LIFE AND SOUL YOUTH WORK

England & Wales · Charity number 1153304

Details

Status	Registered
Legal form	Charitable company
Company number	08574869
Registered	2013-08-08
Register	View on the Charity Commission register

Contact

Address	Life & Soul Centre High Street Tunbridge Wells Kent TN1 1UT
Phone	07900455494
Email	email@lifeandsoul.org.uk
Website	www.lifeandsoul.org.uk

Activities

Objects: THE ADVANCEMENT OF THE CHRISTIAN FAITH WORLDWIDE

Activities: Positively supporting children and young people in the Tunbridge Wells area and encouraging them to fulfil their potential in all aspects of their Social, Physical, Emotional and Spiritual well-being.We offer resilience workshops in primary schools and one to one mentoring in secondary schools.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, Other Charitable Purposes
- **Who:** Children/young People

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Geography

- East Sussex
- Kent

Finances

Period end	Income	Expenditure	Assets	Employees
2025-08-31	£74,112	£79,530	-	-
2024-08-31	£96,736	£70,693	-	-
2023-08-31	£69,188	£69,895	-	-
2022-08-31	£70,460	£66,529	-	-
2021-08-31	£66,741	£60,123	-	-

Trustees

Name	Role	Appointed
Nigel Daly	Chair	2021-03-04
ANDREW CHARLES COLLINS		2013-07-16
Angela Nicholls		2023-06-20
Ashleigh Thompson		2024-12-11
Felicity Jayne Roberts		2021-03-04

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LIFE AND SOUL YOUTH WORK

England & Wales - Charity number 1153304

Accounts



for young lives

TRUSTEES ANNUAL REPORT

SEPTEMBER 2024 – AUGUST 2025

Life and Soul Youthwork
Registered Charity Number: 1153304
Company Number: 08574869

Life & Soul Centre
Christ Church
Tunbridge Wells
TN1 1UT

www.lifeandsoul.org.uk

REFERENCE AND ADMINISTRATIVE DETAILS

Board of Trustees	Nigel Daly (Chair appointed 4 Mar 2021) Felicity Roberts (appointed 4 Mar 2021) Andrew Collins (Company Secretary appointed 16 July 2013) Angela Nicholls (appointed 20 June 2023) Ashleigh Thompson (appointed 11 December 2024) Matthew Fox (appointed 11 December 2024)
Company number	08574869
Charity number	1153304
Registered office	Christ Church High Street Tunbridge Wells TN1 1UT
Chief Executive Officer	Sarah Finch
Independent examiner	Zachary Ramsden

STRUCTURE, GOVERNANCE AND MANAGEMENT

GOVERNING DOCUMENT

The charity's governing document is The Memorandum and Articles of Association. Life & Soul is a Registered Company with Charitable Status and was incorporated on 18th June 2013. This replaces charity number 1099511, registered 2003.

The directors of the company are also charity trustees for the purposes of charity law and under the Articles of Association are known as members. New trustees are recruited through an open recruitment process which includes application, interview and references. There is a formal procedure for the induction and training of members of the Board of Trustees. Trustees may serve no more than three consecutive terms of three years following which no out-going trustee shall be eligible for re-election for a period of 12 months following retirement, except in exceptional circumstances. All trustees give their time voluntarily.

The Board of Trustees meets four times a year and have responsibility for the strategic oversight of the charity. The Board of Trustees delegate the day-to-day management of the charity to the Chief Executive Officer.

The legal name of the charity is Life and Soul Youth Work but the name Life & Soul has been adopted for ease of recognition and marketing.



OBJECTIVES AND ACTIVITIES

The charity's purpose as set out in the company's Memorandum and Articles of Association is 'the advancement of the Christian faith worldwide.' Specifically, we express this by providing services that encourage the recognition and celebration of the uniqueness of every individual, created in the image of God. We work with children and young people of all faiths and none and are not faith promoting.

As a charity rooted in the Christian faith, we believe everyone is created in the image of God and is worthy of love and respect. We believe Jesus came to bring life in all its fullness, but many young people are held back from experiencing this because the world tells them they aren't good enough. As Christians we are called to bring healing, hope and freedom, we aim to do this by helping all young people to build their self-esteem, grow their resilience and see that they have the power to realise their dreams.

OUR VISION

To see every young person free to experience life in all its fullness, being confident in their voice and place in the world and loving their God-created uniqueness.

OUR MISSION

To provide early intervention services that enable young people to improve their self-esteem and realise the potential they have within themselves to effect positive change in their lives so they can confidently pursue their chosen path in life.

OUR STRATEGIC AIM

To improve young people's mental well-being which will lead to better social, health and educational outcomes.

OUR STRATEGIC OBJECTIVES

In order to improve young people's mental wellbeing we:

- provide individual and group support.
- empower young people to think critically, explore options and make decisions that are right for them.
- nurture young people by giving them time, attention and a non-judgemental listening ear.

THE CHARITY UNDERTAKES THE FOLLOWING ACTIVITIES TO ACHIEVE ITS AIMS AND OBJECTIVES:

- **Mentoring:** one-to-one mentoring in secondary schools.
- **Resilience Workshops:** a series of small group workshops helping children prepare to make a successful transition to secondary school.

The Board of Trustees have had regard to the Charity Commission's guidance on public benefit in the review of our aims and objectives and the planning of our activities. Further details on our activities and how they benefit the public are detailed in the following section.

ACHIEVEMENTS AND PERFORMANCE

The Board of Trustees would like to thank all staff and volunteers for their hard work and dedication over the last year as well as all the charity's supporters and funders.

We would like to particularly thank the Hollick Family Foundation who have committed to providing a significant level of funding for the next three years. This has enabled us to expand our provision in both primary and secondary schools. We have increased the number of schools that we are working in, employed additional staff and recruited new volunteers. In one year, we have more than doubled the number of young people who are mentored in secondary schools and increased the number of primary school children we work with by over one quarter.

WHAT IS THE NEED?

The national charity Mind recently published The Big Mental Health Report 2024[1] Below are some excerpts from that report which highlight the current dire situation for children and young people in terms of their mental health. Poor mental health has a large impact on individuals and ultimately society as a whole, often leading to poorer social, emotional and educational outcomes.



1 in 5 children and young people in England have a mental health problem but only a third were able to access treatment in 2023. And waiting for support often leads to worse mental health for individuals.

Children and young people's mental health services now accounts for over £1 billion of NHS spending annually in England.

Beyond healthcare settings, schools can be beacons of mental health support… **But since the pandemic began the mental health of young people has got worse. Absences remain high, with data suggesting young people with 15 or more days of absence in England in a single term are more likely to have a mental health problem.**



Schools and colleges can promote and protect children and young people's mental health. They can do this by building mental health literacy, creating supportive and inclusive environments and offering early and targeted mental health support.

The role that schools can play is undoubtedly true but schools themselves are overwhelmed with all the responsibilities placed on them over and above purely educating the next generation. Staff care deeply and want to work holistically to ensure our children and young people are happy, healthy, well rounded and well educated, ready to live their best lives. However, schools do not have the resources to provide for the increasing number of young people who are struggling. That is where we aim to help. We provide well trained and experienced staff and volunteers who are able to work with pupils to build their mental health literacy and provide early and targeted mental health support. We provide this FREE to schools so that no school or pupil is excluded from accessing our help because of a lack of financial resource.

[1]Mind: The Big Mental Health Report 2024
https://www.mind.org.uk/media/vbbdclpi/the-big-mental-health-report-2024-mind.pdf

"The most helpful thing was I have a space to share my feelings & thoughts whilst getting help from it rather than bottling it all up just for it to get worse. I'm happier, my parents have noticed and my friendships have improved a lot."
STUDENT

"I don't lose focus as early and get more work handed in on time."
STUDENT

"It has made me more happy and joyful along with boosting my confidence and making me want to come to school."
STUDENT

"It's been helpful to help me overcome my fears and worries and I have talked to more people and been more confident."
STUDENT

"I learned that I am strong, resilient and kind."
STUDENT



CONNECT MENTORING

Connect Mentoring continues to support young people and shows a significant impact on improving the mental wellbeing of those who are struggling. Each young person receives a series of at least six one to one 30 minute sessions with one of our volunteer mentors within school. The areas we most commonly deal with are:

- Managing emotions – particularly anxiety and anger
- Confidence and self-esteem
- Healthy relationships
- Managing self – including organisation and motivation

As the impact of the pandemic has progressed and health and social services have become increasingly overwhelmed, the work of the Connect Team has become even more important. Volunteer Mentors are reporting seeing young people with more serious mental health issues as it becomes harder to access other support.

We have successfully trained eight new mentors this year and they are now regularly working in schools. Each mentor generally sees between **2 and 3 students** a week. Throughout the year we have averaged **23 Mentors** each week, working in seven local secondary schools.

205 young people have benefitted from Connect Mentoring this year.

98.5% of those who completed the course recorded a significant improvement in their wellbeing.

All mentors receive support and supervision. We have an annual training day for all mentors. There are Peer Groups, these are led by an experienced mentor and meet three times a year. We also have meetings for all mentors three times a year that incorporate training and are a chance for us to say thank you with homemade cake and refreshments. Mentors are always able to contact staff for advice and are closely supervised for at least the first six weeks of working with us.

"I feel a bit better and I can stop myself from retaliating or fighting back."
STUDENT

"I have had less panic attacks. I feel more relaxed and just generally loving things a bit more."
STUDENT

"It's almost like I'm a new person. Quite a lot has changed; my attendance, my mental health – I'm more stable now."
STUDENT

"I've learned to manage my anger and to take myself away from situations."
STUDENT

"I am more energetic and joyful because there's no worries and I can handle my stress."
STUDENT

"Teachers and my dad noticed that I was more focussed and I got more good points."
STUDENT

"I have noticed my attitude towards learning is better and my concentration."
STUDENT

CONNECT MENTORING CASE STUDIES

CASE STUDY 1

I met with a student who felt very anxious about school. She struggled to control the impulse to talk, and when told off, would often answer back, causing ongoing conflict with staff. The stress of this would then spoil her whole day. Her Best Hope was to feel more relaxed about school and more accepted. I completely left it to her to come up with things she could do to help the situation, and I was bowled over by the ideas she had: putting out her equipment ready for a lesson without being asked; saying nothing at all so as not to risk talking back; and deciding to agree with the teacher. Things began to improve and when I asked 'what has been better?' there was plenty to report. In our fifth session, the student announced that she had thought about it over the weekend and decided 'just to think more positively about everything'. This was not something I had ever suggested! She managed to keep to this attitude, developing her excellent self-talk along the way.

