

ACHIEVE CHANGE AND ENGAGEMENT ACE

England & Wales · Charity number 1147278

Details

Status Registered

Legal form CIO

Registered 2012-05-16

Register [View on the Charity Commission register](#)

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Activities

Objects: OBJECT 1 YOUNG PEOPLE TO ACT AS A RESOURCE FOR YOUNG PEOPLE UP TO THE AGE OF 25 LIVING IN ENGLAND AND WALES BY PROVIDING ADVICE AND ASSISTANCE AND ORGANISING PROGRAMMES OF PHYSICAL, EDUCATIONAL AND OTHER ACTIVITIES AS A MEANS OF:- ADVANCING IN LIFE AND HELPING YOUNG PEOPLE BY DEVELOPING THEIR SKILLS, CAPACITIES AND CAPABILITIES TO ENABLE THEM TO PARTICIPATE IN SOCIETY AS INDEPENDENT, MATURE INDIVIDUALS;- ADVANCING EDUCATION;- RELIEVING UNEMPLOYMENT;- PROVIDING RECREATIONAL AND LEISURE TIME ACTIVITIES IN THE INTERESTS OF SOCIAL WELFARE FOR PEOPLE LIVING IN THE AREA OF BENEFIT WHO HAVE NEED BY REASON OF THEIR YOUTH, AGE, INFIRMITY OR DISABILITY, POVERTY OR SOCIAL AND ECONOMIC CIRCUMSTANCES WITH A VIEW TO IMPROVING THE CONDITIONS OF LIFE OF SUCH PERSONS.OBJECT 2 SOCIAL INCLUSION TO PROMOTE SOCIAL INCLUSION FOR THE PUBLIC BENEFIT BY PREVENTING PEOPLE FROM BECOMING SOCIALLY EXCLUDED, RELIEVING THE NEEDS OF THOSE PEOPLE WHO ARE SOCIALLY EXCLUDED AND ASSISTING THEM TO INTEGRATE INTO SOCIETY.FOR THE PURPOSE OF THIS CLAUSE "SOCIALLY EXCLUDED" MEANS BEING EXCLUDED FROM SOCIETY, OR PARTS OF SOCIETY, AS A RESULT OF ONE OF MORE OF THE FOLLOWING FACTORS: UNEMPLOYMENT; FINANCIAL HARDSHIP; YOUTH OR OLD AGE; ILL HEALTH (PHYSICAL OR MENTAL); SUBSTANCE ABUSE OR DEPENDENCY INCLUDING ALCOHOL AND DRUGS; DISCRIMINATION ON THE GROUNDS OF SEX, RACE, DISABILITY, ETHNIC ORIGIN, RELIGION, BELIEF, CREED, SEXUAL ORIENTATION OR GENDER RE-ASSIGNMENT; POOR EDUCATIONAL OR SKILLS ATTAINMENT; RELATIONSHIP AND FAMILY BREAKDOWN; POOR HOUSING (THAT IS HOUSING THAT DOES NOT MEET BASIC HABITABLE STANDARDS; CRIME (EITHER AS A VICTIM OF CRIME OR AS AN OFFENDER REHABILITATING INTO SOCIETY).

Activities: Achieve Change and Engagement has built up a reputation for delivering quality work that makes a difference to the lives of young people and influences adult decisions. It has enabled young people to influence services and the work force to improve social inclusion of all young people and especially those with poor mental health.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Economic/community Development/employment, Human Rights/religious Or Racial Harmony/equality Or Diversity, Recreation
- **Who:** Children/young People, People With Disabilities

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£159,974	£140,974	-	-
2024-03-31	£217,497	£236,363	-	-
2023-03-31	£251,085	£237,488	-	-
2022-03-31	£209,372	£192,149	-	-
2021-03-31	£233,850	£200,547	-	-

Trustees

Name	Role	Appointed
Simon Kay	Chair	2022-07-24
Helen Belbin		2020-12-01
Keren Emma Jane Hardman		2026-03-25
Paul Anthony Callis		2015-09-01
Rozanne Pilling		2025-07-15

Accounts



**Trustees' Report and Unaudited Financial
Statements**

**For The Year Ended
31 March 2025**

ACHIEVE CHANGE & ENGAGEMENT ACE

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ACHIEVE CHANGE & ENGAGEMENT ACE

CHARITY REFERENCE AND ADMINISTRATIVE DETAILS FOR THE YEAR ENDED 31 MARCH 2025

Registered charity name	Achieve Change & Engagement ACE
Charity registration number	1147278
Registered office	18 Sun Street Lancaster LA1 1EW
Trustees	S Temple P Callis H Belbin S Kay E Harris (resigned August 2025) J Hall (appointed July 2025) R Pilling (appointed July 2025) R Aspin (appointed March 2025) K Griffin (resigned May 2024) N Middlehurst (resigned October 2024) C Welsby (resigned March 2025)
Independent Examiner	MHA Chartered Accountants 14 Mannin Way Lancaster Business Park Lancaster LA1 3SW

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2025

The trustees have pleasure in presenting their report and the unaudited financial statements of the charity for the year ended 31 March 2025.

The financial statements comply with the Charities Act 2011, the Memorandum and Articles of Association, 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 (FRS 102).

Reference and administrative details

Reference and administrative details are shown in the schedule of members of the board and professional advisers on page 1 of the financial statements.

The charity is known as “ACE”.

The Trustees

The trustees who served the charity during the period are shown on page 1.

Structure, governance and management

Governing document

The charity operated as an unincorporated organisation from 2008 until it incorporated on 15 November 2011 and registered as a charity with the charity commission on 16 May 2012.

At a meeting on 15th March 2021 the trustees agreed to convert the existing Charitable Company from its current status to become a Charitable Incorporated Organisation (CIO) using the Foundation Model Constitution. In practice, the CIO becoming operational on 1 April 2021 with the Charity Commission recording conversion on 12th May 2021.

Trustees

The number of trustees shall be at least three. A trustee must be a natural person aged 16 years or older. Any person who is willing to act as Trustee, and is permitted by law to do so, may be appointed to be a trustee by decision of the trustees. Recruitment induction and training is conducted by existing trustees as necessary.

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

Objectives and activities

The Charity's objects as outlined in its governing document are specifically restricted to the following:

Object 1 — Young people To act as a resource for young people up to the age of 25 living in England and Wales by providing advice and assistance and organising programmes of physical, educational and other activities as a means of: • advancing in life and helping young people by developing their skills, capacities and capabilities to enable them to participate in society as independent, mature individuals; • advancing education; • relieving unemployment; • providing recreational and leisure time activities in the interests of social welfare for people living in the area of benefit who have need by reason of their youth, age, infirmity or disability, poverty or social and economic circumstances with a view to improving the conditions of life of such persons.	Object 2 — Social inclusion To promote social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society. For the purpose of this clause 'socially excluded' means being excluded from society, or parts of society, as a result of one or more of the following factors: unemployment; financial hardship; youth or old age; ill health (physical or mental); substance abuse or dependency including alcohol and drugs; discrimination on the grounds of sex, race, disability, ethnic origin, religion, belief, creed, sexual orientation or gender re-assignment; poor educational or skills attainment; relationship and family breakdown; poor housing (that is housing that does not meet basic habitable standards; crime (either as a victim of crime or as an offender rehabilitating into society).
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Our vision

All children, young people and adults live in emotionally healthy communities where they are heard and valued and able to get help when needed.

Our mission

ACE works with children, young people and their families to support them to build emotional resilience, putting their voices at the heart of our work.

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

Our work

The charity has undertaken the following overarching activities for public benefit in relation to its objects:

One-to-one work

ACE practitioners work with young people ages 10 to 25 in a variety of settings on an individual basis to support them to improve their emotional health. They are contactable via phone outside of the session time to help with any arising problems.

Referrals are taken from school staff, GPs, mental health services, other services, parents and young people themselves.

The work is person-centred, solution focused, and goal based.

Participation

Groups of young people meet to gain information on mental health services or education for children and young people and advocate on behalf of young people's voice with commissioners and decision-makers.

We measure our work to evaluate improvements in emotional health and resilience.

Public benefit

We have referred to the guidance contained in the Charity Commission's general guidance when reviewing our aims and objectives and in planning our future activities.

Context - KEY FACTS

In 2023, about 1 in 5 children and young people aged 8 to 25 years had a probable mental disorder. (20.3% of 8-16 year olds, 23.3% of 17-19 year olds and 21.7% of 20-25 year olds).

Among 8 to 16 year olds, rates of probable mental disorder were similar for boys and girls, while for 17 to 25 year olds, rates were twice as high for young women.

Children aged 11 to 16 years with a probable mental disorder were 5 times more likely than those unlikely to have a mental disorder to have been bullied in person (36.9% compared with 7.6%). They were also more likely to have been bullied online (10.8% compared with 2.6%).

Source: *National Centre for Social Research report: Children and young people's mental health in 2023*

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

Achievements and performance

ACE is a North Lancashire based charity which offers mainly individual and some group therapy sessions to young people aged 10 – 25 years who are experiencing mental health difficulties. ACE also provided specialist Cognitive Behavioural Therapy (CBT) and Trauma Therapy.

ACE supports post graduate students through their placements which facilitates a greater number of available appointments and specialities for ACE clients over the age of 18 years.

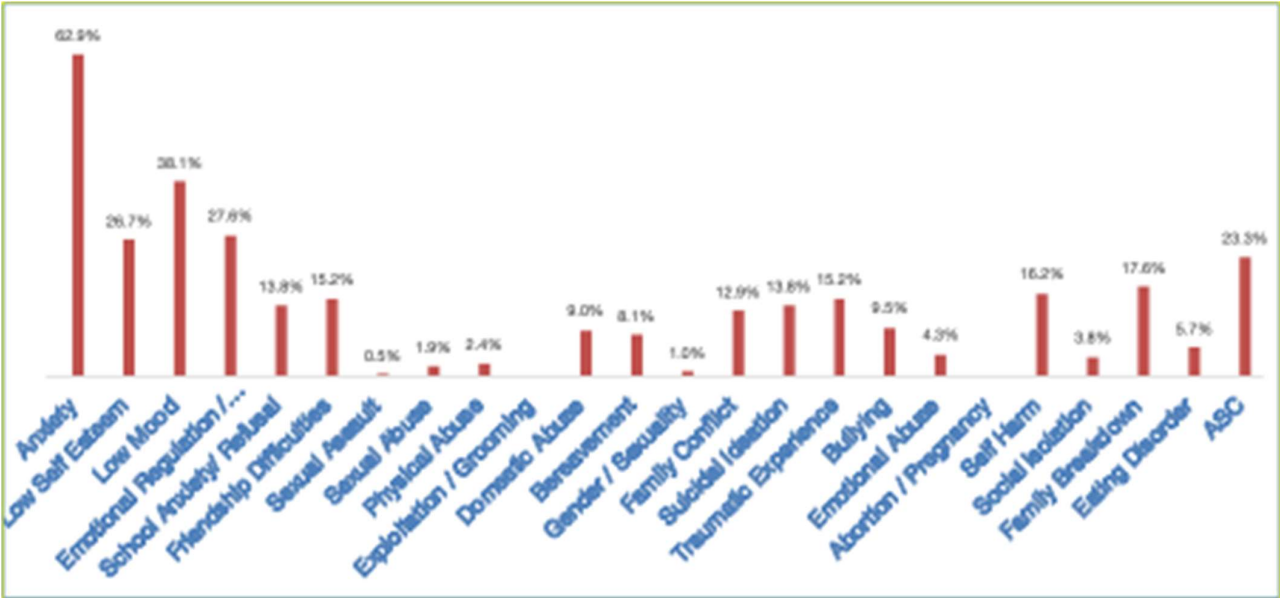
During the year ACE provided face to face appointments to a total of 274 young people; 52 were 18 years and above and 222 were under 18 years. The length of interventions ranged from a few weeks to several months dependent on the complexity of the needs of the young person. A small number of young people had interventions lasting for over a year and several were transferred mid intervention from generic emotional health practitioners to specialist practitioners within the service.

ACE provide clinical supervision and case management to all our staff monthly. This provides support and learning for staff enabling them to improve their practice. Management is also on hand to support staff on a professional and safeguarding level, ensuring they are up to date with required training and personally identified training and latest knowledge.

During 2024/25, ACE has:

- Received 188 young person referrals.
- Maintained a reputation for delivering quality work that positively impacts the lives of children, young people and their families
- Demonstrated positive outcomes, outputs and impact.
- Enabled young people to influence services and the workforce, particularly focusing on the social inclusion of those with poor mental health.
- Addressed a critical service gap between universal and specialist services in our locality.
- Responded to the increasing number of young people facing emotional challenges.
- Enabled young people to volunteer and generated income to support the charity's objectives.

The below shows the experiences recorded and the symptoms arising from those experiences by the young people attending ACE at the point of referral. The graph demonstrates that many had experienced several traumatic events and were experiencing many symptoms relating to these.



ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

Funding Sources: ACE received funding from various organisations, including:

- Lancashire and South Cumbria ICB,
- Children in Need,
- Angus Lawson Memorial Trust,
- Francis C Scott Charitable Trust,
- Masonic Charitable Foundation Small Grants
- As well as donations from individuals, businesses, charitable organisations and, services bought by local schools.
- NHS England CYWP Trainee funding.

Overall Service Feedback

- Feedback from service users indicated high satisfaction with ACE's services, with over 70% of service users rating the service as Excellent. Further feedback ratings and examples are shown for individual projects below.

The Trustees expressed their gratitude to the ACE team for their resilience and continued hard work in supporting both the charity and the individuals it serves.

Some reports on our major funding streams follow:

Lancashire and South Cumbria Integrated Care Board (ICB)

111 young people aged 11 – 18 years received weekly individual therapy appointments in schools and external venues within Lancaster district and Fylde and Wyre..

The children and young people worked with were experiencing low to moderate anxiety, low mood, low self-esteem, difficulties regulating emotions, relationship problems and sleep problems. Many of the young people were finding school attendance difficult and were therefore not attending consistently.

ACE provided support based on individual requirements. The length of weekly intervention ranged from 6 weeks to several months. This flexibility allowed the practitioners to build strong relationships with the young people who were experiencing the greatest difficulties and offer longer term support to ensure that the service could meet their needs.

97% of young people show an average of 23.64% improvement in their mental health.

- Feedback from service users indicated high satisfaction with ACE's services, with 44% rating the service as Excellent; 25% as Very Good and 31% as good.

From feedback at the end of intervention young people reported:

- That they had benefited from talking and being listened to, without judgement, in a confidential environment which had made them feel safe.
- They had found the ACE Practitioners to be approachable and easy to talk to.
- They found they had developed an understanding their mental health and had been given practical strategies which were helpful in managing their difficulties.
- They felt that they had learned a lot about their feelings, fight or flight responses and useful ways of coping with problems.
- They were happier, more confident, calmer, had improved motivation and felt that they could better manage, and therefore reduce, their worries and anxieties.
- They said that they had more open relationships with family and friends, could better manage their emotions and were better managing their behaviour in school.

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

Schools reported that the mixture of coping strategies and having someone to talk to and listen to them has increased the student's confidence, reduced their anxiety and that pupils were more robust in coping with levels of anxiety. School attendance has improved and also the ability to form friendships within school. School staff reported that the ACE practitioners were professional and approachable.

Feedback

'Seeing ACE Calmed me down. My behaviour improved, I was glad someone listened to me. Just speaking to my practitioner made me calmer. I am coping better with my anger management and my school behaviour has improved. The ACE service was brilliant.'

'Seeing ACE helped my anger. Just having someone to talk to. The Coping strategies and talking and listening really helped. It was confidential, Trusting. Anger management and coping with loss are easier. My family relationships are better.'

Children in Need – Specialist Trauma Therapy

Children in Need fund a Trauma Practitioner to engage with young people aged 10 – 18 and to work with the wider ACE Emotional Health Practitioner team to increase their knowledge in and support their assessment and response to symptoms of low level trauma in young people.

A total of 40 young people aged between 10 years and 18 years have received support from the Children in need funded trauma counsellor during the 2024 – 2025 financial year. These young people identified as 25 female; 13 male and 2 gender neutral. Young people referred for Trauma counselling had experienced many traumatic events including but not exclusive to road traffic accidents, traumatic family breakdown, domestic violence, emotional abuse, bullying, bereavement, family mental illness, family or friend suicide, sexual assault, physical illness/disability and family alcohol/substance abuse.

Below is a selection of short individual experiences highlighting some of the work that was completed with young people within this project and the impact of the ACE interventions.

'Z entered counselling after struggling with flashbacks, dissociation, and the trauma effect after experiencing child sexual abuse. On commencing counselling, Z was emotionally dysregulated and struggling to focus in school due to the disassociation. Together we worked on grounding techniques to support Z's regulation and to feel better in control of the trauma symptoms. These included shaking the body out to, focus on somatic rocking and humming, pushing feet into the ground, and breathing techniques. I also requested from school a time out card for Z if they needed to leave the classroom to regulate which was granted. These supported Z's emotional health, self-support and resilience. Moving onward we explored the somatic responses through body scanning and thereafter extracting the body sensations and putting images onto paper where Z could describe the colour, size, texture etc of each felt sense. Using this technique, Z could identify individual emotions such as anger and sadness whereas previously it was one large emotion they called anxiety. From here, Z was able to work backwards and identify when this feeling began and relating it to their early years. Z then began using mantras to reinforce that they are now safe and the feeling is historical and not in the present. These actions provided Z with sufficient support in understanding how the CSA had impacted Z therefore improved their resilience, emotional health, and self-support.'

'A came to see me after a disclosure to their carers with concerns about moving back to the city where they had experienced historic trauma. During our sessions we explored identity using positive affirmations, challenged perspective related to fears, bias, overgeneralisation, and negative thinking. We used Distorted Thinking cards, Hot Cross Bun model, and Window of Tolerance to support these explorations and challenges, but the greatest benefit to A was the opportunity to be heard without judgement which shifted the distorted view from being 'bad' to instilling feelings of worth, and therefore improving resilience and self-support.'

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

'Y struggled with abandonment issues and we therefore worked on what healthy relationships looked like, endings, and boundaries. During sessions, we worked on grounding techniques to help with triggers, flashbacks, nightmares, panic, and overwhelm. We worked on expressing emotions through art and colour, and rationalising thoughts and fears relating to death and abandonment. Humour was a large part of the sessions as was Y having the opportunity to express themselves through dance, music, art, and telling jokes. Through expression, and having a trusting, non-judgemental relationship in sessions, Y's confidence and resilience grew, as did their ability to verbally express themselves knowing that all emotions were ok and it was more about how we released them. Y's resilience has increased as through believing in themselves, and knowing they have choices.'

The young people completed questionnaires at the beginning, quarterly and end of their intervention with ACE. These demonstrated the impact of the therapy. 95% of the young people showed an improvement in their emotional health measured by paired outcome scores at the start and end of intervention. RCADS (Revised Child Anxiety and Depression Scale) showed an average improvement of 31.25% and the International Trauma Questionnaire showed an average improvement of 41.2%.

Young people reported that they had found the service to be friendly, welcoming and the staff caring. They found the talking, listening, coping strategies and learning about and understanding their trauma symptoms very helpful. They reported that they were happier, more confident, had more motivation, better relationships, lower anxiety and low mood. Family and school life had improved.

From requested feedback at the end of intervention asking

- 'How would you rate, overall, the service that you have received?' 88.9% rated it as excellent with the remaining 10.1% rating it as very good.
- 'How would you rate the improvement in your emotional health whilst using the service?' received ratings of 50% Excellent; 33.6% Very good and 16.4% good.

62% rated ACE's ability to keep them safe as Excellent with the remaining 38% rating it as very good. 89% said that the service could not be improved whilst the remaining 11% felt that shorter waiting times would improve the service.

Below is a selection of feedback received from young people who have received intervention through this project.

Parent - 'K tells me that he has now finished his therapy with ACE. I wanted to email you and say from the bottom of my heart, thank you. I have no doubt that you saved my son's life and I can't ever thank you enough for all you have done for him. I have never known fear like it when he told the GP that he'd thought about not being here anymore. It's the worst thing, as a parent, you can ever hear your child say. I would come home from work and panic at what I might find when I walked through the front door.

I can't even remember how bad things were back then! I think you block some things out. And then we found ACE! And I knew as soon as K met you that you would be able to help him. When we first came to you, K was struggling to leave his room, couldn't communicate his needs and I felt like I'd lost my son, his eyes were so sad and I look at pictures of him from back then I barely recognise him! Through months of hard work with you (Trauma Counsellor) and in the last few months with X (CBT Therapist), K is now thriving! He has a lovely routine with his home education, he is excited to (fingers crossed) start a plumbing course at college, and can also do his GCSEs alongside this. His ultimate goal is to set up his own plumbing business!

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

I never in a million years thought he could come so far. He now attends his local football club independently amongst hundreds of people! He gets the bus into town on his own, he is happy! I will never be able to say Thank you enough or express my gratitude to you, there are not enough words for that. But Thank you, Thank you , Thank you for all you have done and for saving for my son! I will never ever forget all you did for him'

Parent - 'ACE was prompt to respond when we needed help – much faster in setting things up than anyone else. My son's counsellor was also excellent. She really "got" him right away and her approach to helping him – which was understanding what his brain was doing and why he was responding to situations in a certain way – was just perfect for him. He came out of every session really happy and telling me what he had gained from it. The approach taken with my son was the right approach for him. He needed quite a logical and physiological explanation which helped him to understand himself and feel less stressed about what was happening which also then meant he could put strategies in place and manage things more himself. We went at a time when he was under a lot of stress from school work and exams – and that has also eased. But ACE definitely made a difference right from the start.'

Young person - 'I liked the different ways of coping with things that I was told about, it really helped me. ACE made me feel that when I feel unsafe, uncomfortable or upset that I am in control of my own emotions which made me feel better. My happiness has improved and silly thoughts and dreams that made me upset have lessened. My motivation, family life and happiness are better.'

Angus Lawson Memorial Trust – Cognitive Behavioural Therapy work

A grant was received to fund the work of a Cognitive Behavioural Therapy (CBT) therapist two days a week and support two CBT students on placement. CBT is particularly effective for people suffering with complex cases of anxiety, depressions, phobias and Obsessive Compulsive Disorder. The project aims for:

- reduced low mood and anxiety in young people
- increased ability of young people to manage the symptoms of low mood and anxiety
- increased resilience for young people and the ability to cope with negative environmental influences
- improved school attendance, better relationships, participation in leisure activities etc.

The grant also supported the supervision of staff to improve learning and focus especially on positive endings to therapy.

A total of 47 young people aged 11 to 25 years were seen under this project. 22 were seen by the CBT Therapist and a further 25 by post graduate students. The average intervention time for these young people was 30 weeks for the therapist and 16.5 weeks for the post graduate students.

Young people referred were experiencing high levels of anxiety (82.6%); Low mood (30.4%); Suicidal ideation (15.2%); Bereavement (13%); Disordered Eating (10.9%).

17.4% of the young people had or were awaiting a diagnosis for neurodivergence. Many of the young people were experiencing symptoms of Obsessive-compulsive disorder (OCD).

Paired outcome scores from questionnaires at the beginning, mid and end of intervention showed an average improvement of 24.93% for anxiety and 26% for anxiety and depression.

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

Service user feedback at the end of intervention showed that 83.4% rated the service overall as excellent; 91.7% felt that the service could not be improved; 91.7% rated the therapy they had received as excellent and 91.7% rated the effect of the service on their life as excellent with 100% of service users rating the improvement in their emotional health as excellent, very good or good.

Post Graduate Students – During the year 2024 – 2025 A.C.E supported 7 post graduate students with their placement hours. The students worked with clients over the age of 18 years providing CBT and person centred counselling. The majority of the clients seen were under the age of 25 years but a small number of older clients who had family members receiving counselling from ACE were accepted into the service to receive support.

Examples of feedback:

Young person - 'It always feels like a relief and a weight off your shoulders coming in to ACE and speaking to someone that really understands. Open non judging conversations, coping strategies and having someone to chat with definitely helped. My confidence, aggression reaction levels and anxiety has gone down. I can now hold strong relationships with people and my reactions to their actions are more positive.'

Parent – 'ACE didn't rush X to end his counselling. He totally trusted her and felt comfortable. X's anxiety levels have dropped significantly. He is much more confident. So much of a relief to see X happier. The therapist has been fantastic with X, I can't thank her enough for the help she has given him.'

Parent- 'The best things were the welcoming atmosphere and friendliness of all the staff and the positive attitude of my child after sessions; she felt heard. Waiting times are lengthy but that can't be changed as there are always going to be limits to fund staffing. Following ACE intervention my child's anxiety levels are so much better and whilst they still have downs these are easier for her to deal with. She has become more aware of toxic friendships and has been able to break away. She is much happier in herself.'

Young person - 'ACE made me more comfortable to open up about stuff that I struggle with. Everything was great. Without my sessions with ACE I do not know how I would cope. My overall happiness, my confidence has improved and It has helped me have better relationships with family and friends.'

Below is an example of young person's journey on this project with ACE:

X had been struggling since December 2023 with obsessive revision of GCSE higherers. They reported that they were unable to look at or use any devices e.g. mobile phone, laptop, tv etc. They were unable to do anything, doing compulsions every second every day unable to do anything sitting alone all day. They were very frustrated and angry. Not talking to friends or making contact with them as they felt there was no point. They had Suicidal/intrusion thoughts.

