforts finally paid off and that the full legal transfer, making Up For Yorkshire sole Trustee of Brayton Community Centre, and legal 'guardians' of the building, is now complete.
- We have met with Brayton Primary School and discussed options and ways that they could use the Community Centre, as well as getting their pupils involved in community-based projects.

Our longer-term plans and ideas for the future continue to take shape, with us needing to consider options and then make some decisions about what we want from the centre, what can address the biggest need, and how we can manage that as an organisation.

- We ran a hugely successful 'Playground Action Meeting', involving representatives from the local school (teachers and children), police, council, parish council and ourselves. It was a brilliantly constructive and useful session, with some wonderful ideas, thoughts, and aspirations. It was particularly fantastic to have such a varied mix of voices and experiences to help us start to map out a plan. We all agreed that the input from the Brayton Primary School pupils was especially helpful and hugely constructive.

One suggestion at the meeting was for a Pump Track, to replace the run-down playground at the back of the building. Stronger Communities have given us £1,000 specifically for consultation work around the idea of a Pump Track and a new playground in a new location.



## UP FOR YORKSHIRE

### TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

#### ACTIVITIES AND PERFORMANCE (CONTINUED)

- We have met with Medialife and a Leeds based youth/arts charity, to discuss art options for the centre moving forward. Culture and the arts is another big gap in the area, and could also create a wonderful opportunity and identity for Brayton Community Centre moving forward.
- We are excited to report that more birthday parties are booked in and we are seeing this really starting to take off at the Centre.
- The side courtyard at the Community Centre is now all finished, following our £3,000 funding from the locality budget via Mark Crane. This is a much nicer area now, and a great outdoor space that can be used by those hiring the main hall.

We have welcomed the Selby Camera Club into the Centre as permanent and regular users of the smaller community room.



**A Birthday Party at Brayton Community Centre**



**Brayton Players Pantomime**

#### Brayton Youth Connect

Following a number of acts of vandalism and anti-social behaviour caused by groups of young people that hang-out in the park at Brayton Community Centre, in partnership with Selby Police, we successfully applied for funding from the North Yorkshire Police Commissioner fund and were awarded just over £10k to engage with the young people in positive activities and establish a connection to the centre.

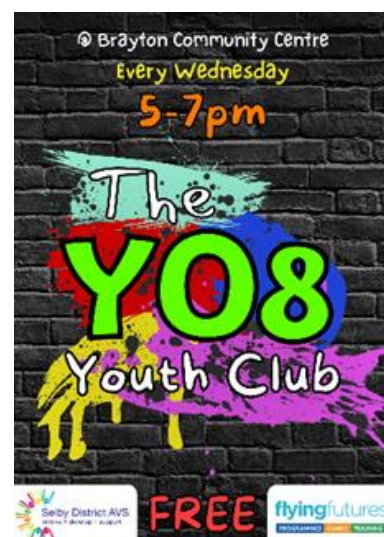
Brayton Youth Connect is a diversionary and desistance project designed to engage a group of up to 30 local young people aged 12 – 17 to create a connection to BCC and learn leadership skills they need to run positive activities for them and their peers.

The longer term aim being to test their interest in forming a 'youth group' and to co-design what this may look like. The project was based around a weekly visit over 20 weeks by Flying Futures, an experienced youth activity provider.

More than 25 young people have engaged over the delivery of the project and Flying Futures and UP FOR YORKSHIRE staff have improved relations and understanding of the value of Brayton Community Centre to the young people and wider community.

We were successful with the funding application to North Yorkshire Sport's Together Fund to continue the support from Flying Futures, who provide two experienced staff, and will fund some more games equipment.

The Parish Council are delighted with the impact YO8 has had on the care taken by young people of the play and park equipment, and have donated £500.



## UP FOR YORKSHIRE

### TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

#### ACTIVITIES AND PERFORMANCE (CONTINUED)

Matt has agreed with the Police Commissioner to retain their funding for the Active Leader course and reallocate it to extend the support of Flying Futures. So, we are now able to continue until the end of July, and beyond the start of the school holidays.

#### Regen Centre, Riccall

Following a series of meetings at the start of the year with the Trustees of the Regen Centre in Riccall, there was a clear need and desire for Up For Yorkshire to assist with the running of the organisation. To this end we are looking at the centre becoming a subsidiary of UFY.

There is much work to be done to support the Regen Centre Manager and the staff team. Additional staffing has been created to support this new opportunity with Chris and Emily now both full time.

#### Community Consultation Event

We held a Community Consultation event in December. Chris and Emily gave a short presentation about the work of UFY in general, and the ongoing plans and work to support the Regen Centre. Members of the public were able to ask questions and provide feedback and suggestions of their own.

The Regen Centre is a phenomenal community asset and a wonderful opportunity for our organisation. We have been working relentlessly over the last 9 months, to build relationships with staff, strengthen local partnerships, explore, and improve systems and services from within the building. This is all enabling us to learn such a lot and form a plan and a series of strategies, to try and turn things around.

#### Events

Events continue to steadily increase, with weekends becoming much busier and more future larger bookings, such as weddings and parties, being made. These types of bookings are a huge amount of work and effort but should bring in a good amount of return to be ploughed back into other areas of the charity.

#### Marketing

A comms strategy is being prioritised, to ensure that the opportunities available at the Regen Centre are advertised and more fully communicated to the wider public. We have also had meetings with a local catering company, who will be holding some larger events of their own at the Centre, bringing in bar income.

A fresh look at the spaces available in the centre is allowing for new potential income streams to be considered. Storage is being thought about differently, and options for rentable office and studio spaces could be hugely beneficial.

#### Riccall Regen Inclusive and Active

Part of our vision is for Riccall Regen Centre to become a welcoming, thriving, and active hub for inclusive sport and physical activity for Selby and the surrounding area. Where people that feel they are excluded from mainstream activities can take their first steps in becoming active and then progress to take part regularly, with opportunities to develop their skills to a competitive level should they wish to.



We are currently undertaking a survey to gather insight into the types of sports and physical activities that this group of people are doing now and may be interested in doing as part of our inclusive and active offer. We are also talking to stakeholders and service providers to create partnerships, avoid duplication and to find experienced coaches and instructors to be part of the project.

Selby College are already interested in being involved. They offer courses from BTEC Level 2 to a BSC Hons, in sports coaching and exercise, and health and social care, as well as having recent graduates that are interested in being part of the inclusive and active project. They are all qualified in a range of sports and exercise activities but need vital experience to put their learning into practice and improve their employability.

## UP FOR YORKSHIRE

### TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

#### ACTIVITIES AND PERFORMANCE (CONTINUED)

We will apply for funding to fund the organisation and management of the project and to help reduce the costs of taking part in the sessions; with a view to transitioning to a reasonable pay-for offer and leading to being sustainable long-term.

The Head of sports and leisure is very keen to look at ways of working with and in the Riccall Regen Centre, as part of their disability sports learning package. Across the summer taster sessions will help to inform and support future funding strategies, as well as investigating and exploring new partnerships.

Matt has also approached Sports England, who have now visited the Centre, to get us on their radar and begin conversations around use of the space within wider opportunities.

Emily has met with the Sports Field Association, who oversee the land that the Regen Centre is built on, to reassure them of plans and progress to strengthen the Centre moving forward.



**A Boxing Event in January**

#### Strategic Partnership Development

##### Funding and Partnerships

The external funding landscape has changed significantly as major philanthropic funders adjusted their strategic funding priorities as Covid-19 funding came to an end. We continued to participate in several local and regional health partnerships as the new Integrated Care System (ICS) framework is established.

In June, Bryony attended the inaugural conference for the Curiosity Partnership, a research collaborative including four universities and four local authorities (including York University and NYCC) with a focus on adult social care. The collaborative's research priorities include: prevention, place-based delivery, workforce, social isolation and engagement, and there were interesting presentations around the value of lived experience in research and service development.

##### Selby District Equality and Advice Network

Our meeting in July was run as a workshop to set priorities, review membership, and discuss new ways of networking. A new priority plan was produced following the event.

Our meeting in September was structured as a "Speed dating" event providing short opportunities for people to circulate and share key information with other organisations.

In October North Yorkshire Council hosted an Older Peoples Event at Community House. We had an information stand and was able to catch up with a range of partners about their service provision.

Our November meeting saw the launch of a new 50+ Network addressing the needs of people aged 50 and over.

Chris supported Second Chance Ostomy Yorkshire with the development of a new Menopause Support Project. An initial survey has been designed and distributed to ascertain what people would like the service to include.

We worked with Healthwatch North Yorkshire to produce a report from the feedback we received from people in Selby. It gives insight into the attitudes of local people to health and well-being, as well as local services. 135 people responded to our survey to tell us why health is important to them and what could help them to be even healthier.

As part of the newly revamped Hate Crime awareness campaign a promotional poster is being produced.

A successful training session on Islamophobia was delivered by Better Communities Bradford in January. It was a very popular session at which many questions were raised.

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

### ACTIVITIES AND PERFORMANCE (CONTINUED)

In March conversations took place about the work of Open Country and the new Local VCSE Assembly, that will feed into health provision planning.

#### Circular Towns

With support from Our Zero Selby and the Sustainability Partnership, we have initiated two small-scale projects/campaigns.



**CIRCULAR  
YORKSHIRE**

In September we held a Swap Shop in partnership with Selby Hands of Hope. The event, to coincide with Big Green Week, focused messaging on reuse of materials and avoiding pre-loved items from going to landfill. There was positive feedback from attendees and with a high number of donations, the plan is to run the event again in early November.

Following discussion with Selby District Council, Up For Yorkshire has taken on the coordination of Refill, a national campaign designed to reduce the use of single use plastic. A local campaign is planned for October-November via Our Zero Selby communication channels.



#### Our Zero Selby

In November we submitted a bid to the National Lottery Reaching Communities fund for approx. £240,000 (over 2 years) to fund the ongoing development and delivery of the Our Zero Selby programme. We are delighted that we are through the first round and are now completing the follow-up information to submit to the stage 2 panel.



Programme funding will enable us to start working more directly with residents and local groups to take forward the Our Zero Selby vision and secure project funding for individual projects. There are emerging opportunities to collaborate with the Circular Towns network and members of the Sustainability Partnership.

In March we hosted our Decision-Making-Events with 40 members of the community, and we followed this up with another community event in November 2022, focusing on four projects from the prioritised portfolio, with the opportunity to be community-led:

- Community Kitchen
- Domestic housing energy efficient retrofit
- Library of Things
- Community gardening

To sustain project momentum, with volunteer support we have been able to run a consultation on the idea of community kitchen, which has led to discussion with the Primary Care Network and the Living Well team about a joint funding bid.

#### Energise Brayton

We launched a short pilot project in collaboration with Brayton Parish Council, Yorkshire Energy Doctor and Project WILD with £1k funding from Stronger Communities, supported by a volunteer based in Monk Fryston. The project entails undertaking thermal imaging of approx. 100 residential properties as an engagement tool to encourage householders to adopt energy efficiency measures to reduce the energy consumption of their properties.



**TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023**  
**(CONTINUED)**

**ACTIVITIES AND PERFORMANCE (CONTINUED)**

## Selby District Anti-Poverty Partnership

The partnership has been working hard to look at ways to support members of the community as we work through the challenges of the current recession.



It was agreed to set up a monthly advice drop in to address the challenges the cost-of-living crisis is having on people. Dementia Forward, The Yorkshire Energy Dr, Everyday Enable, and ourselves had stands at these events.

## Selby District Partners Event working alongside Selby District Council

Chris initiated conversations with Selby District Council and the Anti-poverty partnership, to host a partner's event in response to building concerns around the Cost-of-Living Crisis. This took place at Brayton Community Centre, bringing key local services and organisations together to share information about the support they can offer to our communities.



There was a schedule of speakers addressing topics relevant in our area -

- Jon Coats – Early Help Service
- Wendy Derbyshire – Living Well service
- Kate Urwin – Yorkshire Energy Doctor
- March Fletcher – Selby District Foodbank
- Laura Docherty – Citizen's Advice.

## Contenance Working Group

A partnership between Healthwatch North Yorkshire, Up for Yorkshire, TVCSA, North Yorkshire County Council, Everyday Enable, Dementia Forward, and Second Chance Ostomy Yorkshire, has been established. Following discussions through the CSO network, Selby District Equality and Advice Network, and the Selby District Dementia Action Group, it emerged there are a number of challenges regarding continence, access to support and resources.

Surveys were created to capture opinions from healthcare professionals and continence professionals. There is clearly a need to pull together services that are available into a shared leaflet and online resource.

Our findings will form the basis of a report and recommendations to get us talking about continence, to improve services across North Yorkshire, but also to ensure support is there for people experiencing problems but also their family and friends.



**York and Selby District Independent Advisory Group**

The IAG had a successful meeting in April with an increased range of representatives. This led to a range of discussions regarding access to the City of York, policing numbers, and support of equality issues.

Chris has contributed to a review of IAG meetings and how focus and structure can be reviewed across the country.

Hate Crime Awareness resources were created including a cartoon film, banners, and flyer educating people on what Hate Crime is and where support is available from.

A Strategic Partnership has been formed pulling together the 3 IAGS from across North Yorkshire. Chris has become a member of this new structure.

Chris was interviewed by Radio York to discuss the latest Hate Crime statistics and the work of the JAG.

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

### ACTIVITIES AND PERFORMANCE (CONTINUED)

#### Selby District Dementia Action Group

The group met in June to discuss service delivery, developing a training resource for people to understand more about Dementia, and how to promote the range of services available.



Since the autumn each meeting commences with a workshop facilitated by Fiona Andrews from Dementia Forward. Each workshop is getting between 40-50 attendees. There continues to be issues with delays in diagnosis as well as developing an holistic offer of support across agencies across the week.

#### Selby Youth Hub – partnership with DWP

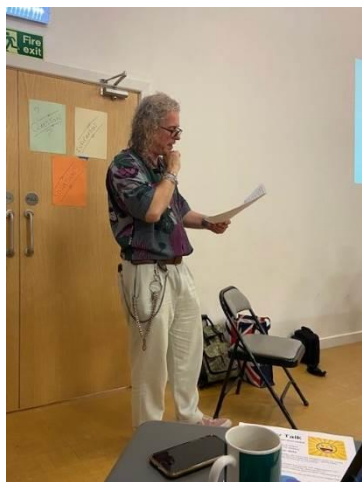
This was a focused service for young unemployed people. In total we had 62 referrals, 31 found Employment, 39 accessed various training sessions and 11 accessed volunteering / work experience opportunities.

#### UP FOR YORKSHIRE Youth Hub – Work Attitude training

The format of the Youth Hub evolved to meet the needs of the young people to include a 2hr version of the training and additional 1-2-1 support sessions.

#### North Yorkshire Public Health

Chris was asked to be a Guest Speaker at the first Regional Public Health team away day training event. Chris was asked to give an overview about Selby District, the work of UP FOR YORKSHIRE, current challenges and future strategies. Chris also hosted the first part of the training event – encouraging the 50 staff members to share their thoughts and ideas.