I was particularly impressed when she had a blip and was sent out of a lesson, but still didn't give up, instead continuing to think positively. When we ended our sessions, she had gained a huge amount of confidence in her ability to cope and was more relaxed and positive about school and life in general. I was glad that I had trusted in a completely solution-focused approach, as she could then see that her amazing turnaround was completely thanks to her own qualities and initiatives.

Connect Mentor

CASE STUDY 2

I saw a year 7 boy who was really struggling with school and on the verge of becoming a school refuser as his absenteeism was increasing and his parents admitted struggling to get him to school. He was very emotional and upset in our first session as he was finding the move from primary to secondary school overwhelming and felt it was all too much.

Using the Solution Focus principle that it is never all bad we focused on things that were good / ok for him and over a couple of weeks he realised there were lessons and teachers he did like and was good at, that he had made some good friendships, that there were places he could go if he needed quiet at school, that he enjoyed a few extra curricular clubs etc and gradually his mindset shifted to see all that he had done and was doing to settle in. After our 6 weeks he admitted he felt totally different and was actually enjoying school and looking forward positively to all secondary had to offer.

Connect Mentor



Life Without Limits

As demand has risen, at the beginning of the year we increased the team by one more member of staff and have started training volunteers to deliver the course alongside a member of staff.

This has meant that we can now work in four rather than three schools a term, which is an additional six schools a year or approximately 72 pupils.

life& soul Unlimited

Unlimited is our resilience workshop aimed at pupils in Year 5 who need additional help in areas such as confidence, self-esteem, managing emotions and maintaining healthy friendships. The team work with a small group of pupils in each school and tailor the content of the sessions to the needs of the children, covering topics in a fun, creative and interactive way.

165 children completed the Unlimited course this year.

85% reported improved well-being and self-esteem by the end of the course.

When asked 'What have you learnt whilst doing the course?'

"How to handle strong emotions."

"Ways to get over what people think about me..."

"To fix friendships..."

"I've learnt about respect and being unique... it's fun."

"Anything is possible and you are unique so don't try and copy anyone else.."

"They helped me to become less nervous and it's OK to have worries."

"How to deal with my anger issues."

"Lots of ways to cope when I am feeling difficult emotions."

life& soul limitless

Limitless is for Year 6 pupils to help them make a good transition to secondary school. The team work with small groups of pupils on areas such as making new friends, managing social media, phone use and staying safe online.

109 pupils completed the Limitless course this year.

87% reported feeling more positive and confident about going to secondary school.

When asked 'What have you learnt whilst doing the course?'



"I have learnt what is safe and not safe to share online."

"It has made me see that it's OK if you make a mistake and other people think good things about me."

'I always have a value in this world."

"It made me less insecure about personal things and I'm worth something."

"I know how to start a conversation in secondary school."

"To be kind and always believe in myself, it's really helped with my emotions."

"Loads more confidence."

"You don't have to be scared of sharing your feelings...thank you for building my confidence."

life& soul



PLANS FOR THE FUTURE

We are working with a couple of groups in other areas of the country exploring whether we can help them to replicate Connect Mentoring in their local secondary schools.

The demand for our Life Without Limits courses is continuing to grow so we are looking at increasing the team so that we can go into more schools each term.

We are making contact with other secondary schools so that we can reach even more young people who need help from our Connect Mentoring programme.

With the increased demand for our services we need to increase the funding that we get. We are putting together a corporate giving strategy to encourage local businesses to support local young people by contributing to the cost of our expansion.

We would like to train school staff in using the solution-focused approach in everyday interactions with students, encouraging them always to think about what could be better and how they can achieve that.



FINANCIAL REVIEW

The trustees report a net loss for the year of £5418 on unrestricted funds. All the charity assets were employed in pursuing the charitable objects of the charity. More detailed information is set out on the following pages.

FINANCIAL RESERVES

It is the policy of the charity that unrestricted funds which have not been included as fixed assets should be maintained at a level equivalent to between three and six months' expenditure excluding depreciation. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. Three months' general fund expenditure based on the new financial year budget, amounted to approximately £19,250 and unrestricted reserves held as current assets at the end of the year were £52,699.

VOLUNTEERS

Life & Soul is blessed with many volunteers who give their time to support young people through the projects that we run. Were all the volunteer roles to be salaried at an average rate for the charity then the charity would need to have found approximately an additional £15,000 in the last year which is over 30% of the staffing costs as a whole. This is a significant saving and without all the wonderf ul and dedicated volunteers the impact of the work of Life & Soul would be significantly reduced.

THANK YOU

We are very grateful to the following churches, trusts and foundations who have supported our work financially this year.

Albert Hunt Trust

The Chalk Cliff Trust

SMB Charitable Trust

Matthews Wrightson Charity Trust

Hollick Family Foundation

Southborough

The Lawson Trust

RISK MANAGEMENT

The Board of Trustees have conducted a review of the major risks to which the charity is exposed.

One of the principal risks identified continues to be securing sufficient funding. Working with a local fundraising consultant with experience in applying for grants from trusts and foundations, we have raised £32,100 in income from these sources.

We are working on promoting and securing corporate sponsorship as a new source of income in the next financial year.

The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to the major risks





INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
LIFE AND SOUL YOUTHWORK

I report to the charity trustees on my examination of the accounts of the company for the year ended 31st August 2025.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or

4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed: Zachary Ramsden
Name: Zachary Ramsden FCA
Chartered Accountant
63 Deakin Leas, Tonbridge, Kent TN9 2JT
Date: 29th October 2025



Statement of Financial Activities (including Income and Expenditure Account)
for the year ended 31 August 2025

	Notes	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
Income from:					
Donations and Legacies	2a	65,338	0	65,338	88,398
Charitable activities	2b	7,954	0	7,954	7,954
Other income	2c	820	0	820	384
Investments			-	0	0
Total income		74,112	0	74,112	96,736
Expenditure on:					
Raising funds	3a	8,537	-	8,537	11,196
Charitable activities	3b	70,993		70,993	59,497
Total expenditure		79,530	0	79,530	70,693
Net (deficit)/income for the year		(5,418)	0	(5,418)	26,043
Transfer between funds			0	-	-
Final net (deficit)/income		(5,418)	0	(5,418)	26,043
Reconciliation of funds					
Total funds brought forward		58,117		58,117	32,074
Total funds carried forward		52,699	0	52,699	58,117

Balance sheet as at 31 August 2025

	Notes	2025	2024
		£	£
Fixed assets			
Tangible fixed assets	7	2,674	
Total fixed assets		**2,674**	
Current assets			
Debtors	8	1,464	2,444
Cash at bank and in hand		49,476	56,276
		50,940	58,720
Creditors: amounts falling due within one year	9	(915)	(603)
Net current assets		**50,025**	**58,117**
Total net assets		**52,699**	**58,117**
Funds	10		
Restricted		-	
Unrestricted		52,699	58,317
Total funds		**52,698**	**58,317**

The company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
No members have required the company to obtain an audit of its accounts in accordance with section 476 of the Companies Act 2006.
The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

Approved by the Chair of Trustees



Date: 25th September 2025

1. Accounting policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and in the preceding year.

(a) Basis of accounting

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

(b) Fund accounting

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

- Designated funds are unrestricted funds earmarked by the trustees for a particular purpose.

- Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

(c) Income

Income is included in the statement of financial activities when the charity is entitled to, and virtually certain to receive, the income and the amount can be quantified with reasonable accuracy. The following policies are applied to particular categories of income:

- Income received by way of grants, donations and gifts is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant. Income from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

- Donated services and facilities are included at the value to the charity where this can be quantified. The value of services provided by volunteers has not been included in these accounts.

- Income from charitable activities is accounted for when earned.

- Investment income is included when receivable.

(d) Expenditure

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes VAT and is reported as part of the expenditure to which it relates:

- Costs of raising funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes.

- Expenditure on charitable activities comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be

allocated directly to such activities and those costs of an indirect nature necessary to support them.

- All costs are allocated between the expenditure categories of the SoFA on a basis designed to reflect the use of the resource.

(e) Fixed assets

Fixed assets (excluding investments) are stated at cost less accumulated depreciation. The costs of minor additions or those costing below £400 are not capitalised. Depreciation is provided at rates calculated to write off the cost of the asset over its expected useful life, which in all cases is estimated at 4 years. Impairment reviews are carried out as and when evidence comes to light that the recoverable amount of a functional fixed asset is below its net book value due to damage, obsolescence or other relevant factors.

(f) Company Status

The charity is a company limited by guarantee. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £10 per member of the charity.

(g) Going concern

The trustees consider that there are no material uncertainties about the ability to continue as a going concern.

2a. Income from raising funds

	General	Restricted	2025 Total	2024 Total
	£	£	£	£
Donations	30,691		30,691	35,306
Fundraising	2,547	-	2,547	2,602
Grants	32,100	-	32,100	50,490
	65,338	-	65,338	88,398

2b. Income from charitable activities

	General	Restricted	2025 Total	2024 Total
	£	£	£	£
Connect	7,954		7,954	7,954
Schools		-	-	
	7,954	-	7,954	7,954

2c. Other Income

	General	Restricted	2025 Total	2024 Total
	£	£	£	£
Misc income	820		820	384
	820	0	820	384

3a. Expenditure on raising funds

	General	Restricted	2025 Total	2024 Total
	£	£	£	£
Fundraising costs	8,537	-	8,537	11,196
	8,537	-	8,537	11,196

3b. Expenditure on charitable activities

	General	Restricted	2025 Total	2024 Total
	£	£	£	£
Staff costs	51,292		51,292	43,166
Training	2,515		2,515	996
General costs	17,186		17,186	15,135
	70,993	-	70,993	59,297

4. Net Income/expenditure for the year

	2025 Total	2024 Total
This is stated after charging:	£	£
Depreciation	497	-
	497	-

5. Staff costs

	2025 Total £	2024 Total £
Salaries and wages	48,560	40,723
Employers National Insurance	-	-
Pension costs	2,732	2,443
	51,292	43,166

Included within the above figures, emoluments for key management personnel amounted to £15417, (2024 - £14123)

No employee received emoluments of more than £60,000 in the year (2024: £nil).
The amount of liabilities arising from employee benefits in the year amounted to £nil (2024: £nil).

The average number of employees during the year, calculated on the basis of full time equivalents, were as follows:

	2025 Total Number	2024 Total Number
Employees	2	2
	2	2

Trustee Remuneration and Related Party Transactions
During the year, no trustee received any remuneration nor any reimbursement of expenses (2024: £nil)
No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity during the year.
Donations made by trustees during the year amounted to £360 by A Collins (2024 £360 A Collins).