X engaged in Cognitive Behavioural Therapy for Obsessive Compulsive Disorder (OCD). They developed their ability to manage their symptoms of anxiety and panic using coping strategies and skills while engaging in psychoeducation around these mental health problems. They learnt about her OCD pathways and developed skills to control their compulsions while learning to challenge their appraisals and lower the distressing impact of their intrusions.

X has been able to reconnect with their parents and is getting support from them. They have also been able to start rebuilding some relationships at school. They still struggle with the complexity of their OCD and the severity of their symptoms. However, a CBT management plan was created which X can refer to as required.

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

MCF Small Grants, CIN Small Grant and Donations - Emotional Health Practitioners

37 young people were seen by three Emotional Health Practitioners.

RCAD Paired outcome scores showed an average improvement of 20.99%.

CIN Small Grant: Young people taking part in this project showed improved emotional regulation, lower self-harm and less aggressive behaviours. They reported Increased self-worth and self-belief, less self-destructive behaviours, improved relationships and reduced low mood and depression.

MCF Small Grants

Many of the young people being supported by the MCF grant were experiencing severe anxiety and low mood resulting in school avoidance and social isolation. Some of the young people seen were neuro divergent and therefore required a longer term of therapy in order to address their needs. Having the flexibility to use the MCF funding for where it is needed has been truly beneficial. It has enabled ACE to support more young people and also to support young people for longer periods, where required, to meet their needs. Being able to offer support to young people on a needs basis, without a cap on the number of sessions, means that ACE are able to offer a more bespoke service to the young people within the service.

On average the young people supported by the MCF showed an improvement of 24.3%.

Examples of Feedback:

Young person - 'I have enjoyed these sessions and I have learnt ways of coping with difficult situations. I now understand how my anxiety affects my life. I am trying to use my breathing and grounding techniques to help me cope better in school. I like getting homework every week as it helped me to declutter my room and sort out my wardrobe. I have also started to pack my bag the night before so I don't get so upset in the morning.

Young person - 'I now understand how my mind affects my body and how my worries affect my feelings. I do manage my emotions better and I feel more confident talking to my teacher when I am having a difficult day. There is nothing I want to change about this as they have been fun but also serious. I feel more settled in school and I am happier at home. Thank you for seeing me'.

Francis C Scott Charitable Trust

The Francis Sott Trust awarded a £10,000 grant to A.C.E to assist in the overall organisational running costs.

Independently Funded – ACE Practitioners worked within 3 local schools providing person centred, solution focussed counselling to pupils of those schools. 39 young people were seen during the year.

Plans for future periods

During the previous year, ACE took part in a competitive tendering exercise for ongoing with Lancashire and Cumbria ICB. Ultimately the tender was not won and work previously delivered by ACE over a number of years was awarded to a large national organisation for delivery in a revised way. Work for Lancashire and Cumbria ICB ended in July 2024.

This required ACE to consider its future as the charity continues to face the challenges of securing funding within a climate of often year-on-year funding from public bodies and much increased competition.

The charity has reviewed itself and identified areas of specialism on which to focus and is undertaking development work needed to strengthen management and staff supervision.

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

The charity is focussed on responding to the changing mental health needs of young people and filling a niche that is a gap in service provision.

Financial review

The detailed results for the charity are included in the Statement of Financial Activities.

The financial statements show total income of £159,974 (2024: £217,497) and expenditure of £140,974 (2024: £236,363) generating a surplus of £19,000 (2024: deficit of £18,866) for the year. This comprises of a deficit of £6,295 (2024: deficit of £17,876) relating to restricted funds and a surplus of £25,295 (2024: deficit of £990) relating to general funds into the next financial year, after transfers between funds.

Funds at 31 March 2025 comprise restricted funds of £73,000 relating to on-going projects, leaving unrestricted general funds of £49,178 in the budget for 2025-26 which will be invested in future activity.

Reserves

The charity reviewed its Reserves Policy in 2019 and following significant growth of funded project work agreed to hold reserves equivalent to three months running costs for its overhead costs. This is currently estimated to be £21,000 and current unrestricted reserves of £49,178 exceed this figure. Overheads are estimated based on costs not directly associated with project work which will ebb and flow as funding is secured and ends but includes primarily premises and administrative costs, management and administrative staff as well as estimated accrued redundancy liabilities.

The charity has reviewed itself and identified areas of development need to improve management and staff supervision and to respond to the needs of some young people who although improving have complex and multi layered needs that require long term support.

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

Statement of Trustees' responsibilities

The trustees are required to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of its financial activities for that period. In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- State whether the policies followed are in accordance with applicable accounting standards, subject to any material departures disclosed and explained in the financial statements;
- Prepare the financial statements on the going concern basis unless it's inappropriate to presume that the charity will continue in business.

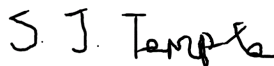
The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention of fraud and other irregularities.

This report was approved by the trustees and authorised for issue on the and is signed on their behalf by:

November 18, 2025



.....
S Kay
Trustee



.....
S Temple
Trustee

ACHIEVE CHANGE & ENGAGEMENT ACE

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF ACHIEVE CHANGE & ENGAGEMENT ACE FOR THE YEAR ENDED 31 MARCH 2025

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2025 which are set out on pages 15 to 28.

Responsibilities and basis of report

As the charity trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the 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

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.

J Steer

Jack Steer BA(Hons) FCA

MHA

Chartered Accountants

14 Mannin Way

Lancaster Business Park

Lancaster

LA1 3SW

January 12, 2026

.....

ACHIEVE CHANGE & ENGAGEMENT ACE**STATEMENT OF FINANCIAL ACTIVITIES****FOR THE YEAR ENDED 31 MARCH 2025**

		Unrestricted funds £	Restricted funds £	Total funds 2025 £	Total funds 2024 £
Income from:					
Donations and legacies	3	-	14,974	14,974	15,067
Charitable activities	4	10,000	135,000	145,000	202,430
Total		10,000	149,974	159,974	217,497
Expenditure on:					
Charitable activities	5	1,983	138,991	140,974	236,363
Total		1,983	138,991	140,974	236,363
Net income/(expenditure)		8,017	10,983	19,000	(18,866)
Transfers between funds		17,278	(17,278)	-	-
Net movement in funds		25,295	(6,295)	19,000	(18,866)
Reconciliation of funds:					
Total funds brought forward		23,883	79,295	103,178	122,044
Total funds carried forward	12	49,178	73,000	122,178	103,178

All gains and losses in each period are included above.

All of the above amounts relate to continuing activities.

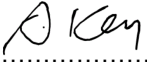
The notes on pages 17 to 28 form part of these financial statements.

ACHIEVE CHANGE & ENGAGEMENT ACE**BALANCE SHEET****AS AT 31 MARCH 2025**

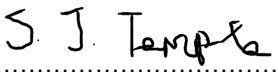
		2025		2024	
		£	£	£	£
Current assets					
Debtors	10	52,681		33,467	
Cash at bank and in hand		<u>93,604</u>		<u>100,356</u>	
		146,285		133,823	
Creditors: amounts falling due within one year	11	<u>(24,107)</u>		<u>(30,645)</u>	
Net current assets		<u>122,178</u>		<u>103,178</u>	
Total assets less current liabilities		<u>122,178</u>		<u>103,178</u>	
Net assets		<u>122,178</u>		<u>103,178</u>	
Funds:					
Unrestricted funds		49,178		23,883	
Restricted funds		73,000		79,295	
Total funds	12	<u>122,178</u>		<u>103,178</u>	

November 18, 2025

These accounts were approved by the trustees and authorised for issue on the and are signed on their behalf by:



S Kay
 Trustee



S Temple
 Trustee

The notes on pages 17 to 28 form part of these financial statements.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

Legal form

Achieve Change & Engagement ACE is a charitable incorporated organisation (CIO) registered in the United Kingdom. The address of the charity, the nature of its operations and its principal activities are all detailed in the Trustees' report and charity administrative details pages in these financial statements.

Basis of accounting

The charity constitutes a public benefit entity as defined by FRS102. The financial statements have been prepared in accordance with the accounting policies set out in note 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 (FRS 102).

The financial statements have been prepared on a going concern basis under the historical cost convention. The financial statements are prepared in sterling which is the functional currency of the charity and are rounded to the nearest £.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

Preparation of the accounts on a going concern basis

The trustees do not consider there to be a material uncertainty at this time, and there is a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus, the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

Taxation

The charity is recognised by the Inland Revenue as a UK Charity and is entitled to exemptions from corporation tax.

Income

Grants where the application of the grant is determined by the funder are included as restricted funds. Grants where there are no conditions set by the funders other than the general objects of the charity are included as unrestricted funds. Grants are accrued when any conditions on their receipt have been met and are deferred where conditions on their receipt have not been met.

Income with contractual service requirements are accounted for when the conditions to entitlement are met and accounted for within unrestricted income from charitable activities. No income is shown net of expenditure.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies (continued)

Expenditure

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required, and the amount of the obligation can be measured reliably.

Support costs are those which assist the work of the charity but do not directly represent charitable activities and include office costs and governance costs. They are incurred directly to support the objectives of the charity. Expenditure is inclusive of irrecoverable VAT.

Debtors and creditors

Debtors and creditors with no stated interest rate and receivable and payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

Cash and cash equivalents

Cash held by the charity includes amounts held on call at banks.

Accumulated funds

Unrestricted funds - these are available for use at the discretion of the trustees in furtherance of the general activities of the charity

Restricted funds - these are subjected to restrictions on their expenditure imposed by the donor. The restricted fixed asset fund represents assets purchased from specific grants and funds future depreciation of those assets.

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 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 offset 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 and other financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

The charity has no financial instruments that are classified as other financial assets.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies (continued)

Impairment of financial assets

Financial assets are assessed for indicators of impairment at each reporting end date.

Financial assets are impaired where there is objective evidence that, as a result of one or more events that occurred after the initial recognition of the financial asset, the estimated future cash flows have been affected. If an asset is impaired, the impairment loss is the difference between the carrying amount and the present value of the estimated cash flows discounted at the asset's original effective interest rate. The impairment loss is recognised in the statement of financial activities.

If there is a decrease in the impairment loss arising from an event occurring after the impairment was recognised, the impairment is reversed. The reversal is such that the current carrying amount does not exceed what the carrying amount would have been, had the impairment not previously been recognised. The impairment reversal is recognised in the statement of financial activities.

De-recognition of financial assets

Financial assets are derecognised only when the contractual rights to the cash flows from the asset expire or are settled, or when the charity transfers the financial asset and substantially all the risks and rewards of ownership to another entity, or if some significant risks and rewards of ownership are retained but control of the asset has transferred to another party that is able to sell the asset in its entirety to an unrelated third party.

Classification of financial liabilities

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the charity after deducting all of its liabilities.

Basic and other financial liabilities

Basic financial liabilities, including creditors, are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future receipts discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised. Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

The charity has no liabilities which are classified as other financial liabilities.

De-recognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

2 Judgements and key sources of estimation uncertainty

In the application of the Charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amounts 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 both current and future periods.

Key assumptions, judgements and estimates

In the opinion of the Trustees' there have been no significant judgements made in the process of applying the above accounting policies. There have been no key assumptions concerning future and other key sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year.

3 Income from donations and legacies

	Unrestricted funds £	Restricted funds £	Total 2025 £	Total 2024 £
Donations	-	14,974	14,974	15,067
	-	14,974	14,974	15,067

In the comparative year, all income from donations were restricted funds.

ACHIEVE CHANGE & ENGAGEMENT ACE**NOTES TO THE ACCOUNTS (CONTINUED)****FOR THE YEAR ENDED 31 MARCH 2025****4 Income from charitable activities**

	Unrestricted funds £	Restricted funds £	Total 2025 £	Total 2024 £
NHS Lancashire & Cumbria ICB (previously Clinical Commissioning Groups)	-	34,061	34,061	121,376
BBC Children In Need	-	31,169	31,169	9,981
Francis C Scott	-	10,000	10,000	20,775
Masonic Charitable Foundation	-	4,833	4,833	4,833
Heysham High School	-	5,473	5,473	7,999
Angus Lawton Memorial Trust	-	19,966	19,966	19,966
CIN trauma	-	-	-	17,500
Lancaster Girls' Grammar School	-	1,300	1,300	-
Reed Foundation	10,000	-	10,000	-
LRGS	-	4,995	4,995	-
NHSE CYWP Trainee Funding	-	23,203	23,203	-
	10,000	135,000	145,000	202,430

In the comparative year, all income from charitable activities were restricted funds.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

5 Expenditure on charitable activities

Activity	Youth wellbeing and support			Total
	Unrestricted	Restricted	Total	2024
	Funds	Funds	2025	
	£	£	£	£
Youth worker costs	(5,000)	128,279	123,279	223,509
Fund raising expenses	5,063	7	5,070	372
Insurance	-	1,745	1,745	1,652
Office accommodation costs	-	5,132	5,132	6,079
Payroll processing	-	360	360	360
Travel	-	189	189	366
Printing, postage and stationary	-	117	117	176
Web design	-	-	-	19
Membership & Accreditation	-	233	233	50
Telephone	-	1,037	1,037	1,379
Staff training	-	358	358	53
Sundry	-	1,534	1,534	1,058
Support Costs (note 6)	1,920	-	1,920	1,290
	1,983	138,991	140,974	236,363

In the comparative year, expenditure on charitable activities included £990 on unrestricted funds and £235,373 on restricted funds.

6 Support costs

	Total 2025 £	Total 2024 £
Accountancy fees	1,920	990
Tax return	-	300
	1,920	1,290

ACHIEVE CHANGE & ENGAGEMENT ACE**NOTES TO THE ACCOUNTS (CONTINUED)****FOR THE YEAR ENDED 31 MARCH 2025****7 Net income/(expenditure)**

	2025	2024
	£	£
Net income/(expenditure) is stated after charging/(crediting):		
Independent examiner's remuneration:		
- independent examination fee	1,920	990

8 Staff costs and emoluments

Total staff costs for the year were as follows:

Employment costs	2025	2024
	£	£
Wages and salaries	100,355	190,579
Social security costs	1,026	4,723
Pension costs	1,645	2,629
	103,026	197,931

The number of employees during the period was:

Number of employees (all part time)	2025	2024
	No	No
Charity Coordinator	1	1
Emotional Health & Wellbeing Practitioners	7	14
	8	15

No employee received emoluments of more than £60,000 during the year.

ACHIEVE CHANGE & ENGAGEMENT ACE**NOTES TO THE ACCOUNTS (CONTINUED)****FOR THE YEAR ENDED 31 MARCH 2025****9 Trustees (and directors) remuneration and key management personnel**

The key management personnel of the charity are considered to be the trustees.

No trustees were remunerated through the payroll of the charity, however, one former trustee did receive payments from the charity as described in note 16 to the financial statements. There were no expenses reimbursed to Trustees in this or the prior year.

10 Debtors

	2025	2024
	£	£
Debtors	51,206	33,258
Other debtors	1,475	209
	52,681	33,467

11 Creditors: Amounts falling due within one year

	2025	2024
	£	£
Trade creditors	15,361	12,333
Accruals	3,650	990
Deferred income	5,096	17,322
	24,107	30,645

	2025	2024
	£	£
Deferred income brought forward	17,322	57,097
Released in the year	(17,322)	(57,097)
Grants received in advance	5,096	17,322
Deferred income carried forward	5,096	17,322

ACHIEVE CHANGE & ENGAGEMENT ACE**NOTES TO THE ACCOUNTS (CONTINUED)****FOR THE YEAR ENDED 31 MARCH 2025****12 Analysis of charitable funds**

	At 1 April 2024 £	Income £	Expenditure £	Transfers & gains/losses £	At 31 March 2025 £
Unrestricted funds					
General fund	23,883	10,000	(1,983)	17,278	49,178
	23,883	10,000	(1,983)	17,278	49,178
Restricted funds					
NHS Lancashire & Cumbria ICB (previously Clinical Commissioning Groups)	23,413	34,061	(44,089)	(13,385)	-
<i>Other:</i>					
Young Consultants (YOLO)	1,998	-	-	-	1,998
BBC Children In Need	4,350	832	(4,045)	-	1,137
Francis C Scott	-	10,000	(10,142)	142	-
Resource Pack	1,445	-	-	-	1,445
PQASSO Cost Saving	1,800	-	-	-	1,800
Mark McQueen	2,684	-	-	-	2,684
Active Lancashire	500	-	-	-	500
School Commissioned Work	1,509	11,768	(10,582)	(2,695)	-
ALMT Funding	-	19,966	(19,966)	-	-
Masonic Foundation	4,833	4,833	(4,833)	-	4,833
CIN trauma	6,796	30,338	(30,112)	-	7,022
NHS Trainees		23,203	(12,312)		10,891
Other donations	29,967	14,973	(2,910)	(1,340)	40,690
	79,295	149,974	(138,991)	(17,278)	73,000
Total funds	103,178	159,974	(140,974)	-	122,178

NHS Lancashire & Cumbria ICB

The funding allows ACE to operate peer support groups, deliver participation and run one to one work in various schools and community venues across Lancaster, Fylde and Wyre for young people.

Some short term funding for research projects was also received.

BBC Children In Need

Funding is used to reduce distress, improve the emotional health and wellbeing and build the resilience of children aged 11-18 outside of school hours.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

12 Analysis of charitable funds (continued)

Children In Need Trauma / CIN Trauma

This funding supports ACE to deliver trauma focussed therapy to young people aged 10 to 19 years and to raise the skills of our wider team to recognise potential indicators of trauma and provide support. This work provides support to young people who have experienced traumatic events including emotional, physical and sexual abuse, exploitation, bereavement and domestic violence. Funding was renewed in September 23 for a further three years.

NHS Trainees

Funding has allowed ACE to appoint two trainees to undertake a 12 month Children and Young People Wellbeing Practitioner course.

Francis C Scott

Funding allows ACE to work with young people to improve emotional health and build resilience for those that are at risk of becoming homeless and those who are aged 16 to 24 living in supported housing.

Resource Pack & PQASSO Cost Saving

These funds will be used to create and provide curriculum resources and will support the work of ACE through accreditation.

Mark McQueen, Masonic Foundation and Other Donations

Various grants, fundraised income and donations are used to support the aims and objectives of ACE, supporting young people to reduce anxiety, low self-esteem and social isolation and to improve emotional health and wellbeing to decrease school nonattendance at locations within Lancaster.

School Commissioned Work - Lancaster Royal Grammar School, Lancaster Girls' Grammar School and Bay Leadership Academy

Commissioning by the schools allows ACE to place a worker in school offering person centred, solution focussed support for young people with poor emotional health.

Active Lancashire

Small grant to support a project encouraging the participation of young people in an outside challenge and the creation of a video.

Angus Lawson Memorial Trust (ALMT) Funding

Funding for a specialist Cognitive Behavioural Therapist to effectively support relevant young people referred to the service and support the clinical supervision of all practitioners in order to improve physical, mental health and well-being for all beneficiaries, increase self-esteem, confidence, reduce anxiety, social isolation and confusion.

Young Consultants

The fund is used to train young people in research and training skills so they can become volunteers for the charity.

ACHIEVE CHANGE & ENGAGEMENT ACE**NOTES TO THE ACCOUNTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025****13 Analysis of charitable funds: Prior Year**

	At 1 April 2023 £	Income £	Expenditure £	Transfers & gains/losses £	At 31 March 2024 £
Unrestricted funds					
General fund	24,873	-	(990)	-	23,883
	24,873	-	(990)	-	23,883
Restricted funds					
NHS Lancashire & Cumbria ICB (previously Clinical Commissioning Groups)	36,315	121,376	(132,280)	-	25,411
<i>Other:</i>					
BBC Children In Need	1,703	9,981	(7,334)	-	4,350
Children In Need Trauma	7,008	-	(7,262)	254	-
Francis C Scott	5,734	20,775	(27,053)	544	-
Resource Pack	1,445	-	-	-	1,445
PQASSO Cost Saving	1,800	-	-	-	1,800
Mark McQueen	2,684	-	-	-	2,684
OL Catholic High School	962	-	(962)	-	-
Westminster Foundation	350	-	(690)	340	-
Active Lancashire	500	-	-	-	500
MUFC Fundraising	1,731	-	(1,731)	-	-
Bay Leadership Academy	-	7,999	(6,490)	-	1,509
ALMT Funding	-	19,966	(19,972)	6	-
Masonic Foundation	4,834	4,833	(4,834)	-	4,833
CIN trauma	-	17,500	(10,704)	-	6,796
Highest point	-	430	(320)	(110)	-
Other donations	32,105	14,637	(15,741)	(1,034)	29,967
	97,171	217,497	(235,373)	-	79,295
Total funds	122,044	217,497	(236,363)	-	103,178

ACHIEVE CHANGE & ENGAGEMENT ACE**NOTES TO THE ACCOUNTS (CONTINUED)****FOR THE YEAR ENDED 31 MARCH 2025****14 Analysis of net assets by funds: Current year**

	Unrestricted Funds £	Restricted Funds £	Total £
Fund balances at 31 March 2025 are represented by:			
Current assets	51,098	95,187	146,285
Creditors: amounts falling due within one year	(1,920)	(22,187)	(24,107)
	49,178	73,000	122,178

15 Analysis of net assets by funds: Prior Year

	Unrestricted Funds £	Restricted Funds £	Total £
Fund balances at 31 March 2024 are represented by:			
Current assets	24,873	108,950	133,823
Creditors: amounts falling due within one year	(990)	(29,655)	(30,645)
	23,883	79,295	103,178

16 Related party transactions

The charity was under the control of the trustees during the current and prior period.

During the year C Temple, the daughter of trustee S Temple, invoiced the charity £650 (2024: nil) in relation to supervision fees.

During the year C Welsby, formerly a trustee of the charity, invoiced the charity £4,950 (2024: £6,000) for rent in relation to office space.

During the prior year S Temple, a trustee of the charity invoiced the charity £8,240 for project management fees. She invoiced £nil this year. A balance of £nil (2024: £8,240) was due to S Temple at the year end.

Accounts

Charity No. 1147278



**Trustees' Report and Unaudited Financial
Statements**

**For The Year Ended
31 March 2024**

ACHIEVE CHANGE & ENGAGEMENT ACE

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ACHIEVE CHANGE & ENGAGEMENT ACE
CHARITY REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 MARCH 2024

Registered charity name	Achieve Change & Engagement ACE
Charity registration number	1147278
Registered office	18 Sun Street Lancaster LA1 1EW
Trustees	S Temple P Callis C Welsby H Belbin S Kay N Middlehurst E Harris
Independent Examiner	MHA Chartered Accountants 14 Mannin Way Lancaster Business Park Lancaster LA1 3SW

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2024

The trustees have pleasure in presenting their report and the unaudited financial statements of the charity for the period ended 31 March 2024.

The financial statements comply with the Charities Act 2011, the Memorandum and Articles of Association, 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 (FRS 102).

Reference and administrative details

Reference and administrative details are shown in the schedule of members of the board and professional advisers on page 1 of the financial statements.

The charity is known as “ACE”.

The trustees

The trustees who served the charity during the period are shown on page 1.

Structure, governance and management

Governing document

The charity operated as an unincorporated organisation from 2008 until it incorporated on 15 November 2011 and registered as a charity with the charity commission on 16 May 2012.

At a meeting on 15th March 2021 the trustees agreed to convert the existing Charitable Company from its current status to become a Charitable Incorporated Organisation (CIO) using the Foundation Model Constitution. In practice, the CIO becoming operational on 1 April 2021 with the Charity Commission recording conversion on 12th May 2021.

Trustees

The number of trustees shall be at least three. A trustee must be a natural person aged 16 years or older. Any person who is willing to act as Trustee, and is permitted by law to do so, may be appointed to be a trustee by decision of the trustees. Recruitment induction and training is conducted by existing trustees as necessary.

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

Objectives and activities

The Charity's objects as outlined in its governing document are specifically restricted to the following:

Object 1 — Young people	Object 2 — Social inclusion
To act as a resource for young people up to the age of 25 living in England and Wales by providing advice and assistance and organising programmes of physical, educational and other activities as a means of: • advancing in life and helping young people by developing their skills, capacities and capabilities to enable them to participate in society as independent, mature individuals; • advancing education; • relieving unemployment; • providing recreational and leisure time activities in the interests of social welfare for people living in the area of benefit who have need by reason of their youth, age, infirmity or disability, poverty or social and economic circumstances with a view to improving the conditions of life of such persons.	To promote social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society. For the purpose of this clause 'socially excluded' means being excluded from society, or parts of society, as a result of one or more of the following factors: unemployment; financial hardship; youth or old age; ill health (physical or mental); substance abuse or dependency including alcohol and drugs; discrimination on the grounds of sex, race, disability, ethnic origin, religion, belief, creed, sexual orientation or gender re-assignment; poor educational or skills attainment; relationship and family breakdown; poor housing (that is housing that does not meet basic habitable standards; crime (either as a victim of crime or as an offender rehabilitating into society).

Our vision

All children, young people and adults live in emotionally healthy communities where they are heard and valued and able to get help when needed.

Our mission

ACE works with children, young people and their families to support them to build emotional resilience, putting their voices at the heart of our work.