*Just a note to say massive thanks for hosting the Public Health, Engagement and Governance Team Away Day last week. We had a great day and your presentation to the team was hugely inspiring and thought provoking about your excellent work in Selby.*

*Louise Wallace Director of Public Health*

#### North Yorkshire Council Wider Partnerships Conference

Chris, Emily, Bryony, and Jamie attended the annual conference.

We created new banners celebrating our partnership work, loads of our latest flyers, and Bryony's homemade brownies!

The event provided a wonderful opportunity to network with NYCC staff, funders, and other VCSE organisations. There was an interactive session themed around 8 key topics that all attendees were able to share their thoughts and activities taking place.



## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

### ACTIVITIES AND PERFORMANCE (CONTINUED)

#### Selby Big Local

In October, the Partnership agreed the contract with a local builder for the redevelopment of Our Space and work began onsite in mid-November. Bryony continues to act as first point of contact for the builder and architect and is attending Big Local Partnership meetings.

The Partnership is currently receiving additional support from Local Trust to update the business plan for Our Space, and a new member of the Partnership (from outside Selby) has been working closely with Bryony to explore the long-term relationship between Big Local and Up for Yorkshire. There have been a number of challenging discussions as we explore the day-to-day operational requirements of the building, and the long-term financial viability of the building.

#### Inspiring Health Lifestyles

Following a meeting in December with the new Manager of Inspiring Healthy Lifestyles Jamie and Chris have developed several ideas and initiatives with Andy Sim.

Andy is so positive and open to working with us on different projects. From a wellbeing well-being perspective, working together is a marriage made in heaven. They have resources and facilities that we can use to further our fitness offer.

#### #AMILEFORME

This was a month-long joint campaign to encourage people to walk a mile a day. A promotional flyer and monitoring form were created and circulated. Chris and Andy began a daily campaign on Linked – In sharing photographs of their walking feet in different locations!

Chris was interviewed by BBC Radio York to discuss the campaign and the physical and mental health benefits of walking, and Selby Times ran two articles about the scheme. The plan is to make this an annual event.

Work is also taking place to create a shared referral system so that clients referred to the Leisure Centre can also be referred to us to access our range of interventions to address their wellbeing.

#### Mediale

Chris and Emily were invited to an evening consultation event to develop an arts strategy for the District. Mediale are a charity skilled at developing art installations and events as a catalyst for a range of community-based activities. Follow up meetings have been held to offer as much support as we can.

We worked with Mediale to host an information evening regarding arts funding, in October. The event was a great success attended by 15 different artists.

Mediale asked us to assist with the recruitment of local participants for a new art installation in Selby Abbey. Working with staff, volunteers, and ATI participants we held two recording sessions to capture the emotions people show on their faces when thinking about someone they love.



## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

### ACTIVITIES AND PERFORMANCE (CONTINUED)

Chris and Emily attended the opening evening, and it was delightful to see so many participants who were associated with us being showcased in the art installation.

#### Consultation Services

##### Better Communities Bradford

We have been supporting the organisation to develop a strong fundraising strategy that diversifies its current funding portfolio and enables the development and growth of existing project delivery.

We have provided Better Communities Bradford support around developing the organisation, understanding key priorities and forecasting future prospects, and considering marketing material and outreach messaging.

This has encouraged the organisation to really consider who they are, what they offer, and what the desired outcomes of their service provision would be.

Following Chris' advice surrounding community consultations to understand the priorities of individuals in the area and Charlotte's support in research with BAME Women, Abbas produced documents which outlined BCB's values and priorities.

For each of the three themed areas of focus Chris has carried out a detailed funding search. Work will now continue applying for funding.

Better Communities Bradford hosted a workshop on Islamophobia at the February Equality and Advice Network meeting. This was extremely well received, and we are supporting BCB to develop and rollout their offer.

#### Selby District Vision

Following a light touch organisational review, we have provided support to help the Trustees advertise for new Trustees and a Charity Manager. All job roles have been reviewed and adopted and responsibility for next steps handed back to the Trustee Board.

#### Hall For Hemingbrough

Chris and Bryony continue to support the Steering Group. The final submissions to the Planning Committee are being prepared involving additional community consultation, gathering letters of support, and exploring potential funding options.

The design of the building has continued to be tweaked to enable a structure to go up as phase one utilising the gifted £500,000.



**Better Communities Bradford**  
Developing community based initiatives

01274 062848 / @bcbcommunity  
40 Lidgett Place, Bradford, BD7 2LP  
Charity Number: 108824

## UP FOR YORKSHIRE

### TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

#### ACTIVITIES AND PERFORMANCE (CONTINUED)

##### Support and Development Work

We have continued to support a wide range of organisations with a key focus being funding, safety measures, marketing, policies and procedures, service changes. Organisations supported include:

Dementia Forward, Diana Award, Community First Yorkshire, Horton Housing, Life Transitions, Musical Moments, Hambleton Village Hall, Chrysalis, York and Scarborough Teaching Hospitals NHS Trust, Escrick Parish Council, Ryan Garbutt Kick Boxing, Effect Us Theatre, Citizens Advice, Selby Community Furniture Store, Art in the Community, Mediale, Regen Centre, Windmill Nursery, Phazers, Diana Award, WEA, Escrick Parish Council, Chrysalis Men's Support Group, Yorkshire Energy Dr, Riccall Parish Council, Hall for Hemingbrough, Healthwatch North Yorkshire, Dementia Forward, Diana Award, Community First Yorkshire, Horton Housing, Better Communities Bradford, Selby Hands of Hope, Monk Fryston and Hillam Sustainability Project, Second Chance Ostomy Yorkshire, Selby District Disability Forum, Everyday Enable, Project WILD CIC, Selby Abbey, North Yorkshire Police, Flinton's Landscaping, Tadcrafters, Age UK Selby District, Better Connect, Selby District Council, The Barn, Groundwork, Brighter Futures, Recreation Road Allotments, Selby District Vision, Time Together, 50+ Network, Raincliffe Woods, Youth Services, Education Development Trust

##### Community First Yorkshire

Chris continued to support the Leadership Mentoring Scheme. Across the year Chris has mentored 4 managers from Time Together, Harrogate, Raincliffe Wood, Scarborough, and the 50+ Network across North Yorkshire, and the Community Furniture Store, Selby.

Chris has taken part in two review meetings to look at the impact of the programme and explore ways it should develop in the future. A promotional film has been produced in which Chris discusses the benefits of the programme.

Chris has been selected for the next cohort of mentees. Chris has also been accepted onto their Leadership Steering Group which is looking at developing resources and networking opportunities for current and future VCSE leaders.

##### The Diana Award

Chris and Jamie supported the Diana Award, across the summer, acting as mentors to a group of Young Offenders, in partnership with the Youth Offending Team.

##### Monk Fryston and Hillam Sustainability Project

Chris and Bryony are members of the Steering Group. An evening event was held to update people on developments across the village, for all stakeholders. Chris gave a presentation on the work of UP FOR YORKSHIRE, the joys of volunteering, the work of Our Zero Selby, and the Yorkshire Energy Doctor.

After the wonderful news in the spring of grants for the school from SALIX and for the Community Centre from the Lottery Fund, funding is now being used to implement change. Replacing the gas heating system with a Ground Source Heat pump at the school is progressing well.

The summer holidays saw some spectacular work in the school playing field where a new £750,000 automated boring machine, along with associated equipment drilled 10 boreholes to a depth of 96 meters and threaded in the flow and return pipes to extract the heat from the underlying rocks.

In addition, the old fluorescent lights have been replaced by LED ones throughout the school and a section of old draughty windows replaced with new windows. Now the school is looking for funds to power the GSHP from solar panels.

The Community Centre Progress has a short list of 3 potential contractors to install an Air Source Heat Pump being reduced to two.

The Cricket and Football Clubs are moving towards replacing their cess pit with a better, more environmentally friendly system. At the same time, they are applying for grants to install solar panels and a battery similar to those at the Community Centre.

## UP FOR YORKSHIRE

### TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

#### ACTIVITIES AND PERFORMANCE (CONTINUED)

##### Hambleton Village Hall

In April Chris ran an evening workshop for the Trustees of Hambleton Village Hall. It was a wonderful opportunity to meet new members of the committee and discuss their ambitions for the future. A community consultation structure was agreed and developed.

##### Selby Abbey Jubilee Volunteer Event

Chris was invited as a speaker at Selby Abbey at a volunteering event. Chris discussed the support UP FOR YORKSHIRE can provide, our work, and his story of when he met the Queen!

##### Age UK Selby Welfare Benefits work

We were able to have the opportunity to employ Sue from Age UK when she was made redundant from her post of 20 years. She has vast knowledge, a fantastic reputation, and great contacts locally especially with residents and their families.

Sue has been able to take on the Power of Attorney work, whilst we have been working to secure funding for welfare benefits work.

##### Second Chance Ostomy Yorkshire Family Fun Day Saturday 30<sup>th</sup> July

## LOCAL EVENT!

Local community group, **Second Chance Ostomy Yorkshire** are hosting this open day to get support organisations together, **raise awareness, share information and have a joyous day of fun for all!**

**With FREE entry from 11am-3pm, this event has a bit of everything for everyone!**

From games, raffles, tombolas, and bric-a-brac, to book, CD's and DVD's stalls, crafts and facepainting, and even reptiles to hold - all accompanied by live music, information and support stalls and tea and cake - it's an event not to be missed!



28 local organisations within the community, health and wellbeing sector with an abundance of knowledge, experience and support to give will be in attendance at the event!

Brayton Community Centre Foxhill Lane, YO8 9EL



We, alongside Chris' team of fantastic volunteers from participating in the WEA: Importance of Volunteering Course, supported Second Chance Ostomy Yorkshire Stoma to deliver a Summer Awareness Day!

There were over 35 stall holders, live music, café. We staffed an information stall, book and CD stand, and bric-a-brac stand.

The event was well attended and was also a great opportunity to network with other advice providers.



##### Yorkshire Energy Dr - Energy Ambassador Training



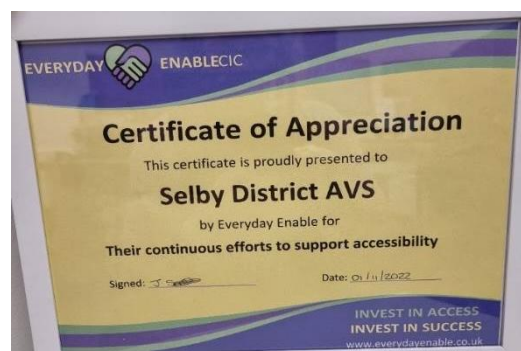
Kate Urwin, Yorkshire Energy Dr, and Chris developed a 3-part training course at the start of Covid funded by Northern Gas Networks. Initially focusing on the benefits of changing your Energy Supplier the course has completely over the 2 and a half years of running.

The course now covers the latest issues relating to the energy crisis, understanding your energy bills, and an overview of all that is available to support people who may be struggling.

Due to the success of the project a further year's funding has been offered enabling courses to continue running until March 2024. Work has continued with the Yorkshire Energy Dr to deliver over 40 Energy Ambassador training courses. To celebrate the 500<sup>th</sup> learner attending a course a promotional film has been produced featuring Kate Urwin and Chris. The link for the film is <https://youtu.be/RP0mv0H-0g>

##### Everyday Enable Community Awards

In November Chris and Alison attended the Everyday Enable Awards event to celebrate organisations promoting accessibility.



## UP FOR YORKSHIRE

### TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

#### ACTIVITIES AND PERFORMANCE (CONTINUED)

Up For Yorkshire was one of the organisations nominated by Everyday Enable volunteers in recognition of our access and inclusion work. We were given a plaque and a certificate of appreciation.

#### York City Council Training

In November Chris met with the Learning, Skills, and Employment team at York City Council for a structured training meeting. The meeting explored training opportunities, the future of ATI, and support available for clients.



#### Selby Abbey Community Christmas Tree Display

We were invited to again create a community Christmas tree for their annual display. Alison and Nathan worked together on creating a tree that celebrated all our services and partnerships.

#### Support for Refugees

Through our community engagements, we have recognised that there is a desperate need for help with refugees in our district.

Chris and Jamie met with the police, Mears who has the government contract for the refugees, resulting in us running a weekly fitness boot camps. Led by Jamie the sessions focus on how fitness can assist with mental health and well-being and how it can channel and focus energy for the recipients.

#### Wellbeing Research Project

Following our input to a research paper regarding the impact of the ATRI project, Chris has had further meetings with Dr Annie Irvine, from the Centre for Society and Mental Health. Annie has secured approval for a new piece of research focusing on the factors affecting people mental health.



Annie is working at Community House to talk to potential participants about the research and how people can get involved.

#### Welfare Benefits Support

Chris supported Jo Scott from Everyday Enable to secure funding to develop a Welfare Benefits training course – delivered on line. Both Chris and Jamie are guest speakers during each course.

#### Expanding our Funding Support Offer

Up For Yorkshire have historically accessed Funder Finder – an online tool to search all funding options and create bespoke funding search reports for community groups and organisations.

A recent development has been the creation of a Funding Search system that can be embedded into your website to enable 24/7 access to this excellent system.

Up For Yorkshire will have this facility in place from June 2023 for an initial 3-year period. The interface will be designed using all of our branding, alongside monthly reports of who has accessed the site, who has signed up to our mailing list, figures on income generated as well as training session provided on how to make the most of the system for our community organisations.

#### NAVCA

Chris has been developing our relationship with the national body for Infra Structure Organisations. Chris has had meetings with their CEO and Deputy CEO reviewing the role of NAVCA and their newly proposed Strategic Plan.

Chris was invited to take part in a strategic consultation following recent recommendations from the law Society regarding how the voluntary and community sector should collaborate more closely with the business sector.

## UP FOR YORKSHIRE

### TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

#### ACTIVITIES AND PERFORMANCE (CONTINUED)

##### WEA

Chris was invited to run a training session as part of the national WEA quarterly staff training days. Chris was asked to deliver a session on positivity and wellbeing. The training was delivered to 120 participants over zoom where Chris shared his "Recipe For life".

##### Comic Relief

In February Chris took part in the final two Community Grants funding panels. Coordinated by Groundwork, Chris has been an active member throughout the 3 years of grant panels.

##### Training Opportunities

To improve our knowledge and experience of working with Refugees and Asylum Seekers we were offered training places on a course run by the National RAAS Committee. Across 3 Saturday mornings Chris, Jamie, and Alison were given a greater understanding about the needs of people from different communities coming into the country, support methods and managing yourself to cope with the challenges.

##### Selby Foodbank

The partnership between the two organisations continues to strengthen. We still keep emergency food parcels at Community House for when the Foodbank is closed. Alison oversees this service to ensure we link recipients with other useful services and additional support.

##### Community Alcohol Partnership

Both Jamie and Alison have been attending events, promoting awareness and assisting with partnership meetings.