6. Taxation

As a charity, Life and Soul is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the Charity.

7. Tangible Fixed Assets

	2025
	Office Equipmt
	£
Cost	
At 1 September 2024	4,189
Additions	3,171
At 31 August 2025	7,360
Accumulated Depreciation	
At 1 September 2024	4,189
Charge for the year	497
At 31 August 2024	4,686
Net book value	
At 1 September 2024	-
At 31 August 2025	2,674

8. Debtors

	2025 Total	**2024 Total**
	£	£
Other debtors and prepayments	1,464	2,444
Total	1,464	2,444

9. Creditors: Amounts Falling Due within One Year

	2025 Total	**2024 Total**
	£	**£**
Taxation and Social Security	-	
Other creditors and accruals	128	603
Total	128	603

10. Analysis of Net Assets Between Funds

	General Funds	Restricted Funds	2025 Total Funds	2024 Total Funds
	£	£	£	£
Tangible fixed assets	2,674	-	2,674	-
Current assets	50,940	-	50,940	58,720
Current liabilities	(915)		(915)	(603)
Net assets	**52,699**	**-**	**52,699**	**58,117**

11. Movements in Funds

	At 1 Sep 2024	Incoming Resources	Outgoing Resources	Transfer between funds	At 31 Aug 2025
	£	£	£	£	£
Restricted funds:	-	0	0	0	-
	-	0	0	0	-
Unrestricted funds:					
General funds	58,117	74,112	(79,530)	0	52,699
	58,117	74,112	(79,530)	0	52,699
Total funds	**58,117**	**74,112**	**(79,530)**	**-**	**52,699**

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF LIFE AND SOUL YOUTHWORK

I report to the charity trustees on my examination of the accounts of the company for the year ended 31st August 2025.

Responsibilities and basis of report

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Independent examiner's statement

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1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed: Zachary Ramsden

Name: Zachary Ramsden FCA
Chartered Accountant
63 Deakin Leas, Tonbridge, Kent TN9 2JT
Date 29th October 2025

TRUSTEES' RESPONSIBILITIES STATEMENT

The trustees (who are also directors of Life and Soul Youthwork for the purposes of company law) are responsible for preparing the Trustees' Report and the Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice)

Company law requires the Trustees to prepare financial statements for each financial year. Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP;
- make judgements and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

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

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website.

This report has been prepared in accordance with the provisions applicable to companies entitled to the small company's exemption.

This report was approved by the Trustees, on 11th December 2024 and signed on their behalf by:



Nigel Daly
Chair of the Board of Trustees
Date: 25th September 2025





Life and Soul Youthwork
Registered Charity Number: 1153304
Company Number: 08574869

Life & Soul Centre
Christ Church
Tunbridge Wells
TN1 1UT

www.lifeandsoul.org.uk

LIFE AND SOUL YOUTH WORK

England & Wales - Charity number 1153304

Accounts



for young lives

TRUSTEES ANNUAL REPORT

SEPTEMBER 2023 – AUGUST 2024

Life and Soul Youthwork
Registered Charity Number: 1153304
Company Number: 08574869

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life & soul

REFERENCE AND ADMINISTRATIVE DETAILS

Board of Trustees	Nigel Daly (Chair appointed 4 Mar 2021) David Payne (appointed 23 Feb 2015) Felicity Roberts (appointed 4 Mar 2021) Andrew Collins (Company Secretary appointed 16 July 2013) Angela Nicholls (appointed 20 June 2023)
Company number	08574869
Charity number	1153304
Registered office	Christ Church High Street Tunbridge Wells TN1 1UT
Chief Executive Officer	Sarah Finch
Independent examiner	Zachary Ramsden

STRUCTURE, GOVERNANCE AND MANAGEMENT

GOVERNING DOCUMENT

The charity's governing document is The Memorandum and Articles of Association. Life & Soul is a Registered Company with Charitable Status and was incorporated on 18th June 2013. This replaces charity number 1099511, registered 2003.

The directors of the company are also charity trustees for the purposes of charity law and under the Articles of Association are known as members. New trustees are recruited through an open recruitment process which includes application, interview and references. There is a formal procedure for the induction and training of members of the Board of Trustees. Trustees may serve no more than three consecutive terms of three years following which no out-going trustee shall be eligible for re-election for a period of 12 months following retirement, except in exceptional circumstances. All trustees give their time voluntarily.

The Board of Trustees meets four times a year and have responsibility for the strategic oversight of the charity. The Board of Trustees delegate the day-to-day management of the charity to the Chief Executive Officer.

The legal name of the charity is Life and Soul Youthwork but the name Life & Soul has been adopted for ease of recognition and marketing.



OBJECTIVES AND ACTIVITIES

The charity's purpose as set out in the company's Memorandum and Articles of Association is 'the advancement of the Christian faith worldwide.' Specifically, we express this by providing services that encourage the recognition and celebration of the uniqueness of every individual, created in the image of God. We work with children and young people of all faiths and none and are not faith promoting.

As a charity rooted in the Christian faith, we believe everyone is created in the image of God and is worthy of love and respect. We believe Jesus came to bring life in all its fullness, but many young people are held back from experiencing this because the world tells them they aren't good enough. As Christians we are called to bring healing, hope and freedom, we aim to do this by helping all young people to build their self-esteem, grow their resilience and see that they have the power to realise their dreams.

OUR VISION

To see every young person free to experience life in all its fullness, being confident in their voice and place in the world and loving their God-created uniqueness.

OUR MISSION

To provide early intervention services that enable young people to improve their self-esteem and realise the potential they have within themselves to effect positive change in their lives so they can confidently pursue their chosen path in life.

OUR STRATEGIC AIM

To improve young people's mental well-being which will lead to better social, health and educational outcomes.

OUR STRATEGIC OBJECTIVES

In order to improve young people's mental wellbeing we:

- provide individual and group support.
- empower young people to think critically, explore options and make decisions that are right for them.
- nurture young people by giving them time, attention and a non-judgemental listening ear.

THE CHARITY UNDERTAKES THE FOLLOWING ACTIVITIES TO ACHIEVE ITS AIMS AND OBJECTIVES:

- **Mentoring:** one-to-one mentoring in secondary schools.
- **Resilience Workshops:** a series of small group workshops helping children prepare to make a successful transition to secondary school.

The Board of Trustees have had regard to the Charity Commission's guidance on public benefit in the review of our aims and objectives and the planning of our activities. Further details on our activities and how they benefit the public are detailed in the following section.

ACHIEVEMENTS AND PERFORMANCE

The Board of Trustees would like to thank all staff and volunteers for their hard work and dedication over the last year as well as all the charity's supporters and funders.

WHAT IS THE NEED?

The national charity Mind recently published The Big Mental Health Report 2024[1] Below are some excerpts from that report which highlight the current dire situation for children and young people in terms of their mental health. Poor mental health has a large impact on individuals and ultimately society as a whole, often leading to poorer social, emotional and educational outcomes.

1 in 5

children and young people in England have a mental health problem.

1 in 5 children and young people in England have a mental health problem but only a third were able to access treatment in 2023. And waiting for support often leads to worse mental health for individuals.

Children and young people's mental health services now accounts for over £1 billion of NHS spending annually in England.

Beyond healthcare settings, schools can be beacons of mental health support… **But since the pandemic began the mental health of young people has got worse. Absences remain high, with data suggesting young people with 15 or more days of absence in England in a single term are more likely to have a mental health problem.**

Children and young people's mental health services now account for

over £1 billion

of NHS spending annually in England.

Schools and colleges can promote and protect children and young people's mental health. They can do this by building mental health literacy, creating supportive and inclusive environments and offering early and targeted mental health support.

The role that schools can play is undoubtedly true but, schools themselves are overwhelmed with all the responsibilities placed on them, over and above purely educating the next generation. Staff care deeply and want to work holistically to ensure our children and young people are happy, healthy, well rounded and well educated, ready to live their best lives. However, schools do not have the resources to provide for the increasing number of young people who are struggling. That is where we aim to help. We provide well trained and experienced staff and volunteers who are able to work with pupils to build their mental health literacy and provide early and targeted mental health support. We provide this FREE to schools so that no school or pupil is excluded from accessing our help because of a lack of financial resource.

[1]Mind: The Big Mental Health Report 2024
https://www.mind.org.uk/media/vbbdclpi/the-big-mental-health-report-2024-mind.pdf

"When I started the sessions I had no interest in going to school and I hated it, but after the sessions I realised that school isn't so bad and found ways to manage anxiety around school."

STUDENT

"I am more open minded and find my anxiety less debilitating. I can now go out and socialise. I have furthered my self-awareness knowing what triggers me and what calms me down."

STUDENT

"I am more confident, I take responsibility for what I do and I have stopped procrastinating. It (Connect) is very good and it helps you to become a better person."

STUDENT

CONNECT MENTORING

Connect Mentoring continues to support young people and shows a significant impact on improving the mental wellbeing of those who are struggling. Each young person receives a series of at least six one to one sessions with one of our volunteer mentors within school. The areas we most commonly deal with are:

- Managing emotions – particularly anxiety and anger
- Confidence and self-esteem
- Healthy relationships
- Managing self – including organisation and motivation

As the pandemic has progressed and health and social services have become increasingly overwhelmed, the work of the Connect Team has become even more important. Volunteer mentors are reporting seeing young people with more serious mental health issues as it becomes harder to access other support.

We have successfully trained nine new mentors this year and they are now regularly working in schools. Each mentor generally sees between **2 and 3 students** a week. Throughout the year we have averaged **25 Mentors** each week, working in five local secondary schools.

96 young people have benefitted from Connect Mentoring this year.

94% of those who completed the course recorded a significant improvement in their wellbeing.

All mentors receive support and supervision. We have an annual training day for all mentors. There are Peer Groups, these are led by an experienced mentor and meet three times a year. We also have meetings for all mentors three times a year that incorporate training and are a chance for us to say thank you with homemade cake and refreshments. Mentors are always able to contact staff for advice and are closely supervised for at least the first six weeks of working with us.

"I was anxious at the start and now I'm not anxious anymore."

STUDENT

"It helped to make my thoughts clearer and helped me work through things that didn't really make sense when I was on my own."

STUDENT

"It's really nice having someone to talk to, they help you get to the place you want to be. I've found healthier ways to cope with things and made myself think about myself in a more positive light. It's really good to have someone there who will talk to you and help you."