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

Our work

The charity has undertaken the following overarching activities for public benefit in relation to its objects:

One-to-one work ACE practitioners work with young people ages 10 to 25 in a variety of settings on an individual basis to support them to improve their emotional health. They are contactable via phone outside of the session time to help with any arising problems Referrals are taken from school staff, GPs, mental health services, other services, parents and young people themselves. The work is person-centred, solution focused, and goal based. Family work Work with the young person's family was undertaken where this supported the work with the young person	Group work Groups of young people are worked with to support their emotional health and build resilience around specific issues including self-esteem, relationships or stress and anxiety.
	Participation Groups of young people meet to gain information on mental health services or education for children and young people and advocate on behalf of young people's voice with commissioners and decision-makers.

We measure our work to evaluate improvements in emotional health and resilience.

Public benefit

We have referred to the guidance contained in the Charity Commission's general guidance when reviewing our aims and objectives and in planning our future activities.

Context - KEY FACTS

In 2023, about 1 in 5 children and young people aged 8 to 25 years had a probable mental disorder. (20.3% of 8-16 year olds, 23.3% of 17-19 year olds and 21.7% of 20-25 year olds).

Among 8 to 16 year olds, rates of probable mental disorder were similar for boys and girls, while for 17 to 25 year olds, rates were twice as high for young women.

Children aged 11 to 16 years with a probable mental disorder were 5 times more likely than those unlikely to have a mental disorder to have been bullied in person (36.9% compared with 7.6%). They were also more likely to have been bullied online (10.8% compared with 2.6%).

Source: *National Centre for Social Research report: Children and young people's mental health in 2023*

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Achievements and performance

ACE is a North Lancashire based charity which offers mainly individual and some group therapy sessions to young people aged 10 – 25 years who are experiencing mental health difficulties. ACE also provided specialist Cognitive Behavioural Therapy (CBT), Trauma Therapy and a specialist practitioner for young people on the Autism Spectrum Condition (ASC) pathway.

ACE supports post graduate students through their placements which facilitates a greater number of available appointments and specialities for ACE clients over the age of 18 years.

During the year ACE provided face to face appointments to a total of 324 young people. The length of interventions ranged from a few weeks to several months dependent on the complexity of the needs of the young person. A small number of young people had interventions lasting for over a year and several were transferred mid intervention from generic emotional health practitioners to specialist practitioners within the service.

ACE provide clinical supervision and case management to all our staff monthly. This provides support and learning for staff enabling them to improve their practice. Management is also on hand to support staff on a professional and safeguarding level, ensuring they are up to date with required training and personally identified training and latest knowledge.

During 2023/24, ACE has:

- Maintained a reputation for delivering quality work that positively impacts the lives of children, young people and their families
- Demonstrated positive outcomes, outputs and impact.
- Enabled young people to influence services and the workforce, particularly focusing on the social inclusion of those with poor mental health.
- Addressed a critical service gap between universal and specialist services in our locality.
- Responded to the increasing number of young people facing emotional challenges.
- Enabled young people to volunteer and generated income to support the charity's objectives.

Funding Sources: ACE received funding from various organisations, including:

- Lancashire and South Cumbria ICB,
- Children in Need,
- Angus Lawson Memorial Trust,
- Francis C Scott Charitable Trust,
- as well as donations from individuals, businesses, charitable organisations and, services bought by local schools.

Feedback

- Feedback from service users indicated high satisfaction with ACE's services, with **57.2%** rating the service as **Excellent** and **32.1%** as **Very Good**.
- In all, an impressive **89.3%** of respondents felt that the service could not be improved.
- The remaining **10.7%** suggested shorter waiting times as an area for potential improvement.

The Trustees expressed their gratitude to the ACE team for their resilience and continued hard work in supporting both the charity and the individuals it serves.

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Some reports on our major funding streams follow:

Lancashire and South Cumbria Integrated Care Board (ICB)

Young people aged 8 – 18 years received weekly individual therapy appointments in schools and external venues within Lancaster district and Fylde and Wyre. A small amount of work was done with the families of the younger children, in groups or individually.

The children and young people worked with were experiencing low to moderate anxiety, low mood, low self-esteem, difficulties regulating emotions, relationship problems and sleep problems. Many of the young people were finding school attendance difficult and were therefore not attending consistently.

ACE provided a specialist practitioner who worked with young people who were neurodivergent to assist both them and their families through the emotional health difficulties that the young people were experiencing. These young people have managed to attend school, have improved school attendance and are able to more frequently visit family and friends. Young people learned to identify and manage behavioural triggers thus improving their relationships. Many of the young people worked with identified as LGBTQI+.

ACE provided support based on individual requirements. The length of weekly intervention ranged from 6 weeks to several months. This flexibility allowed the practitioners to build strong relationships with the young people who were experiencing the greatest difficulties and offer longer term support to ensure that the service could meet their needs.

98% of young people show an average of 22% improvement in their mental health.

From feedback at the end of intervention young people reported:

- That they had benefited from talking and being listened to, without judgement, in a confidential environment which had made them feel safe.
- They had found the ACE Practitioners to be approachable and easy to talk to.
- They found they had developed an understanding their mental health and had been given practical strategies which were helpful in managing their difficulties.
- They felt that they had learned a lot about their feelings, fight or flight responses and useful ways of coping with problems.
- They were happier, more confident, had improved motivation and felt that they could better manage, and therefore reduce, their worries and anxieties.
- They said that they had more open relationships with family and friends, could better manage their emotions and were attending and enjoying school and lessons more.

Schools reported that the mixture of coping strategies and having someone to talk to and listen to them has increased the student's confidence, reduced their anxiety and that pupils were more robust in coping with levels of anxiety. School attendance has improved and also the ability to form friendships within school. School staff reported that the ACE practitioners were professional and approachable.

Feedback

'Excellent sessions, I really liked the sessions. Because of my Autism I didn't want to do them at first but my ACE practitioner has really helped me to be more confident and happier. My Mum is really happy that I did the sessions. I understand now how my anxiety works, and I can control it better. Thank you for everything.' Young person

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

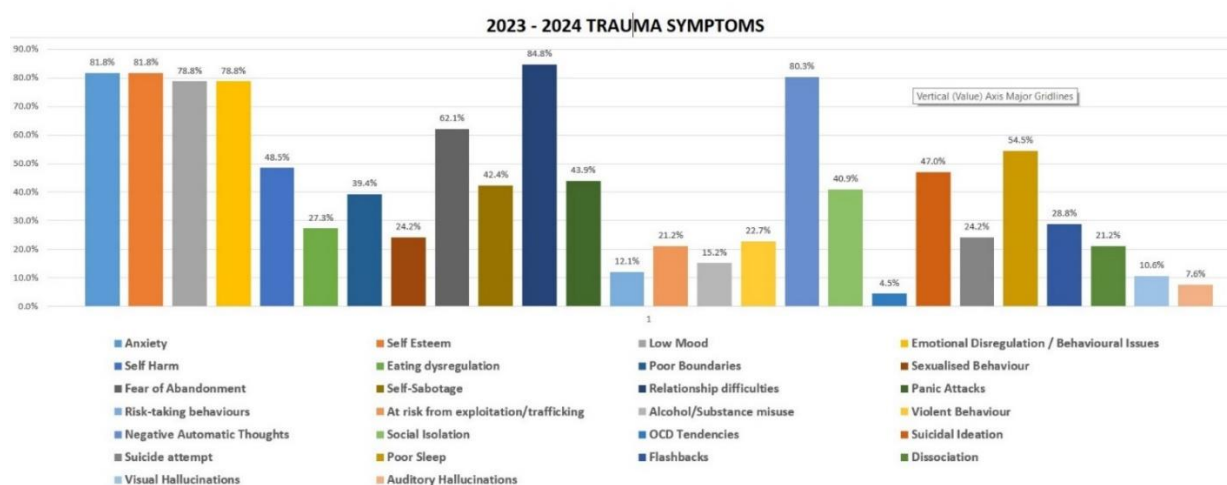
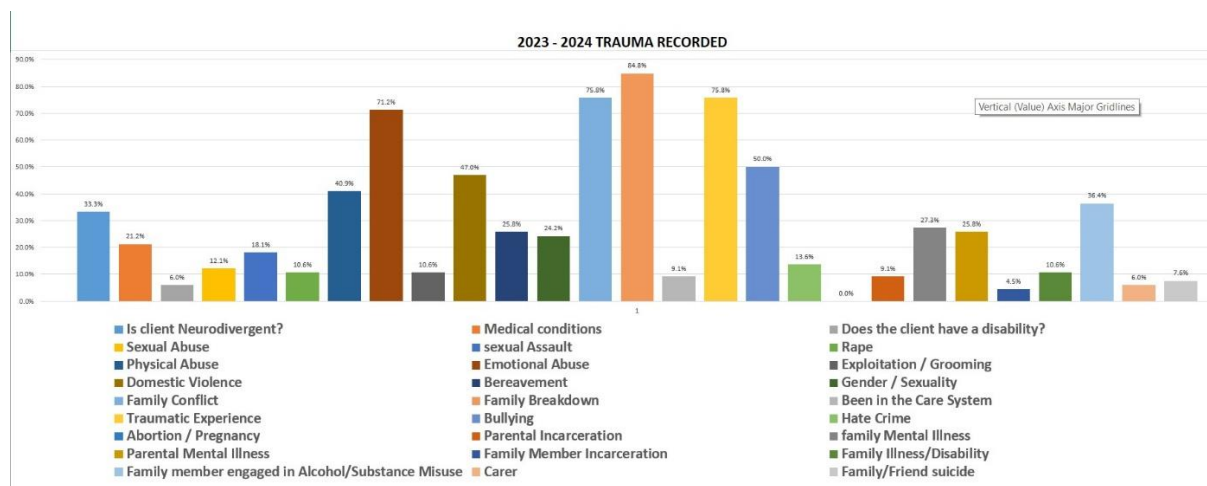
‘The students felt safe enough to talk to the ACE practitioner and wanted to see her. The Practitioner built the relationship very quickly. I think the mixture of coping strategies and having someone to talk to and listen to them has increased the student’s confidence and reduced their anxiety. School attendance has improved and also the ability to form friendships within school.’ School staff member

Children in Need – Specialist Trauma Therapy

Children in Need fund a Trauma Practitioner to engage with young people aged 10 – 18 and to work with the wider ACE Emotional Health Practitioner team to increase their knowledge in and support their assessment and response to symptoms of low level trauma in young people.

A total of 55 young people aged between 10 years and 18 years were seen on this project during the 2023 – 2024 year.

The two graphs below show the traumatic experiences recorded and the symptoms arising from those experiences by the young people attending ACE. The graph demonstrates that many had experienced several traumatic events and were experiencing many symptoms relating to these.



ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Below is a selection of short individual experiences highlighting some of the work that was completed with young people within this project and the impact of the ACE interventions.

'Throughout the therapeutic journey, S has been open to challenging their thoughts feelings and behaviours through the use of the hot cross bun model. We collaboratively worked on what healthy relationships look like and how to commence dating after CSA. This has enabled S to gain more control of their choices and build on their confidence. S benefited from understanding how the brain works in trauma and how it protects the person through dissociation when experiencing a traumatic event. Through psychoeducation, S was able to gain insight into their own reactions and behaviours and learnt to observe avoidant behaviours which was potentially damaging to their driver for change. S learnt how to instil boundaries and contracting to ensure safety of self, and for clarity of what is expected of self and others. This included learning to say no. Confidence and self-belief grew over the months and their resilience became evident when challenged with being bullied. S was able to stand their ground and challenge the behaviour of the bullies. Overall, S has grown in independence, self-sufficiency, confidence, and emotional health.'

'Throughout we worked on boundaries and saying 'no' which reduced risk-taking behaviours, improved confidence, and helped Z understand, observe, and accept their vulnerabilities. This in turn supported empowerment, plus increased resilience and self-support. We explored somatic process which helped Z recognise early body senses to slow behavioural responses. Psychoeducation helped Z understand their brain patterns and fears, and why they reacted as they did. Grounding techniques supported Z in managing visual and auditory hallucinations, dissociation, and panic. Talking through historic traumatic events enabled Z to tell their story and reframe it through left/right brain work and challenging perspective to harness their experiences which significantly improved their emotional health. All aspects have helped Z reframe their life encouraging personal growth, confidence, empowerment, a sense of control, independence, and resilience.'

The Y.P completed questionnaires at the beginning, quarterly and end of their intervention with ACE. These demonstrated the impact of the therapy. The young people attending ACE on this project showed an average improvement in their mental health of 39.2%.

Below is a selection of feedback received from young people who have received intervention through this project.

'J is the most wonderful, caring, open minded, non-judgemental being to ever exist. Talking, coping strategies and breathing techniques really helped. I no longer self-harm, have improved self-esteem and confidence. Family life, relationships and motivation have all improved. Thank you.'

'J was lovely and really helped me understand what was going on in my head and why. I had J's number just in case I needed it. I felt trusted and knew that all conversations were confidential. Talking and listening was good. I was shown reasons why I felt anxious/ down and what may have caused these things. This helped me identify triggers and past traumas. I feel a lot happier and more confident within myself. I feel that I have a more sense of self and I am generally less anxious. I feel much better in myself and relationships with people have improved.'

'The kindness I received from J and her understanding made me feel less alone with my suffering and I really felt listened to. I have learnt to understand certain things about my trauma better and that's helped me feel more validated. I have learnt to cope better with my trauma. Thank you for your endless support and understanding. It has been a pleasure working with you.'

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Children In Need small grant

ACE worked with young people aged 10 to 18 years who have poor emotional health and are experiencing psychological difficulties and some level of distress which prevents them from reaching their full potential. These young people have experienced family breakdown, difficult family situations, bereavement, domestic violence, neglect, abuse, who have been or are being bullied (for some, every day of their lives), The symptoms the young people display are varied. Many have high anxiety and/ or low mood; Many are unable to make and sustain friendships.

Most are unable to manage their feelings or behaviour, some self-harm and have suicidal thoughts. They are often isolated, have poor school attendance, get in to trouble in school and the community and are unable to cope with their life situation. There was also group work completed for young people Young people were seen individually and a group was run for young people who identified as LGBTQI+

ACE Practitioners worked with young people on the following key topics:

- **Support team** – identify/develop/maintain a support team with trusted family members, friends, school and significant others and learn how to be pro-active seeking support when required to help reduce the build-up of stress.
- **Stress management/low moods** – understand how the build-up of stress can have a detrimental effect on how we feel and develop strategies for reducing/managing stress as well as finding ways to self-nurture when feeling low in mood.
- **Anxiety/panic** – understand the vicious circle of anxiety, identify situations that trigger feelings of anxiety as well as automatic negative thinking habits and develop strategies to give perspective and manage thoughts, feelings and behaviours.
- **Family/school/peer relationships** – understand the ups/downs of relationships and causes of frustrations and develop skills to remain in control and communicate needs constructively.
- **Revision techniques** – put together a revision timetable with good structure and realistic/achievable targets in preparation for forthcoming examinations, to help build confidence/reduce the build-up of stress.
- **Confidence/self-esteem** – complete worksheets on developing confidence/self-esteem/healthy body image, etc, and/or to encourage participation in social activities to develop new friendships, increase confidence and reduce feelings of isolation, and/or to complete worksheets on strategies for building happiness and celebrating successes.
- **Trauma** - to discuss and reflect on historical family trauma (victim of physical abuse/ victim of emotional abuse/ CSS involvement/ witness to parental attempt to take own life) and help understand the impact of this on mental health.
- **Self-harm/suicidal ideation** – to understand triggers/circumstances that have led to thoughts/incidents of self-harm/suicidal ideation and develop alternative coping strategies/delaying techniques to reduce/prevent further incidents.
- **Risk taking behaviour** – understand circumstances that contribute to risk taking behaviour (including alcohol and/or drug misuse, internet safety, CSE and the process of grooming), raising awareness of the impact on mental health and well-being, and help develop alternative management strategies.

The outcome of the work completed, based on paired outcome measures from RCADS (Revised Child Anxiety and Depression Scale) questionnaires completed at start, quarterly and ends of intervention showed an average improvement of 24.39%

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Feedback

'The one-to-one support for our child was tailored to their needs and very personal. The coping strategies, mood diaries and talking to someone who understands /listening really helped. They have been able to attend an activity group because of the support given and are far less stressed. They have more confidence which has enabled them to meet new friends and experience new activities.'

'Me and my mum are getting along better now...we still argue but when we're ready we can come together and sort things out...I'm seeing my grandad more now and enjoy being spoilt when I stay over at his house during holidays...I'm not feeling as stressed about things now and have some ways to cope when things are getting to me...I'm talking more with people I trust which helps me cope better...I still get angry about things but feel I have more ideas about what causes this and what I can do to deal with it without things getting too messy...'

Angus Lawson Memorial Trust – Cognitive Behavioural Therapy work

A grant was received to fund the work of a Cognitive Behavioural Therapy (CBT) therapist two days a week and support two CBT students on placement. CBT is particularly effective for people suffering with complex cases of anxiety, depressions, phobias and Obsessive Compulsive Disorder. The project aims for:

- reduced low mood and anxiety in young people
- increased ability of young people to manage the symptoms of low mood and anxiety
- increased resilience for young people and the ability to cope with negative environmental influences
- improved school attendance, better relationships, participation in leisure activities etc.

The grant also supported the supervision of staff to improve learning and focus especially on positive endings to therapy.

Young people attended individual sessions weekly during the year April 23 – March 24. Outcome measures from RCADS (Revised Child Anxiety and Depression Scale) questionnaires at the start and end of intervention indicate the average improvement in their mental health was 33.1% for total anxiety and 34.7% for total anxiety and depression.

Below is an example of young people's journeys on this project with ACE:

'IS was referred to ACE as she was struggling to attend school as she was having panic attacks prior to attending and during school times. During treatment it became clear that IS struggles from Panic Disorder which was leading to symptoms of Agoraphobia. This developed into emotional school avoidance and complete isolation and withdrawal. IS also struggled with depression brought on by her struggles with her mental health. IS completed a management plan throughout the course of treatment and this was reviewed at the end of intervention. She also completed a relapse prevention plan as part of her treatment. She has demonstrated improvement in her ability to manage her cognitions and behaviours. She has developed her selected coping skills and tools and is committed to continue this development after intervention. The parent co-therapy approach has supported IS to sustain her improvements. Mum is very involved in helping IS manage her symptoms and will continue to do so in the future. IS engaged well in CBT for Panic and has developed her understanding of this disorder through psychoeducation. She is able to continue managing her symptoms through the skills and tools developed during intervention. IS has focused of gradual exposure during the final weeks of treatment and she has been able to accomplish goals that seemed impossible six months ago. She has reconnected with friends and family while her mental health has improved. They are very supportive and committed to continuing to be there for IS when she needs them. Since her engagement in CBT treatment, she has learnt to manage her responses better and this has supported the development of her resilience and supports her coping with negative environmental influences.'

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Francis C Scott Charitable Trust

ACE provided 1-2-1 emotional health and well-being sessions to young people who had been struggling with a number of areas including relationships, family breakdowns and struggles with attending school.

Throughout this project we discovered that the mental health needs of the young people referred or self-referred to the project were more complex or multifaceted than expected. This seems to be increasing since COVID. ACE also received an increased number of referrals for young people with Autism or on the Autism (ASD) pathway.

ACE has worked with the young people to build their confidence, reliance and self-esteem as well as provide tools to help them in the future. This has been achieved through a person-centred approach, working with the young person to identify the best solution focused way forward. Some of this work has have been centred on using art, written word as well as areas of interest from the young person.

We used short term group work with young people to help them to move on from individual by using an art journaling programme to support them to build resilience. Unlike our 1 to 1 sessions, the group work was for a limited time from 3 to 8 sessions.

Where appropriate and with the young people's consent ACE involved parents and carers in the support for their young person. This might have been for the young person to share what they were going through in a safe neutral space or sharing what they have achieved with the practitioner. Parents were often distressed that they were unable to help their child and appreciated being supported themselves and learning ways to better support their child This means that the young person has support outside of ACE and builds in sustainability for the future after our intervention.

The long-term impact of what ACE provided for young people has been shown to improve family relationships to prevent homelessness, to improve school attendance and attainment amongst other things. Young people reported that their confidence had improved enabling them to do things and access opportunities that they would not have felt able to do before. family life and relationships improved to positive sustainable ones. An important area young people and their families identified was coping skills and the ability to deal with what life threw at them better than previously. Young people saw all these things as long term benefit for their future live. This was especially strong for those that had grown up in a household where domestic violence was present. We measured the change in the young people's mental health using a reliable validated assessment method. This shows us the overall improvement in young people's mental health and also in particular areas, such as anxiety or low mood. From this we can calculate the percentage change in symptoms of poor mental health. For this project the average positive change was 22%.

Young person comments

"I liked how friendly and kind they were with me."

"I felt very comfortable and that I wasn't being judged."

"The fact you can self-refer, and all the staff have been friendly and welcoming. I can't thank J enough for helping me see the light again"

"My experience was fantastic, so my only idea is to allow for more young people to be seen by them."

"I am more motivated and able to work through things without having them hang over me for long periods."

"My family life has improved."

"Helped with confidence and coping with anxiety"

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Plans for future periods

During the year, ACE took part in a competitive tendering exercise for ongoing work with Lancashire and Cumbria ICB. Ultimately the tender was not won and work previously delivered by ACE over a number of years was awarded to a large national organisation for delivery in a revised way.

This required ACE to consider its future as the charity continues to face the challenges of securing funding within a climate of often year-on-year funding from public bodies and much increased competition.

The charity has reviewed itself and identified areas of specialism on which to focus and is undertaking development work needed to strengthen management and staff supervision.

The charity is focussed on responding to the changing mental health needs of young people and filling a niche that is a gap in service provision.

Financial review

The detailed results for the charity are included in the Statement of Financial Activities.

The financial statements show total income of £217,497 (2023: £251,085) and expenditure of £236,363 (2023: £237,488) generating a deficit of £18,866 (2023: surplus of £13,597) for the year. This comprises of a deficit of £17,876 (2023: surplus of £14,497) relating to restricted funds and a deficit of £990 (2023: £900) relating to general funds into the next financial year, after transfers between funds.

Funds at 31 March 2024 comprise restricted funds of £79,295 relating to on-going projects, leaving unrestricted general funds of £23,883 in the budget for 2024-25 which will be invested in future activity.

Reserves

The charity reviewed its Reserves Policy in 2019 and following significant growth of funded project work agreed to hold reserves equivalent to three months running costs for its overhead costs. This is currently estimated to be £21,000 and current unrestricted reserves of £23,883 exceed this figure. Overheads are estimated based on costs not directly associated with project work which will ebb and flow as funding is secured and ends but includes primarily premises and administrative costs, management and administrative staff as well as estimated accrued redundancy liabilities.

The charity has reviewed itself and identified areas of development need to improve management and staff supervision and to respond to the needs of some young people who although improving have complex and multi layered needs that require long term support.

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

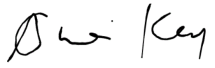
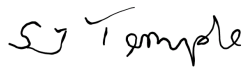
Statement of Trustees' responsibilities

The trustees are required to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of its financial activities for that period. In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- State whether the policies followed are in accordance with applicable accounting standards, subject to any material departures disclosed and explained in the financial statements;
- Prepare the financial statements on the going concern basis unless it's inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention of fraud and other irregularities.

This report was approved by the trustees and authorised for issue on the January 14, 2025 and is signed on their behalf by:

		
.....		
S Kay		S Temple
Trustee		Trustee

ACHIEVE CHANGE & ENGAGEMENT ACE

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF ACHIEVE CHANGE & ENGAGEMENT ACE FOR THE YEAR ENDED 31 MARCH 2024

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2023 which are set out on pages 15 to 28.

Responsibilities and basis of report

As the charity trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the 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

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.

JSSteer

Jack Steer BA(Hons) ACA
MHA
Chartered Accountants
14 Mannin Way
Lancaster Business Park
Lancaster
LA1 3SW

January 16, 2025
.....

ACHIEVE CHANGE & ENGAGEMENT ACE**STATEMENT OF FINANCIAL ACTIVITIES****FOR THE YEAR ENDED 31 MARCH 2024**

		Unrestricted funds £	Restricted funds £	Total funds 2024 £	Total funds 2023 £
Income from:					
Donations and legacies	3	-	15,067	15,067	12,142
Charitable activities	4	-	202,430	202,430	238,943
Total		-	217,497	217,497	251,085
Expenditure on:					
Charitable activities	5	990	235,373	236,363	237,488
Total		990	235,373	236,363	237,488
Net income/(expenditure)		(990)	(17,876)	(18,866)	13,597
Transfers between funds		-	-	-	-
Net movement in funds		(990)	(17,876)	(18,866)	13,597
Reconciliation of funds:					
Total funds brought forward		24,873	97,171	122,044	108,447
Total funds carried forward	12	23,883	79,295	103,178	122,044

All gains and losses in each period are included above.

All of the above amounts relate to continuing activities.

The notes on pages 17 to 28 form part of these financial statements.

ACHIEVE CHANGE & ENGAGEMENT ACE**BALANCE SHEET****AS AT 31 MARCH 2024**

		2024		2023	
		£	£	£	£
Current assets					
Debtors	10	33,467		8,635	
Cash at bank and in hand		<u>100,356</u>		<u>176,978</u>	
		133,823		185,613	
Creditors: amounts falling due within one year	11	<u>(30,645)</u>		<u>(63,569)</u>	
Net current assets		103,178		122,044	
Total assets less current liabilities		103,178		122,044	
Net assets		103,178		122,044	
Funds:					
Unrestricted funds		23,883		24,873	
Restricted funds		79,295		97,171	
Total funds	12	103,178		122,044	

These accounts were approved by the trustees and authorised for issue on the and are signed on their behalf by:

January 14, 2025

S Kay

S Kay
Trustee

S Temple

S Temple
Trustee

The notes on pages 17 to 28 form part of these financial statements.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

Legal form

Achieve Change & Engagement ACE is a charitable incorporated organisation (CIO) registered in the United Kingdom. The address of the charity, the nature of its operations and its principal activities are all detailed in the Trustees' report and charity administrative details pages in these financial statements.