##### Service Provision

##### Charles Street Social Café

The café is held every Monday at The Coultish Centre on Charles Street and it's a safe and comfortable place where people can drop in just for company, or to use the laptops and free WiFi and to get on the spot IT advice, troubleshooting and develop internet skills.

In recent weeks we've helped people overcome their mistrust of the internet and the tricks to go online safely, and begin to explore the potential of the WWW.

There was great excitement on Monday 26 September as York Radio sent a reporter and together we did three live interviews as part of their Breakfast show.

##### Phone Befriending

The telephone befriending service growing steadily to five volunteers calling upto seven lonely older people each week who are at risk of social isolation.

The calls are agreed each time between the volunteers and their phone friends and can range from 10 minutes to over two hours, sometime several times a week.

In the three months since the service began our volunteer befrienders have made dozens of calls and the informal feedback from both parties is overwhelmingly positive.



## UP FOR YORKSHIRE

### TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

#### ACTIVITIES AND PERFORMANCE (CONTINUED)

We are looking for more cheerful and chatty people to become volunteer befrienders so we can keep pace with the referrals, received from the Selby Town Primary Care Network and Living Well teams.



#### Selby On Your Bike

Selby On Your Bike is part of Big Bike Revival a national Cycling UK programme about helping everyone and anyone to begin or return to cycling through trying FREE activities and services. We were successful in applying for £1.1K from Cycling UK and, together with local bike shop Cogs and Coffee, are running social bike rides and offering FREE bike repairs to help people living in the Selby area to start pedalling.

This is our 2<sup>nd</sup> year of BBR and many more events are taking place. The last of the seven Social Bike rides was last month and in total we had more than 20 different people that took part. A big help was when Radio York sent a reporter to Cogs and Coffee and we did four live interviews on their Breakfast programme promoting the events and other UP FOR YORKSHIRE services.

We identified six new volunteers keen to set up a Community Cycling Club – keeping it social and about smiles rather than miles an hour. This year's activities ended with a series of free bike Fix-it sessions with Tony our mechanic, who does

a a bike health check and then fixes any basic repairs.

We ran four session at Cogs and Coffee bike repair shop between 4.00pm and 7.00pm each Tuesday in October. In total we fixed 31 bikes helping more than 25 individuals and families to get back on their bikes.

#### Community Transport

A total of 3,019 journeys were carried out across 2022/23.

Community Transport is busy and continues to be used as an invaluable local service to so many people. Having more than doubled our number of volunteer drivers this year, we are able to offer more options to people, and not put as much pressure on to fewer volunteers, as we had been having to do.

We have worked closely over the last three months with NYCC Community Transport team, ensuring we continue to receive funding to support this service. We have also liaised with the national Community Transport Association, particularly regarding the ongoing issue of increased fuel prices and the impact this is having on our volunteer drivers, with HMRC still keeping mileage rates at 45p per mile.

Recently the local bus service has limited even further the routes to and from many villages in our area. This limits those who have ailments and disabilities even further. This means we are having to be more flexible with our provisions and cater for more clients.

#### ESF F.I.T program

This was extremely well received and was beneficial for all who participated. The older adults, especially those who were lacking in fitness abilities really enjoyed the activities that got them moving again. Because of COVID, they had missed the participation with others. We were able to do chair-based exercises that could be replicated at home. We also played fun ball games that enabled team and confidence building.

Regarding the IT side, never more so has technology been used or needed in our personal lives. Jamie was able to enable the participants to grasp the tech and feel as confident as they could with these new tools. It was interesting to see that some of the clients who Jamie knew from Age UK Selby prior to COVID who expressively said they would never use online banking or a computer, post COVID have HAD to!! Without this their banks in the last 18 months have closed locally and they would have to travel 35 miles just to deposit cheques or get their money in or out of the bank. This has proven to be a life saver for these clients and has open their eyes to so much more to online services.

## UP FOR YORKSHIRE

### TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

#### ACTIVITIES AND PERFORMANCE (CONTINUED)

Regarding cheques, on one of our courses we did a lesson on how to use the online banking system to take a picture of a cheque and this would deposit it for you instead of visiting a branch! This was very successful and made the clients very responsive to using it and saving time and money, it also was instantly in the bank so no 7 days waiting!

#### NHS App. Promotion

We are promoting this at all opportunities. We mention it in reception, with clients and on any one-to-one basis. We average 100-120 contacts each month over the last 3. This is a fantastic tool the app especially when it is becoming even more difficult to access a appointment form a GP. It has options to be able to see your COVID pass, see your GP records and prescriptions and medication.

#### NYCC Stronger Communities contract - Stay Healthy, Independent, & Connected

A further review day was held in July. This brought together the 3 CSOs to discuss and explore the impact of the funding. Chris prepared a comprehensive folder full of the details of initiatives we have funded, clients we have worked with, and new activities we have established.

Also attending the meeting were key NYCC Officers responsible for awarding the funding. It has been agreed that the funding will be extended with an additional 50% increase that will take us to the end of March 2023.

Following the meeting we were asked to carry out further case studies on the impact of our work. Chris and Jamie interviewed 3 recipients of our support, completing a set of specific questions – these have all been submitted.

#### Growing in Confidence – Green Social Prescribing

In July we were awarded funding from the Humber and North Yorkshire Health and Care Partnership, for a six-month green social prescribing pilot, Growing in Confidence.

This will enable us to deliver a weekly gardening programme based at Recreation Road Allotments, led by Lynn Harrison, and we are working with NYCC Social Prescribing Link workers and the PCN Care Coordinators to generate referrals.

Our hope is that the pilot can demonstrate the need for future investment in green social prescribing activities that deliver a range of physical and emotional wellbeing.

Recreation Road Allotments

# GROWING IN CONFIDENCE

SELBY DISTRICT AVS

## GARDENING AND WELLBEING GROUP

Join the Gardening Group to help bring the Recreation Road Allotments back to life!

Our aim is to provide a communal open space that can benefit everyone and help improve our physical and mental well-being.

Join us and help create a bio-diverse, productive, beautiful green space that can be a safe haven for wildlife and people.

Course Leader: **LYNN HARRISON**

Gardening whizz! Lynn has been the coordinator of the Handy Gardeners Group for 3 years, supporting local residents of all ages, abilities and interests in gardening to transform an area of Selby Park into a beautiful and productive green space with flowers and vegetables and a space for chatting over a cuppa.

With a wealth of experience as a Primary School teacher and Head teacher, Lynn has a calm, supportive and personalised approach to teaching basic green and gardening skills to anyone who would like to have a go!

**HOW TO FIND US?**  
A short 10 minute walk from Selby Abbey!

Recreation Road, Selby, YO8 5AL

Head over the toll bridge from Selby Towards Stanley, turn right down Recreation Road (4th right after the toll bridge), follow the road down, under the bridge and it is just a short distance on the right hand side!

Free Access to Transport upon request!

**SHOW YOUR INTEREST!**  
To attend the Gardening Group, hear more about the sessions or refer a client to join, please email Alison, Selby District AVS Advice and Support Coordinator at: [ahartley@selbydistrictavs.org.uk](mailto:ahartley@selbydistrictavs.org.uk) or call 01757 291111 for more information.

Logos: Green Social Prescribing, Humber and North Yorkshire Health and Care Partnership, smile4health, Selby District AVS, Community House, Portlemere Road, Selby YO8 5AL, www.selbydistrictavs.org.uk, Humber and North Yorkshire Health and Care Partnership.

#### Action Towards Inclusion

We were offered additional funding of £27,000, enabling us to take on an extra ten clients in addition to the original profile.

We had an ATI team building excursion to Normanby Hall. We had a private tour of the servant's trail, lunch in the hall and explored the grounds. This was an opportunity for new clients to get to know other clients and engage with key workers.

Better Connect are held an event in October to showcase the impact of the programme, celebrate what has been achieved, and look to future funding options.

As part of this Better Connect teamed up with Inspired Youth who are nationally renowned film makers. They spent a whole day filming with Up for Yorkshire on our story with 3 participants.

## UP FOR YORKSHIRE

### TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

#### ACTIVITIES AND PERFORMANCE (CONTINUED)

Better Connect and Inspired Youth were bowled over by what Jimmy had to say about the impact ATI have had on his life.

*This day was so good that I can't even put it into words. The jokes the laughter the realness the stories the tears the emotion totally unbelievable I have been making films 15 years and today had something truly different about it and I was joyful to be part of it and feel acceptance kindness and a shared passion for making a difference".*



#### Kev Curran, Director, Inspired Youth – Film Maker



*"I feel so privileged to have been there to experience the making of this film, to hear Jimmy's story and to witness the profound friendship between him and you, Chris. It really was a wonder to behold, and it was so much fun too!*

*Thank you, Chris, for allowing us into your world to capture some of the magic that happens as a result of the kindness and hard work of you and your colleagues.*

*A HUGE thank you to Jimmy again too, he did great and his bravery and ability to tell his story was an inspiration.*

*An absolute pleasure to have been a part of."*

**Alex Kelley, Head of Programmes, Better Connect**



The breadth of issues from our ATI clients is an ongoing challenge. Participants have a range of physical and mental health issues, traumatic life experiences, and ongoing fears and frustrations. We had two significant incidents where we needed to involve the police and the crisis team to assist with complex problems that arose.

During August we took several clients each week to different venues and experiences. These included Cleethorpes, The National Coal Mining Museum, The Wonkey Donkey Sanctuary, Lotherton Hall, and Temple Newsham.

## UP FOR YORKSHIRE

### TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

#### ACTIVITIES AND PERFORMANCE (CONTINUED)

It was to provide an educational team building approach with many of the new clients. For some it was a complete whole experience to say for example go to the seaside or down a mineshaft to former underground working conditions. We were able to engage with them and they with each other in a less informal environment.



The ATI staff team, alongside current and past ATI participants, attended the celebratory event held in Harrogate in October.

The conference was attended by over 100 delegates and was able to showcase the impact of the ATI project to a range of stakeholders. The event was used to launch the film that had been made of our work supporting Jimmy Flinton. The feedback was outstanding and since being shown and circulated has attracted new ATI participants and clients wanting to change their lives.

An article was put in the Selby Times regarding the services and what Jimmy had achieved.



Sadly, for the remaining participants ATI has now come to an end. Overall, we have supported ninety participants of those participants we have achieved the following outcomes;

- 38 individuals have moved into employment.
- 37 individuals went into training opportunities.
- 15 individuals took up volunteering roles.

We have tried to create a dynamic, fun, and educational approach to many aspects of their lives, making them stronger and more self-sufficient in their daily life. Through the very nature of the ATI, it has enabled the cross over of services and projects, from the allotments to grief recovery and positive progression.

One of our most recent successes has been Sarah-Jade who led her very first successful signing bootcamp with great feedback.

#### English and Maths Tuition

Throughout the year Lindsay has continued to support a range of people with their English and Maths. Via zoom these one-to-one sessions enable people to build their confidence to progress onto accessing more formal training opportunities.

**Your Goals + A little Support**

**Lindsay's 1 to 1 Tutoring**

As a qualified teacher with nearly 30 years experience within primary schools, as well as supporting older children and adults with literacy and numeracy, Lindsay is able to offer bespoke learning packages in Maths, Reading, Writing and Literacy Skills.

Lindsay also supports parents of children who are having difficulties at school, for example, requesting assessments and looking at SEN support.

**FREE!**

**With your tutoring sessions held over ZOOM, this service is flexible for you!**

**We deliver sessions on a 1 to 1 basis!** Bespoke learning plans mean the individual can access as much support as they need.

**Lindsay's tutoring will help to build confidence and develop learning skills!** In a fun, positive, encouraged and ultimately, rewarding way!

**With tailored resources and expertise, Lindsay can also offer support to anyone struggling within the educational system.**

**This offers the learner the opportunity to access material that is appropriate to their age and stage of learning.**

**So, get in touch!**

Contact Lindsay directly for more information on: [lindsay@selbydistricttvs.org.uk](mailto:lindsay@selbydistricttvs.org.uk) or call 0778201991

**Enquire today to find out more!**

**Big Dreams Start Here**

**Free Access to Laptops, Wifi and Support**

**Free Access to Laptops, Wifi and Support**

**Free Access to Laptops, Wifi and Support**

## UP FOR YORKSHIRE

### TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

#### ACTIVITIES AND PERFORMANCE (CONTINUED)

Lindsay continues to liaise with the adult education team who come into Community House twice a week to support maths and English at a Functional Skills level. These sessions are going very well, and 2 current and 2 former ATI clients attend the maths course, and 3 former ATI clients attend the English course.

#### WEA National Award Winner

In the Summer Chris nominated Jay Smith for the WEA National awards. Jay was nominated in the category Educational Achievement and has won!



Jay was filmed at Community House ahead of the Awards Ceremony. Jay went to the Houses of Parliament in October for the ceremony and a high tea. A film, telling his story, was shown at the event and he also got to speak with the Minister for Education.



#### Body and Soul

Jamie and Chris continued to put ATI participants through their paces during the year.

What we have seen and learnt is the growth of participants during the two years we have run Body and Soul.

Throughout January and February, Nick ran an "Understanding Our Bodies" course for ATI participants and took groups to the Recreation Road Allotments to work on green space improvement.

The benefits of both were clear to see, with participants gaining a better understanding of how our bodies function and how the choices we make (e.g., regarding sleep, diet, and exercise) have traceable impacts on our physical and mental wellbeing and why it is important to apply our understanding on these systems to thrive. Spending time out in the allotments brought benefits social, mental, and physical.



#### ATI Research

As part of the ATI project Better Connect have funded a research organisation called SQW to look into the impact of ATI. This involved an initial scoping interview with Chris and has been followed up by a face-to-face meetings with a cohort of former ATI participants.



## UP FOR YORKSHIRE

### TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

#### ACTIVITIES AND PERFORMANCE (CONTINUED)



#### Fizzical Friday

The group we have is very happy and active. We have older adults, individuals with a variety of disabilities, and younger people. The group works cohesively, they are all encouraged, and this is infectious so new members reciprocate this kindness and it grows. In our sessions, no one is aware of the other's conditions. This just isn't even thought of as we just work together and find solutions to any issues that could arise. This is so refreshing and empowering.

The exercises we do are very low maintenance and increase flexibility and mood. Included in the easier exercises such as ball throwing gently, seated exercises we do Tug Of War, slam balls and low-impact boxing. We have a regular user who loves to show us Zumba at the end of our sessions which is fantastic.

We now, through Andy Sim the Wellbeing Manager at Inspiring Healthy Lifestyles have the use of a studio room at the Selby Leisure Centre that is so kind and useful.



#### Community Wellbeing

Chris and Emily began working with Sam Alexander-Vasey to develop a proposal to provide wellbeing and yoga training to professionals. The aim is to deliver a series of 6-week sessions to educate people with techniques to strengthen their wellbeing and personal resilience.

A funding bid was submitted to the Humber and North Yorkshire Integrated Care Board for a pilot. An online presentation was delivered by Sam and Emily which has been successful, a total of £21,000 to pay for staff time, publicity, room hire, and project management.