STUDENT

"M participated in the Connect mentoring programme last year, which greatly boosted his confidence. His behaviour had often stemmed from avoidance and a lack of confidence, but the programme helped him engage more positively, resulting in just one detention all year."

PARENT

How do we help?

CONNECT MENTORING CASE STUDIES

CASE STUDY

"A Year 7 girl came to her first session saying she was struggling with self harm and social anxiety. We talked about what she would like to be feeling and doing instead and she said she'd like to feel calm in social situations and learn some healthy coping strategies instead of cutting herself.

As she described her perfect day where she'd achieved a 10/10 on both these hopes she began to see she was already doing some brilliant things to help her to deal with anxious thoughts. She remembered she had been writing poetry and that had really helped, so she started to focus on the positives of that instead of seeing herself as "someone who self-harmed" she was so happy to realise this about herself. As we continued with her sessions she saw more and more about herself that she liked and by session 5 said, with a massive smile that she had decided she was really happy in her own skin and no longer worried about what others thought about her!"

Connect Mentor

CASE STUDY

"When we began meeting, the student talked a lot about having been badly bullied at a very early age. She linked her anxiety to this past trauma. For a long time, she was reluctant to look for hopeful signs or solutions - she just needed to express her hurt. She talked a lot about 'my anxiety', almost as though it defined her. She remained reluctant to express any idea of her own qualities, strengths or achievements, always returning to 'but when my anxiety is bad...' However, over time, the focus of our talks began to shift. By the time we finished, we were talking about a girl who is just naturally an introvert, who is stressed by crowds and hates being the centre of attention, BUT who has many excellent strategies for coping, and who is learning when to withdraw but also when to challenge herself. She has reluctantly admitted to some really impressive achievements and qualities. She began by seeing herself as someone broken by trauma but I hope she now sees herself as a very normal introvert with many ways to cope."

Connect Mentor

CASE STUDY

"I was thrilled when a student said that she had put into practice speaking up about how she felt, when a friend criticised her unfairly. She told the friend 'when you said... I felt...' She was so pleased to have been able to politely make her feelings known. The friend listened and there was no negative comeback. The student said that she felt listened to, empowered, and would do it again."

Connect Mentor

life & soul



Life Without Limits

As demand has risen, at the beginning of the year we increased the team by one more member of staff and have started training volunteers to deliver the course alongside a member of staff. This has meant that we can now work in three rather than two schools a term, which is an additional six schools a year or approximately 72 pupils.

life& soul Unlimited

Unlimited is our resilience workshop aimed at pupils in Year 5 who need additional help in areas such as confidence, self esteem, managing emotions and maintaining healthy friendships. The team work with a small group of pupils in each school and tailor the content of the sessions to the needs of the children, covering topics in a fun, creative and interactive way.

127 children completed the Unlimited course this year.

93% reported improved well-being and self-esteem by the end of the course.

"I've learnt to think calm and stay positive."
STUDENT

"I've learnt to believe in myself and have a more positive attitude."
TEACHER

"It really helps me to think that everyone is unique."
TEACHER

"I have learnt to always have a brave 20 seconds."
STUDENT

"Thank you!!!!!! I have learnt how to make friends easier."
STUDENT

life& soul limitless

Limitless is for Year 6 pupils to help them make a good transition to secondary school. The team work with small groups of pupils on areas such as making new friends, managing social media and phone use and staying safe online.

68 pupils completed the Limitless course this year.

85% reported feeling more positive and confident about going to secondary school.

"It's ok to worry about secondary school, I can talk about my worries with other people."
TEACHER

"I liked how the leaves symbolised how we are all different but equal."
STUDENT



life& soul

Relationships and Sex Education (RSE)

With the advent of a compulsory national curriculum for Personal, Social, Health and Emotional Education (PSHE) which is fully resourced and has accompanying training for teachers in how to deliver all areas of the curriculum, the sessions we provide are now being covered within schools.

It is beneficial for these very personal areas to be delivered by trained staff who know the pupils well. As a result we have decided to close this project and focus our resources on the growing need for mentoring.

Play Therapy

Em and Nick Cheesman set up Life & Soul around twenty years ago. The charity has grown and evolved in that time and both Em and Nick have worked for the charity in several different roles during that time. Having trained as a play therapist with Life & Soul, Em has worked in a local primary school for a number of years, providing a valuable and much needed intervention for some of the children there. Em says…

"Play therapy allows children to express their feelings and understand their emotions and experiences by creating a safe space for them. I have been working with children who have been learning to cope with a wide variety of difficult situations. It has been a privilege to spend time with the children and see their confidence and self-esteem grow as they learn strategies to deal with the challenges that face them. Children have said comments such as "I'm so glad I have someone to talk to about how I feel" And "I love coming here because I feel safe." It has also been great to hear how play therapy has helped the whole family and how parents have commented that they understand their child more after they have talked things through."

The trustees feel that the focus of Life and Soul is on Unlimited and Connect mentoring going forward where demand is growing and no longer on play therapy and so Em has decided to leave in the summer.

Without Em, and her vision and heart for the lost and the vulnerable, Life & Soul wouldn't be here and wouldn't have helped countless young people over so many years. So many young lives out there now know something of their own unique value and have the skills to navigate life well because of Em's heart and her passion which has been worked out through Life & Soul. We will miss Em's smile and infectious enthusiasm at our team meetings but know that she will always be a valued member of the wider Life & Soul family.



PLANS FOR THE FUTURE

We are working with a couple of groups in other areas of the country to see if we can help them to replicate Connect Mentoring in their local secondary schools.

The demand for our Life Without Limits courses is continuing to grow so we are looking at increasing the team so that we can go into more schools each term.

We are making contact with other secondary schools so that we can reach even more young people who need help from our Connect Mentoring programme.

With the increased demand for our services we need to increase the funding that we get. We are putting together a corporate giving strategy to encourage local businesses to support local young people by contributing to the cost of our expansion.



FINANCIAL REVIEW

The trustees are pleased to report a net gain for the year of £26,043 on unrestricted funds. All the charity assets were employed in pursuing the charitable objects of the charity. More detailed information is set out on the following pages.

FINANCIAL RESERVES

It is the policy of the charity that unrestricted funds which have not been included as fixed assets should be maintained at a level equivalent to between three and six months' expenditure excluding depreciation. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. Three months' general fund expenditure based on the new financial year budget, amounted to approximately £19,000 and unrestricted reserves held as current assets at the end of the year were £58,117.

VOLUNTEERS

Life & Soul is blessed with many volunteers who give their time to support young people through the projects that we run. Were all the volunteer roles to be salaried at an average rate for the charity then the charity would need to have found approximately an additional £14,500 in the last year which is over 33% of the staffing budget as a whole. This is a significant saving and without all the wonderful and dedicated volunteers the impact of the work of Life & Soul would be significantly reduced.

THANK YOU

We are very grateful to the following churches, trusts and foundations who have supported our work financially this year.

St Matt's – igniting passion for Jesus
St Martins
Wadhurst Tidebrook Stonegate
St Lawrence
TWBC
St Philip's Church
St Giles Shipbourne
The Parish church of King Charles the Martyr, Royal Tunbridge Wells
CCTU Christ Church Tunbridge Wells
PCPhillips Foundation
The Fitton Trust
Burrswood Health and Wellbeing
Edgar E Lawley Foundation – Charitable Foundation founded in 1961
STW Est. 1542 Sir Thomas White Loan Charity
The Ian Askew Charitable Trust
SMB Foundation
Hollick Family Foundation
The Mrs Smith & Mount Trust
London Gatwick Foundation Fund

RISK MANAGEMENT

The Board of Trustees have conducted a review of the major risks to which the charity is exposed.

One of the principal risks identified continues to be securing sufficient funding. Working with a local fundraising consultant with experience in applying for grants from trusts and foundations, we have seen our income from grants increase this year to £50,490 from £20443 in the previous year.

We are working on promoting and securing corporate sponsorship as a new source of income in the next financial year.

The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to the major risks.





INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
LIFE AND SOUL YOUTHWORK

I report to the charity trustees on my examination of the accounts of the company for the year ended 31st August 2024.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or

4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed: *Zachary Ramsden*
Name: Zachary Ramsden FCA
Chartered Accountant
63 Deakin Leas, Tonbridge, Kent TN9 2JT
Date 12th January 2025



Statement of Financial Activities (including Income and Expenditure Account)
for the year ended 31 August 2024

	Notes	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income from:					
Donations and legacies	2a	88,398	0	88,398	57,033
Charitable activities	2b	7,954	0	7,954	12,014
Other income	2c	384	0	384	141
Investments		0	-	0	0
Total income		96,736	0	96,736	69,188
Expenditure on:					
Raising funds	3a	11,196	-	11,196	10,615
Charitable activities	3b	59,497		59,497	59,280
Total expenditure		70,693	0	70,693	69,895
Net (deficit)/income for the year		26,043	0	26,043	(707)
Transfer between funds			0	-	-
Final net (deficit)/income		26,043	0	26,043	(707)
Reconciliation of funds					
Total funds brought forward		32,074		32,074	32,781
Total funds carried forward		58,117	0	58,117	32,074

Balance sheet as at 31 August 2024

	Notes	2024	2023
		£	£
Fixed assets			
Tangible fixed assets	7	-	
Total fixed assets		-	
Current assets			
Debtors	8	2,444	3,038
Cash at bank and in hand		56,276	30,613
		58,720	33,651
Creditors: amounts falling due within one year	9	(603)	(1,578)
Net current assets		**58,117**	**32,073**
Total net assets		**58,117**	**32,073**
Funds	10		
Restricted		-	-
Unrestricted		58,117	32,074
Total funds		**58,117**	**32,074**

The company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
No members have required the company to obtain an audit of its accounts in accordance with section 476
of the Companies Act 2006.
The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of
accounts.

Approved by the trustees

Chairman: Nigel Daly

Date : 12th December 2024.

Notes to the Financial Statements

1. Accounting policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and in the preceding year.

(a) Basis of accounting

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

(b) Fund accounting

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

- Designated funds are unrestricted funds earmarked by the trustees for a particular purpose.

- Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

(c) Income

Income is included in the statement of financial activities when the charity is entitled to, and virtually certain to receive, the income and the amount can be quantified with reasonable accuracy. The following policies are applied to particular categories of income:

- Income received by way of grants, donations and gifts is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant. Income from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

- Donated services and facilities are included at the value to the charity where this can be quantified. The value of services provided by volunteers has not been included in these accounts.

- Income from charitable activities is accounted for when earned.

- Investment income is included when receivable.

(d) Expenditure

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes VAT and is reported as part of the expenditure to which it relates:

- Costs of raising funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes.