Basis of accounting

The charity constitutes a public benefit entity as defined by FRS102. The financial statements have been prepared in accordance with the accounting policies set out in note 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 (FRS 102).

The financial statements have been prepared on a going concern basis under the historical cost convention. The financial statements are prepared in sterling which is the functional currency of the charity and are rounded to the nearest £.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

Preparation of the accounts on a going concern basis

The trustees do not consider there to be a material uncertainty at this time, and there is a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus, the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

Taxation

The charity is recognised by the Inland Revenue as a UK Charity and is entitled to exemptions from corporation tax.

Income

Grants where the application of the grant is determined by the funder are included as restricted funds. Grants where there are no conditions set by the funders other than the general objects of the charity are included as unrestricted funds. Grants are accrued when any conditions on their receipt have been met and are deferred where conditions on their receipt have not been met.

Income with contractual service requirements are accounted for when the conditions to entitlement are met and accounted for within unrestricted income from charitable activities. No income is shown net of expenditure.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies (continued)

Expenditure

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required, and the amount of the obligation can be measured reliably.

Support costs are those which assist the work of the charity but do not directly represent charitable activities and include office costs and governance costs. They are incurred directly to support the objectives of the charity. Expenditure is inclusive of irrecoverable VAT.

Debtors and creditors

Debtors and creditors with no stated interest rate and receivable and payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

Cash and cash equivalents

Cash held by the charity includes amounts held on call at banks.

Accumulated funds

Unrestricted funds - these are available for use at the discretion of the trustees in furtherance of the general activities of the charity

Restricted funds - these are subjected to restrictions on their expenditure imposed by the donor. The restricted fixed asset fund represents assets purchased from specific grants and funds future depreciation of those assets.

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 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 offset 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 and other financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

The charity has no financial instruments that are classified as other financial assets.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies (continued)

Impairment of financial assets

Financial assets are assessed for indicators of impairment at each reporting end date.

Financial assets are impaired where there is objective evidence that, as a result of one or more events that occurred after the initial recognition of the financial asset, the estimated future cash flows have been affected. If an asset is impaired, the impairment loss is the difference between the carrying amount and the present value of the estimated cash flows discounted at the asset's original effective interest rate. The impairment loss is recognised in the statement of financial activities.

If there is a decrease in the impairment loss arising from an event occurring after the impairment was recognised, the impairment is reversed. The reversal is such that the current carrying amount does not exceed what the carrying amount would have been, had the impairment not previously been recognised. The impairment reversal is recognised in the statement of financial activities.

De-recognition of financial assets

Financial assets are derecognised only when the contractual rights to the cash flows from the asset expire or are settled, or when the charity transfers the financial asset and substantially all the risks and rewards of ownership to another entity, or if some significant risks and rewards of ownership are retained but control of the asset has transferred to another party that is able to sell the asset in its entirety to an unrelated third party.

Classification of financial liabilities

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the charity after deducting all of its liabilities.

Basic and other financial liabilities

Basic financial liabilities, including creditors, are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future receipts discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised. Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

The charity has no liabilities which are classified as other financial liabilities.

De-recognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

2 Judgements and key sources of estimation uncertainty (continued)

In the application of the Charity’s accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amounts 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 both current and future periods.

Key assumptions, judgements and estimates

In the opinion of the Trustees’ there have been no significant judgements made in the process of applying the above accounting policies. There have been no key assumptions concerning future and other key sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year.

3 Income from donations and legacies

	Unrestricted funds £	Restricted funds £	Total 2024 £	Total 2023 £
Donations	-	15,067	15,067	12,142
	-	15,067	15,067	12,142

In the comparative year, all income from donations were restricted funds.

ACHIEVE CHANGE & ENGAGEMENT ACE**NOTES TO THE ACCOUNTS (CONTINUED)****FOR THE YEAR ENDED 31 MARCH 2024****4 Income from charitable activities**

	Unrestricted funds	Restricted funds	Total 2024	Total 2023
	£	£	£	£
NHS Lancashire & Cumbria ICB (previously Clinical Commissioning Groups)	-	121,376	121,376	102,350
BBC Children In Need	-	9,981	9,981	49,849
Community Foundation	-	-	-	2,684
Francis C Scott	-	20,775	20,775	27,550
Carnforth High School	-	-	-	9,500
Westminster Foundation	-	-	-	8,515
Masonic Charitable Foundation	-	4,833	4,833	4,834
Heysham High School	-	7,999	7,999	17,100
Angus Lawton Memorial Trust	-	19,966	19,966	14,322
Awards for All	-	-	-	2,239
CIN trauma	-	17,500	17,500	-
	-	202,430	202,430	238,943

In the comparative year, all income from charitable activities were restricted funds.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

5 Expenditure on charitable activities

Activity	Youth wellbeing and support			Total
	Unrestricted	Restricted	Total	2023
	Funds	Funds	2024	
	£	£	£	£
Youth worker costs	-	223,509	223,509	223,431
Fund raising expenses	-	372	372	16
Insurance	-	1,652	1,652	1,419
Office accommodation costs	-	6,079	6,079	5,632
Payroll processing	-	360	360	360
Advertising	-	-	-	175
Travel	-	366	366	1,009
Printing, postage and stationary	-	176	176	294
Web design	-	19	19	-
Membership & Accreditation	-	50	50	35
Telephone	-	1,379	1,379	1,276
Staff training	-	53	53	65
Sundry	-	1,058	1,058	2,876
Support Costs (note 6)	990	300	1,290	900
	990	235,373	236,363	237,488

In the comparative year, expenditure on charitable activities included £900 on unrestricted funds and £236,588 on restricted funds.

6 Support costs

	Total	Total
	2024	2023
	£	£
Accountancy fees	990	900
Tax return	300	-
	1,290	900

ACHIEVE CHANGE & ENGAGEMENT ACE**NOTES TO THE ACCOUNTS (CONTINUED)****FOR THE YEAR ENDED 31 MARCH 2024****7 Net income/(expenditure)**

	2024	2023
	£	£
Net income/(expenditure) is stated after charging/(crediting):		
Independent examiner's remuneration:		
- independent examination fee	990	900

8 Staff costs and emoluments

Total staff costs for the year were as follows:

Employment costs	2024	2023
	£	£
Wages and salaries	190,579	179,970
Social security costs	4,723	4,620
Pension costs	2,629	2,646
	197,931	187,236

The number of employees during the period was:

Number of employees (all part time)	2024	2023
	No	No
Charity Coordinator	1	1
Emotional Health & Wellbeing Practitioners	14	13
	15	14

No employee received emoluments of more than £60,000 during the year.

ACHIEVE CHANGE & ENGAGEMENT ACE**NOTES TO THE ACCOUNTS (CONTINUED)****FOR THE YEAR ENDED 31 MARCH 2024**

9 Trustees (and directors) remuneration and key management personnel

The key management personnel of the charity are considered to be the trustees.

No trustees were remunerated through the payroll of the charity, however, one trustee did receive payments from the charity as described in note 16 to the financial statements.

10 Debtors

	2024 £	2023 £
Debtors	33,258	8,426
Other debtors	209	209
	33,467	8,635

11 Creditors: Amounts falling due within one year

	2024 £	2023 £
Trade creditors	12,333	5,572
Accruals	990	900
Deferred income	17,322	57,097
	30,645	63,569
	2024 £	2023 £
Deferred income brought forward	57,097	80,990
Released in the year	(57,097)	(80,990)
Grants received in advance	17,322	57,097
	17,322	57,097

ACHIEVE CHANGE & ENGAGEMENT ACE**NOTES TO THE ACCOUNTS (CONTINUED)****FOR THE YEAR ENDED 31 MARCH 2024****12 Analysis of charitable funds**

	At 1 April 2023 £	Income £	Expenditure £	Transfers & gains/losses £	At 31 March 2024 £
Unrestricted funds					
General fund	24,873	-	(990)	-	23,883
	24,873	-	(990)	-	23,883
Restricted funds					
NHS Lancashire & Cumbria ICB (previously Clinical Commissioning Groups)	36,315	121,376	(132,280)	-	25,411
<i>Other:</i>					
BBC Children In Need	1,703	9,981	(7,334)	-	4,350
Children In Need Trauma	7,008	-	(7,262)	254	-
Francis C Scott	5,734	20,775	(27,053)	544	-
Resource Pack	1,445	-	-	-	1,445
PQASSO Cost Saving	1,800	-	-	-	1,800
Mark McQueen	2,684	-	-	-	2,684
OL Catholic High School	962	-	(962)	-	-
Westminster Foundation	350	-	(690)	340	-
Active Lancashire	500	-	-	-	500
MUFC Fundraising	1,731	-	(1,731)	-	-
Bay Leadership Academy	-	7,999	(6,490)	-	1,509
ALMT Funding	-	19,966	(19,972)	6	-
Masonic Foundation	4,834	4,833	(4,834)	-	4,833
CIN trauma	-	17,500	(10,704)	-	6,796
Highest point	-	430	(320)	(110)	-
Other donations	32,105	14,637	(15,741)	(1,034)	29,967
	97,171	217,497	(235,373)	-	79,295
Total funds	122,044	217,497	(236,363)	-	103,178

NHS Lancashire & Cumbria ICB

The funding allows ACE to operate peer support groups, deliver participation and run one to one work in various schools and community venues across Lancaster, Fylde and Wyre for young people.

Some short term funding for research projects and a pilot to support specialist work was also received.

BBC Children In Need

Funding is used to reduce distress, improve the emotional health and wellbeing and build the resilience of children aged 11-18 outside of school hours.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

12 Analysis of charitable funds (continued)

Children In Need Trauma / CIN Trauma

This funding supports ACE to deliver trauma focussed therapy to young people aged 10 to 19 years and to raise the skills of our wider team to recognise potential indicators of trauma and provide support. This work provides support to young people who have experienced traumatic events including emotional, physical and sexual abuse, exploitation, bereavement and domestic violence. Funding was renewed in September 23 for a further three years.

Francis C Scott

Funding allows ACE to work with young people to improve emotional health and build resilience for those that are at risk of becoming homeless and those who are aged 16 to 24 living in supported housing.

Resource Pack & PQASSO Cost Saving

These funds will be used to create and provide curriculum resources and will support the work of ACE through accreditation.

Mark McQueen, Masonic Foundation, MUFC Fundraising, Highest Point and Other Donations

Various grants, fundraised income and donations are used to support the aims and objectives of ACE, supporting young people to reduce anxiety, low self-esteem and social isolation and to improve emotional health and wellbeing to decrease school nonattendance at locations within Lancaster.

OL Catholic High School and Bay Leadership Academy

Fundraising and commissioning by the school allows ACE to place a worker in both schools offering person centred, solution focussed support for young people with poor emotional health.

Westminster Foundation

Funding for a family worker during a pilot project working with young people aged 11 – 25 who have poor emotional health together with their families in rural Lancashire.

Active Lancashire

Small grant to support a project encouraging the participation of young people in an outside challenge and the creation of a video.

Angus Lawson Memorial Trust (ALMT) Funding

Funding for a specialist Cognitive Behavioural Therapist to effectively support relevant young people referred to the service and support the clinical supervision of all practitioners in order to improve physical, mental health and well-being for all beneficiaries, increase self-esteem, confidence, reduce anxiety, social isolation and confusion.

ACHIEVE CHANGE & ENGAGEMENT ACE**NOTES TO THE ACCOUNTS (CONTINUED)****FOR THE YEAR ENDED 31 MARCH 2024****13 Analysis of charitable funds: Prior Year**

	At 1 April 2022 £	Income £	Expenditure £	Transfers & gains/losses £	At 31 March 2023 £
Unrestricted funds					
General fund	25,773	-	(900)	-	24,873
	25,773	-	(900)	-	24,873
Restricted funds					
NHS Lancashire & Cumbria ICB (previously Clinical Commissioning Groups)	26,293	102,351	(92,328)	-	36,316
<i>Other:</i>					-
<i>BBC Children In Need</i>	1,190	10,490	(9,977)	-	1,703
Banks Lyon Memorial Trust	2,568	-	(2,568)	-	-
Children In Need Trauma	5,706	39,359	(38,057)	-	7,008
Francis C Scott	282	15,750	(15,521)	-	511
Francis C Scott	2,950	11,800	(9,531)	-	5,219
Resource Pack	1,445	-	-	-	1,445
PQASSO Cost Saving	1,800	-	-	-	1,800
Mark McQueen	-	2,684	-	-	2,684
OL Catholic High School	3,349	-	(2,388)	-	961
Carnforth High School	984	9,500	(10,484)	-	-
MIND Grant	1	-	-	-	1
Westminster Foundation	1,416	8,515	(9,581)	-	350
LRGS	2,400	-	(2,422)	22	-
LGGS	3,000	-	(3,134)	134	-
Active Lancashire	500	-	-	-	500
MUFC Fundraising	4,490	-	(2,758)	-	1,732
Paid for support	1,734	-	(1,734)	-	-
Bay Leadership Academy	-	17,100	(17,100)	-	-
ALMT Funding	377	14,321	(16,001)	1,303	-
Awards for All	765	2,239	(3,004)	-	-
Masonic Foundation	-	4,834	-	-	4,834
Other donations	21,424	12,142	-	(1,459)	32,107
	82,674	251,085	(236,588)	-	97,171
Total funds	108,447	251,085	(237,488)	-	122,044

ACHIEVE CHANGE & ENGAGEMENT ACE**NOTES TO THE ACCOUNTS (CONTINUED)****FOR THE YEAR ENDED 31 MARCH 2024****14 Analysis of net assets by funds: Current year**

	Unrestricted Funds £	Restricted Funds £	Total £
Fund balances at 31 March 2024 are represented by:			
Current assets	24,873	108,950	133,823
Creditors: amounts falling due within one year	(990)	(29,655)	(30,645)
	23,883	79,295	103,178

15 Analysis of net assets by funds: Prior Year

	Unrestricted Funds £	Restricted Funds £	Total £
Fund balances at 31 March 2023 are represented by:			
Current assets	25,773	159,840	185,613
Creditors: amounts falling due within one year	(900)	(62,669)	(63,569)
	24,873	97,171	122,044

16 Related party transactions

The charity was under the control of the trustees during the current and prior period.

During the year S Temple, a trustee of the charity, invoiced the charity £8,240 (2023: £1,860) for project management fees. This amount includes expenses incurred. A balance of £8,240 (2023: £1,860) was due to S Temple at the year end.

During the year C Welsby, a trustee of the charity, invoiced the charity £6,000 (2023: £5,400) for rent in relation to office space.

Accounts



**Trustees' Report and Unaudited Financial
Statements**

**For The Year Ended
31 March 2023**

ACHIEVE CHANGE & ENGAGEMENT ACE

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ACHIEVE CHANGE & ENGAGEMENT ACE

CHARITY REFERENCE AND ADMINISTRATIVE DETAILS FOR THE YEAR ENDED 31 MARCH 2023

Registered charity name	Achieve Change & Engagement ACE
Charity registration number	1147278
Registered office	18 Sun Street Lancaster LA1 1EW
Trustees	S Temple P Callis D Tyson (resigned 31 December 2022) J Johnson (resigned 5 October 2023) C Welsby H Belbin T Corish S Kay (appointed 24 July 2022) Katharine Griffin (appointed 24 October 2023) Elinor Harris (appointed 24 October 2023) M Duncan (resigned 31 December 2022) V Gray-Joyce (resigned 28 February 2023)
Independent Examiner	MHA Moore and Smalley Chartered Accountants Priory Close St Mary's Gate Lancaster Lancashire LA1 1XB

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2023

The trustees have pleasure in presenting their report and the unaudited financial statements of the charity for the period ended 31 March 2023.

The financial statements comply with the Charities Act 2011, the Memorandum and Articles of Association, 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 (FRS 102).

Reference and administrative details

Reference and administrative details are shown in the schedule of members of the board and professional advisers on page 1 of the financial statements.

The charity is known as “ACE”.

The trustees

The trustees who served the charity during the period are shown on page 1.

Structure, governance and management

Governing document

The charity operated as an unincorporated organisation from 2008 until it was incorporated on 15 November 2011 and registered as a charity with the charity commission on 16 May 2012.

At a meeting on 15th March 2021 the trustees agreed to convert the existing Charitable Company from its current status to become a Charitable Incorporated Organisation (CIO) using the Foundation Model Constitution. In practice, the CIO becoming operational on 1 April 2021 with the Charity Commission recording conversion on 12th May 2021.

Trustees

The number of trustees shall be at least three. A trustee must be a natural person aged 16 years or older. Any person who is willing to act as Trustee, and is permitted by law to do so, may be appointed to be a trustee by the decision of the trustees. Recruitment induction and training is conducted by existing trustees as necessary.

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Objectives and activities

The Charity's objects are specifically restricted to the following:

Object 1 — Young people

To act as a resource for young people up to the age of 25 living in England and Wales by providing advice and assistance and organising programmes of physical, educational and other activities as a means of:

- advancing in life and helping young people by developing their skills, capacities and capabilities to enable them to participate in society as independent, mature individuals;
- advancing education;
- relieving unemployment;
- providing recreational and leisure time activities in the interests of social welfare for people living in the area of benefit who have need by reason of their youth, age, infirmity or disability, poverty or social and economic circumstances with a view to improving the conditions of life of such persons.

Object 2 — Social inclusion

To promote social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society. For the purpose of this clause 'socially excluded' means being excluded from society, or parts of society, as a result of one or more of the following factors: unemployment; financial hardship; youth or old age; ill health (physical or mental); substance abuse or dependency including alcohol and drugs; discrimination on the grounds of sex, race, disability, ethnic origin, religion, belief, creed, sexual orientation or gender re-assignment; poor educational or skills attainment; relationship and family breakdown; poor housing (that is housing that does not meet basic habitable standards; crime (either as a victim of crime or as an offender rehabilitating into society).

Our vision

All children, young people and adults live in emotionally healthy communities where they are heard and valued and able to get help when needed.

Our mission

ACE works with children, young people and adults to support them to build emotional resilience, putting their voices at the heart of our work.

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Our work

The charity has undertaken the following overarching activities for public benefit in relation to its objects:

● One to one work Emotional Health Practitioners work with young people ages 11 to 25 in schools, GP Practices and community venues on an individual basis to support them to improve their emotional health. Referrals are taken from school staff, GPs, mental health services, other services, parents and young people themselves. The work is person-centred, solution focussed and goal based. The young people are generally seen weekly and their improvement in emotional health and resilience is measured along with the impact of the work. Two half-time trauma therapists continued our team working with 10 to 18 year olds and we supported young people with autism or on the autism pathway with specific support.	● Group work Groups of young people are worked with to support their emotional health and build resilience around specific issues such as self-esteem, relationships or stress and anxiety. Again, improvements in emotional health and resilience are measured.
	● Participation Groups of young people meet to gain information on mental health services or education for children and young people and advocate on behalf of young people's voice with commissioners and decision-makers.

Public benefit

We have referred to the guidance contained in the Charity Commission's general guidance when reviewing our aims and objectives and in planning our future activities.

Achievements and performance

Some overarching information relating to our work:

- ACE provides individual appointments to young people aged 10 – 25.
- The most vulnerable young people received face-to-face support where this was possible.
- Families received support from ACE and young people were able to access their Practitioners for additional support out of hours when required.
- Face-to-face participation group work where there was a need identified by the school and around a theme related to the concerns in the school such as anxiety around exams.

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

During 2022/23, ACE has:

- Maintained a reputation for delivering quality work that positively impacts the lives of young people and influences adult decisions.
- We have worked with young people to help them develop new social and emotional skills, resulting in improved emotional health.
- Enabled young people to influence services and the workforce, particularly focusing on the social inclusion of those with poor mental health.
- Addressed a critical service gap between universal and specialist services in our locality.
- Responded to the increasing number of young people facing emotional challenges.
- Enabled young people to volunteer and generated income to support the charity's objectives.

Funding Sources: ACE received funding from various organisations, including:

- Lancashire and South Cumbria ICB,
- National Lottery Funding (Awards for All),
- Children in Need,
- Westminster Foundation,
- Francis C Scott Charitable Trust,
- Angus Lawson Memorial Trust,
- Mark McQueen Memorial Trust,
- as well as donations from individuals, organisations, and local schools.

Performance Data:

- ACE received a total of 583 referrals during the year.
- Of these referrals, 170 (29.2%) were allocated and ongoing with intervention.
- 154 (26.4%) were seen and closed as they completed intervention.
- 89 (15.3%) were still awaiting allocation to a practitioner, and an additional 36 were waiting for their first appointment.
- 134 (22.9%) either declined intervention before or during their first appointment, were receiving services elsewhere, or did not respond to calls/emails/texts.

Feedback:

- Feedback from service users indicated high satisfaction with ACE's services, with 57.2% rating the service as "Excellent," 32.1% as "Very Good," and 10.7% as "Good."
- An impressive 89.3% of respondents felt that the service could not be improved.
- The remaining 10.7% suggested shorter waiting times as an area for potential improvement.

The Trustees expressed their gratitude to the ACE team for their resilience and continued hard work in supporting both the charity and the individuals it serves.

Overall, ACE appears to be making a significant positive impact on the emotional well-being of young people and contributing to the improvement of services in their community.

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Achievements and performance in more detail

Some reports on our major funding streams follow:

Lancashire and South Cumbria Integrated Care Board (ICB)

Morecambe Bay

The ICB provided funding for practitioners to work within 4 Lancaster District schools for 0.5 days per week, providing 1-2-1 emotional health and wellbeing support for their young people mainly in the school in which they attended. We were able to extend the school support to include an alternative provision school supporting pupils who are struggling to engage with mainstream education.

Outcomes

- Verbal feedback from young people, parents/carers and professionals is that the support provided has been of benefit and has assisted young people in coping with the additional anxieties of being a teenager as well as complexities of family life.
- On average young people have received an intervention of approx. 12 weeks, usually a school term.

Schools feedback

"From a professional point of view there is a wide variety of different kinds of therapy and counselling approaches, assessments of the young person's needs and what therapy is best suited to those is used effectively. The staff, from the admin right through to the therapists are approachable and understanding."
- School

Parent's feedback

"My son had support from ACE during lockdown, due to panic attacks and anxiety, the support he had was valuable and helpful at that time, and the counselling helped him to be more resilient and to equip him with strategies that has helped move him forward. At that time he was unable to even leave the house, or manage his anxiety. He was unable to engage with college and ended up leaving the course. He has now recommenced the course he started, is able to engage with activities he couldn't at the time, such as playing Rugby, which he loves, and he has come on leaps and bounds and enjoying life again, socialising and travelling. While this is as much down to him pushing himself, he wouldn't have been able to do that without the support of ACE. So thank you." - Parent

Lancashire and South Cumbria Integrated Care Board (ICB)

Fylde and Wyre

The ICB provided funding for practitioners to work within 6 schools for 1 day per week and within the community for 0.5 days per week in the Fylde and Wyre area.

We also received additional funding in October for an additional 4 schools in the Fylde and Wyre area.

Outcomes

Number of young people completing a closing assessment and percentage of C.Y.P who experienced improvement in their level of emotional health/wellbeing measured by 99%

- Scoring in our assessment tools showed improved confidence, greater resilience, reduced anxiety, and improved emotional well-being and reduced low mood.

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Achievements and performance in more detail

- Young people reported that they had found the sessions with ACE beneficial. They liked the confidentiality of the service, found the Practitioners approachable and non-judgmental and felt safe within the environment. They reported that they had improved confidence, lower anxiety, better sleeping patterns and that their motivation had increased. They felt that they had benefitted from the coping strategies given to them to help manage their anxieties and worries.
- On average young people have received an intervention of approx. 12 weeks, usually a school term.

Some feedback from a school when asked 'in what way has ACE changed young people's lives?'

"Motivation, attendance at school and in lessons, meeting academic targets, less behaviour incidents." - School

Lancashire and South Cumbria Integrated Care Board (ICB)

ASD

The ICB provided funds for targeted work with young people who were on the ASD pathway or had a diagnosis of ASD and/or LGBTQ+. The support provided to this specific population, along with the enhancements made to our therapeutic techniques and facilities, has contributed to their improved well-being. Knowledge sharing within our organization has furthered our commitment to best practices in serving young people's individual needs.

Outcomes:

The project successfully achieved the following outcomes:

1. Redesigned Therapy Rooms: As part of the project, therapy rooms were reconfigured to create a more accommodating and comfortable space for working with young people on the ASD pathway or those with a diagnosis of ASD.
2. Enhanced Therapeutic Techniques: The project expanded the range of therapeutic techniques used to engage with young people with ASD. These techniques were tailored to meet the unique needs of this specific population, considering their distinct communication and interaction styles.
3. Knowledge Sharing: The practitioner directly involved in working with these young people shared their expertise and experiences with other staff members. This knowledge sharing has contributed to the dissemination of best practices in working with young people with ASD and LGBTQ+ identities within our organisation.