A poster titled 'YOUR FUTURE POSITION' for a '4 WEEK YOGA PROGRAMME'. It lists Cohort 1 dates (October 4th, 11th, 18th, 25th) and Cohort 2 dates (November 1st, 8th, 15th, 22nd). It mentions the project is funded by the European Union and the Selby District AIVS. It describes the program as being led by a qualified yoga and qigong instructor to help people get unstuck and feel able to make progress. It includes an 'ELIGIBILITY' section stating the project is for participants who are over 18, unemployed or economically inactive, and have the right to live and work in the UK. It also mentions the program will be delivered based on a model of yoga teaching designed to be safe and accessible for diverse groups. At the bottom, it says 'ENQUIRE TODAY!' and provides a QR code and contact information for Alison: 'Join the QR code to complete your expression of interest form' and 'Or to find out more information about this programme, please contact Alison by emailing: [ahartley@selbydistrictcavs.org.uk](mailto:ahartley@selbydistrictcavs.org.uk) or call 01757 291111'. There is also a small photo of a group of people.

#### Your Future Position ESF Project

4 Week Yoga Course worked to equip learners with body-based practices that they can use to help them to feel more grounded and regulated during times of challenge.

Through a combination of physical practices, breathing, short meditations and other yoga-based practices, learners will explore a range of topics that can help them to move forward positively in their lives.

This small group dynamic allows for maximum support and intimate learning – which has been given as extremely positive feedback from the participants.

## UP FOR YORKSHIRE

### TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

#### ACTIVITIES AND PERFORMANCE (CONTINUED)

##### From Coping to Thriving: Yoga offer for VCSE/ Health Sector Professionals

This is a 6-week training programme that aims to educate, empower, and equip health professionals to manage their wellbeing utilising a range of evidence-based tools, techniques, and practices more confidently from mind-body practices of yoga, qigong and mindfulness.

Following feedback from the first group, 25 videos/audios have been created that participants can use to support their home practices and create a "Toolkit of Practices" to support participants following the end of the course.

Future developments of the programme may include offering a more spread-out programme where sessions are once a month, rather than once a week and also exploring shorter taster sessions that can be used to build interest.

**Book today**  
6 Week Training Programme  
**FROM COPING TO THRIVING**

This course aims to educate, empower and equip health professionals to more confidently manage their wellbeing utilising a range of evidence-based tools, techniques and practices from mind-body practices of yoga, qigong and mindfulness.

Weaving together cross-disciplinary intelligence from neuroscience, physiology and therapeutic mind-body modalities, participants will gain the motivation, tools and confidence to implement changes in their lives that will support their wellbeing.

**The Programme**  
The programme is delivered as 6 x half day sessions on Tuesdays between 9.30-13.00 and participants must commit to attending all 6 sessions.

There will be two programmes delivered in person at Community House in Selby and one online programme in early 2023. Dates are:

- Programme 1 (in person)** 4th, 11th and 18th October 2022 and 1st, 8th, 15th November 2022
- Programme 2 (online)** 17th, 24th, and 31st January 2023 and 7th, 14th and 21st February 2023
- Programme 3 (in person)** 16th, 23rd and 30th May 2023 and 6th, 13th and 20th June 2023

**Who?**  
The programme is open to all health professionals who work in the area of primary health care. This includes people working in Optometry, Dentistry, General Practice, Pharmacy and Community Health Care, including the Voluntary Sector, working in the Humber and North Yorkshire area.

**Why?**

- 1) Increased ability to regulate the nervous system during stress
- 2) Increased ability to relax the body and mind
- 3) Improved length and quality of sleep
- 4) Improved posture and reduction of tension in the body
- 5) Increased levels of interoceptive awareness
- 6) Increased confidence in ability to manage wellbeing
- 7) Reduced feelings of isolation

**How to apply?**  
To apply please complete the Expression of Interest by scanning the QR code, indicating which course you would like to attend and providing your email address.

Sam will then arrange a 15-minute call to check suitability and give you a chance to ask any questions.

Sam Alexander-Vasey  
Wellness teacher and educator  
Qualified Yoga and Qigong instructor

Sam is undertaking a Diploma in Yoga Therapy with the Mindful Institute, an international leader in yoga therapy and mind-body training. Her professional career includes 16 years working in the not-for-profit sector, with 12 in leadership roles. She is a Chartered Manager with the Chartered Management Institute, where she specialised in the topic of creating thriving organisational cultures with wellbeing at their heart. She is passionate about the central role of wellbeing in creating thriving lives, workplaces and communities and believes that mind-body modalities can be valuable tools to creating fulfilling and thriving lives.

01757 291111  
www.samalexander-vasey.co.uk

Feedback from the first two cohorts has been analysed and found that 100% of attendees felt they have moved closed to "thriving" as a result of attending the course. When asked if they had made any changes to improve their wellbeing as a result of the course, 43% stated they already had made changes and 57% that they planned to. No-one felt they would not make changes.



*The course has provided a proactive, innovative, and invaluable opportunity. Offering an incredible chance to take a breath, understand what work-based stress is doing to me and why, and to find tools to combat this moving forward. Everyone should attend this course!*

*I feel the course has equipped me to better cope with my busy working days and as my wellbeing has improved so has my focus within the working day. I have experienced recent health issues which impacted my work pattern and energy levels, and the course has helped me adjust to this.*

*Being able to experience the links between physical and mental practice, rather than just understand it in theory, was really powerful and I think is helping me to prioritise my own wellbeing. I haven't really credited it with much value in the past but through reflection I can now better see how 'coping' isn't really good enough if there are relatively small things I can do to shift me towards 'thriving'.*



*The course offers something different which is hard to find elsewhere and has really helped me manage my days in General Practice. I think it could be valuable to many people.*

*I have learned that I can integrate these practices into my work life, that they don't need to take a long time or need a 'calm' mindset to breath or ground or move some energy around- that's the whole point!*

#### Power of Attorney Service

We have developed a great relationship with Dementia Forward, Open arms CIC, the PCN in Selby and the Living Well team NYCC. This means that we get referrals from these organisations and others. The service we provide is so important because it allows individuals to get the power of attorney service at a cheaper price than they would have previously had to pay at a solicitor.

## UP FOR YORKSHIRE

### TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

#### ACTIVITIES AND PERFORMANCE (CONTINUED)

Our expert dealing with this service is Sue Caulfield, the Welfare Benefits worker for Selby District Age UK until it disbanded. She has over 20 years of experience in this field and has an excellent relationship with local partners and clients. This helps us to recommend our service to all who can use it. We also go further afield if needed, as we have helped clients in Richmond and further remotely.

#### Selby Community Fridge

This is such a valuable service we provide. With the current cost of living crisis, and the fact it is unlikely to improve anytime soon, having this asset is becoming increasingly essential to many people.



#### Food Bank Support Fund



We gained support from the Food Bank Support Fund via North Yorkshire County Council Stronger Communities. This has enabled us to continue with running the fridge as well as provide a continuation of extra services than before.

Firstly, we have received allocated funding enabling us to hand out Morrisons vouchers to people who need them, the value depending on the size of the household.

In addition to this, we have allocated funding to purchase store bought food that we've taken in effect by ordering a weekly shopping order from Tesco to stock up with any additional items we don't usually have often. Plus, we've been using this budget to cook and prepare our own meals in the Community House kitchen to then sell at the fridge for a small price.

#### Update on Figures

The evidence of our reach can be seen in the continual monitoring and evaluative information that measures the impact of the Community Fridge. 20 months of project delivery has seen the Community Fridge surpass 4800 visitors to the fridge, an average of over 300 visitors per month, 80 visitors a week.

We are still continuing to use our strong supply chain of: C Dawson's & Sons, Aldi, Co-op, Morrison's, Sainsbury's and the SPAR garage, with the addition of Laveracks and Farmfoods which amounts to around 17 collections per week plus the weekly Tesco deliveries the past few months.

Additionally, we have recently been receiving toiletries and nappies from North Yorkshire LDWA (Long Distance Walkers Association) which have supplied people in need of products such as nappies and sanitary products they may otherwise be struggling to afford at this point in time, and of course the freshly made meals for the fridge have been selling out each week.

The exposure we received from the award from York mix radio for our Community Champion role has meant that more people are attending the fridge, and that the local paper and organisations in the area are promoting us and recommending us.

The Community Fridge is a lifeline for so many people. We see a vast array of individuals who use this service, from people who are on Universal Credit and are sadly not able to work, to people who work for the NHS but can't afford to eat.



Over the last few months, we have developed an excellent relationship with Food Aware CIC in Doncaster. They are a fantastic charity that has a huge warehouse in Hellaby that is constantly filled with food from Lidl and Aldi. They get crates of food that again would ordinarily be disposed of but is gifted to Food Aware and they in turn give to other smaller charities to help.



## UP FOR YORKSHIRE

### TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

#### ACTIVITIES AND PERFORMANCE (CONTINUED)

##### Funding Strategy

###### Health

We are continuing to participate in a number of local and regional health partnerships as the new Integrated Care System (ICS) framework is embedded.

Bryony attends the Selby and Vale Mental Health Transformation Programme working group and has been working with NYCC Stronger Communities and Carers Plus in Ryedale, to manage a small-scale mental health grant programme, Bright Sparks. To date we have distributed around £8k of funding to local grass-roots organisations to deliver wellbeing activities in Selby and the budget has been expanded for next year.

UP FOR YORKSHIRE has also been participating in the Health and North Yorkshire Health and Care Partnership VCSE Collaborative. Led by Community First Yorkshire, this workstream focuses on creating service delivery opportunities for the VCSE sector. The ICS hopes to create a VCSE Assembly for North Yorkshire, with both strategic and thematic oversight. Bryony has participated in the Interim Steering Group and in March, our Equality and Advice Network was launched as the basis for one of four place-based Assemblies. This will provide a strong foundation for gathering and sharing the voice of local intelligence and shaping future community-based health and care commissioning.

###### CMHT Access and Connect Grant – WELL-COME

In October, we secured £30k funding for two 12-month pilot projects funded through the Community Mental Health Transformation fund (distributed via NYCC Stronger Communities).

Both projects will provide UP FOR YORKSHIRE with funded capacity to support adults with mental health needs. The first will be based from Community House, where from December we started to offer a weekly drop-in café, hosted by Atlanta Parkinson. Alison will provide specialist bespoke support/advice.

The second project will deliver a series of rural pop-up events from community venues across the rural parts of the District. This will enable us to work with a range of local partners, reaching residents attending events/activities within their own neighbourhoods.

The funding enables us to strengthen relationships with primary care and mental health workers, widen our outreach and participate in the wider evaluation of community-based emotional wellbeing support.



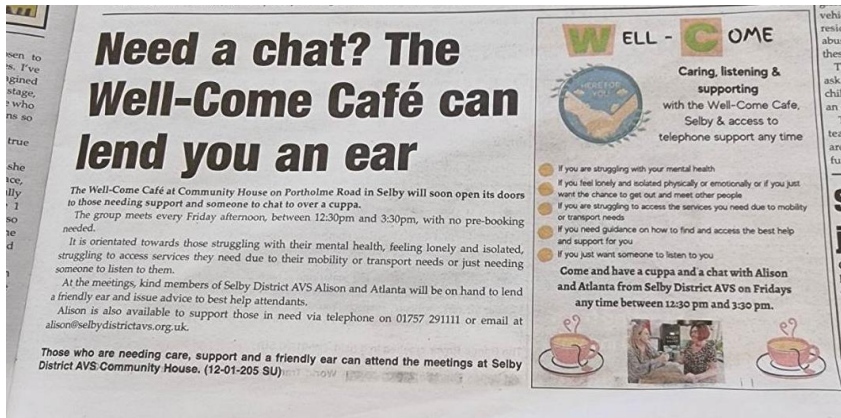
The drop in café on a Friday continues to be popular. Atlanta generally runs the session with Alison on hand for those needing a little more in the way of support. Alison has been working closely with Horton Housing and they attend each week to support clients with housing issues, this has been working very well and the take up of this service has been very good.

## UP FOR YORKSHIRE

### TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

#### ACTIVITIES AND PERFORMANCE (CONTINUED)

As well as the drop in café on a Friday, Alison continues to get out into the more rural communities, visiting Eggborough, Sherburn in Elmet, Kelfield, Burton Salmon and Carlton regularly. Since launching Welcome in the new year Alison and Atlanta have seen over 900 people both in house and when out and about.



The first three months of 2023 have seen many networking opportunities with local colleges, other organisations, job centres and job fairs. Many contacts have been made and Alison and Jamie are following these up.

Alison has always had a good working relationship with the "Living Well" team but both her and Jamie met with some of the team and the new manager Jillian in March. They shared services available and were keen to re-enforce the need to continue working together.

Alison has been communicating with the team at the "Skills Network" They are keen to support Up for Yorkshire with training opportunities and have also offered to set up a micro site for all the courses available under the banner of Up for Yorkshire, which would make for a very exciting training offer to the wider public. All this is in the very early stages of development, but they seemed confident of being able to pull it together quickly as and when needed.

#### Staying Healthy, Independent and Connected (SHIC)

In December, UP FOR YORKSHIRE secured ongoing funding for 3 years from April 2023 for the SHIC programme. SHIC provides funding for us to deliver ongoing support to VCSE organisations and groups across the District and will provide extra capacity for us to develop our volunteering offer and support. Crucially, we will be able to expand our offer across more rural parts of the District:

- Ensuring access to information and advice and /or be signposted to appropriate specialist services
- Widening access to support and social activities that help them stay healthy, happy, independent, and connected
- Enabling access low-level practical support and help at home.

Having the ability to meet new people, many who are new to the sector or area and are positive and wanting to make a difference is so inspiring. Jamie is constantly seeking new opportunities with organisations and charities to see how we can work together.



A recent example has been with reconnecting with Andy Sim at IHL. He is someone who Jamie has known for many years from his time at Selby Leisure centre. Seeing Andy in his new role has meant that Jamie has been able to grow that relationship and nurture it, resulting in the excellent role we are both playing as organisations.

Also, from his time at Age UK Jamie knew lots of people who he has been able to continue to work with in his role at Up for Yorkshire. Some of our new volunteers are people Jamie has known or been acquainted with and this has helped his job in facilitating those individuals into their roles. Being available is key and following through with kindness and a can-do attitude to gaining and maintaining the right relationships.



## UP FOR YORKSHIRE

### TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

#### ACTIVITIES AND PERFORMANCE (CONTINUED)

##### UK Shared Prosperity Fund

###### Multiply

At the end of December, we heard that we had been awarded money from the UK Shared Prosperity Fund to deliver activities for the Multiply Project. This was very exciting news, but we only had the first quarter of the year to plan and deliver our activities!

Lindsay, alongside Nick and Atlanta, set to work designing training material, seeking out potential participants, liaising with other ATI providers, booking venues, and ordering the necessary resources.

We had two activities that we had to deliver. The first was about wellbeing and maths, which we linked to the cost-of-living crisis, using a slow cooker, and using everyday maths skills. The aim was to run two 3-hour long sessions with 10 participants at each session, one in Selby and one in York. The second activity that we delivered was linking everyday maths skills to budgeting. We aimed to run two 5-hour long training sessions to 10 participants from Richmondshire, 25 from Selby and 10 from York.