- Expenditure on charitable activities comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

- All costs are allocated between the expenditure categories of the SoFA on a basis designed to reflect the use of the resource.

(e) Fixed assets

Fixed assets (excluding investments) are stated at cost less accumulated depreciation. The costs of minor additions or those costing below £400 are not capitalised. Depreciation is provided at rates calculated to write off the cost of the asset over its expected useful life, which in all cases is estimated at 4 years. Impairment reviews are carried out as and when evidence comes to light that the recoverable amount of a functional fixed asset is below its net book value due to damage, obsolescence or other relevant factors.

(f) Company Status

The charity is a company limited by guarantee. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £10 per member of the charity.

(g) Going concern

The trustees consider that there are no material uncertainties about the ability to continue as a going concern.

2a. Income from raising funds

	General £	Restricted £	2024 Total £	2023 Total £
Donations	35,306		35,306	33,780
Fundraising	2,602	-	2,602	2,810
Grants	50,490	-	50,490	20,443
	88,398	-	88,398	57,033

2b. Income from charitable activities

	General £	Restricted £	2024 Total £	2023 Total £
Connect	-	7,954	7,954	7,954
Schools		-	-	4,060
	-	7,954	7,954	12,014

2c. Other Income

	General £	Restricted £	2024 Total £	2023 Total £
Misc income	384		384	141
	384	0	384	141

3a. Expenditure on raising funds

	General £	Restricted £	2024 Total £	2023 Total £
Fundraising costs	11,196	-	11,196	10,615
	11,196	-	11,196	10,615

3b. Expenditure on charitable activities

	General £	Restricted £	2024 Total £	2023 Total £
Staff costs	43,166		43,166	43,146
Training	996		996	579
General costs	15,335		15,335	15,555
	59,497	-	59,497	59,280

4. Net Income/expenditure for the year

	2024 Total £	2023 Total £
This is stated after charging:		
Depreciation	-	-
	-	-

5. Staff costs

	2024 Total £	2023 Total £
Salaries and wages	40,723	40,704
Employers National Insurance	-	-
Pension costs	2,443	2,442
	43,166	43,146

Included within the above figures, emoluments for key management personnel amounted to £14123, (2023 - £12991)

No employee received emoluments of more than £60,000 in the year (2023: £nil).
The amount of liabilities arising from employee benefits in the year amounted to £nil (2023: £nil).

The average number of employees during the year, calculated on the basis of full time equivalents, were as follows:

	2024 Total Number	2023 Total Number
Employees	2	2
	2	2

Trustee Remuneration and Related Party Transactions

During the year, no trustee received any remuneration nor any reimbursement of expenses (2023: £nil)
No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity during the year.
Donations made by trustees during the year amounted to £360 by A Collins (2023 - £360 A Collins).

6. Taxation

As a charity, Life and Soul is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the Charity.

7. Tangible Fixed Assets

	2024 Office Equipment £
Cost	
At 1 September 2023	4,189
Additions	-
At 31 August 2024	4,189
Accumulated Depreciation	
At 1 September 2023	4,189
Charge for the year	-
At 31 August 2024	4,189
Net book value	
At 1 September 2023	-
At 31 August 2024	-

8. Debtors

	2024 Total £	2023 Total £
Other debtors and prepayments	2,444	3,038
Total	2,444	3,038

9. Creditors: Amounts Falling Due within One Year

	2024 Total £	2023 Total £
Taxation and Social Security	-	80
Other creditors and accruals	603	1,498
Total	603	1,578

10. Analysis of Net Assets Between Funds

	General Funds £	Restricted Funds £	2024 Total Funds £	2023 Total Funds £
Tangible fixed assets	-	-	-	-
Current assets	58,720	-	58,720	32,981
Current liabilities	(603)		(603)	(200)
Net assets	**58,117**	**-**	**58,117**	**32,781**

11. Movements in Funds

	At 1 Sep 2023 £	Incoming Resources £	Outgoing Resources £	Transfer between funds £	At 31 Aug 2024 £
Restricted funds:	-	0	0	0	-
	-	0	0	0	-
Unrestricted funds:					
General funds	32,074	96,736	(70,493)	0	58,117
	32,074	96,736	(70,493)	0	58,117
Total funds	**32,074**	**96,736**	**(70,493)**	**-**	**58,117**

This report has been prepared in accordance with the provisions applicable to companies entitled to the small company's exemption.

This report was approved by the Trustees, on 11th December 2024 and signed on their behalf by:



N Daly

Chair of the Board of Trustees

Date: 11th December 2024

TRUSTEES' RESPONSIBILITIES STATEMENT

The trustees (who are also directors of Life and Soul Youthwork for the purposes of company law) are responsible for preparing the Trustees' Report and the Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice)

Company law requires the Trustees to prepare financial statements for each financial year. Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP;
- make judgements and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

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

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website.

This report has been prepared in accordance with the provisions applicable to companies entitled to the small company's exemption.

This report was approved by the Trustees, on 11th December 2024 and signed on their behalf by:



Nigel Daly
Chair of the Board of Trustees
Date: 11th December 2024





Life and Soul Youthwork
Registered Charity Number: 1153304
Company Number: 08574869

Life & Soul Centre
Christ Church
Tunbridge Wells
TN1 1UT

www.lifeandsoul.org.uk

LIFE AND SOUL YOUTH WORK

England & Wales - Charity number 1153304

Accounts



TRUSTEES ANNUAL REPORT

SEPTEMBER 2022 – AUGUST 2023

Life and Soul Youthwork
Registered Charity Number: 1153304
Company Number: 08574869

Life & Soul Centre
Christ Church
Tunbridge Wells
TN1 1UT

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REFERENCE AND ADMINISTRATIVE DETAILS

Board of Trustees	Nigel Daly (Chair appointed 4 Mar 2021) David Payne (appointed 23 Feb 2015) Felicity Roberts (appointed 4 Mar 2021) Andrew Collins (Company Secretary appointed 16 July 2013) Angela Nicholls (appointed 20 June 2023)
Company number	08574869
Charity number	1153304
Registered office	Christ Church High Street Tunbridge Wells TN1 1UT
Chief Executive Officer	Sarah Finch
Independent examiner	Nash Harvey Group LLP

STRUCTURE, GOVERNANCE AND MANAGEMENT

GOVERNING DOCUMENT

The charity's governing document is The Memorandum and Articles of Association. Life & Soul is a Registered Company with Charitable Status and was incorporated on 18th June 2013. This replaces charity number 1099511, registered 2003.

The directors of the company are also charity trustees for the purposes of charity law and under the Articles of Association are known as members. New trustees are recruited through an open recruitment process which includes application, interview and references. There is a formal procedure for the induction and training of members of the Board of Trustees. Trustees may serve no more than three consecutive terms of three years following which no out-going trustee shall be eligible for re-election for a period of 12 months following retirement, except in exceptional circumstances. All trustees give their time voluntarily.

The Board of Trustees meets four times a year and have responsibility for the strategic oversight of the charity. The Board of Trustees delegate the day-to-day management of the charity to the Chief Executive Officer.

The legal name of the charity is Life and Soul Youthwork but the name Life & Soul has been adopted for ease of recognition and marketing.



OBJECTIVES AND ACTIVITIES

The charity's purpose as set out in the company's Memorandum and Articles of Association is 'the advancement of the Christian faith worldwide.' Specifically, we express this by providing services that encourage the recognition and celebration of the uniqueness of every individual, created in the image of God. We work with children and young people of all faiths and none, and are not faith promoting.

OUR VISION

That every child and young person would love their God-created uniqueness and be confident in their own voice and place in the world.

OUR MISSION

To provide early intervention services that enable young people to explore who they are, what is right for them and to confidently pursue their chosen path in life.

OUR STRATEGIC AIM

To improve young people's mental well-being which will lead to better social, health and educational outcomes.

OUR STRATEGIC OBJECTIVES

In order to improve young people's mental well-being we:

- provide individual and group support.
- empower young people to think critically, explore options and make decisions that are right for them.
- nurture young people by giving them time, attention and a non-judgemental listening ear.

The charity undertakes the following activities to achieve its aims and objectives:

- **Mentoring:** one-to-one mentoring in secondary schools.
- **Resilience Workshops:** a series of small group workshops helping children prepare to make a successful transition to secondary school.
- **Relationships and Sex Education:** a safe space for young people to explore issues around RSE and to make wise decisions that are right for them.
- **Play Therapy:** a gentle, play based therapy that helps young children to heal from difficult or traumatic experiences.

The Board of Trustees have had regard to the Charity Commission's guidance on public benefit in the review of our aims and objectives and the planning of our activities. Further details on our activities and how they benefit the public are detailed in the following section.



ACHIEVEMENTS AND PERFORMANCE

The Board of Trustees would like to thank all staff and volunteers for their hard work and dedication over the last year as well as all the charity's supporters and funders.

The charity has continued its work of improving the social, health and educational outcomes of children and young people by nurturing and empowering them to accept and celebrate their own unique self, to find their voice and to be informed, confident and skilled to make wise life decisions.

The pandemic continues to have a significant impact on young people's mental health. The long-term impact of having limited social interaction at a time when it is crucial for healthy brain development is now being seen across primary and secondary age groups. Many teachers are reporting that significant numbers of children and young people are two years behind in their social and emotional development, yet they are still having to cope with the same pressures and academic expectations as previously. This, along with the impact of the pandemic on families and wider society, is taking its toll on the mental health of young people.

A recent report, Mental Health of Children and Young People 2023, published by NHS England on the 21st November 2023 found that one in five children and young people aged eight to 25 had a probable mental health disorder in 2023.[1]

The Guardian reported, earlier this year, that the number of referrals to Children and Young People's Mental Health Services (CYPMHS) was three times higher than in the corresponding month in 2019 and nearly double that in 2022. The article goes on to say that the number of young people waiting to start treatment also reached new records.[2]

We are working to meet this increased demand with our early intervention services by:

- Continuing to work with a local fundraising consultant to ensure financial security for the charity. We are very grateful to all the Trusts and Foundations who have helped to fund our work this year. We are also grateful to all the regular, individual donors who provide around a third of our annual income.
- We have increased our recruitment of volunteer mentors so that we can see more young people each week.

The trustees continue to provide strong accountability and leadership for the charity and work closely with the CEO to support the work of the charity and set the strategic direction.

[1] https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2023-wave-4-follow-up

[2] https://www.theguardian.com/society/2023/aug/15/number-children-mental-health-crisis-record-high-england

"We see a real difference from the boys who have received mentoring. Where before they required substantial staff support daily, after mentoring they are more confident and able to manage without staff support."