Impact:

The project's impact has been positive and significant:

- Young individuals on the ASD pathway or with a diagnosis of ASD and LGBTQ+ have received targeted support, resulting in improved well-being and engagement.
- The redesigned therapy rooms have created a more comfortable and accommodating environment for therapy sessions, which has contributed to better outcomes for the young people served.
- The enhanced therapeutic techniques have proven effective in engaging and supporting young people with ASD, leading to more successful therapeutic interventions.
- Knowledge sharing among staff members has increased the organisation's overall competence in working with young people who have ASD and LGBTQ+ identities.

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Achievements and performance in more detail

Lancashire and South Cumbria Integrated Care Board (ICB)

Research project

ACE has been conducting research into emotional health and wellbeing support in Primary schools and how it is best to implement such interventions.

Awards for all - Lottery funding

We have been able to use the money from the national lottery to employ a triage worker. The triage practitioner has been able to quickly assess the referrals coming to ensure that the young people with the greatest need receives the most urgent support. Young people are also assessed to match their needs with practitioners experience and to ensure that we place the young people on the correct funding stream. The practitioners also gives support whilst on the waiting list before allocation to 1-2-1 support.

Banks Lyon

We have been able to appoint half a day a week to work 1-2-1 with young people to work on their emotional health and wellbeing.

Children in Need - Small Grant

Children in Need provided funding for ACE to work with young people both as a group using telephone and video call applications and for individual support outside of school hours.

Outcomes

- Work with the young people was focussed on improved emotional health and building resilience; improved self-confidence and self-belief, together with empowerment to make positive life changes.
- Improvement scores based on paired outcome self-assessment questionnaires completed at start, mid and end of intervention showed an average improvement of 27.23%.

"These sessions have been really good. I have been able to open up and explore my feelings about so many things. I feel more confident in school, I have learnt about managing my worries." - Young Person

"I have enjoyed these sessions. They have helped because I don't overthink and worry much now. The sessions have been very helpful and I like talking to my counsellor. I use my candle technique breathing and it's helpful in stressful situations. My mum has said I'm much happier at home and not so stressed." - Young Person

"I have enjoyed these sessions and I think they have helped me quite a bit and they have made me not worry as much as I used to. Overall these sessions have really helped; the breathing exercises, the formulation, the continuous cycle have helped me think of how I feel. I have worked on reducing my safety behaviours eg. opening the doors times. The practitioner has been really helpful and kind towards me. My confidence has gone up and I felt less anxious and happier overall and I am starting to enjoy going out more. I realise that not everything is bad and I enjoy quite a lot of things in my life. School has been more enjoyable as I'm more confident speaking to people and the lessons I'm enjoying more because of that. Keeping friendships is a lot easier because I used to get anxious around big groups but not as much anymore and I enjoy my time with them a lot more." - Young Person

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Achievements and performance in more detail

“...thanks for your support and understanding earlier today...you gave me some really helpful insight and advice which will help me greatly as a parent...” - Parent

Children in Need - Main Grant

Children in Need fund Trauma Practitioners to engage with young people aged 10 – 18 and to work with the wider ACE Emotional Health Practitioner team to increase their knowledge in and support their assessment and response to symptoms of low level Trauma in young people.

Outcomes

- Work with young people was centred around improved emotional health and well-being; improved emotional regulation, and greater self-worth and self-confidence.
- The therapy received was rated as 62.5% excellent; 12.5% very good; 25% good.
- Improvement in emotional health and wellbeing was rated as 12.5% excellent; 50% very good; 37.5% good.
- Improvement scores based on paired outcome self-assessment questionnaires completed at start, mid and end of intervention showed an average improvement of 35.66%.

CIN Trauma requested Feedback:

“I got to talk about the people and animals who died. I understand why I feel sad.” - Young Person

“I liked having someone to speak to and share my opinions on stuff. My anxiety has improved a lot. I never used to be able to leave my house and now I can do that and a lot more. My school attendance has improved.” - Young Person

“The best bit was how you could speak about things. The breathing techniques really helped. My anxiety levels are much lower and I am able to control my panic attacks. It would be better if the waiting time for appointments was less.” - Young Person

“Having the freedom to speak, having someone there to just listen and point me in the right direction was great. Talking and understanding really helped. My happiness and mental wellbeing have improved, I’m more able to talk to others about the way I feel. My relationships and communication are so much better.” - Young Person

“I found it very useful, I have improved a lot over a few months and have learnt breathing techniques and have got a lot of good advice. Learning the breathing techniques has really helped me and it has been really nice to have someone who listens. My anxiety levels and happiness have improved a lot more as I am more comfortable with who I am. It has made me get along a lot more with my family and I now share a lot more with them than before.” - Young Person

“I feel that J presented an alternative way of engaging the young person to explore therapeutic interventions and the sessions had been successful. The young person decided to stop attending, she had moved to a new home and was feeling settled. She has been provided with reading and mood diaries have been explored with her. The sessions she did attend she spoke positively about them and stayed for the full session and at times longer. It was good to see her engaging with a therapeutic service and having an outlet. Her emotional health improved over the course of her using the service as she moved to a different home. She was struggling to settle with her foster carer. J provided support to the young person during a difficult time in her life.

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Achievements and performance in more detail

It is difficult to measure the impact as she did not continue to engage with sessions after she moved. She did engage during a time when she was struggling in foster care and once she moved and felt happier in her home environment she decided she no longer needed to attend.” - Professional

“I liked that I could stay as long as I needed to. Being heard and learning about the brain and body in trauma helped me the most. I understand myself better and cope better.” - Young Person

Francis C Scott Charitable Trust

Francis C Scott Charitable trust funded two projects;

One project works with young people at risk of becoming homeless, who have experienced family breakdown, a lack of family support leading to a lack of fulfilment of potential or who have experienced of domestic violence and abuse. The other one was for a practitioner to help with the most urgent cases on our waiting list as well as support young people to move through our service as quickly as possible, such as creating pathways to other services. We established an art group and craft making groups to get young people together around a hobby or passion.

Outcomes

Young people have given ACE positive feedback for our delivery with 96% of evaluations rating the service as good, very good or excellent and 64% as excellent.

Feedback about the practitioners approach was highlighted.

“Having someone listen to me and giving me ways that I can cope” - Young Person

“X more settled in self...more open and relaxed talking about stresses/worries...more able to resolve issues when there are problems...more at ease with school and compared to previous academic year where I received weekly telephone contact there have been no major concerns...” - Parent

“Thank you for the effort you I’ve put into your sessions with X. My husband, and I have noticed a much better improvement with my young person, their sense of well-being...thank you for the time you’ve spent helping X learn how to self-regulate...and also thank you to your organisation for providing such an important service to the community, especially so in days where funding is simply not good enough to provide the help communities are crying out for.” - Parent

“Hi just wanted to let you know I’m doing really well. I have been going into school just about to go to the exam room, I’m sitting my exams, I have been getting out more, I got a college place for September and I’m going to the Highest Point Festival today and tomorrow. Thank you for all the help you gave me, it has made a huge difference. Thanks” - Young Person

The Westminster Foundation

The Westminster Foundation provided project funding for a family worker to work with young people and their families where it is impossible to help the young person separately from their family. This is a holistic approach to the therapy we offer on this project.

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Achievements and performance in more detail

Outcomes

The outcomes of this project are improved emotional health for young people and increased knowledge of coping strategies and long-term solutions for young people and the whole family.

The young people who were on this project needed support and this extended to their families.

Overall we are seeing more young people present with more challenging and complex situations affecting their lives rather than low level anxiety and emotional wellbeing. We are therefore working with the young people and their families for longer, providing the support they need. Our practitioner has been working with the families to provide signposting and other referrals into other services to also continue the support after we have finished intervention. We have had two young people who we have had to support with issues around safeguarding and sought the appropriate support.

Young Persons feedback: When asked in what way has intervention changed the young persons life:

"Anxiety reduced, able to attend college and working on small changes to help keep this up." - Young Person

"Confidence has improved a lot." - Young Person

" My general approach to life, better mental health and happier and healthier lifestyle." - Young Person

"How kind you [the practitioner] were and how you showed me that someone actually cares and is easy to talk to" - Young Person

"Anxiety has reduced slightly. Seems less angry when I become confrontational." - Young Person

Parent/carer/guardian feedback:

"Honest and open communication, my child really trusted them. Coping strategies, someone to talk to." - Parent

"College attendance, I have got my lovely boy back." - Parent

"Talking to X we feel has enabled the young person to express their feelings without talking to family." - Parent

Angus Lawson Memorial Trust

The money received from the Angus Lawson Memorial Trust has enabled us to have a huge impact on the lives of young people in the Lancaster and Morecambe district. We have been able to employ a Cognitive Behavioural Therapist (CBT) for 11.25 hours a week. The CBT therapist worked with the young people on relationships, school/college attendance, social interactions, hobbies and volunteering as well as creating CBT management plans for future sustainability. The CBT management plans can be used by the young people as a reference point to help them when they are struggling with their mental health in the future.

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Achievements and performance in more detail

The young people have been able to reduce and manage their symptoms, learnt new coping skills, and rebuild their confidence and resilience.

Comments from young people:

"Talking through my emotions and making sense of them all in a logical way - laying it out within the "rules" as such of CBT, which made them feel far less daunting." - Young Person

"Managed to begin my first relationship, move out of a living environment that wasn't good for me which in turn calmed me down massively and improved my motivation and ability to function" - Young Person
"I feel like I've actually been able to understand my thoughts, feelings and overall self a lot more." - Young Person

"Far less anxious overall in general situations, managed to come off antidepressants. Having pretty much no panic attacks at all." - Young Person

"The fact that there was no limit on the amount of sessions you could have - the reason no other therapy has worked for me is because I was usually made to leave too soon." - Young Person

Mark McQueen Memorial Fund

The Mark McQueen Memorial Funding was given to support young men 16-25 with the prevention of suicide. This included working with young men with suicide ideation.

Community donations

Donations were received from a number of sources to provide 1-2-1 emotional health and well-being support in Lancaster Royal Grammar School, Lancaster Girls Grammar School and community settings in the Morecambe area.

Student placements

We were able to offer 6 students placement opportunities to develop their knowledge and studies. These students were from a range of education providers, University of Cumbria, University of Central Lancashire and Runshaw College. The support they offered our young people 16-25 was extremely beneficial to the young people on our waiting list. All students were successful in their placements and we wish them all success in their future endeavours.

Financial review

The detailed results for the charity are included in the Statement of Financial Activities.

The financial statements show total income of £251,085 (2022: £209,372) and expenditure of £237,488 (2022: £192,149) generating a surplus of £13,597 (2022: £17,223) for the year. This comprises of a surplus of £14,497 (2022: £20,045) relating to restricted funds and a deficit of £900 (2022: £2,822) relating to general funds into the next financial year, after transfers between funds.

Funds at 31 March 2023 comprise restricted funds of £97,171 relating to on-going projects, leaving unrestricted general funds of £24,873 in the budget for 2023-24 which will be invested in future activity.

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Reserves

The charity reviewed its Reserves Policy in 2019 and following significant growth of funded project work agreed to hold reserves equivalent to three months running costs for its overhead costs. This is currently estimated to be £21,000 and current unrestricted reserves of £24,873 exceed this figure. Overheads are estimated based on costs not directly associated with project work which will ebb and flow as funding is secured and ends but includes primarily premises and administrative costs, management and administrative staff as well as estimated accrued redundancy liabilities.

The charity has reviewed itself and identified areas of development need to improve management and staff supervision and to respond to the needs of some young people who although improving have complex and multi layered needs that require long term support.

Plans for future periods

Longer term, the charity continues to face the challenges of securing funding within a climate of year-on-year funding from public bodies. Tendering opportunities are anticipated in the near future which it is hoped will provide greater term stability, allowing it to build on its current good work to secure longer term funding to meet its objects.

The charity has reviewed itself and identified areas of development need to improve management and staff supervision. This is ongoing and includes internal and external support and supervision. The charity is focussed on responding to the needs of some young people who although improving have complex and multi layered needs that require long term support.

Statement of Trustees' responsibilities

The trustees are required to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of its financial activities for that period. In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- State whether the policies followed are in accordance with applicable accounting standards, subject to any material departures disclosed and explained in the financial statements;
- Prepare the financial statements on the going concern basis unless it's inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention of fraud and other irregularities.

This report was approved by the trustees and authorised for issue on the 04/12/2023 and is signed on their behalf by:



S Kay
Trustee



Trustee

ACHIEVE CHANGE & ENGAGEMENT ACE

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF ACHIEVE CHANGE & ENGAGEMENT ACE FOR THE YEAR ENDED 31 MARCH 2023

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2023 which are set out on pages 15 to 29.

Responsibilities and basis of report

As the charity trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the 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

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.



Richard Hall FCCA
MHA Moore and Smalley
Chartered Accountants
Priory Close
St Mary's Gate
Lancaster
LA1 1XB

05/12/2023

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ACHIEVE CHANGE & ENGAGEMENT ACE

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2023

		Unrestricted funds £	Restricted funds £	Total funds 2023 £	Total funds 2022 £
Income from:					
Donations and legacies	3	-	12,142	12,142	10,960
Charitable activities	4	-	238,943	238,943	198,412
Total		-	251,085	251,085	209,372
Expenditure on:					
Charitable activities	5	900	236,588	237,488	192,149
Total		900	236,588	237,488	192,149
Net income/(expenditure)		(900)	14,497	13,597	17,223
Transfers between funds		-	-	-	-
Net movement in funds		(900)	14,497	13,597	17,223
Reconciliation of funds:					
Total funds brought forward		25,773	82,674	108,447	91,224
Total funds carried forward	12	24,873	97,171	122,044	108,447

All gains and losses in each period are included above.

All of the above amounts relate to continuing activities.

The notes on pages 17 to 29 form part of these financial statements.

ACHIEVE CHANGE & ENGAGEMENT ACE

BALANCE SHEET

AS AT 31 MARCH 2023

		2023		2022	
		£	£	£	£
Current assets					
Debtors	10	8,635		58,561	
Cash at bank and in hand		<u>176,978</u>		<u>138,650</u>	
		185,613		197,211	
Creditors: amounts falling due within one year	11	<u>(63,569)</u>		<u>(88,764)</u>	
Net current assets		<u>122,044</u>		<u>108,447</u>	
Total assets less current liabilities		<u>122,044</u>		<u>108,447</u>	
Net assets		<u>122,044</u>		<u>108,447</u>	
Funds:					
Unrestricted funds		24,873		25,773	
Restricted funds		97,171		82,674	
Total funds	12	<u>122,044</u>		<u>108,447</u>	

These accounts were approved by the trustees and authorised for issue on the 04/12/2023 and are signed on their behalf by:



S Kay
Trustee



Trustee

The notes on pages 17 to 29 form part of these financial statements.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

Legal form

Achieve Change & Engagement ACE is a charitable incorporated organisation (CIO) registered in the United Kingdom. The address of the charity, the nature of its operations and its principal activities are all detailed in the Trustees' report and charity administrative details pages in these financial statements.

Basis of accounting

The charity constitutes a public benefit entity as defined by FRS102. The financial statements have been prepared in accordance with the accounting policies set out in note 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 (FRS 102).

The financial statements have been prepared on a going concern basis under the historical cost convention. The financial statements are prepared in sterling which is the functional currency of the charity and are rounded to the nearest £.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

Preparation of the accounts on a going concern basis

The trustees do not consider there to be a material uncertainty at this time, and there is a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus, the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

Taxation

The charity is recognised by the Inland Revenue as a UK Charity and is entitled to exemptions from corporation tax.

Income

Grants where the application of the grant is determined by the funder are included as restricted funds. Grants where there are no conditions set by the funders other than the general objects of the charity are included as unrestricted funds. Grants are accrued when any conditions on their receipt have been met and are deferred where conditions on their receipt have not been met.

Income with contractual service requirements are accounted for when the conditions to entitlement are met and accounted for within unrestricted income from charitable activities. No income is shown net of expenditure.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies (continued)

Expenditure

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required, and the amount of the obligation can be measured reliably.

Support costs are those which assist the work of the charity but do not directly represent charitable activities and include office costs and governance costs. They are incurred directly to support the objectives of the charity. Expenditure is inclusive of irrecoverable VAT.

Debtors and creditors

Debtors and creditors with no stated interest rate and receivable and payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

Cash and cash equivalents

Cash held by the charity includes amounts held on call at banks.

Accumulated funds

Unrestricted funds - these are available for use at the discretion of the trustees in furtherance of the general activities of the charity

Restricted funds - these are subjected to restrictions on their expenditure imposed by the donor. The restricted fixed asset fund represents assets purchased from specific grants and funds future depreciation of those assets.

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 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 offset 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 and other financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

The charity has no financial instruments that are classified as other financial assets.

ACHIEVE CHANGE & ENGAGEMENT ACE

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

1 Accounting policies (continued)

Impairment of financial assets

Financial assets are assessed for indicators of impairment at each reporting end date.

Financial assets are impaired where there is objective evidence that, as a result of one or more events that occurred after the initial recognition of the financial asset, the estimated future cash flows have been affected. If an asset is impaired, the impairment loss is the difference between the carrying amount and the present value of the estimated cash flows discounted at the asset's original effective interest rate. The impairment loss is recognised in the statement of financial activities.

If there is a decrease in the impairment loss arising from an event occurring after the impairment was recognised, the impairment is reversed. The reversal is such that the current carrying amount does not exceed what the carrying amount would have been, had the impairment not previously been recognised. The impairment reversal is recognised in the statement of financial activities.

De-recognition of financial assets

Financial assets are derecognised only when the contractual rights to the cash flows from the asset expire or are settled, or when the charity transfers the financial asset and substantially all the risks and rewards of ownership to another entity, or if some significant risks and rewards of ownership are retained but control of the asset has transferred to another party that is able to sell the asset in its entirety to an unrelated third party.

Classification of financial liabilities

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the charity after deducting all of its liabilities.

Basic and other financial liabilities

Basic financial liabilities, including creditors, are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future receipts discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised. Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

The charity has no liabilities which are classified as other financial liabilities.

De-recognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

2 Judgements and key sources of estimation uncertainty (continued)

In the application of the Charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amounts 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 both current and future periods.

Key assumptions, judgements and estimates

In the opinion of the Trustees' there have been no significant judgements made in the process of applying the above accounting policies. There have been no key assumptions concerning future and other key sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year.

3 Income from donations and legacies

	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Donations	-	12,142	12,142	10,960
	-	12,142	12,142	10,960

In the comparative year, all income from donations were restricted funds.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

4 Income from charitable activities

	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Clinical Commissioning Groups	-	39,507	39,507	71,232
BBC Children In Need	-	49,849	49,849	49,235
Banks Lyon Memorial Trust	-	-	-	5,000
Community Foundation	-	2,684	2,684	-
Francis C Scott	-	27,550	27,550	18,950
Carnforth High School	-	9,500	9,500	6,500
MIND	-	-	-	4,462
Westminster Foundation	-	8,515	8,515	9,214
NHS Lancashire & Cumbria ICB	-	62,843	62,843	-
Masonic Charitable Foundation	-	4,834	4,834	-
Heysham High School	-	17,100	17,100	17,550
Angus Lawton Memorial Trust	-	14,322	14,322	7,052
ER Wilson	-	-	-	2,000
Awards for All	-	2,239	2,239	6,717
Butterfly Conservation	-	-	-	500
	-	238,943	238,943	198,412

In the comparative year, all income from charitable activities were restricted funds.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

5 Expenditure on charitable activities

Activity	Youth wellbeing and support			Total
	Unrestricted	Restricted	Total	2022
	Funds	Funds	2023	
	£	£	£	£
Youth worker costs	-	223,431	223,431	182,186
Fund raising expenses	-	16	16	19
Insurance	-	1,419	1,419	1,162
Office accommodation costs	-	5,632	5,632	4,057
Payroll processing	-	360	360	360
Advertising	-	175	175	-
Travel	-	1,009	1,009	69
Printing, postage and stationary	-	294	294	507
Web design	-	-	-	17
Membership & Accreditation	-	35	35	35
Telephone	-	1,276	1,276	1,383
Staff training	-	65	65	602
Sundry	-	2,876	2,876	1,002
Support Costs (note 6)	900	-	900	750
	900	236,588	237,488	192,149

In the comparative year, expenditure on charitable activities included £750 on unrestricted funds and £191,399 on restricted funds.

6 Support costs

	Total	Total
	2023	2022
	£	£
Accountancy fees	900	750
Companies House fees	-	-
	900	750

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

7 Net income/(expenditure)

	2023	2022
	£	£
Net income/(expenditure) is stated after charging/(crediting):		
Independent examiner's remuneration:		
- independent examination fee	900	750

8 Staff costs and emoluments

Total staff costs for the year were as follows:

Employment costs	2023	2022
	£	£
Wages and salaries	179,970	133,581
Social security costs	4,620	1,745
Pension costs	2,646	1,768
	187,236	137,094

The number of employees during the period was:

Number of employees (all part time)	2023	2022
	No	No
Charity Coordinator	1	1
Emotional Health & Wellbeing Practitioners	13	11
	14	12

No employee received emoluments of more than £60,000 during the year.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

9 Trustees (and directors) remuneration and key management personnel

The key management personnel of the charity are considered to be the trustees.

No trustees were remunerated through the payroll of the charity, however, one trustee did receive payments from the charity as described in note 16 to the financial statements.

10 Debtors

	2023 £	2022 £
Debtors	8,426	58,561
Other debtors	209	-
	8,635	58,561

11 Creditors: Amounts falling due within one year

	2023 £	2022 £
Trade creditors	5,572	4,566
Accruals	900	3,208
Deferred income	57,097	80,990
	63,569	88,764

	2023 £	2022 £
Deferred income brought forward	80,990	50,784
Released in the year	(80,990)	(50,784)
Grants received in advance	57,097	80,990
Deferred income carried forward	57,097	80,990

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

12 Analysis of charitable funds

	At 1 April 2022 £	Income £	Expenditure £	Transfers & gains/losses £	At 31 March 2023 £
Unrestricted funds					
General fund	25,773	-	(900)	-	24,873
	25,773	-	(900)	-	24,873
Restricted funds					
<i>Clinical Commissioning Groups:</i>					
North Lancashire	-	6,738	(6,738)	-	-
Fylde & Wyre	-	12,588	(12,588)	-	-
Fylde & Wyre - schools	6,705	26,819	(24,439)	-	9,085
NLCCG CAMHS Transformation	3,496	6,738	(8,432)	-	1,802
FWCCG Non Recurring Fund	-	3,500	(2,998)	-	502
<i>Other:</i>					
BBC Children In Need	1,190	10,490	(9,977)	-	1,703
Banks Lyon Memorial Trust	2,568	-	(2,568)	-	-
Children In Need Trauma	5,706	39,359	(38,057)	-	7,008
Francis C Scott	282	15,750	(15,521)	-	511
Francis C Scott	2,950	11,800	(9,531)	-	5,219
Resource Pack	1,445	-	-	-	1,445
PQASSO Cost Saving	1,800	-	-	-	1,800
Mark McQueen	-	2,684	-	-	2,684
OL Catholic High School	3,349	-	(2,388)	-	961
YOLO	1,491	-	506	-	1,997
Carnforth High School	984	9,500	(10,484)	-	-
MIND Grant	1	-	-	-	1
Westminster Foundation	1,416	8,515	(9,581)	-	350
LRGS	2,400	-	(2,422)	22	-
LGGS	3,000	-	(3,134)	134	-
Active Lancashire	500	-	-	-	500
MUFC Fundraising	4,490	-	(2,758)	-	1,732
Paid for support	1,734	-	(1,734)	-	-
Bay Leadership Academy	-	17,100	(17,100)	-	-
MGCCG Non Recurring Fund	6,201	22,968	(25,946)	-	3,223
FWCCG Non Recurring Fund	8,400	-	(2,060)	-	6,340
ALMT Funding	377	14,321	(16,001)	1,303	-
Awards for All	765	2,239	(3,004)	-	-
ICB for ASC/LGBTQI CYP	-	10,000	(8,217)	-	1,783
ICB for Fylde & Wyre extended	-	13,000	(1,416)	-	11,584
Masonic Foundation	-	4,834	-	-	4,834
Other donations	21,424	12,142	-	(1,459)	32,107
	82,674	251,085	(236,588)	-	97,171
Total funds	108,447	251,085	(237,488)	-	122,044

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

12 Analysis of charitable funds (continued)

Clinical Commissioning Group Contracts

The funding allows ACE to operate peer support groups, deliver participation and run one to one work in various schools and community venues across Lancaster, Fylde and Wyre for young people.

BBC Children In Need

Funding is used to reduce distress, improve the emotional health and wellbeing and build the resilience of children aged 11-18 outside of school hours.

Banks Lyon Memorial Trust, Galbraith Trust, Paid for Support, LRGS, LGGS, Mark McQueen, Masonic Foundation and MUFC Fundraising and Other Donations

This grant, fundraising income and donation is used to support the aims and objectives of ACE, supporting young people to reduce anxiety, low self-esteem and social isolation and to improve emotional health and wellbeing to decrease school nonattendance at locations within Lancaster.

Children In Need Trauma

Funding is confirmed for three years from 2020/21 for ACE to deliver trauma focussed therapy to young people aged 10 to 19 years and to raise the skills of our wider team to recognise potential indicators of trauma and provide support. This work provides support to young people who have experienced traumatic events including emotional, physical and sexual abuse, exploitation, bereavement and domestic violence. The initial staff appointment to this work was before funding started and this overspend will be offset at the end of the grant.