We successfully managed to run one slow cooker course, with another planned in the coming days, plus three 2-day courses for the budgeting course, with one of the courses being help online over zoom.

The sessions we ran were a great success and participants enjoyed the chance of getting together and sharing their difficulties as well as their strengths when it came to budgeting and using maths in everyday life.



Alongside Chris, Nick attended the Multiply Partner feedback and celebration event and between them they pushed for a stronger partnership working approach to ensure the success of the programme in future years. Nick is looking forward to exploring opportunities to remain involved with the Multiply programme moving forward.



## UP FOR YORKSHIRE

### TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

#### ACTIVITIES AND PERFORMANCE (CONTINUED)

Feedback from two participants:

*"I've enjoyed it. It's teaching me money skills and how to manage my money so I can decide what to buy. It is helping my autism being in a group, and I can now start saving to buy myself a doll for my birthday."*

*"It's helpful to learn about budgeting for home. It teaches me how to count money and what will be left over after paying bills so I can save up for more clothes and to buy things for my pets."*

#### ATI Continuation

We were delighted to hear that Better Connect have secured additional funding for two years to create a similar ATI programme.

We have been allocated £66,000 to work with 33 clients who are furthest from the job market. The aim is that the work will be able to start in May / June. Meetings are already taking place with DWP to assist with identifying potential clients.

#### Advice Matters

We have been approached by Citizens Advice to become a delivery partner of their 3-year project, Selby Advice Matters, funded by the National Lottery Community Fund.

Up for Yorkshire will provide bespoke 1:1 advice for approx. 25 clients per year, with complex emotional and wellbeing needs that present a barrier to their adoption of financial advice and debt recovery. We will adopt a light-touch keyworker model to provide clients with 2-5 personal appointments, focusing on coaching, confidence building and addressing practical barriers to engagement.

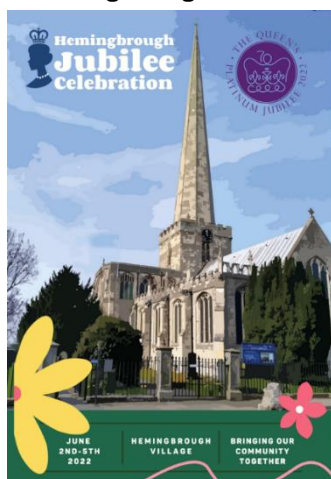
#### AGE UK Selby and District

Age UK Selby and District announced they planned to close in 2021. Since that time communication has continued about future service delivery and the impact on older people. Chris has liaised with Jackie Mook regarding any residual funds remaining. Request have been made of organisations Chris would recommend for former Age UK Selby and District funds to go to.

The organisations assets are now being managed by a firm of liquidators and Chris has been informed we have been allocated £25,000 to continue a Welfare Benefits service for older people. We have been given no time frame as to when we might expect to receive the money.

#### Communication and Marketing

##### Hemingbrough Communications Support



We secured the paid external contract of Graphic Design work, utilising Charlotte's skills in design support, marketing to a community audience and creative vision alongside Chris' previous work for the Hall for Hemingbrough to design their jubilee event print-based materials.

This included a 32-page informative brochure and treasure chest hunt – all embossed with 'Designed by Up for Yorkshire'.

## UP FOR YORKSHIRE

### TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

#### ACTIVITIES AND PERFORMANCE (CONTINUED)

##### South Square Bradford Communications Collaboration

We secured the paid external contract of design work from our previous visit to South Square Bradford to deliver the Energy Saving Workshop in early spring.

*"A Wonderful Day of Energy is here! Thank you to Chris, Charlotte, Jamie and the Energy Doctor for presenting a really informative and fun day at South Square"*

Following such fantastic feedback and a trusted partnership formed, we were asked to showcase this collaboration by designing 4 bookmarks and a booklet to inform local residents around all things food waste!

Chris was interviewed, filmed, and photographed as part of a 3-page piece regarding Selby District. This is part of the programme of conversations between the new Council and communities.



##### Social Media Highlights

Over on our social media pages, our total number of active likes on our page (unique users) has increased to 982 Facebook users.

##### BBC Radio York Make a Difference Awards

From our dedicated time, clear service delivery and communications outreach, we were asked to be a judge for the BBC Radio York Make a Difference Awards,

judging the  
category  
Community  
Group!



part in the new North Yorkshire Council community consultation. The film was shown on NYCCs website.

Bryony took part in a BBC Radio York promoted drop in event held in Selby.

It was a great opportunity for residents to access key services to address issues due to the current Cost of Living crisis.



It was an honour to read the nominations for the Community Group award with such important and richly diverse contributions to communities, people, neighbours and our environment across the region. With such inspired stories of dedicated community work, this was one tough category to pick a winner from.

Chris and Charlotte attended the rescheduled awards ceremony in October, and enjoyed meeting and networking with an array of organisations in the VCSE sector.

##### Let's Talk Campaign

Chris was asked to record a film encouraging people to take



## **UP FOR YORKSHIRE**

### **TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)**

#### **FINANCIAL REVIEW**

The financial year of the consolidated accounts has ended with a net surplus of £37,720 on general unrestricted funds, a net deficit on designated funds of £36,722, and a net surplus on restricted funds of £770,882, including the introduction of Brayton Community Centre £595,214.

The restricted fund balance of £1,067,131 includes Brayton Community Centre funds of £604,940. The other large restricted funds relates to Selby Big Local, which includes the property Our Space at Flaxley Road (£285,767 see note 12 Assets under Construction). This is a requirement of the funder that it remains a restricted asset until the future ownership is agreed.

Overall, this financial year income has again significantly increased to £778,474, compared to £526,064 for the previous financial year. This is largely due to an increase in restricted grant funding received for major projects, such as the Selby Big Local development of Flaxley Road (Our Space), and the incorporation of Brayton Community Centre's activity.

Overall expenditure for the financial year has increased, again this is largely reflected in the restricted expenditure. In addition further investment in staffing has been made as required to support the organisation with its diverse range of projects and with its growth.

Up for Yorkshire have been investing in the Riccall Regen Centre, to support the charity through a period of financial difficulty. This includes staffing support and legal fees to consider the acquisition of the charity to be a subsidiary of Up for Yorkshire.

#### **Reserves Policy**

Up for Yorkshire continues to be dependent on different sources of funding, with many being restricted in nature and subject to fixed term timescales, requiring re-negotiation and/or the pursuit of additional grant funding to progress the overall aims of the charity including support to other community organisations.

The Trustees consider it prudent to maintain a minimum level of unrestricted reserves, amounting to no less than three months expenditure for the charity, so that activities can continue in the event of a significant drop in income or a significant increase in expenditure. As at 31 March 2023 this target has increased to £150,000. However, the financial statements show that free reserves are well in excess of this at £226,491. (General unrestricted funds less fixed assets and commitments)

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

Up for Yorkshire is a company limited by guarantee and a registered charity governed by its Memorandum and Articles of Association dated 27 February 2012 as amended.

##### **Appointment of directors**

The members appoint trustees and retire annually but shall be eligible for re-election at the AGM. The trustee board meets no less than four times a year. At the meetings, the trustees agree the broad strategy and areas of activity for the Association, including the reserves and risk management policies.

##### **Director induction**

New trustees are encouraged to have one to one sessions with the Chief Officer and the Finance Officer in order to clarify any queries they may have about the organisation, its structure and areas of work, Trustees are given an induction by the Chief Officer. The Chief Officer is appointed by the trustees to manage the day-to-day administration of the charity. To facilitate effective operations, the Chief Officer has delegated authority, within terms of delegation approved by the trustees, for operational matters including finance, employment and service delivery.

## UP FOR YORKSHIRE

### TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

#### Organisation

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

#### Risk management

The directors have examined the major risks to which the charity is exposed and systems have been established to mitigate these risks.

#### PLANS FOR FUTURE PERIODS

In addition to receiving unrestricted lease and rental income for Community House and Brayton Community Centre, new restricted grant funding has been provided by the Stronger Communities Programme, North Yorkshire Council, to Up for Yorkshire as a Community Anchor Organisation.

Whilst several restricted grant funding projects roll forward into 2023/24, the ATI (Action Towards Inclusion) programme has ended but has been replaced with the RISE (Reducing Inequalities, Supporting Employment) programme, funded by North Yorkshire Council via Better Connect. Additionally, funding has been received for the Multiply programme under similar arrangements.

We also continue to identify potential grant funding opportunities for community development, with restricted grant funding recently applied for and awarded for Our Zero Selby.

Furthermore, we continue with the management and staffing support, required for the Riccall Regen Centre, to continue to offer community space to the groups who use the Centre, but also explore additional funding streams in order for the Centre to once again achieve financial balance and be financially sustainable.

#### REFERENCE AND ADMINISTRATIVE INFORMATION

Charity Name	Up for Yorkshire (Company name changed to Up for Yorkshire on 25/04/23)
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Working Name	Selby District Association of Voluntary Service
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Charity Registration Number	1146109
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Company Registration Number	7565045
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Registered Office and Principal Address	Community House Portholme Road Selby YO8 4QQ
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Directors/Trustees	Mrs Kay Goodwin Mrs Margaret Craik (resigned 03/11/22) Mrs Ann Rhodes Mrs Fiona Conor Mrs Jean Cross Mr Martin Wedgwood
--------------------	--

Chief Officer	Chris Hailey Norris
Other senior management	Emily Havercroft Bryony Boyle James Alexander Gather Cole Teresa Taylor

**UP FOR YORKSHIRE**

**TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023  
(CONTINUED)**

**REFERENCE AND ADMINISTRATIVE INFORMATION (continued)**

**Advisers**

Independent Examiner	Bankers
N Clemit ACA, FCCA JWPCreers LLP Chartered Accountants Genesis 5 Church Lane York, YO10 5DQ	Unity Trust Bank plc Nine Brindleyplace 4 Oozells Square Birmingham B1 2HB

**Trustees responsibilities in relation to the financial statements**

The charity trustees (who are also the directors of Up for Yorkshire for the purposes of company law) are responsible for preparing a directors report and consolidated financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and of the income and expenditure, of the charitable company for that period. In preparing the financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

**BY ORDER OF THE BOARD**

K Goodwin  
Director  
Community House  
Portholme Road  
Selby  
North Yorkshire  
United Kingdom  
YO8 4QQ

16 November 2023

## UP FOR YORKSHIRE

### INDEPENDENT EXAMINER'S REPORT FOR THE YEAR ENDED 31 MARCH 2023

I report to the charity trustees on my examination of the accounts of Up for Yorkshire for the year ended 31 March 2023 which comprise the consolidated statement of financial activities, the consolidated balance sheet, the charity balance sheet, consolidated and entity only cash flow and related notes.

#### Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

#### Independent examiner's statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants which is one of the listed bodies.

I have completed my examination. I confirm that no 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 company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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.

N Clemit ACA, FCCA  
JWPCreers LLP  
Chartered Accountants  
Genesis 5  
Church Lane  
Heslington  
York  
YO10 5DQ

16 November 2023

UP FOR YORKSHIRE

CONSOLIDATED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2023

(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)

Current financial year

	Note	Unrestricted fund £	Designated fund £	Restricted fund £	2023 Total £	2022 Total £
<b>INCOME</b>						
Donations and grants	2	72,181	1,000	361,124	434,305	250,758
Charitable activities	3	169,249	4,171	111,501	284,921	275,306
Other Charitable activities: Subsidiary	8	-	-	49,564	49,564	-
Investment income	4	9,684	-	-	9,684	-
<b>Total income</b>		<b>251,114</b>	<b>5,171</b>	<b>522,189</b>	<b>778,474</b>	<b>526,064</b>
<b>EXPENDITURE</b>						
Charitable activities	3,5	218,033	67,161	285,497	570,691	511,820
Other charitable activities: Subsidiary	8	-	-	31,117	31,117	-
<b>Total expenditure</b>		<b>218,033</b>	<b>67,161</b>	<b>316,614</b>	<b>601,808</b>	<b>511,820</b>
<b>Net income / (expenditure)</b>		<b>33,081</b>	<b>(61,990)</b>	<b>205,575</b>	<b>176,666</b>	<b>14,244</b>
Exceptional items	6	-	-	595,214	595,214	-
Transfers between funds		4,639	25,268	(29,907)	-	-
<b>Net movement in funds</b>		<b>37,720</b>	<b>(36,722)</b>	<b>770,882</b>	<b>771,880</b>	<b>14,244</b>
<b>Reconciliation of funds:</b>						
Total funds brought forward		216,464	1,325,779	118,136	1,660,379	1,646,135
Prior year adjustment	24	-	(56,645)	178,113	121,468	-
Net movement in funds		37,720	(36,722)	770,882	771,880	14,244
Total funds carried forward		254,184	1,232,412	1,067,131	2,553,727	1,660,379

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

UP FOR YORKSHIRE

CONSOLIDATED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2023

(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)

Prior financial year

	Note	Unrestricted fund £	Designated fund £	Restricted fund £	2022 Total £
<b>INCOME</b>					
Donations and grants	2	185,336	-	89,970	250,758
Charitable activities	3	80,750	-	170,008	275,306
		<hr/>	<hr/>	<hr/>	<hr/>
<b>Total Income</b>		266,086	-	259,978	526,064
		<hr/>	<hr/>	<hr/>	<hr/>
<b>EXPENDITURE</b>					
Charitable activities	3,5	240,377	33,374	238,069	511,820
		<hr/>	<hr/>	<hr/>	<hr/>
<b>Total expenditure</b>		240,377	33,374	238,069	511,820
		<hr/>	<hr/>	<hr/>	<hr/>
<b>Net (expenditure)/income</b>		25,709	(33,374)	21,909	14,244
Transfers between funds		(54,657)	70,449	(15,792)	-
		<hr/>	<hr/>	<hr/>	<hr/>
Net movement in funds		(28,948)	37,075	6,117	14,244
<b>Reconciliation of funds:</b>					
Total funds brought forward		245,412	1,288,704	112,019	1,646,135
		<hr/>	<hr/>	<hr/>	<hr/>
Total funds carried forward		216,464	1,325,779	118,136	1,660,379
		<hr/>	<hr/>	<hr/>	<hr/>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

**UP FOR YORKSHIRE**  
(Company number 7565045)

**CONSOLIDATED BALANCE SHEET AT 31 MARCH 2023**

	Note	31 March 2023		2022 as restated
		£	£	£
<b>FIXED ASSETS</b>				
Tangible fixed assets	12		2,209,903	1,492,501
<b>CURRENT ASSETS</b>				
Debtors	13	83,613		48,788
Cash at bank and in hand		394,330		324,349
		477,943		373,137
<b>CREDITORS</b> - Amounts falling due within one year	14	(134,119)		(83,791)
<b>NET CURRENT ASSETS</b>			343,824	289,346
<b>NET ASSETS</b>			2,553,727	1,781,847
<b>THE FUNDS OF THE CHARITY</b>				
Restricted funds	17		1,067,131	296,249
Unrestricted funds – designated	16		1,232,412	1,269,134
Unrestricted funds	16		254,184	216,464
			2,553,727	1,781,847