TEACHER

"I feel more confident. School flows more now. I know how to ask people for help and that I can ask. We are talking more as a family, and I am helping Mum more. I get homework done early now. I feel more confident".

STUDENT

"I have been a lot better in lessons now I have a good mindset".

STUDENT

CONNECT MENTORING

Connect Mentoring continues to support young people and shows a significant impact on improving the mental well-being of those who are struggling and at risk of poor social, health and educational outcomes. Each young person receives a series of at least six one to one sessions with one of our mentors within school.

As the pandemic has progressed and health and social services have become increasingly overwhelmed, the work of the Connect Team has become even more important. Volunteer mentors are reporting seeing young people with more serious mental health issues as it becomes harder to access other support.

In October we had our annual mentor refresher training day. It is always good to get everyone together. As well as increasing mentors knowledge of using Solution Focused techniques, we also did safeguarding refresher training and had a session looking at how to adapt mentoring for young people on the autistic spectrum. We have successfully trained six new mentors this year and they are now regularly working in schools. Each mentor generally sees between 2 and 3 students a week. Throughout the year we have averaged 22 Mentors each week, working in five local secondary schools.

115 young people have benefitted from Connect Mentoring this year. 95% of those who completed the course recorded an improvement in their well-being. Well-being, in terms of the student's goals from mentoring, is measured by them each week on a scale of one to ten. This is part of the standard Solution Focused technique and provides clear evidence of improvement where a student moves up on the scale over the course of mentoring. At the end of the course students are asked to complete a feedback form in which they rate how helpful mentoring has been and are then asked to write about how life is better. Included here are a small selection of the feedback comments from this year.

All mentors receive support and supervision. There are Peer Groups, these are led by an experienced mentor and meet three times a year. We also have meetings for all mentors three times a year that incorporate training and are a chance for us to say thank you with homemade cake and refreshments. Mentors are always able to contact staff for advice.

"Mentoring has become such a well-known part of what we offer now at school, that when asked if the student would like counselling or mentoring, they choose mentoring."

TEACHER

"I have benefitted a lot from mentoring sessions by setting short manageable goals to reach where I want to be. I feel less negative about myself in terms of thinking things aren't possible".

STUDENT

"The sessions have made me feel that I have options for when I am stressed and have made the idea of school, tests etc more bearable. I feel as if I am improving".

STUDENT

CONNECT MENTORING CASE STUDIES

CASE STUDY

"I have just finished with a student who was bullied at Primary School and struggled to make friends in Year 7. Now in Year 8, he has recently been diagnosed with autism. When we started meeting, he felt excluded and unhappy at school and, having felt betrayed by friends in the past, told me 'my brain tells me Don't make friends!' Now at the end of the course, he has made two new friends at school, feels happier there, joins in more and feels included. His family and form teacher have noticed the difference in him".

Connect Mentor

CASE STUDY

"I had a year 7 boy who was struggling to cope with homework and organising himself. He was getting into lots of trouble and as a result his self-esteem was very low. He said things like – I am really letting myself down / I want my Dad to be proud of me / I know I'm not meeting my potential (although I'm not sure that came from him!) "

"After just 3 sessions we had identified a few things that he was already managing and talked through the miracle day of being on top of things and he was much brighter as he arrived to our next sessions. His score went form a 3 to an 8 in the 6 sessions and he was out of trouble and receiving praise and housepoints, that made him really happy. He had even asked to be moved in a lesson so he was away from his friend who distracted him. Basically, we built on what he was already doing – like writing things in his planner / rewarding himself with time on games on his x-box once he had done some work etc."

Connect Mentor



RELATIONSHIPS AND SEX EDUCATION (RSE)

The RSE team have delivered lessons to 360 young people over the year covering topics such as Media Messages and Me, Emotional Well-Being, Health Relationships, Sex and Consent and Pornography and Sexting. The lessons were well received.

With the introduction of the new statutory Relationships and Sex Education curriculum for primary and secondary schools, there is now training for teachers and resources available to support the delivery of this important content in primary and secondary schools. The curriculum also encourages the inclusion of the content across the whole school curriculum rather than just as standalone lessons. Hence, we have seen a significant reduction in demand for these lessons and will be stopping this project in the next academic year. This will enable us to use our resources to better effect in the projects where demand is growing.

We have trained school staff in how to deliver RSE lessons and have provided relevant resources so that they can continue to deliver high quality education.

"That was really helpful... It's so good having experts come in to talk to us about this stuff".

STUDENT

"Thank you for your ongoing support of our school, especially through the challenging times of late. The girls enjoy your visits enormously and we really valve your support".

TEACHER

"I love the way you are positive about sex and relationships! You never tell the students what to do but encourage them to think and make choices for themselves".

TEACHER

"We talk about the tricky parts of life which is helpful".

STUDENT

"I've learnt to listen when people are talking about emotions so I can help them".

STUDENT

UNLIMITED

Unlimited is our resilience workshop aimed at pupils in Year 5 and 6 who need a boost before going on to secondary school. Until this year we have had a team of two people working just two afternoons a week. However, as demand has risen we have increased the team by one more member of staff and have started training volunteers to deliver the course with a member of staff. The team work with a small group of pupils in each school and tailor the content of the sessions to the needs of the children, covering topics such as Our Uniqueness, Body Image, Worries & Fears and Handling Emotions in a fun, creative and interactive way.

126 children completed the Unlimited course this year. 97% reported improved well-being and self-esteem by the end of the course. As with Connect, the children use a 'Hopscotch Scale' to measure their own sense of well-being each week. At the end of the course they give feedback about how Unlimited has helped them. Enjoy some of the comments from feedback forms over the year.

I just wanted to let you know that so many parents have contacted me recently to say how much they feel their children have gained from the sessions you came in and did with them so thank you very much"

TEACHER

"Everyone is unique and amazing and how you are on the inside is better than how you look on the outside".

STUDENT



"It doesn't matter about others when it comes to dealing with yourself because you have a voice and I can be heard".

STUDENT

Play Therapy

Play therapy is a gentle play-based form of counselling that is effective for children who are struggling to deal with difficult situations and can't always articulate what is causing their distress. Children can use a variety of mediums in the room including clay, art, sand and role play to process what is happening in their lives and any issues they may be facing or have experienced in the past.

Our specialist play therapist worked in one local school which has high levels of pupil premium children. Many of the children she worked with come from very challenging home situations. This year she has worked with 10 children and their families. Our aim is to work with the parents to ensure that the therapeutic process is holistic and stimulates changes in well-being and behaviour at home as well as school.

Before sessions begin with the child. Individual parent/carer meetings are held to discuss the



home situation and hoped changes that will happen as a result of the play therapy. These are then re-visited at the end to review what progress has been made. Each child spends a minimum of 6 one to one sessions with our play therapist and is able to work through any issues in a safe, nurturing space. This continues for as long as the child needs and results in a significant improvement in the well-being of the child.



PLANS FOR THE FUTURE

We have worked to streamline and improve the admin processes for Connect and hope to have them operational early in the next academic year. These were developed when there was just one mentor going into one school and seeing about 3 students a week. Now we have around 20 mentors going into 5 schools seeing approximately 50 students a week.

We have produced a new course which is aimed purely at Year 6 pupils and the transition to secondary school. We produced sessions on a range of topics including Healthy Phone Use and Social Media. We piloted the course in one school in Term 6 of this year. The feedback was very positive so we plan to offer this to all schools next year.

With both Connect Mentoring and Unlimited we would like to begin to move out beyond Tunbridge Wells to reach young people who are further afield. Our new systems will enable us to see more young people in more schools.



FINANCIAL REVIEW

The trustees report a positive outcome for the year with only a slight loss for the year of £700 (Gain of £3931 in 2022) over all funds. All the charity assets were employed in pursuing the charitable objects of the charity. More detailed information is set out on the following pages.

FINANCIAL RESERVES

It is the policy of the charity that unrestricted funds which have not been included as fixed assets should be maintained at a level equivalent to between three and six months' expenditure excluding depreciation. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. Three months' general fund expenditure based on the new financial year budget, amounted to approximately £17,000 and unrestricted reserves held as current assets at the end of the year were £32,000.

VOLUNTEERS

Life & Soul is blessed with many volunteers who give their time to support young people through the projects that we run. Were all the volunteer roles to be salaried at an average rate for the charity then the charity would need to have found approximately an additional £14,500 in the last year which is over 33% of the staffing budget as a whole. This is a significant saving and without all the wonderful and dedicated volunteers the impact of the work of Life & Soul would be significantly reduced.

RISK MANAGEMENT

The Board of Trustees regularly review the major risks to which the charity is exposed.

One of the principal risks identified continues to be securing sufficient funding. Working with a local fundraising consultant with experience in applying for grants and promoting the charity, as last year, we have secured significant funding from grants of £20,443.

We continue to hold at least 3 months of reserves in the bank.

The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to the major risks.





Independent examiner's report to the Trustees of Life and Soul Youth Work

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 August 2023.

Responsibilities and basis of report

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

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

Independent examiner's report

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

(1) accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or

(2) the accounts do not accord with those accounting records; or

(3) the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or

(4) the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:

Name: Matthew Harbour FCCA ACA
On behalf of:

Address: Nash Harvey Group LLP, Hermitage Court, Hermitage Lane, Maidstone, Kent ME16 9NT

Date: 30th January 2024

2023

Raising funds calculations

Income	Connect	Other	Total
Raising funds			
Grant	3,933	16,510	20,443
Other - fundraising		2,810	2,810
Donations - monthly		20,317	20,317
Donations - one off	0	9,602	9,602
Gift Aid		3,861	3,861
	3,933	53,100	57,033
Other income (Misc)	0	141	141
Charitable Activities			
School income	7,954	4,060	12,014
TOTAL			**69,188**
Expenditure			
Raising funds (Fundraising and events)		10,615	10,615
Everything else to charitable activities			
	379	1,377	1,756
Depreciation & Insurance	0	593	593
Wages	13,671	29,475	43,146
Uniform	0	0	0
Support costs	2,119	11,666	13,785
SUB TOTAL	16,169	43,111	59,280
TOTAL	16,169	53,726	**69,895**

Statement of Financial Activities (including Income and Expenditure Account)
for the year ended 31 August 2023

	Notes	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Income from:					
Raising funds	2a	53,100	3,933	57,033	60,446
Charitable activities	2b	4,060	7,954	12,014	9,847
Other income	2c	141	0	141	167
Investments		0	-	0	0
Total income		57,301	11,887	69,188	70,460
Expenditure on:					
Raising funds	3a	10,615	-	10,615	6,418
Charitable activities	3b	43,111	16,169	59,280	60,111
Total expenditure		53,726	16,169	69,895	66,529
Net (deficit)/income for the year		3,575	(4,282)	(707)	3,931
Transfer between funds			0	-	-
Final net (deficit)/income		3,575	(4,282)	(707)	3,931
Reconciliation of funds					
Total funds brought forward		28,499	4,282	32,781	28,850
Total funds carried forward		32,074	0	32,074	32,781

Balance sheet as at 31 August 2023

	Notes	£	2023 £	2022 £
Fixed assets				
Tangible fixed assets	7		-	
Total fixed assets			-	
Current assets				
Debtors	8	3,038		1,598
Cash at bank and in hand		30,613		31,383
		33,651		32,981
Creditors: amounts falling due within one year	9	(1,578)		(200)
Net current assets			**32,074**	**32,781**
Total net assets			**32,074**	**32,871**
Funds	10			
Restricted			-	4,282
Unrestricted			32,074	28,499
Total funds			**32,074**	**32,781**

The company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
No members have required the company to obtain an audit of its accounts in accordance with section 476 of the Companies Act 2006.
The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

Approved by the trustees

Chairman:

Date : 13th December 2023

1. Accounting policies

The principle accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and in the preceding year.