Community Foundation

Funding provides support for ACE to support and develop its volunteers to ensure they have the skills to support young people to improve their emotional health and wellbeing.

Francis C Scott

Funding has been secured to reduce the waiting time before young people can access the service and in order to prioritise the work with young people to improve emotional health and build resilience for those that are at risk of becoming homeless and those who are aged 16 to 24 living in supported housing.

Resource Pack & PQASSO Cost Saving

These funds will be used to create and provide curriculum resources and will support the work of ACE.

OL Catholic High School

Following some fundraising by the school, support is provided within the school offering person centred, solution focussed support for young people with poor emotional health.

YOLO

The fund is used to train young people in research and training skills so they can become volunteers for the charity.

Westminster Foundation

Funding for a family worker during a pilot project working with young people aged 11 – 25 who have poor emotional health together with their families in rural Lancashire.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

12 Analysis of charitable funds (continued)

Active Lancashire

Small grant to support a project encouraging the participation of young people in an outside challenge and the creation of a video.

Bay Leadership Academy and Carnforth High School

Schools commission Emotional Health Practitioner time to offer person-centred and solution focussed support for young people with poor emotional health.

MBGGC Non-recurring Fund

One off funding to increase capacity within ACE to deliver the existing service and manage increased demands on our service. This funding provided additional therapy hours within schools, a specialist Counsellor and additional hours for the triage assessment Practitioner and Increased management time.

FWCCG Non-recurring Fund

This project allowed us to research to identify from a school, child and parent perspective the mental the well-being and mental health needs of primary school children aged 7 to 11, in Fylde and Wyre and how could they best be met.

Carnforth High School

This fund allowed to have a specific emotional health practitioner based in Carnforth High school to help young people to build resilience, self-esteem and confidence.

Angus Lawson Memorial Trust Funding

Funding for a specialist Cognitive Behavioural Therapist to effectively support relevant young people referred to the service and support the clinical supervision of all practitioners in order to improve physical, mental health and well-being for all beneficiaries, increase self-esteem, confidence, reduce anxiety, social isolation and confusion. This fund also helped to reduce waiting times for the A-C-E service.

Awards for All

Funding to provide a triage assessor to enable assessment of the needs of the young people referred to ACE in a timely manner to identify the urgency of the case and allocate them to the practitioner with the best skills to meet their needs or alternatively to refer them on to a more appropriate service.

Integrated Care Board/Clinical Commissioning Group Contracts

Some short term funding for research projects and a pilot to support specialist work was also received.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

13 Analysis of charitable funds: Prior Year

	At 1 April 2021 £	Income £	Expenditure £	Transfers & gains/losses £	At 31 March 2022 £
Unrestricted funds					
General fund	28,595	-	(750)	(2,072)	25,773
	28,595	-	(750)	(2,072)	25,773
Restricted funds					
<i>Clinical Commissioning Groups:</i>					
North Lancashire	-	6,704	(6,704)	-	-
Fylde & Wyre	-	12,384	(12,384)	-	-
Fylde & Wyre - schools	4,342	26,364	(24,001)	-	6,705
NLCCG CAMHS Transformation	3,028	6,704	(6,236)	-	3,496
CCG Pop In's	1,452	1,080	(2,532)	-	-
<i>Other:</i>					
BBC Children In Need	1,120	9,976	(9,906)	-	1,190
Banks Lyon Memorial Trust	1,243	5,000	(3,675)	-	2,568
Children In Need Trauma	1,488	39,259	(35,041)	-	5,706
Community Foundation	-	-	-	-	-
Francis C Scott	1,155	16,000	(16,873)	-	282
Francis C Scott	-	2,950	-	-	2,950
Resource Pack	1,445	-	-	-	1,445
PQASSO Cost Saving	1,800	-	-	-	1,800
Lloyds Bank Foundation for England	1,774	-	(1,774)	-	-
OL Catholic High School	5,413	-	(2,064)	-	3,349
YOLO	1,491	-	-	-	1,491
Carnforth High School	-	6,500	(5,516)	-	984
MIND Grant	2,760	4,462	(7,221)	-	1
Westminster Foundation	160	9,214	(8,164)	206	1,416
LRGS	2,400	-	-	-	2,400
LGGS	3,219	-	(1,717)	1,498	3,000
CANW CAMHS Backlog Funding	5,696	-	(5,696)	-	-
Active Lancashire	500	-	-	-	500
MUFC Fundraising	5,078	-	(588)	-	4,490
Paid for support	593	3,297	(2,156)	-	1,734
CVS Urgent Response	1,000	-	(1,000)	-	-
Bay Leadership Academy	-	17,550	(17,550)	-	-
Butterfly Conservation Project	-	500	(500)	-	-
MGCCG Non Recurring Fund	-	7,656	(1,455)	-	6,201
ER Wilson	-	2,000	(2,007)	7	-
FWCCG Non Recurring Fund	-	10,340	(1,940)	-	8,400
ALMT Funding	-	7,052	(6,675)	-	377
Awards for All	-	6,717	(5,952)	-	765
Other donations	15,472	7,663	(2,072)	361	21,424
	62,629	209,372	(191,399)	2,072	82,674
Total funds	91,224	209,372	(192,149)	-	108,447

ACHIEVE CHANGE & ENGAGEMENT ACE

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

14 Analysis of net assets by funds: Current year

	Unrestricted Funds £	Restricted Funds £	Total £
Fund balances at 31 March 2023 are represented by:			
Current assets	25,773	159,840	185,613
Creditors: amounts falling due within one year	(900)	(62,669)	(63,569)
	24,873	97,171	122,044

15 Analysis of net assets by funds: Prior Year

	Unrestricted Funds £	Restricted Funds £	Total £
Fund balances at 31 March 2022 are represented by:			
Current assets	26,523	170,688	197,211
Creditors: amounts falling due within one year	(750)	(88,014)	(88,764)
	25,773	82,674	108,447

16 Related party transactions

The charity was under the control of the trustees during the current and prior period.

During the year S Temple, a trustee and director of the charity, invoiced the charity £1,860 (2022: £1,063) for youth worker project management fees. This amount includes expenses incurred. A balance of £1,860 (2022: £159) was due to S Temple at the year end.

During the year C Welsby, a trustee and director of the charity, invoiced the charity £5,400 (2022: £3,900) for rent in relation to office space. A balance of £nil (2022: £300) was due to C Welsby at the year end.

Accounts



**Trustees' Report and Unaudited Financial
Statements**

**For The Year Ended
31 March 2022**

	Page
Charity reference and administrative details	1
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Independent Examiner's report to the Trustees	8
Statement of financial activities	9
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ACHIEVE CHANGE & ENGAGEMENT ACE

CHARITY REFERENCE AND ADMINISTRATIVE DETAILS FOR THE YEAR ENDED 31 MARCH 2022

Registered charity name	Achieve Change & Engagement ACE
Charity registration number	1147278
Registered office	18 Sun Street Lancaster LA1 1EW
Trustees	C Wilson (Resigned 31 March 2022) S Temple P Callis D Tyson J Johnson C Welsby I Rycroft (Resigned 31 May 2021) H Belbin P Tomlinson (Resigned 30 September 2021) T Corish S Kay (appointed 24 July 2022) M Duncan (appointed 1 June 2022) V Gray-Joyce (appointed 29 October 2021)
Independent Examiner	MHA Moore and Smalley Chartered Accountants Priory Close St Mary's Gate Lancaster Lancashire LA1 1XB

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2022

The trustees have pleasure in presenting their report and the unaudited financial statements of the charity for the period ended 31 March 2022.

The financial statements comply with the Charities Act 2011, the Memorandum and Articles of Association, 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 (FRS 102).

Reference and administrative details

Reference and administrative details are shown in the schedule of members of the board and professional advisers on page 1 of the financial statements.

The charity is known as “ACE”.

The trustees

The trustees who served the charity during the period are shown on page 1.

Structure, governance and management

Governing document

The charity operated as an unincorporated organisation from 2008 until it incorporated on 15 November 2011 and registered as a charity with the charity commission on 16 May 2012.

At a meeting on 15th March 2021 the trustees agreed to convert the existing Charitable Company from its current status to become a Charitable Incorporated Organisation (CIO) using the Foundation Model Constitution. In practice, the CIO becoming operational on 1 April 2021 with the Charity Commission recording conversion on 12th May 2021.

Trustees

The number of trustees shall be at least three. A trustee must be a natural person aged 16 years or older. Any person who is willing to act as Trustee, and is permitted by law to do so, may be appointed to be a trustee by decision of the trustees. Recruitment induction and training is conducted by existing trustees as necessary

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Objectives and activities

The Charity's objects are specifically restricted to the following:

Object 1 — Young people

To act as a resource for young people up to the age of 25 living in England and Wales by providing advice and assistance and organising programmes of physical, educational and other activities as a means of:

- advancing in life and helping young people by developing their skills, capacities and capabilities to enable them to participate in society as independent, mature individuals;
- advancing education;
- relieving unemployment;
- providing recreational and leisure time activities in the interests of social welfare for people living in the area of benefit who have need by reason of their youth, age, infirmity or disability, poverty or social and economic circumstances with a view to improving the conditions of life of such persons.

Object 2 — Social inclusion

To promote social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society.

For the purpose of this clause 'socially excluded' means being excluded from society, or parts of society, as a result of one or more of the following factors: unemployment; financial hardship; youth or old age; ill health (physical or mental); substance abuse or dependency including alcohol and drugs; discrimination on the grounds of sex, race, disability, ethnic origin, religion, belief, creed, sexual orientation or gender re-assignment; poor educational or skills attainment; relationship and family breakdown; poor housing (that is housing that does not meet basic habitable standards; crime (either as a victim of crime or as an offender rehabilitating into society).

Our vision

All children, young people and adults live in emotionally healthy communities where they are heard and valued and able to get help when needed.

Our mission

ACE works with children, young people and adults to support them to build emotional resilience, putting their voices at the heart of our work.

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Our work

The charity has undertaken the following overarching activities for public benefit in relation to its objects:

• One to one work Emotional Health Practitioners work with young people ages 11 to 25 in schools, GP Practices and community venues on an individual basis to support them to improve their emotional health. Referrals are taken from school staff, GPs, mental health services, other services, parents and young people themselves. The work is person centred, solution focussed and goal based. The young people are generally seen weekly and their improvement in emotional health and resilience is measured along with the impact of the work. This year two half time trauma therapists joined our team working with 10 to 18 year olds,	• Group work Groups of young people are worked with to support their emotional health and build resilience around specific issues such as self esteem, relationships or stress and anxiety. Again improvements in emotional health and resilience are measured.
	• Participation Groups of young people meet to gain information on mental health services or education for children and young people and advocate on behalf of young people's voice with commissioners and decision makers.

Public benefit

We have referred to the guidance contained in the Charity Commission's general guidance when reviewing our aims and objectives and in planning our future activities.

Achievements and performance

During 2021/22, ACE has:

- Maintained its growth and developed new ways of working.
- Maintained a reputation for delivering quality work that makes a difference to the lives of young people and influences adult decisions.
- Worked with young people to support them to develop new social and emotional skills which has resulted in improved emotional health.
- Enabled young people to influence services and the work force to improve social inclusion of all young people and especially those with poor mental health.
- Filled a gap in service provision between universal and specialist services which is much needed in the locality.
- ACE has responded to the increasing numbers of young people who are failing to thrive emotionally.

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

ACE has been funded by the following organisations during 2021/22:

- Morecambe Bay CCG
- Fylde & Wyre CCG
- Children In Need
- Westminster Foundation
- Francis C Scott Charitable Trust
- Banks Lyon
- Lloyds Bank Foundation (May 21)
- Elizabeth and Richard Wilson Fund
- National Lottery awards for all
- Angus Lawson Memorial Trust
- Donations from individuals, organisations and local schools

Achievements and performance in more detail

ACE received 572 referrals during the year 2021/2022

Of these referrals:

- 224 (39%) were seen and subsequently ended support,
- 217 (38%) continue to receive support,
- 21% failed to engage or declined appointments.

At the end of the year, 11 of the young people referred were still awaiting intervention. ACE measures its work using a variety of tools.

97% of the young people completing paired outcome self-assessments who ended intervention showed an improvement in their emotional health and wellbeing. Many of the young people supported are very anxious about school. Attendance and achievement have been found to improve alongside a reduction in their symptoms and an increase in positive emotional health and resilience following ACE support.

Feedback indicates the overall rating of the service was:

- Excellent 59%,
- Very Good 29%,
- Good 11%,
- Poor 1%

Of the service users who completed feedback, 92% saw an improvement in their overall emotional health whilst using the service.

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

"The service that ACE offer is invaluable to our school and students. There are many students over the years who have benefitted from support through ACE and it has got them through some difficult times and enabled them to move on and make positive changes to their lives."- *Head Teacher*

"These sessions have been really good - having sometime on my own with someone I trust who will listen and not get judged or who won't get angry with me. It's nice to be in a safe space where I can explore my feelings/emotions and be myself."- *Comments from a Young Person who has been through ACE service*

"ACE has made a huge difference in my YP life. The service is fab. More than anything I find that the Mental Health Practitioners actually care and they are very passionate about mental health and their roles. Thank you so much for helping my YP see her potential and future more clearly."- *Comments from a young persons' parent*

The Trustees would like to take the opportunity to thank the team for their resilience and continuing hard work during what has been a particularly challenging year for the charity as well as for the individuals which it supports.

Financial review

The detailed results for the charity are included in the Statement of Financial Activities.

The financial statements show total income of £209,372 (2021: £233,850) and expenditure of £192,149 (2021: £200,547) generating a surplus of £17,223 (2021: £33,303) for the year. This comprises of a surplus of £20,045 (2021: £34,006) relating to restricted funds and a deficit of £2,822 (2021: £703) relating to general funds into the next financial year, after transfers between funds.

Funds at 31 March 2022 comprise restricted funds of £82,674 relating to on-going projects, leaving unrestricted general funds of £25,773 in the budget for 2022-23 which will be invested in future activity.

Reserves

The charity reviewed its Reserves Policy in 2019 and following significant growth of funded project work agreed to hold reserves equivalent to three months running costs for its overhead costs. This is currently estimated to be £21,000 and current unrestricted reserves of £25,773 exceed this figure. Overheads are estimated based on costs not directly associated with project work which will ebb and flow as funding is secured and ends but includes primarily premises and administrative costs, management and administrative staff as well as estimated accrued redundancy liabilities.

The charity has reviewed itself and identified areas of development need to improve management and staff supervision and to respond to the needs of some young people who although improving have complex and multi layered needs that require long term support.

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Plans for future periods

The way in which the charity operates has had to adapt rapidly during the Coronavirus pandemic moving to online and telephone support initially, returning to some face-to-face work following rigorous risk assessments and planning.

Longer term, the charity continues to face the challenges of securing funding within a climate of year-on-year funding from public bodies but aims to continue to build on its current good work to secure longer term funding to meet its objects.

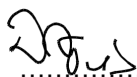
Statement of Trustees' responsibilities

The trustees are required to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of its financial activities for that period. In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- State whether the policies followed are in accordance with applicable accounting standards, subject to any material departures disclosed and explained in the financial statements;
- Prepare the financial statements on the going concern basis unless it's inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention of fraud and other irregularities.

This report was approved by the trustees and authorised for issue on the 20/12/2022 and is signed on their behalf by:



D Tyson
Trustee



V Gray-Joyce
Trustee

ACHIEVE CHANGE & ENGAGEMENT ACE

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF ACHIEVE CHANGE & ENGAGEMENT ACE FOR THE YEAR ENDED 31 MARCH 2022

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2022 which are set out on pages 9 to 24.

Responsibilities and basis of report

As the charity trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the 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

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.



Richard Hall FCCA
MHA Moore and Smalley
Chartered Accountants
Priory Close
St Mary's Gate
Lancaster
LA1 1XB

03/01/2023
.....

ACHIEVE CHANGE & ENGAGEMENT ACE

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2022

		Unrestricted funds £	Restricted funds £	Total funds 2022 £	Total funds 2021 £
Income from:					
Donations and legacies	3	-	10,960	10,960	18,821
Charitable activities	4	-	198,412	198,412	215,029
Total		-	209,372	209,372	233,850
Expenditure on:					
Charitable activities	5	750	191,399	192,149	200,547
Total		750	191,399	192,149	200,547
Net income/(expenditure)		(750)	17,973	17,223	33,303
Transfers between funds		(2,072)	2,072	-	-
Net movement in funds		(2,822)	20,045	17,223	33,303
Reconciliation of funds:					
Total funds brought forward		28,595	62,629	91,224	57,921
Total funds carried forward	12	25,773	82,674	108,447	91,224

All gains and losses in each period are included above.

All of the above amounts relate to continuing activities.

The notes on pages 11 to 24 form part of these financial statements.

ACHIEVE CHANGE & ENGAGEMENT ACE

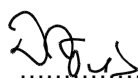
BALANCE SHEET

AS AT 31 MARCH 2022

		2022		2021	
		£	£	£	£
Current assets					
Debtors	10	58,561		1,277	
Cash at bank and in hand		<u>138,650</u>		<u>145,626</u>	
		197,211		146,903	
Creditors: amounts falling due within one year	11	<u>(88,764)</u>		<u>(55,679)</u>	
Net current assets		108,447		91,224	
Total assets less current liabilities		108,447		91,224	
Net assets		108,447		91,224	
Funds:					
Unrestricted funds		25,773		28,595	
Restricted funds		82,674		62,629	
Total funds	12	108,447		91,224	

20/12/2022

These accounts were approved by the trustees and authorised for issue on the and are signed on their behalf by:



D Tyson
Trustee



V Gray-Joyce
Trustee

The notes on pages 11 to 24 form part of these financial statements.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

Legal form

Achieve Change & Engagement ACE is a charitable incorporated organisation (CIO) registered in the United Kingdom. The address of the charity, the nature of its operations and its principal activities are all detailed in the Trustees' report and charity administrative details pages in these financial statements.

Basis of accounting

The charity constitutes a public benefit entity as defined by FRS102. The financial statements have been prepared in accordance with the accounting policies set out in note 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 (FRS 102).

The financial statements have been prepared on a going concern basis under the historical cost convention. The financial statements are prepared in sterling which is the functional currency of the charity.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

Preparation of the accounts on a going concern basis

The trustees do not consider there to be a material uncertainty at this time, and there is a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus, the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

Taxation

The charity is recognised by the Inland Revenue as a UK Charity and is entitled to exemptions from corporation tax.

Income

Grants where the application of the grant is determined by the funder are included as restricted funds. Grants where there are no conditions set by the funders other than the general objects of the charity are included as unrestricted funds. Grants are accrued when any conditions on their receipt have been met and are deferred where conditions on their receipt have not been met.

Income with contractual service requirements are accounted for when the conditions to entitlement are met and accounted for within unrestricted income from charitable activities. No income is shown net of expenditure.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies (continued)

Expenditure

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required, and the amount of the obligation can be measured reliably.

Support costs are those which assist the work of the charity but do not directly represent charitable activities and include office costs and governance costs. They are incurred directly to support the objectives of the charity. Expenditure is inclusive of irrecoverable VAT.

Debtors and creditors

Debtors and creditors with no stated interest rate and receivable and payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

Cash and cash equivalents

Cash held by the charity includes amounts held on call at banks.

Accumulated funds

Unrestricted funds - these are available for use at the discretion of the trustees in furtherance of the general activities of the charity

Restricted funds - these are subjected to restrictions on their expenditure imposed by the donor. The restricted fixed asset fund represents assets purchased from specific grants and funds future depreciation of those assets.

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 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 offset 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 and other financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

The charity has no financial instruments that are classified as other financial assets.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies (continued)

Impairment of financial assets

Financial assets are assessed for indicators of impairment at each reporting end date.

Financial assets are impaired where there is objective evidence that, as a result of one or more events that occurred after the initial recognition of the financial asset, the estimated future cash flows have been affected. If an asset is impaired, the impairment loss is the difference between the carrying amount and the present value of the estimated cash flows discounted at the asset's original effective interest rate. The impairment loss is recognised in the statement of financial activities.

If there is a decrease in the impairment loss arising from an event occurring after the impairment was recognised, the impairment is reversed. The reversal is such that the current carrying amount does not exceed what the carrying amount would have been, had the impairment not previously been recognised. The impairment reversal is recognised in the statement of financial activities.

De-recognition of financial assets

Financial assets are derecognised only when the contractual rights to the cash flows from the asset expire or are settled, or when the charity transfers the financial asset and substantially all the risks and rewards of ownership to another entity, or if some significant risks and rewards of ownership are retained but control of the asset has transferred to another party that is able to sell the asset in its entirety to an unrelated third party.

Classification of financial liabilities

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the charity after deducting all of its liabilities.

Basic and other financial liabilities

Basic financial liabilities, including creditors, are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future receipts discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised. Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

The charity has no liabilities which are classified as other financial liabilities.

De-recognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

2 Judgements and key sources of estimation uncertainty (continued)

In the application of the Charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amounts 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 both current and future periods.

Key assumptions, judgements and estimates

In the opinion of the Trustees' there have been no significant judgements made in the process of applying the above accounting policies. There have been no key assumptions concerning future and other key sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year.

3 Income from donations and legacies

	Unrestricted funds £	Restricted funds £	Total 2022 £	Total 2021 £
Donations	-	10,960	10,960	18,821
	-	10,960	10,960	18,821

In the comparative year, all income from donations and were restricted funds.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

4 Income from charitable activities

	Unrestricted funds £	Restricted funds £	Total 2022 £	Total 2021 £
Clinical Commissioning Groups	-	71,232	71,232	57,222
BBC Children In Need	-	49,235	49,235	49,157
Banks Lyon Memorial Trust	-	5,000	5,000	-
Lloyds Bank Foundation for England & Wales	-	-	-	24,467
Bay Leadership Academy	-	-	-	11,250
Community Foundation	-	-	-	-
Francis C Scott	-	18,950	18,950	15,275
Carnforth High School	-	6,500	6,500	1,583
Bay Medical Group	-	-	-	-
Galbraith Trust	-	-	-	1,991
MIND	-	4,462	4,462	13,385
Westminster Foundation	-	9,214	9,214	1,296
CVS Lancaster	-	-	-	2,000
Barnardos	-	-	-	5,000
CAF Resilience Fund	-	-	-	22,043
CANW CAMHS Backlog	-	-	-	9,860
Active Lancashire	-	-	-	500
Heysham High School	-	17,550	17,550	-
Angus Lawton Memorial Trust	-	7,052	7,052	-
ER Wilson	-	2,000	2,000	-
Awards for All	-	6,717	6,717	-
Butterfly Conservation	-	500	500	-
	-	198,412	198,412	215,029

In the comparative year, all income from charitable activities were restricted funds.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

5 Expenditure on charitable activities

Activity	Youth wellbeing and support			Total 2021
	Unrestricted Funds	Restricted Funds	Total 2022	
	£	£	£	£
Youth worker costs	-	182,186	182,186	185,387
Fund raising expenses	-	19	19	450
Insurance	-	1,162	1,162	1,036
Office accommodation costs	-	4,057	4,057	3,870
Payroll processing	-	360	360	360
Travel	-	69	69	5
Printing, postage and stationary	-	507	507	187
Web design	-	17	17	-
Membership & Accreditation	-	35	35	209
Telephone	-	1,383	1,383	1,492
Staff training	-	602	602	4,803
Sundry	-	1,002	1,002	2,045
Support Costs (note 6)	750	-	750	703
	750	191,399	192,149	200,547

In the comparative year, expenditure on charitable activities included £703 on unrestricted funds and £199,844 on restricted funds.

6 Support costs

	Total 2022 £	Total 2021 £
Accountancy fees	750	690
Companies House fees	-	13
	750	703

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

7 Net income/(expenditure)

	2022	2021
	£	£
Net income/(expenditure) is stated after charging/(crediting):		
Independent examiner's remuneration:		
- independent examination fee	750	675

8 Staff costs and emoluments

Total staff costs for the year were as follows:

Employment costs	2022	2021
	£	£
Wages and salaries	133,581	139,302
Social security costs	1,745	2,915
Pension costs	1,768	2,118

	137,094	144,335
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The number of employees during the period was:

Number of employees (all part time)	2022	2021
	No	No
Charity Coordinator	1	1
Emotional Health & Wellbeing Practitioners	11	10

	12	11
--	----	----

No employee received emoluments of more than £60,000 during the year.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

9 Trustees (and directors) remuneration and key management personnel

The key management personnel of the charity are considered to be the trustees.

No trustees were remunerated through the payroll of the charity, however, one trustee did receive payments from the charity as described in note 16 to the financial statements.