For the year ending 31 March 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476.
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements were approved by the trustees on 16 November 2023 and are signed on their behalf by:

.....  
K Goodwin

.....  
A Rhodes

**UP FOR YORKSHIRE**  
**(Company number 7565045)**

**BALANCE SHEET AT 31 MARCH 2023**

	Note	£	31 March 2023 £	2022 £ as restated
<b>FIXED ASSETS</b>				
Tangible fixed assets	12		1,607,265	1,492,501
<b>CURRENT ASSETS</b>				
Debtors	13	97,641		48,788
Cash at bank and in hand		374,132		324,349
		<hr/>		<hr/>
		471,773		373,137
<b>CREDITORS</b> - Amounts falling due within one year	14	(130,251)		(83,791)
		<hr/>		<hr/>
<b>NET CURRENT ASSETS</b>			341,522	289,346
			<hr/>	<hr/>
<b>NET ASSETS</b>			1,948,787	1,781,847
			<hr/>	<hr/>
<b>THE FUNDS OF THE CHARITY</b>				
Restricted funds	17		462,191	296,249
Unrestricted funds – designated	16		1,232,412	1,269,134
Unrestricted funds	16		254,184	216,464
			<hr/>	<hr/>
			1,948,787	1,781,847
			<hr/>	<hr/>

For the year ending 31 March 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

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.....  
K Goodwin

.....  
A Rhodes

UP FOR YORKSHIRE

CONSOLIDATED CASH FLOW STATEMENT FOR THE YEAR ENDED 31 MARCH 2023

	Notes	2023 £	2022 £
<b>Cash flows from operating activities:</b>			
Net cash generated by operating activities	1	194,279	43,774
<b>Cash flows from investing activities:</b>			
Purchases of fixed assets		(138,245)	(77,009)
Acquisition of a subsidiary, net of cash acquired		4,263	-
Income from renewables		7,562	-
Bank interest		2,122	-
		<hr/>	<hr/>
Net cash inflow		69,981	(33,235)
		<hr/>	<hr/>
Cash and cash equivalents at 1 April 2022		324,349	357,584
		<hr/>	<hr/>
Cash and cash equivalents at 31 March 2023	2	394,330	324,349
		<hr/> <hr/>	<hr/> <hr/>

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2023 £	2022 £
<b>Net income</b>	<b>176,666</b>	<b>14,244</b>
Adjustments for:		
Depreciation charges	19,093	36,895
Decrease/(Increase) in debtors	(34,825)	(21,989)
Increase/(decrease) in creditors	50,328	14,624
Working capital net effects from acquisition of subsidiary		
Debtors	457	-
Creditors	(7,756)	-
Investment income	(9,684)	-
	<hr/>	<hr/>
Net cash generated by operating activities	194,279	43,774
	<hr/> <hr/>	<hr/> <hr/>

2. ANALYSIS OF CASH AND CASH EQUIVALENTS

	2023 £	2022 £
Cash in hand	394,330	324,349
	<hr/> <hr/>	<hr/> <hr/>

UP FOR YORKSHIRE

ENTITY ONLY CASH FLOW STATEMENT FOR THE YEAR ENDED 31 MARCH 2023

	Notes	2023 £	2022 £
<b>Cash flows from operating activities:</b>			
Net cash generated by operating activities	1	180,802	43,774
<b>Cash flows from investing activities:</b>			
Purchase of fixed assets		(131,019)	(77,009)
		<hr/>	<hr/>
Net cash inflow		49,783	(33,235)
		<hr/>	<hr/>
Cash and cash equivalents at 1 April 2022		324,349	357,584
		<hr/>	<hr/>
Cash and cash equivalents at 31 March 2023	2	374,132	324,349
		<hr/> <hr/>	<hr/> <hr/>

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2023 £	2022 £
<b>Net income</b>	<b>166,940</b>	<b>14,244</b>
Adjustments for:		
Depreciation charges	16,255	36,895
Decrease/(Increase) in debtors	(48,853)	(21,989)
Increase/(decrease) in creditors	46,460	14,624
	<hr/>	<hr/>
Net cash generated by operating activities	180,802	43,774
	<hr/> <hr/>	<hr/> <hr/>

2. ANALYSIS OF CASH AND CASH EQUIVALENTS

	2023 £	2022 £
Cash in hand	374,132	324,349
	<hr/> <hr/>	<hr/> <hr/>

## UP FOR YORKSHIRE

### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

#### 1. ACCOUNTING POLICIES

##### **Basis of Accounting**

Up for Yorkshire is a private charitable company limited by guarantee and is registered with the Charity Commission in England and Wales. In the event of the company being wound up or dissolved, funds remaining after all debts and liabilities are settled will be transferred to a similar institution with similar charitable objectives. The charity's registered office and the nature of the charity's operations and principal activities are stated on the report of the board of trustees.

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

Up for Yorkshire meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

The financial statements are prepared in sterling which is the functional currency of the charity.

##### **Group financial statements**

These financial statements consolidate the results of the charity and its wholly administered subsidiary Brayton Community Centre on a line by line basis. A separate statement of financial activities, for the charity itself is not presented because the charity has taken advantage of the exemptions afforded by section 408 of the Companies Act 2006.

##### **Going concern**

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. The trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

##### **Donations and Grants**

Income from donations and grants, including capital grants, are included in income when these are receivable, except as follows:

- When donors specify that donations and grants given to the charity must be used in future accounting periods, the income is deferred until those periods.
- When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred and not included in income until the pre-conditions for use have been met.

When donors specify that donations and grants, including capital grants, are for particular restricted purposes, which do not amount to pre-conditions regarding entitlement, this income is included in income of restricted funds when receivable.

All other income is included on the statement of financial activities on a receivable basis.

##### **Expenditure**

Expenditure is included in the statement of financial activities on an accruals basis and has been classified under headings that aggregate all costs related to the category.

## UP FOR YORKSHIRE

### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

#### Tangible Fixed Assets

Tangible fixed assets are measured at cost or valuation including any incidental expenses of acquisition.

Depreciation is calculated so as to write off the cost of the asset, less its estimated residual value, over the useful economic life of that asset as follows:

Freehold land	Nil
Freehold property	20 and 200 years straight line
Brayton Community Centre improvements	5 years straight line
Office equipment and computers	3 and 5 years straight line
Minibuses	25% reducing balance

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

#### Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

#### Pension costs

Up for Yorkshire contributes to defined contribution pension schemes. The assets of the schemes are held separately from those of the charity. Pension costs charged in the statement of financial activities represent the contributions payable by the charity in the year. These costs are allocated to funds with the other staff costs on a proportionate basis based of staff activity.

#### Fund Accounting

Funds held by the charity are either:

- unrestricted general funds - these are funds which can be used in accordance with the charitable objects at the discretion of the trustees.
- unrestricted designated funds - these are funds which have been set aside at the discretion of the trustees for specific purposes.
- restricted funds - these are funds that can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

#### Operating Leases

Rentals applicable to operating leases where substantially all the benefits and risks of ownership remain with the lessee are charged against profits on a straight line basis over the period of the lease.

#### Debtors and Creditors

Debtors and creditors are recorded when receivable or payable at transaction price.

#### Cash and cash equivalents

Cash and cash equivalents include cash in hand and deposits held at call with banks.

## UP FOR YORKSHIRE

### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

#### Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

#### Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are measured at transaction price including transaction costs. Financial assets classified as receivable within one year are not amortised.

#### Classification of financial liabilities

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into.

#### Basic financial liabilities

Basic financial liabilities, including creditors that are classified as debt, are recognised at transaction price unless the arrangement constitutes a financial transaction.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised at transaction price.

#### Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects current and future periods.

The trustees have amended the accounting estimate of freehold property depreciation to depreciate the Community House building over 200 years.

UP FOR YORKSHIRE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

2. DONATIONS AND GRANTS

	2023 Unrestricted £	2023 Designated £	2023 Restricted £	2023 Total £	2022 Unrestricted £	2022 Restricted £	2022 Total £
Grants receivable for core activities	71,920	1,000	359,697	432,717	72,500	170,008	242,508
Other donations	261	-	1,427	1,688	8,250	-	8,250
	<u>72,181</u>	<u>1,000</u>	<u>361,124</u>	<u>434,305</u>	<u>80,750</u>	<u>170,008</u>	<u>250,758</u>

3. CHARITABLE ACTIVITIES

	2023 Unrestricted £	2023 Designated £	2023 Restricted £	2023 Total £
<b>Income was received for:</b>				
Services and support	158,336	-	101,919	260,255
Services provided to other charities	10,913	4,171	764	15,848
Transport	-	-	8,818	8,818
	<u>169,249</u>	<u>4,171</u>	<u>111,501</u>	<u>284,921</u>
<b>Expenditure on projects:</b>				
Services and support	218,033	67,161	249,781	534,975
Transport	-	-	35,716	35,716
	<u>218,033</u>	<u>67,161</u>	<u>285,497</u>	<u>570,691</u>

UP FOR YORKSHIRE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

3. CHARITABLE ACTIVITIES (CONTINUED)

	2022 Unrestricted £	2022 Designated £	2022 Restricted £	2022 Total £
<b>Income was received for:</b>				
Services and support	179,413	-	58,118	237,531
Services provided to other charities	5,923	-	-	5,923
Transport	-	-	31,852	31,852
	<u>185,336</u>	<u>-</u>	<u>89,970</u>	<u>275,306</u>
<b>Expenditure on projects:</b>				
Services and support	240,377	33,374	207,514	481,265
Transport	-	-	30,555	30,555
	<u>240,377</u>	<u>33,374</u>	<u>238,069</u>	<u>511,820</u>

4. Investment Income

	2023 Unrestricted £	2023 Designated £	2023 Restricted £	2023 Total £	2022 Unrestricted £	2022 Restricted £	2022 Total £
Income from							
Renewables	7,562	-	-	7,562	-	-	-
Interest receivable	2,122	-	-	2,122	-	-	-
	<u>9,684</u>	<u>-</u>	<u>-</u>	<u>9,684</u>	<u>-</u>	<u>-</u>	<u>-</u>

## UP FOR YORKSHIRE

### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

#### 5. CHARITABLE EXPENDITURE

	2023 Services and Support £	2023 Transport £	2023 Total £	2022 Services and Support £	2022 Transport £	2022 Total £
Staff costs	322,955	23,182	346,137	134,530	19,423	153,953
Project costs	102,775	7,988	110,763	96,937	8,317	105,254
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	425,730	31,170	456,900	231,467	27,740	259,207
Grants to institutions	7,050	-	7,050	4,144	-	4,144
Share of support costs (note 9)	96,570	2,386	98,956	243,162	-	243,162
Share of governance costs (note 9)	5,625	2,160	7,785	2,492	2,815	5,307
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	534,975	35,716	570,691	481,265	30,555	511,820
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
<b>Analysis by fund</b>						
Unrestricted funds	218,033	-	218,033	240,377	-	240,377
Unrestricted designated funds	67,161	-	67,161	33,374	-	33,374
Restricted funds	249,781	35,716	285,497	207,514	30,555	238,069
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	534,975	35,716	570,691	481,265	30,555	511,820
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>

#### 6. EXCEPTIONAL ITEMS

Up for Yorkshire became the sole trustee of Brayton Community Centre registered with the Charity Commission in England and Wales (523523) on 25 July 2022 for nil consideration.

Selby District Association of Voluntary Service, a charitable company registered with the Charity Commission in England and Wales (1146109) and at Companies House (07565045), became the sole trustee of Brayton Community Centre on 25 July 2022. Selby District Association of Voluntary Service has since changed their name to Up for Yorkshire. Up for Yorkshire is an infrastructure organisation working for the benefit of the people who live and work in Selby District. Up for Yorkshire heads the largest group in which the results of the Brayton Community Centre are consolidated. The registered address of Up for Yorkshire is Community House, Portholme Road, Selby, North Yorkshire, YO8 4QQ.

#### 7. TRUSTEES

None of the trustees (or any persons connected with them) received any expenses reimbursed, remuneration or benefits from the charity during the year.

UP FOR YORKSHIRE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

8. **SUBSIDIARY – BRAYTON COMMUNITY CENTRE**

The subsidiary, Brayton Community Centre (charity number 523523), which was registered with the Charity Commission in England and Wales on 19 December 1963, is accounted for as restricted fund.

The charity is the sole trustee of Brayton Community Centre and therefore holds rights over the entity in accordance with the scheme dated 6 October 2022.

As Brayton Community Centre was acquired during the current financial year, results from Brayton Community Centre are consolidated from 25 July 2022 (date of trustee appointment) to 31 March 2023 with funds at acquisition being introduced as an exceptional item (note 6).

A summary of the results is shown below:-

<b>Acquisition</b>	2023 £
Fixed assets	598,250
Prepayments	457
Cash at bank	4,263
Trade creditors	(7,756)
Funds brought forward	(600,993)
Deficit for period: 1 January 2022 to 25 July 2022	5,779
 <b>Summary surplus or deficit account</b>	 2023 £
Gross income	52,239
Expenditure	(42,513)
Surplus	<hr/> 9,726 <hr/>
Retained in subsidiary	9,726 <hr/>
The assets and liabilities of the subsidiary were:	
Fixed assets	602,638
Current assets	34,360
Creditors: amounts falling due within one year	(32,058) <hr/>
Total net assets	604,940 <hr/>
Unrestricted funds – designated	602,638
Unrestricted funds – general	2,302 <hr/>
Aggregate share capital and reserves	604,940 <hr/>

The gross income of the charity for the fifteen month period ending 31 March 2023 was £90,488 (year ended 31 January 2021: £72,763) and the result of the charity for the fifteen month period ending 31 March 2023 was a net surplus of £3,947 (year ended 2021: deficit £3,350).

UP FOR YORKSHIRE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

9. SUPPORT AND GOVERNANCE COSTS

	2023 Support costs £	2023 Governance costs £	2023 Total £	2022 Total £	
Staff costs	-	-	-	133,493	Staff time
Depreciation	14,653	-	14,653	34,759	Usage
Light and heat	13,774	-	13,774	18,980	Usage
Insurance	8,066	-	8,066	6,817	Usage
Telephone	865	-	865	3,975	Usage
Cleaning and catering	24,155	-	24,155	14,496	Usage
Repairs and maintenance	15,190	-	15,190	21,467	Usage
Other office costs	16,047	-	16,047	7,382	Usage
Staff expenses	-	-	-	387	Usage
Consultancy	-	-	-	1,406	Usage
Legal and professional Independent Examiner's fees	6,206	-	6,206	-	Usage
Accountancy	-	1,560	1,560	2,101	Governance
Payroll fees	-	3,013	3,013	1,400	Governance
Bank charges	-	3,126	3,126	1,710	Governance
	-	86	86	96	Governance
	<u>98,956</u>	<u>7,785</u>	<u>106,741</u>	<u>248,469</u>	

Included in governance costs are fees payable to the current independent examiner of £2,760 (2022:£nil) for accountancy.