(a) Basis of accounting

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

(b) Fund accounting

- Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.
- Designated funds are unrestricted funds earmarked by the trustees for a particular purpose.
- Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

(c) Income

Income is included in the statement of financial activities when the charity is entitled to, and virtually certain to receive, the income and the amount can be quantified with reasonable accuracy. The following policies are applied to particular categories of income:

- Income received by way of grants, donations and gifts is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant. Income from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.
- Donated services and facilities are included at the value to the charity where this can be quantified. The value of services provided by volunteers has not been included in these accounts.
- Income from charitable activities is accounted for when earned.
- Investment income is included when receivable.

(d) Expenditure

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes VAT and is reported as part of the expenditure to which it relates:

- Costs of raising funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes.
- Expenditure on charitable activities comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.
- All costs are allocated between the expenditure categories of the SoFA on a basis designed to reflect the use of the resource.

(e) Fixed assets

Fixed assets (excluding investments) are stated at cost less accumulated depreciation. The costs of minor additions or those costing below £400 are not capitalised. Depreciation is provided at rates calculated to write off the cost of the asset over its expected useful life, which in all cases is estimated at 4 years. Impairment reviews are carried out as and when evidence comes to light that the recoverable amount of a functional fixed asset is below its net book value due to damage, obsolescence or other relevant factors.

(f) Company Status

The charity is a company limited by guarantee. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £10 per member of the charity.

2a. Income from raising funds

	General	Restricted	2023 Total	2022 Total
	£	£	£	£
Donations	33,780		33,780	31,751
Fundraising	2,810	-	2,810	2,845
Grants	16,510	3,933	20,443	25,850
	53,100	3,933	57,033	60,446

2b. Income from charitable activities

	General	Restricted	2023 Total	2022 Total
	£	£	£	£
Connect	-	7,954	7,954	6192
Schools	4,060	-	4,060	3655
	4,060	7,954	12,014	9847

2c. Other Income

	General	Restricted	2023 Total	2022 Total
	£	£	£	£
Misc income	141		141	167
CJRS Claims				
	141	0	141	167

3a. Expenditure on raising funds

	General	Restricted	2023 Total	2022 Total
	£	£	£	£
Fundraising costs	10,615	-	10,615	6,418
	10,615	-	10,615	6,418

3b. Expenditure on charitable activities

	General	Restricted	2023 Total	2022 Total
	£	£		
Staff costs	29,475	13,671	43,146	41,663
Training	125	454	579	2,247
General costs	24,126	2,044	26170	16,200
	53,726	16,169	69895	60,110

4. Net Income/expenditure for the year

	2023 Total	2022 Total
This is stated after charging:	£	£
Depreciation	-	106
	-	106

5. Staff costs

	2023 Total	2022 Total
	£	£
Salaries and wages	40,704	39,519
Employers National Insurance	-	-
Pension costs	2,442	2,144
	43,146	41,663

Included within the above figures, emoluments for key management personnel amounted to £12911, (2022 - £11551)

No employee received emoluments of more than £60,000 in the year (2021: £nil).
The amount of liabilities arising from employee benefits in the year amounted to £nil (2021: £nil).

The average number of employees during the year, calculated on the basis of full time equivalents, were as follows:

	2023 Total Number	2022 Total Number
Employees	2	2
	2	2

Trustee Remuneration and Related Party Transactions

During the year, no trustee received any remuneration nor any reimbursement of expenses (2022: £nil)

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity during the year.
Donations made by trustees during the year amounted to £360 by A Collins (2022 £360 A Collins).

6. Taxation

As a charity, Life and Soul is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the Charity.

7. Tangible Fixed Assets

	2023
	Office Equipment £
Cost	
At 1 September 2022	4,189
Additions	-
At 31 August 2023	4,189
Accumulated Depreciation	
At 1 September 2022	4,189
Charge for the year	-
At 31 August 2023	4,189
Net book value	
At 1 September 2022	-
At 31 August 2023	-

8. Debtors

	2023 Total	**2022 Total**
	£	£
Other debtors and prepayments	3,038	1,598
Total	3,038	1,598

9. Creditors: Amounts Falling Due within One Year

	2023 Total	**2022 Total**
	£	**£**
Taxation and Social Security	80	-
Other creditors and accruals	1,498	200
Total	1,578	200

10. Analysis of Net Assets Between Funds

	General Funds	**Restricted Funds**	**2023 Total Funds**	**2022 Total Funds**
	£	£	£	£
Tangible fixed assets	-	-	-	-
Current assets	33651	0	33,651	32,981
Current liabilities	(1,578)		(1,578)	(200)
Net assets	**32073**	**0**	**32,073**	**32,781**

11. Movements in Funds

	At 1 Sep 2022	**Incoming Resources**	**Outgoing Resources**	**Transfer bewteen funds**	**At 31 Aug 2023**
	£	£	£		£
Restricted funds:	4,282	11,887	(16,169)		-
	4,282	11,887	(16,169)		-
Unrestricted funds:					
General funds	28,499	57,301	(53,726)		32,074
	28,499	57,301	(53,726)		32,074
Total funds	**32,781**	**69,188**	**(69,895)**	**-**	**32,074**

TRUSTEES' RESPONSIBILITIES STATEMENT

TThe trustees (who are also directors of Life and Soul Youthwork for the purposes of company law) are responsible for preparing the Trustees' Report and the Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice)

Company law requires the Trustees to prepare financial statements for each financial year. Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP;
- make judgements and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

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

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website.

This report has been prepared in accordance with the provisions applicable to companies entitled to the small company's exemption.

This report was approved by the Trustees, on 13th December 2023 and signed on their behalf by:



Nigel Daly
Chair of the Board of Trustees
Date: 13th December 2023

References

1. https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2020-wave-1-follow-up
2. www.mind.org.uk/news-campaigns/news/more-than-half-fear-lockdown-ending-as-pandemics-impact-on-mental-health-laid-bare/
3. www.bmj.com/content/372/bmj.n614



Life and Soul Youthwork
Registered Charity Number: 1153304
Company Number: 08574869

Life & Soul Centre
Christ Church
Tunbridge Wells
TN1 1UT

www.lifeandsoul.org.uk

LIFE AND SOUL YOUTH WORK

England & Wales - Charity number 1153304

Accounts



for young lives

TRUSTEES ANNUAL REPORT

SEPTEMBER 2021 – AUGUST 2022

Life and Soul Youthwork
Registered Charity Number: 1153304
Company Number: 08574869

Life & Soul Centre
Christ Church
Tunbridge Wells
TN1 1UT

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REFERENCE AND ADMINISTRATIVE DETAILS

Board of Trustees	David Payne (Chair appointed 23 Feb 2015)
	E Isobel MacDougall (appointed 11 July 2016)
	Felicity Roberts (appointed 4 Mar 2021)
	Nigel Daly (appointed 4 Mar 2021)
	Andrew Collins (Company Secretary appointed 16 July 2013)
Company number	08574869
Charity number	1153304
Registered office	Christ Church High Street Tunbridge Wells TN1 1UT
Chief Executive Officer	Sarah Finch
Independent examiner	Nash Harvey Group LLP

STRUCTURE, GOVERNANCE AND MANAGEMENT

GOVERNING DOCUMENT

The charity's governing document is The Memorandum and Articles of Association. Life & Soul is a Registered Company with Charitable Status and was incorporated on 18th June 2013. This replaces charity number 1099511, registered 2003.

The directors of the company are also charity trustees for the purposes of charity law and under the Articles of Association are known as members. New trustees are recruited through an open recruitment process which includes application, interview and references. There is a formal procedure for the induction and training of members of the Board of Trustees. Trustees may serve no more than three consecutive terms of three years following which no out-going trustee shall be eligible for re-election for a period of 12 months following retirement, except in exceptional circumstances. All trustees give their time voluntarily.

The Board of Trustees meets five times a year and have responsibility for the strategic oversight of the charity. The Board of Trustees delegate the day-to-day management of the charity to the Chief Executive Officer.

The legal name of the charity is Life and Soul Youthwork but the name Life & Soul has been adopted for ease of recognition and marketing.

OBJECTIVES AND ACTIVITIES

The charity's purpose as set out in the company's Memorandum and Articles of Association is 'the advancement of the Christian faith worldwide.' Specifically, we express this by providing services that encourage the recognition and celebration of the uniqueness of every individual, created in the image of God. We work with children and young people of all faiths and none.

OUR VISION

That every child and young person would love their God-created uniqueness and be confident in their own voice and place in the world.

OUR MISSION

To provide early intervention services that enable young people to explore who they are, what is right for them and to confidently pursue their chosen path in life.

OUR STRATEGIC AIM

To improve young people's mental well-being which will lead to better social, health and educational outcomes.

OUR STRATEGIC OBJECTIVES

In order to improve young people's mental well-being we:

- provide individual and group support.
- empower young people to think critically, explore options and make decisions that are right for them.
- nurture young people by giving them time, attention and a non-judgemental listening ear.

The charity undertakes the following activities to achieve its aims and objectives:

- **Mentoring:** one-to-one mentoring in secondary schools.
- **Resilience Workshops:** a series of small group workshops helping children prepare to make a successful transition to secondary school.
- **Relationships and Sex Education:** a safe space for young people to explore issues around RSE and to make wise decisions that are right for them.
- **Play Therapy:** a gentle, play based therapy that helps young children to heal from difficult or traumatic experiences.