10 Debtors

	2022 £	2021 £
Debtors	58,561	1,277
	58,561	1,277

11 Creditors: Amounts falling due within one year

	2022 £	2021 £
Trade creditors	4,566	4,205
Accruals	3,208	690
Deferred income	80,990	50,784
	88,764	55,679

	2022 £	2021 £
Deferred income brought forward	50,784	19,271
Released in the year	(50,784)	(19,271)
Grants received in advance	80,990	50,784
	80,990	50,784

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

12 Analysis of charitable funds

	At 1 April 2021 £	Income £	Expenditure £	Transfers & gains/losses £	At 31 March 2022 £
Unrestricted funds					
General fund	28,595	-	(750)	(2,072)	25,773
	28,595	-	(750)	(2,072)	25,773
Restricted funds					
<i>Clinical Commissioning Groups:</i>					
North Lancashire	-	6,704	(6,704)	-	-
Fylde & Wyre	-	12,384	(12,384)	-	-
Fylde & Wyre - schools	4,342	26,364	(24,001)	-	6,705
NLCCG CAMHS Transformation	3,028	6,704	(6,236)	-	3,496
CCG Pop In's	1,452	1,080	(2,532)	-	-
<i>Other:</i>					
BBC Children In Need	1,120	9,976	(9,906)	-	1,190
Banks Lyon Memorial Trust	1,243	5,000	(3,675)	-	2,568
Children In Need Trauma	1,488	39,259	(35,041)	-	5,706
Community Foundation	-	-	-	-	-
Francis C Scott	1,155	16,000	(16,873)	-	282
Francis C Scott	-	2,950	-	-	2,950
Resource Pack	1,445	-	-	-	1,445
PQASSO Cost Saving	1,800	-	-	-	1,800
Lloyds Bank Foundation for England	1,774	-	(1,774)	-	-
OL Catholic High School	5,413	-	(2,064)	-	3,349
YOLO	1,491	-	-	-	1,491
Carnforth High School	-	6,500	(5,516)	-	984
MIND Grant	2,760	4,462	(7,221)	-	1
Westminster Foundation	160	9,214	(8,164)	206	1,416
LRGS	2,400	-	-	-	2,400
LGGS	3,219	-	(1,717)	1,498	3,000
CANW CAMHS Backlog Funding	5,696	-	(5,696)	-	-
Active Lancashire	500	-	-	-	500
MUFC Fundraising	5,078	-	(588)	-	4,490
Paid for support	593	3,297	(2,156)	-	1,734
CVS Urgent Response	1,000	-	(1,000)	-	-
Bay Leadership Academy	-	17,550	(17,550)	-	-
Butterfly Conservation Project	-	500	(500)	-	-
MGCCG Non Recurring Fund	-	7,656	(1,455)	-	6,201
ER Wilson	-	2,000	(2,007)	7	-
FWCCG Non Recurring Fund	-	10,340	(1,940)	-	8,400
ALMT Funding	-	7,052	(6,675)	-	377
Awards for All	-	6,717	(5,952)	-	765
Other donations	15,472	7,663	(2,072)	361	21,424
	62,629	209,372	(191,399)	2,072	82,674
Total funds	91,224	209,372	(192,149)	-	108,447

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

12 Analysis of charitable funds (continued)

Clinical Commissioning Group Contracts

The funding allows ACE to operate peer support groups, deliver participation and run one to one work in various schools and community venues across Lancaster, Fylde and Wyre for young people.

BBC Children In Need

Funding is used to reduce distress, improve the emotional health and wellbeing and build the resilience of children aged 11-18 outside of school hours.

Banks Lyon Memorial Trust, Galbraith Trust, Paid for Support, LRGS, LGGS and MUFC Fundraising and Other Donations

This grant, fundraising income and donation is used to support the aims and objectives of ACE, supporting young people to reduce anxiety, low self-esteem and social isolation and to improve emotional health and wellbeing to decrease school nonattendance at locations within Lancaster.

Children In Need Trauma

Funding is confirmed for three years from 2020/21 for ACE to deliver trauma focussed therapy to young people aged 10 to 19 years and to raise the skills of our wider team to recognise potential indicators of trauma and provide support. This work provides support to young people who have experienced traumatic events including emotional, physical and sexual abuse, exploitation, bereavement and domestic violence. The initial staff appointment to this work was before funding started and this overspend will be offset at the end of the grant.

Community Foundation

Funding provides support for ACE to support and develop its volunteers to ensure they have the skills to support young people to improve their emotional health and wellbeing.

Francis C Scott

Funding has been secured to reduce the waiting time before young people can access the service and in order to prioritise the work with young people to improve emotional health and build resilience for those that are at risk of becoming homeless and those who are aged 16 to 24 living in supported housing.

Resource Pack & PQASSO Cost Saving

These funds will be used to create and provide curriculum resources and will support the work of ACE.

Lloyds Bank Foundation for England

Funding supports young people transitioning from children's to adult mental health services or those leaving children's mental health services across Lancaster district and Fylde and Wyre who require ongoing support. The project aims to improve wellbeing, improve independence and the ability to make positive choices and to increase awareness of self-safety.

OL Catholic High School

Following some fundraising by the school, support is provided within the school offering person centred, solution focussed support for young people with poor emotional health.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

12 Analysis of charitable funds (continued)

YOLO

The fund is used to train young people in research and training skills so they can become volunteers for the charity.

MIND Grant

Funding to support young people with their emotional health and wellbeing and to develop a team of befrienders to extend the support ACE can offer.

Westminster Foundation

Funding for a family worker during a pilot project working with young people aged 11 – 25 who have poor emotional health together with their families in rural Lancashire.

CVS Urgent Response Fund

Emergency Covid related funding to cover the costs of overheads and work usually paid for by fundraising and donations, supporting delivery and the short-term implementation of a telephone helpline early in the pandemic.

CANW CAMHS Backlog funding

Short term funding to provide additional Emotional Wellbeing Early Interventions addressing early help referrals or whilst a young person is waiting for a CAMHS intervention.

Active Lancashire

Small grant to support a project encouraging the participation of young people in an outside challenge and the creation of a video.

Bay Leadership Academy and Carnforth High School

Schools commission Emotional Health Practitioner time to offer person-centred and solution focussed support for young people with poor emotional health.

Butterfly Conservation Project

This funding to supported young people to engage with a conservation project in the local area to help create conservation spaces for nature.

MBGGC Non-recurring Fund

One off funding to increase capacity within ACE to deliver the existing service and manage increased demands on our service. This funding provided additional therapy hours within schools, a specialist Counsellor and additional hours for the triage assessment Practitioner and Increased management time.

Elizabeth and Richard Wilson Fund

Funding was used to provide individual appointments aimed at equipping young people with the tools they need to manage their emotional health now and into the future. ACE helps to reduce stigma around emotional health with compassionate listening and hope this culture extends via the young people to their families and wider communities. This funding enabled us to see an extra 3 or 4 young people a week for a year and it also included some overheads towards case study supervision and management.

FWCCG Non-recurring Fund

This project allowed us to research to identify from a school, child and parent perspective the mental the well-being and mental health needs of primary school children aged 7 to 11, in Fylde and Wyre and how could they best be met.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

12 Analysis of charitable funds (continued)

Carnforth High School

This fund allowed to have a specific emotional health practitioner based in Carnforth High school to help young people to build resilience, self-esteem and confidence.

Angus Lawson Memorial Trust Funding

Funding for a specialist Cognitive Behavioural Therapist to effectively support relevant young people referred to the service and support the clinical supervision of all practitioners in order to improve physical, mental health and well-being for all beneficiaries, increase self-esteem, confidence, reduce anxiety, social isolation and confusion. This fund also helped to reduce waiting times for the A-C-E service.

Awards for All

Funding to provide a triage assessor to enable assessment of the needs of the young people referred to ACE in a timely manner to identify the urgency of the case and allocate them to the practitioner with the best skills to meet their needs or alternatively to refer them on to a more appropriate service.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

13 Analysis of charitable funds: Prior Year

	At 1 April 2020 £	Income £	Expenditure £	Transfers & gains/losses £	At 31 March 2021 £
Unrestricted funds					
General fund	26,866	-	(703)	2,432	28,595
	26,866	-	(703)	2,432	28,595
Restricted funds					
<i>Clinical Commissioning Groups:</i>					
North Lancashire	-	6,704	(6,704)	-	-
Fylde & Wyre	-	12,384	(12,384)	-	-
Fylde & Wyre - schools	1,529	26,364	(21,119)	(2,432)	4,342
NLCCG CAMHS Transformation	1,401	6,410	(4,783)	-	3,028
CCG Pop In's	2,598	5,360	(5,346)	(1,160)	1,452
<i>Other:</i>					
BBC Children In Need	87	9,998	(8,965)	-	1,120
Banks Lyon Memorial Trust	5,000	-	(3,757)	-	1,243
Children In Need Trauma	(1,073)	39,159	(36,598)	-	1,488
Community Foundation	4,900	-	(4,900)	-	-
Francis C Scott	6	15,275	(14,126)	-	1,155
Resource Pack	1,445	-	-	-	1,445
PQASSO Cost Saving	1,800	-	-	-	1,800
Lloyds Bank Foundation for England	1,600	24,467	(24,293)	-	1,774
OL Catholic High School	3,040	2,373	-	-	5,413
Galbraith Trust	305	1,991	(2,296)	-	-
YOLO	1,491	5,000	(4,000)	(1,000)	1,491
Carnforth High School	-	1,583	(1,250)	(333)	-
MIND Grant	-	13,385	(10,625)	-	2,760
Westminster Foundation	-	1,296	(1,136)	-	160
LRGS	-	-	-	2,400	2,400
CAF Resilience	-	22,043	(22,043)	-	-
LGGS	-	1,221	-	1,998	3,219
CANW CAMHS Backlog Funding	-	9,860	(4,164)	-	5,696
Active Lancashire	-	500	-	-	500
MUFC Fundraising	-	5,078	-	-	5,078
Paid for support	-	1,603	(1,010)	-	593
CVS Urgent Response	-	2,000	(1,000)	-	1,000
Bay Leadership Academy	-	11,250	(9,345)	(1,905)	-
Other donations	6,926	8,546	-	-	15,472
	31,055	233,850	(199,844)	(2,432)	62,629
Total funds	57,921	233,850	(200,547)	-	91,224

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

14 Analysis of net assets by funds: Current year

	Unrestricted Funds £	Restricted Funds £	Total £
Fund balances at 31 March 2022 are represented by:			
Current assets	26,523	170,688	197,211
Creditors: amounts falling due within one year	(750)	(88,014)	(88,764)
	25,773	82,674	108,447

15 Analysis of net assets by funds: Prior Year

	Unrestricted Funds £	Restricted Funds £	Total £
Fund balances at 31 March 2021 are represented by:			
Current assets	29,285	117,618	146,903
Creditors: amounts falling due within one year	(690)	(54,989)	(55,679)
	28,595	62,629	91,224

16 Related party transactions

The charity was under the control of the trustees during the current and prior period.

During the year S Temple, a trustee and director of the charity, invoiced the charity £1,063 (2021: £2,376) for youth worker project management fees. This amount includes expenses incurred. A balance of £159 (2021: £nil) was due to S Temple at the year end.

The charity was also invoiced £320 (2021: £880) from two close family members of S Temple during the year. A balance of £nil (2021: £320) was due to S Temple at the year end.

During the year C Welsby, a trustee and director of the charity, invoiced the charity £3,900 (2021: £3,600) for rent in relation to office space. A balance of £300 (2021: £nil) was due to C Welsby at the year end.

Accounts



**Trustees' Report and Unaudited Financial
Statements**

**For The Year Ended
31 March 2021**

ACHIEVE CHANGE & ENGAGEMENT ACE

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ACHIEVE CHANGE & ENGAGEMENT ACE

CHARITY REFERENCE AND ADMINISTRATIVE DETAILS FOR THE YEAR ENDED 31 MARCH 2021

Registered charity name	Achieve Change & Engagement ACE
Charity registration number	1147278
Registered office	18 Sun Street Lancaster LA1 1EW
Trustees	C Wilson S Temple P Callis D Tyson J Johnson C Welsby A Cade (resigned 19 January 2020) L Mitchell (resigned 30 November 2020) H Thomas (appointed 29 November 2020, resigned 4 March 2021) S Crabtree (appointed 1 December 2020, resigned 4 February 2021) I Rycroft (appointed 1 December 2020) H Belbin (appointed 1 December 2020) P Tomlinson (appointed 8 February 2021) T Corish (appointed 22 June 2021)
Independent Examiner	MHA Moore and Smalley Chartered Accountants Priory Close St Mary's Gate Lancaster Lancashire LA1 1XB

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2021

The trustees have pleasure in presenting their report and the unaudited financial statements of the charity for the period ended 31 March 2021.

The financial statements comply with the Charities Act 2011, the Memorandum and Articles of Association, 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 (FRS 102).

Reference and administrative details

Reference and administrative details are shown in the schedule of members of the board and professional advisers on page 1 of the financial statements.

The charity is known as “ACE”.

The trustees

The trustees who served the charity during the period are shown on page 1.

Structure, governance and management

Governing document

The charity operated as an unincorporated organisation from 2008 until it incorporated on 15 November 2011 and registered as a charity with the charity commission on 16 May 2012.

At a meeting on 15th March 2021 the trustees agreed to convert the existing Charitable Company from its current status to become a Charitable Incorporated Organisation (CIO) using the Foundation Model Constitution. In practice, the CIO becoming operational on 1 April 2021 with the Charity Commission recording conversion on 12th May 2021.

Trustees

The number of trustees shall be at least three. A trustee must be a natural person aged 16 years or older. Any person who is willing to act as Trustee, and is permitted by law to do so, may be appointed to be a trustee by decision of the trustees. Recruitment induction and training is conducted by existing trustees as necessary.

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

Objectives and activities

The Charity's objects are specifically restricted to the following:

Object 1 — Young people

To act as a resource for young people up to the age of 25 living in England and Wales by providing advice and assistance and organising programmes of physical, educational and other activities as a means of:

- advancing in life and helping young people by developing their skills, capacities and capabilities to enable them to participate in society as independent, mature individuals;
- advancing education;
- relieving unemployment;
- providing recreational and leisure time activities in the interests of social welfare for people living in the area of benefit who have need by reason of their youth, age, infirmity or disability, poverty or social and economic circumstances with a view to improving the conditions of life of such persons.

Object 2 — Social inclusion

To promote social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society.

For the purpose of this clause 'socially excluded' means being excluded from society, or parts of society, as a result of one or more of the following factors: unemployment; financial hardship; youth or old age; ill health (physical or mental); substance abuse or dependency including alcohol and drugs; discrimination on the grounds of sex, race, disability, ethnic origin, religion, belief, creed, sexual orientation or gender re-assignment; poor educational or skills attainment; relationship and family breakdown; poor housing (that is housing that does not meet basic habitable standards; crime (either as a victim of crime or as an offender rehabilitating into society).

Our vision

All children, young people and adults live in emotionally healthy communities where they are heard and valued and able to get help when needed.

Our mission

ACE works with children, young people and adults to support them to build emotional resilience, putting their voices at the heart of our work.

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

Our work

The charity has undertaken the following overarching activities for public benefit in relation to its objects:

• One to one work Emotional Health Practitioners work with young people ages 11 to 25 in schools, GP Practices and community venues on an individual basis to support them to improve their emotional health. Referrals are taken from school staff, GPs, mental health services, other services, parents and young people themselves. The work is person centred, solution focussed and goal based. The young people are generally seen weekly and their improvement in emotional health and resilience is measured along with the impact of the work. This year two half time trauma therapists joined our team working with 10 to 18 year olds.	• Group work Groups of young people are worked with to support their emotional health and build resilience around specific issues such as self-esteem, relationships or stress and anxiety. Again, improvements in emotional health and resilience are measured. • Participation Groups of young people meet to gain information on mental health services or education for children and young people and advocate on behalf of young people's voice with commissioners and decision makers.
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Public benefit

We have referred to the guidance contained in the Charity Commission's general guidance when reviewing our aims and objectives and in planning our future activities.

Achievements and performance

During 2020/21, ACE has:

- Grown significantly, adapting to new ways of working during the Coronavirus pandemic.
- Maintained a reputation for delivering quality work that makes a difference to the lives of young people and influences adult decisions.
- Worked with young people to support them to develop new social and emotional skills which has resulted in improved emotional health.
- Enabled young people to influence services and the work force to improve social inclusion of all young people and especially those with poor mental health.
- Filled a gap in service provision between universal and specialist services which is much needed in the locality.

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

In addition:

- ACE is responding to the increasing numbers of young people who are failing to thrive emotionally.
- Young people are now volunteering and bringing in income for the charity to use to meet its objects.
- Young adults have received training to enable them to offer emotional health support to peers.

ACE has been funded by the following organisations during 2020/21:

- | | |
|--|------------------------------------|
| • Morecambe Bay CCG | • Active Lancashire |
| • Fylde & Wyre CCG | • Westminster Foundation |
| • West Lancashire CCG / Child Action Northwest | • Francis C Scott Charitable Trust |
| • Children In Need | • CAF Resilience Fund |
| • Lloyds Bank Foundation | • Banks Lyon |
| • MIND – Coronavirus Mental Health Response Fund | • The Galbraith Trust |
| • The Urgent Response Fund and Lancaster Community Fund (Via Lancaster CVS and Lancaster City Council) | |
| • Fundraising, donations and commissions from local schools | |

Achievements and performance in more detail

ACE received 654 referrals during the year. Of these referrals:

- 318 (48.6%) were seen and subsequently ended support,
- 208 (31.8%) continue to receive support,
- 94 (14.4%) failed to engage or declined appointments.

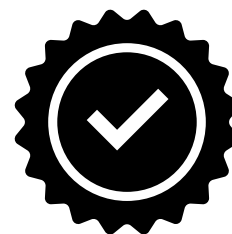
At the end of the year, 34 (5.2%) of the of the young people referred were still awaiting intervention.

ACE measures its work using a variety of tools. 97% of the young people completing paired outcome self-assessments who ended intervention showed an improvement in their emotional health and wellbeing.

Many of the young people supported are very anxious about school. Attendance and achievement have been found to improve alongside a reduction in their symptoms and an increase in positive emotional health and resilience following ACE support.

Feedback indicates the overall rating of the service was:

- Excellent 61%,
- Very Good 35%,
- Good 2%,
- Poor 2%.



85.36% of respondents providing feedback felt that the service could not be improved. The remaining 14.64% felt that the lack of face-to-face contact during the Covid Pandemic affected the service that they received.

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

ACE adapted quickly to the Covid pandemic and was able, with support from new and existing funders to operate a temporary telephone helpline and online support service while maintaining contact with its existing caseload.

The Trustees would like to take the opportunity to thank the team for their resilience and continuing hard work during what has been a particularly challenging year for the charity as well as for the individuals which it supports.

Some overarching information relating to our work

- ACE provides individual appointments to young people aged 11 – 19 with some exceptions as noted.
- Due to the Covid restrictions, appointments were conducted by a variety of means including video call and telephone rather than routine face-to-face work.
- The most vulnerable young people received face-to-face support where this was possible.
- Families received support from ACE and young people were able to access their Practitioners for additional support out of hours when required.
- Face-to-face participation group work was suspended to comply with social distancing measures.

Some reports on our major funding streams follow:

Morecambe Bay Clinical Commissioning Group (CCG)

- The CCG provide funding for practitioners to work within 4 Lancaster District schools for 0.5 days per week.

Outcomes

- The young people concluding their intervention showed an improvement in their emotional health averaging 22.96%.
- Verbal feedback from both young people, parent/carers and professionals is that the support provided has been of benefit and has assisted young people in coping with the additional anxieties experienced due to the pandemic.
- On average young people have received a longer length of intervention with ACE over the period of the pandemic due to increased anxiety around the safety of their families, the uncertainty of exam grades and the impact of social isolation on their emotional health.

Some feedback from a school:

Thank you so much for your continued support and updates with these pupils at this strange and difficult time. ACE's input is so important to them as we progress through lockdown, it's really appreciated. We are not sure at all when we'll be back and fully functioning, so if you could continue in the amazing way you are doing to support our pupils that would be superb!

Fylde and Wyre CCG

- The CCG provide funding for practitioners to work within 6 schools for 1 day per week and within the community for 0.5 days per week.

Outcomes

- 97.6% of the young people completing their intervention showed an improvement average of 9.88%.
- Scoring in our assessment tools showed improved confidence, greater resilience, reduced anxiety, improved emotional wellbeing and reduced low mood.
- The Young People also reported a greater ability to communicate with family and friends was also improved relationships with friends and family.
- The most common feedback themes were that the young people found it beneficial to be able to talk freely, and without judgement about their emotions. They valued the continuity of the same time and same Practitioner weekly. They felt that they had benefitted from being given coping strategies and felt that they had been better able to manage their anxiety. Schools reported that both they and parents had noticed positive improvement in the emotional health of the students using the service.

Children in Need - Small Grant

- Children in Need provide funding for ACE to work with young people both as a group using telephone and video call applications and for individual support outside of school hours.

Outcomes

- 96% of the Y.P ending support showed improvement at the close of intervention measuring an average of 31.29%.
- Information from the referrals showed that the young people referred had experienced: Anxiety-55%; low self-esteem-17.5%; low mood-45%; poor emotional regulation-21.25%; sexual, physical or emotional abuse-27.5%, domestic violence-11.25%; self-harm-18.75%; suicidal ideation -15% and family conflict-25%.
- Work with the young people was focussed on improved emotional health and building resilience; improved self confidence and self belief, together with empowerment to make positive life changes.
- 85.7% of users rated the effect of the service on their lives as excellent.

Some feedback from a parent:

'X connected really well with her ACE Practitioner and felt comfortable talking with him. X particularly liked having someone independent who she could talk to and gained some terrific coping mechanisms that she can use moving forward.

X is now able to understand why she sometimes feels sad and/or low in mood and can explain this to other people so they understand her clearer and support her when necessary.

Because X was able to speak to someone anonymous and not connected (i.e. parent, friend, teacher, etc) she was able to open up in a non- judgemental and trusting environment which helped her terrifically.

We are all very grateful to the ACE Practitioner for his help, feedback and support. Thankyou ACE for this invaluable service.'

Children in Need - Main Grant

- Children in Need fund Trauma Practitioners to engage with young people aged 10 – 18 and to work with the wider ACE Emotional Health Practitioner team to increase their knowledge in and support their assessment and response to symptoms of low level Trauma in young people.

Outcomes

- The reasons given for the referral prior to the initial contact were as follows: anxiety - 68%; low mood - 36%; emotional, sexual or physical abuse -50%, family conflict - 46%; suicidal ideation - 30%; domestic violence - 21% and other traumatic experience - 45%.
- Work with young people was centred around improved emotional health and wellbeing; improved emotional regulation, greater self worth and self confidence.
- There was an average improvement of 13.1% shown on paired outcomes completed at the start and quarterly for YP ongoing with intervention. Paired outcome scores for young people ending their intervention showed an average improvement of 29.13%.
- 43% of the young people supported by the trauma worker completed intervention with 57% continuing with weekly therapy appointments.

Banks Lyon Memorial Trust

- The Banks Lyon Trust support ACE to employ Emotional Health Practitioners to work with young people aged 16-25.

Outcomes

- The project aims to improve emotional health and wellbeing, reduce anxiety and provide tools to combat any emotional issues that may reduce young people's potential and to improve attendance at college, school and work.
- Of the young people referred 88% suffered from low mood and self-esteem. 75% were suffering from anxiety; 38% had been abused either sexually, physically or emotionally; 38% were currently self-harming and 25% had experienced a traumatic event and had suicidal ideation.
- Paired outcome scores for the young people ending intervention showed an average improvement of 29.35%. Young people rated the service that they had received from ACE as excellent.

Lloyds Bank Foundation - Invest

- Lloyds support ACE to employ Emotional Health Practitioners who worked with young people aged 17-25 years who had a reduction in support from the Adult Mental Health Teams.

Outcomes

- Work was completed on improved wellbeing; improved independence and the ability to make positive choices and Increased awareness of self safety.
- Young people completing paired outcome questionnaires at the start and end of intervention showed an improvement average of 24.54%.
- Feedback showed that 80% of young people rated the ACE service they had received as excellent. Examples of feedback follow:
- *'Coping strategies, just being listened to, she made me feel really comfortable and got me to help. I know now that my feelings matter.'*
- *'I get more support and am listened to. I feel more motivated.'*
- *'I have less anxiety. I am able to think through my problems rationally. I can't change what's happened but can move on feeling stronger.'*
- *'Don't feel as if I am weird anymore. I am much happier.'*
- *'I liked the mood board - learning about anxiety and blue lights. Someone just listening and believing me.'*
- *'The talking and working through problems rather than avoiding them altogether really helped me.'*
- *'I am overall more chilled and don't get upset over tiny things anymore.'*

Mind Coronavirus Response Fund

- ACE employed an emotional health practitioner to work with young people individually and introduced a volunteer befriender project to help reach out to young people aged 16-25 on our waiting list and to offer extra support to those already with practitioners.

Outcomes

- All the young people we worked with reported an improvement in emotional health from before and after one to one sessions.
- We delivered training courses to befrienders (3 cohorts), matching befrienders with befriendees and provided support and supervision.
- The impact of this work measured was reduced anxiety, increased confidence and self belief, improved relationships, emotional regulation and resilience.

Francis C Scott Charitable Trust

- This project works with young people at risk of becoming homeless, who have experienced family breakdown, a lack of family support leading to a lack of fulfilment of potential or who have experience of Domestic violence and abuse.

Outcomes

- Referrals showed that of the young people referred, 69.2% suffered from low mood; 53.8 from anxiety; 61.5% had experienced family conflict or domestic violence; 30.7% were self-harming and 38.5% were experiencing suicidal ideation. 53.8% of the young people were at serious risk of homelessness. All of the young people had low confidence and low self-esteem.
- Young people completing ACE support reported that they had increased self-confidence, significantly reduced anxiety and OCD symptoms. They felt in control of their emotional health, their feelings and their actions. They were more motivated and had better relationships.
- Young people felt that the reduction in face to face contact due to the pandemic had impacted on the service they had received but that the video appointments had been a successful alternative.