Historically staff costs were allocated between support and direct costs. In the current year staff costs have been solely allocated to direct costs.

10. STAFF COSTS

	2023 £	2022 £
Consolidated staff costs during the year were as follows:		
Wages and salaries	317,770	287,446
Social security costs	22,400	-
Pension	5,967	-
	<u>346,137</u>	<u>287,446</u>
Average number of employees during the year	<u>16</u>	<u>19</u>

One employee earned between £60,000 and £70,000 in the year ended 2023. No employee earned above £60,000 per annum in the comparative year.

The total paid for key management personnel during the year was £208,334 (2022: £136,104).

11. TRANSFERS

Transfers were made from designated and restricted funds to the General unrestricted fund to cover salaries, charges and expenses incurred by Community House. Transfers were made between designated and restricted funds to represent transactions removed on consolidation

UP FOR YORKSHIRE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

12. TANGIBLE FIXED ASSETS

GROUP	Freehold Property	Community centre improvements	Office equipment and computers	Minibuses	Assets under construction*	Total
Cost/ Valuation	£	£	£	£	£	£
Balance at 1 April 2022(restated)	1,569,082	-	48,924	36,001	178,113	1,832,120
Additions	13,872	7,226	9,493	-	107,654	138,245
Obtained on acquisition	600,000	-	-	-	-	600,000
Balance at 31 March 2023	2,182,954	7,226	58,417	36,001	285,767	2,570,365
Depreciation						
Balance at 1 April 2022 (restated)	276,995	-	33,030	29,594	-	339,619
Obtained of acquisition	1,750	-	-	-	-	1,750
Charge for year	10,555	838	6,098	1,602	-	19,903
Balance at 31 March 2023	289,300	838	39,128	31,196	-	360,462
Net book value at 31 March 2023	1,893,654	6,388	19,289	4,805	285,767	2,209,903
Net book value at 31 March 2022 (restated)	1,292,087	-	15,894	6,407	178,113	1,492,501
COMPANY						
	Freehold Property		Office equipment and computers	Minibuses	Assets under construction*	Total
Cost/ Valuation	£		£	£	£	£
Balance at 1 April 2022(restated)	1,569,082		48,924	36,001	178,113	1,832,120
Additions	13,872		9,493	-	107,654	131,019
Balance at 31 March 2023	1,582,954		58,417	36,001	285,767	1,963,139
Depreciation						
Balance at 1 April 2022 (restated)	276,995		33,030	29,594	-	339,619
Charge for year	8,555		6,098	1,602	-	16,255
Balance at 31 March 2023	285,550		39,128	31,196	-	355,874
Net book value at 31 March 2023	1,297,404		19,289	4,805	285,767	1,607,265
Net book value at 31 March 2022 (restated)	1,292,087		15,894	6,407	178,113	1,492,501

\* Assets under construction represents the restricted asset for Selby big local property at Flaxley road.

UP FOR YORKSHIRE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

13. DEBTORS AND PREPAYMENTS

	Group 2023 £	Company 2023 £	Group 2022 £	Company 2022 £
Trade debtors	36,565	26,076	20,670	20,670
Prepayments	27,048	23,375	28,118	28,118
Other debtors	20,000	20,000	-	-
Amounts due from group undertakings	-	28,190	-	-
	<u>83,613</u>	<u>97,641</u>	<u>48,788</u>	<u>48,788</u>

14. CREDITORS - Amounts falling due within one year

	Group 2023 £	Company 2023 £	Group 2022 £	Company 2022 £
Other loans	24,562	24,562	20,000	20,000
Trade creditors	12,090	10,275	4,366	4,366
Accruals	30,684	28,631	18,316	18,316
Deferred income (see note 15)	66,333	66,333	41,109	41,109
Other creditors	450	450	-	-
	<u>134,119</u>	<u>130,251</u>	<u>83,791</u>	<u>83,791</u>

15. DEFERRED INCOME

	2023 £	2022 £
Balance brought forward	41,109	-
Release in year	(41,109)	-
Deferred in year	66,333	41,109
	<u>66,333</u>	<u>41,109</u>
Balance at 31 March 2023	66,333	41,109
Deferred income relates to leases and grants.		

16. UNRESTRICTED FUNDS

	As at 1 April 2022 £	Income £	Expenditure £	Transfers £	As at 31 March 2023 £
<b>Unrestricted funds</b>					
General	216,464	251,114	(218,033)	4,639	254,184
<b>Designated funds</b>					
Community House					
Building Fund	1,272,083	-	(8,555)	13,872	1,277,400
Brayton Community Centre	(2,949)	4,171	(15,567)	11,396	(2,949)
Riccall Regen Centre	-	1,000	(43,039)	-	(42,039)
	<u>1,269,134</u>	<u>5,171</u>	<u>(67,161)</u>	<u>25,268</u>	<u>1,232,412</u>

UP FOR YORKSHIRE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

16. UNRESTRICTED FUNDS (CONTINUED)

	As at 1 April 2021 £	Income £	Expenditure £	Transfers £	As at 31 March 2022 £
<b>Unrestricted funds</b>					
General	245,412	266,086	(240,377)	(54,157)	216,464
<b>Designated funds</b>					
Community House Building Fund	1,288,704	-	(29,307)	12,686	1,272,083
Brayton Community Centre	-	-	(4,067)	57,763	53,696
	<u>1,288,704</u>	<u>-</u>	<u>(33,374)</u>	<u>70,449</u>	<u>1,325,779</u>
<b>Designated funds as reported</b>	1,288,704	-	(33,374)	70,449	1,325,779
Prior year adjustment : Brayton Community Centre	-	-	-	(56,645)	(56,645)
	<u>-</u>	<u>-</u>	<u>-</u>	<u>(56,645)</u>	<u>(56,645)</u>
<b>Designated funds restated</b>	1,288,704	-	(33,374)	13,854	1,269,134
	<u><u>1,288,704</u></u>	<u><u>-</u></u>	<u><u>(33,374)</u></u>	<u><u>13,854</u></u>	<u><u>1,269,134</u></u>

See note 24 for prior year adjustment.

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

Community House Building Fund

The Community House Building fund reflects the value of the building (net of depreciation and loans), initially the funds received for the purpose of building Community House were accounted for as a restricted fund. Following the completion of the property, the trustees are happy that the restriction has been discharged and the asset has been transferred to unrestricted funds.

Brayton Building Fund

The Brayton Building fund reflects the value of the building renovation works (net of depreciation) less annual running costs. This fund has been transferred to Brayton Community Centre in this financial year, as Selby District AVS are now 100% Trustees of Brayton Community Centre.

Riccall Regen Centre

The Riccall Regen Centre fund reflects the value of investment into the Riccall Regen Centre as agreed by Selby District AVS Trustees. This is in addition to a loan arrangement to aid the cash flow of the Riccall Regen Centre.

Upon consolidation, transactions between the two entities are removed. Transfers have then been made to represent transactions removed on consolidation.

UP FOR YORKSHIRE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

17. RESTRICTED FUNDS

2023

	As at 1 April 2022 £	Income £	Expenditure £	Transfers	Extraordinary items	As at 31 March 2023 £
FIT ESF Project	-	54	-	-	-	54
Kick Start	-	3,609	-	-	-	3,609
Two Ridings Fridge to Kitchen	2,703	-	(2,703)	-	-	-
DWP - Selby Youth Hub	1,810	15,173	(16,983)	-	-	-
Just Transition	-	23,045	(21,409)	(1,401)	-	235
Your Future Position	-	15,648	(15,568)	(80)	-	-
ATI Project	-	98,310	(84,964)	(13,478)	-	(132)
AVS - CEF Funding	23,394	-	-	-	-	23,394
Better Communities Bradford	600	-	-	-	-	600
Better Connect – Multiply	-	18,038	(8,792)	(1,708)	-	7,538
Big Bike Revival	-	1,420	(1,420)	-	-	-
Brayton PC - Brayton Youth Session	-	-	(14)	-	-	(14)
Brayton Youth Connect	-	10,060	(7,171)	-	-	2,889
Community First Yorkshire	-	5,500	(4,469)	-	-	1,031
Community Fridge Donations	-	463	(42)	-	-	421
Community Transport	24,945	40,502	(34,052)	-	-	31,395
ESOL	3,700	-	-	-	-	3,700
Fizzical Friday	-	5,000	(3,892)	(800)	-	308
Food Bank Support Fund	-	5,000	(5,000)	-	-	-
From Coping to Thriving	-	21,000	(10,296)	(600)	-	10,104
Green Social Prescribing	-	7,001	(4,233)	-	-	2,768
HUBBUB Food Hub	-	5,000	(779)	-	-	4,221
NAVCA - Cost of Living	-	10,000	(10,000)	-	-	-
NHS - Engagement App	2,000	-	(2,000)	-	-	-
North Yorkshire Sport	-	5,420	(4,920)	-	-	500
NYCC - Addl Community Fridge Funding	-	2,050	-	-	-	2,050
NYCC - Get Going Grant	-	976	(849)	-	-	127
NYCC - Personalised Care Programme	-	2,000	(2,000)	-	-	-
NYCC - SHIC Grant	-	23,783	(23,889)	-	-	(106)
NYCC - Vol Expenses	1,196	-	(349)	-	-	847
Pocket Parks - Community Garden	500	-	-	-	-	500
SBL - Bright Ideas	901	-	-	-	-	901
SBL Income & Donations	1,068	-	-	(439)	-	629
Second Chance Ostomy Yorkshire	5,191	1,652	(1,596)	(1,475)	-	3,772
Selby Big Local Partnership	27,054	140,000	(8,323)	(107,654)	-	51,077
Selby Big Local Partnership fixed asset	178,113	-	-	107,654	-	285,767
Selby Community Choir	-	773	(1,213)	440	-	-
Social Café	-	282	(123)	-	-	159
Split of: Community Transport	6,405	-	(1,602)	-	-	4,803
SPS - Drax 2019	16,669	-	-	-	-	16,669
Stronger Communities	-	1,000	-	-	-	1,000
WELL-COME Rural	-	4,894	(3,050)	(785)	-	1,059
WELL-COME Selby	-	4,972	(3,796)	(860)	-	316
<b>Entity Only</b>	<b>296,249</b>	<b>472,625</b>	<b>(285,497)</b>	<b>(21,186)</b>	<b>-</b>	<b>462,191</b>
<b>Brayton funds</b>	<b>-</b>	<b>49,564</b>	<b>(31,117)</b>	<b>(8,721)</b>	<b>595,214</b>	<b>604,940</b>
<b>Total restricted</b>	<b>296,249</b>	<b>522,189</b>	<b>(316,614)</b>	<b>(29,907)</b>	<b>595,214</b>	<b>1,067,131</b>

UP FOR YORKSHIRE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

17. RESTRICTED FUNDS (CONTINUED)

	2022 (as reported)				
	Opening Balance £	Movement Income £	Expenditure £	Transfers £	Closing Balance £
Transport	22,747	31,852	28,419	(1,235)	24,945
Minibuses	8,541	-	2,136	-	6,405
Selby Big Local Trust	-	77,879	45,568	(5,257)	27,054
SPS Drax 2019	18,519	-	693	(1,157)	16,669
CEF Funding	23,394	-	-	-	23,394
Selby Big Local Bright Ideas	1,921	-	1,019	-	902
Pocket Parks	11,272	-	10,772	-	500
ESF Comm Grants	470	-	470	-	-
Covid19 Emergency Fund	9,742	-	8,797	(945)	-
NYCC Volunteer Expenses	1,475	938	1,218	-	1,195
Bright Ideas Covid19 Support Fund	644	-	644	-	-
ESOL	3,700	-	-	-	3,700
SBL Income and Donations	470	772	174	-	1,068
NYCC DEFRA Food Project	1,905	10	1,261	(654)	-
Just Transition	-	29,077	27,451	(1,626)	-
Fridge to Kitchen	-	10,000	6,515	(782)	2,703
Second Chance Ostomy Yorkshire	991	7,875	3,523	(152)	5,191
Community Partnering Fund	6,125	(2,613)	2,541	(971)	-
Community Fridge Donations	103	222	325	-	-
Kick Start	-	56,578	56,284	(294)	-
FIT ESF project	-	13,280	13,280	-	-
DWP Selby Youth	-	15,173	11,644	(1,719)	1,810
Food For Future	-	4,573	3,573	(1,000)	-
SHIC Grant	-	11,762	11,762	-	-
Better Communities Bradford	-	600	-	-	600
Engagement NHS	-	2,000	-	-	2,000
	112,019	259,978	238,069	(15,792)	118,136

Per note 24 a prior year adjustment has been made that effects the Selby Big Local Trust the opening balance as of 1 April 2021 has been adjusted by £173,133, for the purchase of a property at Flaxley road & a further capitalisation of Big Local works took place in the reporting period. The initial purchase on 24 January 2019 was £150,000 and renovation works were started.

	Opening Balance £	Movement Income £	Expenditure £	Transfers £	Closing Balance £
Totals as reported	112,019	259,978	238,069	(15,792)	118,136
Selby Big Local Trust (adj)	173,133	-	-	4,980	178,113
	285,152	259,978	238,069	(10,812)	296,249

## UP FOR YORKSHIRE

### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

#### 17. RESTRICTED FUNDS (CONTINUED)

##### The Transport Fund

The Community Transport Service is funded by North Yorkshire County Council to provide transport to clients who are unable to use public transport easily. The minibuss brokerage scheme brings together organised sharing of community transport for organisations who require transport or those who have a minibuss. It also provides volunteer minibuss driver training to the MiDAS standard. A.V.S. Minibuss. Provides funds for the sustainability of the Brokerage Scheme.

##### Selby Big Local

Is an exciting opportunity for residents in 150 areas around England to use £1million to make a lasting positive difference to their communities. Big Local is funded by the National Lottery Community Fund and managed by Local Trust. Big Local areas have 10 years or more to plan and deliver the best options for their area and puts the local community, and most importantly residents, firmly into the driving seat allowing them to identify local needs, take action and make a difference. Up for Yorkshire is the Local Trusted Organisation which manages the finances for the Big Local and employs and line manages staff for Big Local. The property is disclosed as a separate restricted fund.

##### SPS - Drax 2019

The Social Prescribing Service was funded by Drax. Referrals come from Health Practitioners, advise organisations and self referrals. The Social Prescribing practitioner will visit the patient in their home and carry out an assessment of need and put the patient in touch with an appropriate source of help. This could be a local self-help group, library, exercise classes, reading group etc. The Service has been extremely successful and it is hoped that we can continue to obtain funding for the Service.

##### CEF funding

Provides support to the four Community Engagement Forums in their work across their respective geographical areas.

##### Selby Big Local - Bright Ideas

In April 2019 Selby Big Local secured £15,000 from the Bright Ideas Fund via Power to Change. The grant fund is managed by Groundwork UK. This funding was secured to enable the development of 58 Flaxley Road, our new resident-led space. The funding was allocated for professional services from Thread Architects and Let's Dance, and to support resident engagement activity.