The Westminster Foundation

- The Westminster Foundation provide pilot project funding for a family worker to work with young people and their families where it is impossible to help the young person separately from their family.

Outcomes

- The outcomes of this project are improved emotional health for young people and increased knowledge of coping strategies and long term solutions for young people and the whole family.
- The impact of this is better engagement with school and reduced stress within the home leading to more positive engagement with wider society.
- 86% of young people benefiting from this project were suffering from anxiety and 47.6% were experiencing family conflict.
- Following ACE intervention paired outcome scores showed an average improvement in young people emotional health of 28.55%. 60% of the families engaged in this project rated the service as excellent, 30% as very good and the remaining 10% as good.
- All of the young people and their families gave positive feedback. A recent example of feedback received follows here:

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

'I just want to thank our ACE Practitioner, personally for all her hard work, dedication and empathy towards us.

My daughter really bonded with the Practitioner and has benefitted from her support and enthusiasm. ACE has done everything possible to support her, I couldn't have asked for more.

Our Practitioner has such an empathy for young people, as a family, we had several visits to the home to support us, we felt supported at all times and were given advice and strategies to use to help. Thank you.

My daughter is now better able to manage her anxiety levels, she has found strategies that work for her, mainly craft, drawing and painting. This has eased family life a lot, as she is now more able to control and manage her feelings by doing something to take her mind off what she is feeling. My daughter is now more resilient, relying on us a lot less, she is able to find her own strategies and her mood seems to be lifted. As parents we feel more able to support her and I personally have found that listening to her, even though I can't provide the answers all the time is just what she needs.'

CAF Resilience Fund

- Emergency Covid funding from CAF enabled ACE to cover the costs of overheads and work usually paid for by fundraising and donations. This income source was at risk of being in short supply during lockdown and allowed longer term planning, protecting the work in the short term.

Outcomes

- ACE was able to continue delivering work in schools and the community which has been funded by donations, reducing the risk of this work having to stop should there have been reducing income from donations, protecting the work and allowing existing donations to be committed to the work in future years.
- The work reduced anxiety, increased confidence and self belief, improved relationships, emotional regulation and resilience.
- A proportion of ACE overhead costs normally paid for by donation were also funded improving the short-term financial sustainability of the organisation.

Covid related and other small grants

- ACE received contributions to support emotional health practitioners to work one to one with 10-25 year olds 1-to-1 online or via a new telephone helpline during lockdown and to help manage waiting lists.
- The helpline was available 10am -10pm and was staffed on a rolling rota.
- ACE used the helpline to help young people manage isolation, reduce self harm, improve emotional health and identify any safeguarding issues. The feedback from young people on the 122 calls received was that it was a lifeline for them during lockdown.
- ACE Young Consultants continued to meet online and secured some funding linked to bringing young people together in pairs once people outside the bubble were allowed to meet and increasing their exercise levels. They created a video to show what to expect from ACE.

Young Persons feedback:

'I have really enjoyed my time with ACE. I cannot tell you how much the Practitioner has helped me. Getting to understand why I was as I was. Being helped and supported. Learning to believe in myself and finding motivation to change. Realising why I felt out of control. I have increased self-confidence, I am losing the compulsion to check. My anxiety has reduced significantly. I feel in control of my anxiety and OCD checking. I am in control of my feelings and actions, it has been fantastic.'

Additional feedback received during the year:

Schools feedback:

'I can say the overall service is excellent. The ACE Practitioner has a wonderful calm mannerism with the students, always turns up with a smile and is very easy to chat to. All the students like her. Due to the present situation with Covid, students have had to be off or isolating from school sometimes at short notice. This has caused issues with the appointments. Phone calls home and appointments have had to be juggled about whilst also having to work around our extended lunches, breaks and of course the year group bubbles. This flexibility has allowed her to have maximum time with the students. This has had a positive effect on the students and the feedback to me has been excellent. I have spoken to parents that say they have noticed a change for the better. Attendance has improved, Motivation has increased and students are calmer in class and around the school.'

'The service is ongoing and the ACE Practitioner is wonderful with our young people. She is very calm and patient which has a good effect on our students and makes them confident to open up to her. Having that regular appointment with someone unconnected to school and knowing they are reliable alienates some of their worries and concerns and having that regular contact allowing them to build up a relationship. Students feel more of an even keel, feel more stable while in school and feel more confident. They feel reassured that they can overcome issues, feel more motivated and confident to deal with situations as they arise. Thankyou A.C.E for supporting our young people through difficult times and offering this invaluable service.'

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

Parents feedback:

'It was very helpful to my son he has learnt to cope with his anxiety a lot better. He is much more relaxed and happier. The ACE Practitioner was very good at speaking to my son in a calm and helpful way. He listened well to him and my son felt comfortable speaking with him. The anxiety has reduced massively, my son knows how to cope with his feelings and manage them. He is much happier and more confident as a result of this. It has changed his self-confidence for the better and also both home and school life. I think that it is a brilliant service.'

G.P feedback to an ACE Practitioner:

'Dr X was so joyous and thanked me for the work that ACE do with the young people who come into the service, she said that she has received nothing but positive feedback from her referrals. It was so lovely to hear a doctor praise ACE and to be thanked.'

Financial review

The detailed results for the charity are included in the Statement of Financial Activities.

The financial statements show total income of £238,850 (2020: £154,317) and expenditure of £200,547 (2020: £141,217) generating a surplus of £33,303 (2020: £13,100) for the year. This comprises of a surplus of £34,006 (2020: £13,875) relating to restricted funds and a deficit of £703 (2020: £775) relating to general funds into the next financial year.

Funds at 31 March 2021 comprise restricted funds of £62,629 relating to on-going projects, leaving unrestricted general funds of £28,595 in the budget for 2021-22 which will be invested in future activity.

Reserves

The charity reviewed its Reserves Policy in 2019 and following significant growth of funded project work agreed to hold reserves equivalent to three months running costs for its overhead costs. This is currently estimated to be £21,000 and current unrestricted reserves of £28,595 exceed this figure. Overheads are estimated based on costs not directly associated with project work which will ebb and flow as funding is secured and ends but includes primarily premises and administrative costs, management and administrative staff as well as estimated accrued redundancy liabilities.

Plans for future periods

The way in which the charity operates has had to adapt rapidly during the Coronavirus pandemic moving to online and telephone support initially, returning to some face-to-face work following rigorous risk assessments and planning.

Longer term, the charity continues to face the challenges of securing funding within a climate of year-on-year funding from public bodies but aims to continue to build on its current good work to secure longer term funding to meet its objects.

The charity has reviewed itself and identified areas of development need to improve management and staff supervision and to respond to the needs of some young people who although improving have complex and multi layered needs that require long term support.

ACHIEVE CHANGE & ENGAGEMENT ACE

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

Statement of Trustees' responsibilities

The trustees are required to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of its financial activities for that period. In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- State whether the policies followed are in accordance with applicable accounting standards, subject to any material departures disclosed and explained in the financial statements;
- Prepare the financial statements on the going concern basis unless it's inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention of fraud and other irregularities.

This report was approved by the trustees and authorised for issue on the 04/12/2021 and is signed on their behalf by:



D Tyson
Trustee



C Welsby
Trustee

ACHIEVE CHANGE & ENGAGEMENT ACE

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF ACHIEVE CHANGE & ENGAGEMENT ACE FOR THE YEAR ENDED 31 MARCH 2021

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2021 which are set out on pages 17 to 31.

Responsibilities and basis of report

As the charity trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the 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

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.



Richard Hall FCCA
MHA Moore and Smalley
Chartered Accountants
Priory Close
St Mary's Gate
Lancaster
LA1 1XB

09/12/2021
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ACHIEVE CHANGE & ENGAGEMENT ACE

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2021

		Unrestricted funds £	Restricted funds £	Total funds 2021 £	Total funds 2020 £
Income from:					
Donations and legacies	3	-	18,821	18,821	16,962
Charitable activities	4	-	215,029	215,029	137,355
Total		-	233,850	233,850	154,317
Expenditure on:					
Charitable activities	5	703	199,844	200,547	141,217
Total		703	199,844	200,547	141,217
Net income/(expenditure)		(703)	34,006	33,303	13,100
Transfers between funds		2,432	(2,432)	-	-
Net movement in funds		1,729	31,574	33,303	13,100
Reconciliation of funds:					
Total funds brought forward		26,866	31,055	57,921	44,821
Total funds carried forward	12	28,595	62,629	91,224	57,921

All gains and losses in each period are included above.

All of the above amounts relate to continuing activities.

The notes on pages 19 to 31 form part of these financial statements.

ACHIEVE CHANGE & ENGAGEMENT ACE

BALANCE SHEET

AS AT 31 MARCH 2021

		2021		2020	
		£	£	£	£
Current assets					
Debtors	10	1,277		1,000	
Cash at bank and in hand		<u>145,626</u>		<u>78,969</u>	
		146,903		79,969	
Creditors: amounts falling due within one year	11	<u>(55,679)</u>		<u>(22,048)</u>	
Net current assets		91,224		57,921	
Total assets less current liabilities		91,224		57,921	
Net assets		91,224		57,921	
Funds:					
Unrestricted funds		28,595		26,866	
Restricted funds		62,629		31,055	
Total funds	12	91,224		57,921	

These accounts were approved by the trustees and authorised for issue on the 04/12/2021 and are signed on their behalf by:



D Tyson
Trustee



C Welsby
Trustee

The notes on pages 19 to 31 form part of these financial statements.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies

Legal form

Achieve Change & Engagement ACE is a charitable incorporated organisation (CIO) registered in the United Kingdom. The address of the charity, the nature of its operations and its principal activities are all detailed in the Trustees' report and charity administrative details pages in these financial statements.

During the year the charity converted from an incorporated charity to a charitable incorporated organisation (CIO). The conversion occurred on 15 March 2021 and the company closed on 12 May 2021.

Basis of accounting

The charity constitutes a public benefit entity as defined by FRS102. The financial statements have been prepared in accordance with the accounting policies set out in note 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 (FRS 102).

The financial statements have been prepared on a going concern basis under the historical cost convention. The financial statements are prepared in sterling which is the functional currency of the charity.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

Preparation of the accounts on a going concern basis

During the year and up to the approval of the accounts, there has been an escalation of measures taken within society to combat the Covid-19 pandemic. The trustees consider the charity to have a sufficient level of working capital to see it through the upcoming months and therefore it remains wholly solvent.

The trustees do not consider there to be a material uncertainty at this time, and there is a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus, the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

Taxation

The charity is recognised by the Inland Revenue as a UK Charity and is entitled to exemptions from corporation tax.

Income

Grants where the application of the grant is determined by the funder are included as restricted funds. Grants where there are no conditions set by the funders other than the general objects of the charity are included as unrestricted funds. Grants are accrued when any conditions on their receipt have been met and are deferred where conditions on their receipt have not been met.

Income with contractual service requirements are accounted for when the conditions to entitlement are met and accounted for within unrestricted income from charitable activities. No income is shown net of expenditure.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies (continued)

Expenditure

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required, and the amount of the obligation can be measured reliably.

Support costs are those which assist the work of the charity but do not directly represent charitable activities and include office costs and governance costs. They are incurred directly to support the objectives of the charity. Expenditure is inclusive of irrecoverable VAT.

Debtors and creditors

Debtors and creditors with no stated interest rate and receivable and payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

Cash and cash equivalents

Cash held by the charity includes amounts held on call at banks.

Accumulated funds

Unrestricted funds - these are available for use at the discretion of the trustees in furtherance of the general activities of the charity

Restricted funds - these are subjected to restrictions on their expenditure imposed by the donor. The restricted fixed asset fund represents assets purchased from specific grants and funds future depreciation of those assets.

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 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 offset 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 and other financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

The charity has no financial instruments that are classified as other financial assets.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies (continued)

Impairment of financial assets

Financial assets are assessed for indicators of impairment at each reporting end date.

Financial assets are impaired where there is objective evidence that, as a result of one or more events that occurred after the initial recognition of the financial asset, the estimated future cash flows have been affected. If an asset is impaired, the impairment loss is the difference between the carrying amount and the present value of the estimated cash flows discounted at the asset's original effective interest rate. The impairment loss is recognised in the statement of financial activities.

If there is a decrease in the impairment loss arising from an event occurring after the impairment was recognised, the impairment is reversed. The reversal is such that the current carrying amount does not exceed what the carrying amount would have been, had the impairment not previously been recognised. The impairment reversal is recognised in the statement of financial activities.

De-recognition of financial assets

Financial assets are derecognised only when the contractual rights to the cash flows from the asset expire or are settled, or when the charity transfers the financial asset and substantially all the risks and rewards of ownership to another entity, or if some significant risks and rewards of ownership are retained but control of the asset has transferred to another party that is able to sell the asset in its entirety to an unrelated third party.

Classification of financial liabilities

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the charity after deducting all of its liabilities.

Basic and other financial liabilities

Basic financial liabilities, including creditors, are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future receipts discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised. Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

The charity has no liabilities which are classified as other financial liabilities.

De-recognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

2 Judgements and key sources of estimation uncertainty (continued)

In the application of the Charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amounts 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 both current and future periods.

Key assumptions, judgements and estimates

In the opinion of the Trustees' there have been no significant judgements made in the process of applying the above accounting policies. There have been no key assumptions concerning future and other key sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year.

3 Income from donations and legacies

	Unrestricted funds £	Restricted funds £	Total 2021 £	Total 2020 £
Donations	-	18,821	18,821	16,962
	-	18,821	18,821	16,962

In the comparative year, all income from donations and were restricted funds.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

4 Income from charitable activities

	Unrestricted funds £	Restricted funds £	Total 2021 £	Total 2020 £
Clinical Commissioning Groups	-	57,222	57,222	52,191
BBC Children In Need	-	49,157	49,157	9,979
Banks Lyon Memorial Trust	-	-	-	7,083
Lloyds Bank Foundation for England & Wales	-	24,467	24,467	24,467
Bay Leadership Academy	-	11,250	11,250	13,190
Community Foundation	-	-	-	9,440
Francis C Scott	-	15,275	15,275	15,000
Camforth High School	-	1,583	1,583	2,217
Bay Medical Group	-	-	-	1,000
Galbraith Trust	-	1,991	1,991	2,788
MIND	-	13,385	13,385	-
Westminster Foundation	-	1,296	1,296	-
CVS Lancaster	-	2,000	2,000	-
Barnardos	-	5,000	5,000	-
CAF Resilience Fund	-	22,043	22,043	-
CANW CAMHS Backlog	-	9,860	9,860	-
Active Lancashire	-	500	500	-
	-	215,029	215,029	137,355

In the comparative year, all income from charitable activities were restricted funds.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

5 Expenditure on charitable activities

Activity	Youth wellbeing and support			Total
	Unrestricted	Restricted	Total	Total
	Funds	Funds	2021	2020
	£	£	£	£
Youth worker costs	-	185,387	185,387	125,212
Fund raising expenses	-	450	450	31
Insurance	-	1,036	1,036	992
Office accommodation costs	-	3,870	3,870	4,434
Payroll processing	-	360	360	336
Travel	-	5	5	3,820
Printing, postage and stationary	-	187	187	261
Web design	-	-	-	51
Membership & Accreditation	-	209	209	35
Telephone	-	1,492	1,492	1,818
Staff training	-	4,803	4,803	-
Sundry	-	2,045	2,045	3,452
Support Costs (note 6)	703	-	703	775
	703	199,844	200,547	141,217

In the comparative year, expenditure on charitable activities included £775 on unrestricted funds and £140,442 on restricted funds.

6 Support costs

	Total	Total
	2021	2020
	£	£
Accountancy fees	690	762
Companies House fees	13	13
	703	775

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

7 Net income/(expenditure)

	2021	2020
	£	£
Net income/(expenditure) is stated after charging/(crediting):		
Independent examiner's remuneration:		
- independent examination fee	675	672
- other taxation services	-	90

8 Staff costs and emoluments

Total staff costs for the year were as follows:

Employment costs	2021	2020
	£	£
Wages and salaries	139,302	85,720
Social security costs	2,915	101
Pension costs	2,118	832

	144,335	86,653
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The number of employees during the period was:

Number of employees (all part time)	2021	2020
	No	No
Charity Coordinator	1	1
Emotional Health & Wellbeing Practitioners	10	7

	11	8
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No employee received emoluments of more than £60,000 during the year.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

9 Trustees (and directors) remuneration and key management personnel

The key management personnel of the charity are considered to be the trustees.

No trustees were remunerated through the payroll of the charity, however, one trustee did receive payments from the charity as described in note 16 to the financial statements.

10 Debtors

	2021 £	2020 £
Debtors	1,277	1,000
	1,277	1,000

11 Creditors: Amounts falling due within one year

	2021 £	2020 £
Trade creditors	4,205	2,105
Accruals	690	672
Deferred income	50,784	19,271
	55,679	22,048

	2021 £	2020 £
Deferred income brought forward	19,271	19,280
Released in the year	(19,271)	(19,280)
Grants received in advance	50,784	19,271
	50,784	19,271

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

12 Analysis of charitable funds

	At 1 April 2020 £	Income £	Expenditure £	Transfers & gains/losses £	At 31 March 2021 £
Unrestricted funds					
General fund	26,866	-	(703)	2,432	28,595
	26,866	-	(703)	2,432	28,595
Restricted funds					
<i>Clinical Commissioning Groups:</i>					
North Lancashire	-	6,704	(6,704)	-	-
Fylde & Wyre	-	12,384	(12,384)	-	-
Fylde & Wyre - schools	1,529	26,364	(21,119)	(2,432)	4,342
NLCCG CAMHS Transformation	1,401	6,410	(4,783)	-	3,028
CCG Pop In's	2,598	5,360	(5,346)	(1,160)	1,452
<i>Other:</i>					
BBC Children In Need	87	9,998	(8,965)	-	1,120
Banks Lyon Memorial Trust	5,000	-	(3,757)	-	1,243
Children In Need Trauma	(1,073)	39,159	(36,598)	-	1,488
Community Foundation	4,900	-	(4,900)	-	-
Francis C Scott	6	15,275	(14,126)	-	1,155
Resource Pack	1,445	-	-	-	1,445
PQASSO Cost Saving	1,800	-	-	-	1,800
Lloyds Bank Foundation for England	1,600	24,467	(24,293)	-	1,774
OL Catholic High School	3,040	2,373	-	-	5,413
Galbraith Trust	305	1,991	(2,296)	-	-
YOLO	1,491	5,000	(4,000)	(1,000)	1,491
Camforth High School	-	1,583	(1,250)	(333)	-
MIND Grant	-	13,385	(10,625)	-	2,760
Westminster Foundation	-	1,296	(1,136)	-	160
LRGS	-	-	-	2,400	2,400
CAF Resilience	-	22,043	(22,043)	-	-
LGGS	-	1,221	-	1,998	3,219
CANW CAMHS Backlog Funding	-	9,860	(4,164)	-	5,696
Active Lancashire	-	500	-	-	500
MUFC Fundraising	-	5,078	-	-	5,078
Paid for support	-	1,603	(1,010)	-	593
CVS Urgent Response	-	2,000	(1,000)	-	1,000
Bay Leadership Academy	-	11,250	(9,345)	(1,905)	-
Other donations	6,926	8,546	-	-	15,472
	31,055	233,850	(199,844)	(2,432)	62,629
Total funds	57,921	233,850	(200,547)	-	91,224

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

12 Analysis of charitable funds (continued)

Clinical Commissioning Group Contracts

The funding allows ACE to operate peer support groups, deliver participation and run one to one work in various schools and community venues across Lancaster, Fylde and Wyre for young people.

BBC Children In Need

Funding is used to reduce distress, improve the emotional health and wellbeing and build the resilience of children aged 11-18 outside of school hours.

Banks Lyon Memorial Trust, Galbraith Trust, Paid for Support, LRGS, LGGS and MUFC Fundraising and Other Donations

This grant, fundraising income and donation is used to support the aims and objectives of ACE, supporting young people to reduce anxiety, low self-esteem and social isolation and to improve emotional health and wellbeing to decrease school nonattendance at locations within Lancaster.

Children In Need Trauma

Funding is confirmed for three years from 2020/21 for ACE to deliver trauma focussed therapy to young people aged 10 to 19 years and to raise the skills of our wider team to recognise potential indicators of trauma and provide support. This work provides support to young people who have experienced traumatic events including emotional, physical and sexual abuse, exploitation, bereavement and domestic violence. The initial staff appointment to this work was before funding started and this overspend will be offset at the end of the grant.

Community Foundation

Funding provides support for ACE to support and develop its volunteers to ensure they have the skills to support young people to improve their emotional health and wellbeing.

Francis C Scott

Funding has been secured to reduce the waiting time before young people can access the service and in order to prioritise the work with young people to improve emotional health and build resilience for those that are at risk of becoming homeless and those who are aged 16 to 24 living in supported housing.

Resource Pack & PQASSO Cost Saving

These funds will be used to create and provide curriculum resources and will support the work of ACE.

Lloyds Bank Foundation for England

Funding supports young people transitioning from children's to adult mental health services or those leaving children's mental health services across Lancaster district and Fylde and Wyre who require ongoing support. The project aims to improve wellbeing, improve independence and the ability to make positive choices and to increase awareness of self-safety.

OL Catholic High School

Following some fundraising by the school, support is provided within the school offering person centred, solution focussed support for young people with poor emotional health.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

12 Analysis of charitable funds (continued)

YOLO

The fund is used to train young people in research and training skills so they can become volunteers for the charity.

MIND Grant

Funding to support young people with their emotional health and wellbeing and to develop a team of befrienders to extend the support ACE can offer.

Westminster Foundation

Funding for a family worker during a pilot project working with young people aged 11 – 25 who have poor emotional health together with their families in rural Lancashire.

CAF Resilience and CVS Urgent Response Fund

Emergency Covid related funding to cover the costs of overheads and work usually paid for by fundraising and donations, supporting delivery and the short-term implementation of a telephone helpline early in the pandemic.

CANW CAMHS Backlog funding

Short term funding to provide additional Emotional Wellbeing Early Interventions addressing early help referrals or whilst a young person is waiting for a CAMHS intervention.

Active Lancashire

Small grant to support a project encouraging the participation of young people in an outside challenge and the creation of a video.

Bay Leadership Academy and Carnforth High School

Schools commission Emotional Health Practitioner time to offer person-centred and solution focussed support for young people with poor emotional health.

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

13 Analysis of charitable funds: Prior Year

	At 1 April 2019 £	Income £	Expenditure £	Transfers & gains/losses £	At 31 March 2020 £
Unrestricted funds					
General fund	27,641	-	(775)	-	26,866
	27,641	-	(775)	-	26,866
Restricted funds					
<i>Clinical Commissioning Groups:</i>					
North Lancashire	-	6,180	(6,180)	-	-
Fylde & Wyre	-	12,213	(12,213)	-	-
Fylde & Wyre - schools	-	26,000	(24,471)	-	1,529
NLCCG CAMHS Transformati	-	6,200	(4,799)	-	1,401
CCG Pop In's	-	2,598	-	-	2,598
<i>Other:</i>					
BBC Children In Need	559	9,979	(10,451)	-	87
Banks Lyon Memorial Trust	59	7,083	(2,142)	-	5,000
Children In Need Trauma	-	-	(1,073)	-	(1,073)
Gary Lane Donations	8,788	3,000	(8,919)	-	2,869
Community Foundation	-	7,940	(3,040)	-	4,900
Francis C Scott	1,124	15,000	(16,118)	-	6
Bay Leadership Academy	-	13,190	(13,190)	-	-
Resource Pack	2,000	-	(555)	-	1,445
PQASSO Cost Saving	1,800	-	-	-	1,800
Lloyds Bank Foundation for England	1,359	24,467	(24,226)	-	1,600
OL Catholic High School	-	3,040	-	-	3,040
Mark McQueen	-	1,500	(1,500)	-	-
Galbraith Trust	-	2,788	(2,483)	-	305
YOLO	1,491	-	-	-	1,491
Carnforth High School	-	2,217	(2,217)	-	-
Other donations	-	10,922	(6,865)	-	4,057
	17,180	154,317	(140,442)	-	31,055
Total funds	44,821	154,317	(141,217)	-	57,921

ACHIEVE CHANGE & ENGAGEMENT ACE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

14 Analysis of net assets by funds: Current year

	Unrestricted Funds £	Restricted Funds £	Total £
Fund balances at 31 March 2021 are represented by:			
Current assets	29,285	117,618	146,903
Creditors: amounts falling due within one year	(690)	(54,989)	(55,679)
	28,595	62,629	91,224

15 Analysis of net assets by funds: Prior Year

	Unrestricted Funds £	Restricted Funds £	Total £
Fund balances at 31 March 2020 are represented by:			
Current assets	27,538	52,431	79,969
Creditors: amounts falling due within one year	(672)	(21,376)	(22,048)
	26,866	31,055	57,921

16 Related party transactions

The charity was under the control of the trustees during the current and prior period.

During the year S Temple, a trustee and director of the charity, invoiced the charity £2,376 (2020: £2,358) for youth worker project management fees. This amount includes expenses incurred. A balance of £nil (2020: £990) was due to S Temple at the year end.

The charity was also invoiced £880 (2020: £4,510) from two close family members of S Temple during the year. A balance of £320 (2020: £nil) was due to S Temple at the year end.

During the year C Welsby, a trustee and director of the charity, invoiced the charity £3,600 (2020: £nil) for rent in relation to office space. This amount includes expenses incurred.