##### Pocket Parks

In March 2019 Selby Big Local secured £14,000 from the Pocket Parks Fund to develop a community garden on disused land adjacent to St James's Church in Selby. The funding was held by Selby District Council until transferred to Selby Big Local to manage in March 2020. The development of the garden is complete and is currently being managed by Big Local volunteers.

##### Selby Big Local – Our Space Development

Our Space (at 58 Flaxley Road, Selby, YO8 4BW) is an end of terrace, former shop, purchased in 2019 with plans to redevelop it into a community space. This is the funding for the first phase of redevelopment, planned for 2022-23.

The purchase was fully funded by the Big Local grant and the building is held in guardianship for Selby Big Local by Selby District AVS in its capacity as the Local Trusted Organisation.

##### NYCC Volunteer Expenses

Funds to be used as a 'community float', to cover costs incurred by Volunteers who are supporting vulnerable people in the Community due to the Covid-19 crisis.

##### ESOL

Funding for training courses to help people improve their English Skills.

##### SBL Income and donations

Earned income and donations for Selby Big Local, external from the core funding received from the National Lottery Community Fund via Local Trust.

## UP FOR YORKSHIRE

### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

#### 17. RESTRICTED FUNDS (CONTINUED)

##### Just Transition

A partnership project with sustainability NGO, Forum for the Future, and public participation charity, Involve, to deliver a programme of community-led action to ensure a just transition to a net zero carbon economy.

##### Fridge to Kitchen

Funding to develop the community fridge model by supporting volunteers to prepare homecooked meals with surplus produce donated to the Fridge, and development of recipe cards to encourage healthy eating at home.

##### Second Chance Ostomy

Funding to Support 2nd Chance Ostomy Yorkshire.

##### Community Fridge Donations

Financial donations received by Selby Community Fridge.

##### DWP Selby Youth

A collaboration with DWP and Selby Job Centre to provide bespoke support and specialist employment interventions for 18-24 year olds.

##### SHIC Grant

With funding from North Yorkshire County Council, the Selby Healthy, Independent and Connect grant has enabled SDAVS to offer advice and small-scale grant funding to community groups and organisations to support communities, with a focus on addressing well-being, independent living and tackling loneliness and social isolation.

##### Better Communities Bradford

Organisational development support for community organisations based in Bradford.

##### Engagement NHS

Funding for Selby District AVS to promote the use of the NHS app.

##### Better Connect – ATI Project

Selby District AVS was appointed by Better Connect as a delivery partner for the Action Towards Inclusion programme, funded by the European Social Fund and National Lottery Community Fund. Selby District AVS designed and delivered a programme of key worker support to enable people into paid employment, volunteering and training.

##### Community First – Welfare Calls

Funding secured from Community First Yorkshire to address the impact of winter pressures on local primary care services. Selby District AVS worked with statutory partners to agree a protocol to deliver telephone welfare calls for adults awaiting social care assessments. In addition funding enabled ongoing community development work to support local volunteer activities, such as the Social Café, supporting adults to live well in their community.

##### Food bank Support Fund

Selby District AVS (SDAVS) secured £5,000 to support the Selby Community Fridge over six-months, to enable us to continue to deliver, maintain and sustain a local food support offer, ensuring that the project reaches those most in need. Funding enabled: provision of top-up perishable/non-perishable food for direct distribution; provision of top-up fresh/non-perishable food for our community cookery programme; issuing supermarket vouchers for individuals/households experiencing food crisis; light touch staff support and volunteer expenses.

##### Fizzical Friday

Funding secured from the ESF Community Grants to run a weekly, inclusive physical exercise class with a strong focus on building community connections and increasing personal confidence to engage in physical activity.

## UP FOR YORKSHIRE

### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

#### 17. RESTRICTED FUNDS (CONTINUED)

##### Brayton Youth Connect

Selby District AVS secured £10,060 from the Police, Fire and Crime Commissioner for North Yorkshire to enable greater collaborative partnership work to support young people, focusing on developing Brayton Community Centre as a space for youth activity. Funding enabled Selby District AVS to commission specialist youth outreach through Flying Futures to help staff a weekly youth session to engage young people and begin to establish a positive relationship with staff and users of the centre.

##### Humber & NY from Coping to Thriving

This programme, funded by Number and North Yorkshire NHS, delivered in collaboration in Wellness Teacher and Yoga Instructor, Sam Alexander Vasey, delivered a series of 6-week training courses aimed at health professionals and front line workers, aiming to educate and empower staff to manage their wellbeing, utilising a range of evidence-based tools and techniques from mind-body practices of yoga, qigong and mindfulness.

##### ESF Your Future Position

This programme, funded by the ESF Community Grants, delivered in collaboration in Wellness Teacher and Yoga Instructor, Sam Alexander Vasey, delivered a series of classes for vulnerable adults, aiming to educate and empower individuals to manage their wellbeing, utilising a range of evidence-based tools and techniques from mind-body practices of yoga, qigong and mindfulness.

##### Growing with Confidence

Funding secured from the HEY Smile Foundation to pilot a green social prescribing scheme. Working in partnership with the Living Well social prescribing team, this funding enabled Selby District AVS to run a weekly gardening group based at Recreation Road allotments. Participants completed pre and post intervention wellbeing assessments to evaluate the impact of the activity on their physical and emotional wellbeing.

##### Big Bike Revival

Selby District AVS set up Selby On Your Bike, funded as part of Big Bike Revival (BBR) a national Cycling UK programme about helping everyone and anyone to begin or return to cycling through trying free activities and services.

##### Well-come: Selby Access and Connect Grant

Funding was secured through the Access and Connect Grant, managed by North Yorkshire Council as part of Community Mental Health Transformation. This funding enables Selby District AVS us to expand our community hub offer at Community House in central Selby, by creating WELL-COME, a physical hub providing specialist support for vulnerable individuals experiencing serious mental illness, their families and carers.

##### Well-come: Selby Rural Access and Connect Grant

Funding was secured through the Access and Connect Grant, managed by North Yorkshire Council as part of Community Mental Health Transformation. This funding enables Selby District AVS to expand the Well-come programme across the rural villages of Selby District, piloting a 12-month programme of community 'pop-ups' that take wellbeing advice and support directly to neighbourhoods that due to their rurality, lack of existing services, and/or public transport access, present barriers to residents accessing mental health and wellbeing support and advice.

##### North Yorkshire Sport – Brayton Youth Programme

Funding £5420 was secured from North Yorkshire Sport's Together Fund to extend Brayton Youth Connect, a diversionary and desistance project to run a weekly youth session to engage a group of more than 40 local young people aged 10-17 years to provide a safe and welcoming space at Brayton Community Centre for them and their peers.

##### Hubbub Food Hub

Selby District AVS secured £5,981 to develop the offer at Selby Community Fridge by establishing a community allotment and offering supported weekly gardening sessions. Produce will be donated to the Community Fridge, and in addition, volunteers will use donations to deliver a monthly cook-along session at Friendship Friday, a social support group aimed at tackling loneliness and social isolation and supporting adults with low level mental health issues.

## UP FOR YORKSHIRE

### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

#### 17. RESTRICTED FUNDS (CONTINUED)

##### Better Connect – Multiply

Selby District AVS was appointed by Better Connect as a delivery partner for Multiply, a North Yorkshire programme funded through the UK Shared Prosperity Fund to deliver various different community-based activities to support individuals with their numeracy skills. Selby District AVS has delivered a mix of one-to-one and group support to develop practical maths skills.

##### Get Going Grant

A grant of £1000 was secured to further extend Brayton Youth Connect project providing a weekly drop-in and open access youth club for young people in Brayton, Selby and the surrounding villages.

##### NAVCA – Cost of Living

Selby District AVS secured £10,000 from NAVCA; £5k to support our own organisation's internal costs in recognition of the impact of the cost of living crisis; and £5k to disseminate to other VCSE organisations delivering front line services. Selby District issued £1k grants to the following organisations: Selby Hands of Hope; Tadcaster and Rural CIC, Everyday Enable, the Yorkshire Energy Dr and Together through Loss and Change CIC.

##### NYCC – Additional Community Fridge Funding

Funding secured from Cllr Mark Crane from the NYCC Locality budgets to support the ongoing operation of the Community Fridge.

##### NYCC – Personalised Care Programme

Selby District AVS secured £2k from the NYCC Stronger Communities team to raise awareness and understanding of the personalised care approach in line with the NHS Personalised Care Programme, with a particular focus on strengthening the capacity, skills and knowledge of organisations acting as CSOs. Funding enabled staff and volunteers to undertake personalised care training and funded additional capacity to develop the organisation's relationship with social prescribers and community health teams.

##### Stronger Communities – Brayton Youth Project

A grant of £500 was secured to undertake a consultation exercise with young people that attend Brayton Youth Connect, to explore what type of activities they would like to do and where else they go.

##### Brayton PC – Brayton Youth Session

A donation of £500 was made by Brayton Parish Council to provide additional activities as part of Brayton Youth Connect project at the drop-in and open access youth club for young people in Brayton.

##### Drax

Funding of £2k was secured to further extend Brayton Youth Connect project providing a weekly drop-in and open access youth club for young people in Brayton, Selby, and the surrounding villages.

UP FOR YORKSHIRE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

18. ANALYSIS OF NET ASSETS BETWEEN FUNDS

Fund balances at 31 March 2023 are represented by:

	Tangible fixed assets £	Net current assets/ (liabilities) £	Total £
Restricted funds	893,214	173,917	1,067,131
Unrestricted funds	19,289	234,895	254,184
Unrestricted funds - designated	1,297,400	(64,988)	1,232,412
	<hr/>	<hr/>	<hr/>
	2,209,903	343,824	2,553,727
	<hr/>	<hr/>	<hr/>

Fund balances at 31 March 2022 are as restated represented by:

	Tangible fixed assets £	Net current assets/ (liabilities) £	Total £
Restricted funds	184,519	111,730	296,249
Unrestricted funds	15,895	200,569	216,464
Unrestricted funds - designated	1,292,087	(22,953)	1,269,134
	<hr/>	<hr/>	<hr/>
	1,492,501	289,346	1,781,847
	<hr/>	<hr/>	<hr/>

## UP FOR YORKSHIRE

### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

#### 19. RELATED PARTIES

During the period (1 April 2022 to 25 July 2022) to the sole trustee appointment of Brayton Community Centre, management charges of £4,171 (year ended 31 March 2022: £12,677) were receivable from Brayton Community Centre.

Up for Yorkshire donated funds and services of £41,773 for repairs and maintenance and £3,313 for legal and professional in the year ended 31 March 2022.

#### 20. COMMITMENTS

At 31 March 2023 the company had the following total commitments under non-cancellable operating leases:

	2023 £	2022 £ as restated
Operating lease which expires:		
Within one year	3,224	2,010
Within two to five years	5,180	1,886
	<hr/>	<hr/>
	8,404	3,896
	<hr/>	<hr/>

#### 21. LEGAL STATUS

The charity is a company limited by guarantee incorporated in England and Wales and has no share capital.

#### 22. FUNDS HELD ON BEHALF OF OTHERS

At 31 March 2023, the charitable company held funds on behalf of the Parish Council for Escrick Queen Elizabeth II Memorial Garden which is to be established as a separate CIO with the charity commission of £450 (2022: £nil).

#### 23. RESULTS OF UP FOR YORKSHIRE (PARENT ONLY)

The gross income of the charity for the year was £740,306 (2022: £526,064) and the result of the charity for the year was a net surplus of £166,940 (2022: £14,244). Of this surplus the restricted surplus is £165,942 (2022:£6,117), the designated funds have a deficit of £36,722 (2022:surplus £37,075) which leaves an unrestricted surplus of £37,720 (2022:deficit £28,948).

**UP FOR YORKSHIRE**

**NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)**

**24. PRIOR YEAR ADJUSTMENT**

	Unrestricted	Designated	Restricted	Total
	£	£	£	£
Balance as at 1 April 2021 (as previously reported)	245,412	1,288,704	112,019	1,646,135
Big Local building capitalisation	-	-	150,000	150,000
Big Local works capitalisation	-	-	23,133	23,133
	<hr/>	<hr/>	<hr/>	<hr/>
Balance as at 1 April 2021 adjusted	245,412	1,288,704	285,152	1,819,268
Brayton improvement gifted to Brayton Community Centre	-	(57,763)	-	(57,763)
Brayton improvements depreciation reversal	-	1,118	-	1,118
Big Local works capitalisation	-	-	4,980	4,980
Surplus for 2022 as reported	(28,948)	37,075	6,117	14,244
	<hr/>	<hr/>	<hr/>	<hr/>
Balance as at 31 March 2022 adjusted	216,464	1,269,134	296,249	1,781,847
	<hr/>	<hr/>	<hr/>	<hr/>

The following pages do not form part of the statutory accounts

UP FOR YORKSHIRE

PARENT ONLY

DETAILED INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 MARCH 2023

INCOME	2023 £	2022 £
<b>Voluntary income</b>		
Grants receivable for core activities	432,616	242,508
Other	1,688	8,250
	<hr/>	<hr/>
	434,304	250,758
<b>Charitable activities</b>		
<i>Services and support</i>		
Transport hire and training fees	3,609	56,578
Community House lease and rental income	149,541	110,799
ATI and other income	98,310	70,154
POA income	8,795	-
<i>Services provided to other charities</i>		
ATI and other income	2,947	5,923
Management charge (Brayton)	15,567	-
Consultancy	8,731	-
<i>Transport</i>		
Transport hire and training fees	8,818	31,852
	<hr/>	<hr/>
	296,318	275,306
<b>Investment income</b>		
Interest receivable	2,122	-
Electricity generated	7,562	-
	<hr/>	<hr/>
	9,684	-
	<hr/>	<hr/>
<b>Total Income</b>	<b>740,306</b>	<b>526,064</b>

UP FOR YORKSHIRE

PARENT ONLY

DETAILED INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 MARCH 2023 (cont)

EXPENDITURE

Charitable activities

*Services and support*

Staff costs	322,955	134,530
Motor and travel expenses	342	3,727
Office costs	1,663	4,264
Staff expenses	19,868	20,603
Other direct charitable expenses	4,981	2,579
Marketing and publicity costs	16,008	5,819
Training and consultancy	37,508	5,669
Project running costs	25,081	44,411
Bad debts	-	4,500
Kick start expenses	-	5,365
Grant funding of activities (to institutions)	7,050	4,144
Share of support costs	96,570	243,162
Share of governance costs	5,624	2,492

*Transport*

Staff costs	23,182	19,423
Depreciation and impairment	1,602	2,136
Office costs	1,227	1,179
Staff expenses	390	-
Other direct charitable expenses	1,010	1,839
Motor vehicle expenses	3,759	3,163
Share of support costs	2,386	-
Share of governance costs	2,160	2,815

<b>Total Expenditure</b>	<b>573,366</b>	<b>511,820</b>
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<b>Net surplus</b>	<b>166,940</b>	<b>14,244</b>
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