The Board of Trustees have had regard to the Charity Commission's guidance on public benefit in the review of our aims and objectives and the planning of our activities. Further details on our activities and how they benefit the public are detailed in the following section.

ACHIEVEMENTS AND PERFORMANCE

The Board of Trustees would like to thank all staff and volunteers for their hard work and dedication over the last year as well as all the charity's supporters and funders.

The charity has continued its work of improving the social, health and educational outcomes of children and young people by nurturing and empowering them to accept and celebrate their own unique self, to find their voice and to be informed, confident and skilled to make wise life decisions.

The pandemic continues to have a significant impact on young people's mental health. The long-term impact of having limited social interaction at a time when it is crucial for healthy brain development is now being seen across primary and secondary age groups. Many teachers are reporting that significant numbers of children and young people are two years behind in their social and emotional development, yet they are still having to cope with the same pressures and academic expectations as previously. This, along with the impact of the pandemic on families and wider society, is taking its toll on the mental health of young people. Recent reports appearing in the national news state:

- A quarter of 17-19 year olds have a probable mental health disorder. NHS figures show that the number of under-18s in contact with NHS mental health services in England rose by nearly 30% in the last year – from 768,083 in 2020-2021 to 992,647 in 2021-2022[1]

- Kent and Medway young people mental health cases rise after Covid. Figures obtained by the BBC show 24,079 young people were referred to Children and Adolescent Mental Health Services (CAMHS) in 2021/22. This was an increase from 18,693 who were referred in 2019/20 The NHS says the Covid pandemic has had a big impact on children and young people's mental health.[2]

The report goes on to say 'With one in six school children experiencing mental health issues, it's startling to realise that there is an average 10-year delay between them displaying their first symptoms and getting help from mental health professionals."[2]

We are working to meet this increased demand with our early intervention services by:

- Improving our fundraising strategy to provide financial security for the charity. Working with a local fundraising consultant has seen income from grants more than double compared with the previous year. We are very grateful to all the Trusts and Foundations who have helped to fund our work this year. We are also grateful to all the regular, individual donors who provide around half of our annual income.

- Increasing our social media presence and advertising our services to all the local schools has increased the number of secondary schools in which we mentor from three to five.

The trustees continue to provide strong accountability and leadership for the charity and work closely with the CEO to support the work of the charity and set the strategic direction.

[1]www.bbc.co.uk/news/health-63784751

[2]www.bbc.co.uk/news/uk-england-kent-63539580

Connect Mentoring

Connect Mentoring continues to support young people and shows a significant impact on improving the mental well-being of those who are struggling and at risk of poor social, health and educational outcomes. Each young person receives a series of at least six one to one sessions with one of our mentors within school.

As the pandemic has progressed and health and social services have become increasingly overwhelmed, the work of the Connect Team has become even more important. Volunteer mentors are reporting seeing young people with more serious mental health issues as it becomes harder to access other support.

There have been two training days this year with six new mentors attending and six coming for refresher training. Each mentor generally sees between 2 and 3 students a week. Throughout the year we have averaged 18 Mentors each week, working in three local schools.

134 young people have benefitted from Connect Mentoring this year. 98.2% of those who completed the course recorded a significant improvement in their well-being.

In September we recruited an additional Connect Co-ordinator to cope with the increased demand. We have improved the training and on-going support and supervision of mentors which has been well received with mentors reporting that they are more confident in using the Solution-Focused approach in mentoring and feel that they are part of a team.

Having mentored in just three of the local secondary schools for a number of years, we were asked by a fourth school to provide mentoring from January and then a fifth school from April. We started with just two mentors in each school to allow for the schools to assess the impact of the support and set up the necessary admin procedures. Both schools are now asking for more mentors as they have waiting lists of those needing to be seen.

"I have learnt how to cope with my problems and situations better".

STUDENT

"You helped me talk to my Mum and figure out what to say. Everything's getting better"

STUDENT

"I feel more confident and more hopeful for the future."

STUDENT

"It gives me the courage to resolve problems I would otherwise be stressed about."

STUDENT

"X is a lot happier. Seems to be a lot more relaxed and able to focus in class without being distracted by other students."

TEACHER

Relationships and Sex Education (RSE)



The RSE team have delivered lessons to 360 young people over the year covering topics such as 'Media Messages and Me', 'Emotional Well-Being', 'Healthy Relationships', 'Sex and Consent' and 'Pornography and Sexting.' The lessons were well received.

With the introduction of the new statutory Relationships and Sex Education curriculum for primary and secondary schools, there is now training for teachers and resources available to support the delivery of this important content in primary and secondary schools. The curriculum also encourages the inclusion of the content across the whole school curriculum rather than just as standalone lessons. Hence, we have seen a significant reduction in demand for these lessons and will be stopping this project in the next academic year. This will enable us to use our resources to better effect in the projects where demand is growing.

"That was really helpful... It's so good having experts come in to talk to us about this stuff!"

STUDENT

"I love the way you are positive about sex and relationships! You never tell the students what to do but encourage them to think and make choices for themselves"

TEACHER

"Thank you for your ongoing support of our school, especially through the challenging times of late. The girls enjoy your visits enormously and we really value your support".

TEACHER

Unlimited

Unlimited is our resilience workshop aimed at pupils in Year 5 and 6 who need a boost before going on to secondary school. We have a team of two people working just two afternoons a week covering topics such as Our Uniqueness, Body Image, Worries & Fears and Handling Emotions in a fun, creative and interactive way. The team work with a small group of pupils in each school and tailor the content of the sessions to the needs of the children.

91 children completed the Unlimited course this year.

96.5% reported improved well-being and self-esteem by the end of the course.



"I shouldn't be afraid to be myself. I really liked how respectful, funny and kind they were. Sharing my feelings helped me feel better, it has calmed me down".

PUPIL

"I am able to control myself when I am mad. I learnt how to control my emotions. I like that they respect your ideas. I learnt to be a good friend."

PUPIL

"I have learnt to cope. Unlimited is supportive and teaches you ways to tackle different things. Unlimited is the best thing I have done. I don't need to worry about going to secondary school. I've learnt how to be more confident. I will ask someone I trust when I am feeling sad."

STUDENT

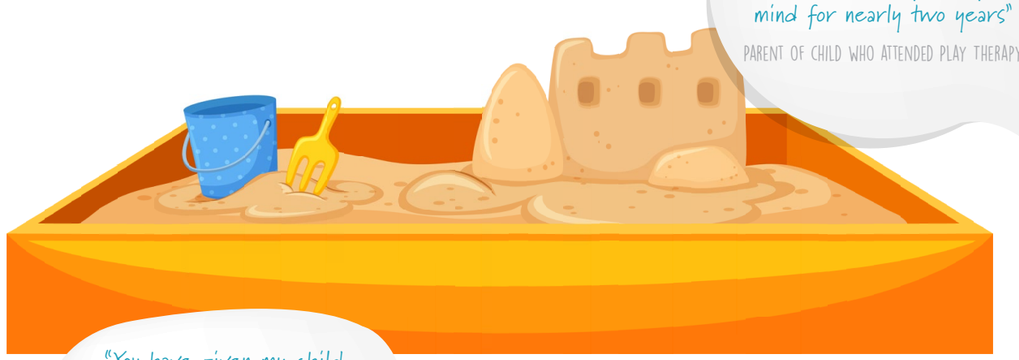
Play Therapy



Play therapy is a gentle play-based form of counselling that is effective for children who are struggling to deal with difficult situations and can't always articulate what is causing their distress. Children can use a variety of mediums in the room including clay, art, sand and role play to process what is happening in their lives and any issues they may be facing or have experienced in the past.

Our specialist play therapist works in one local school which has high levels of pupil premium children. Many of the children she works with come from very challenging home situations. This year she has worked with 10 children and their families. Our aim is to work with the parents to ensure that the therapeutic process is holistic and stimulates changes in well -being and behaviour at home as well as school.

Before sessions begin with the child. Individual parent/carer meetings are held to discuss the home situation and hoped-for changes that will happen as a result of the play therapy. These are then re-visited at the end to review what progress has been made. Each child spends a minimum of 6 one to one sessions with our play therapist and is able to work through any issues in a safe, nurturing space. This continues for as long as the child needs and results in a significant improvement in the well-being of the child.



"X really opened up and the sessions really helped him move on from issues that had been at the front of his mind for nearly two years"

PARENT OF CHILD WHO ATTENDED PLAY THERAPY

"You have given my child coping strategies for when things aren't going well at home. They are now more confident and happy, thank you, I am so grateful."

PARENT OF CHILD WHO ATTENDED PLAY THERAPY

PLANS FOR THE FUTURE

With the significant increase in the numbers of young people being mentored and to enable the work to expand further we plan to streamline and improve the admin processes. These were developed when there was just one mentor going into one school and seeing about 3 students a week. Now we have around 20 mentors going into 5 schools seeing approximately 50 students a week.

There have been requests from some primary schools for a course to follow on from Unlimited aimed purely at Year 6 pupils and the transition to secondary school. We will be working on producing this course and will look to increase capacity in the team to deliver it.

With both Connect Mentoring and Unlimited we would like to begin to move out beyond Tunbridge Wells to reach young people who are further afield.



life& soul

FINANCIAL REVIEW

The trustees are pleased to report a surplus for the year of £6,576 (2021 - £2999) on unrestricted funds. All the charity assets were employed in pursuing the charitable objects of the charity. More detailed information is set out on the following pages.

FINANCIAL RESERVES

It is the policy of the charity that unrestricted funds which have not been included as fixed assets should be maintained at a level equivalent to between three and six months' expenditure excluding depreciation. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. Three months' general fund expenditure based on the new financial year budget, amounted to approximately £12,000 and unrestricted reserves held as current assets at the end of the year were £22,000.

VOLUNTEERS

Life & Soul is blessed with many volunteers who give their time to support young people through the projects that we run. Were all the volunteer roles to be salaried at an average rate for the charity then the charity would need to have found approximately an additional £12,400 in the last year which is over 25% of the staffing budget as a whole. This is a significant saving and without all the wonderful and dedicated volunteers the impact of the work of Life & Soul would be significantly reduced.

RISK MANAGEMENT

The Board of Trustees have conducted a review of the major risks to which the charity is exposed.

One of the principal risks identified continues to be securing sufficient funding. Working with a local fundraising consultant with experience in applying for grants and trusts, promotion and securing corporate sponsorship has seen our income from grants increase this year to £25,850 from £10,160 in the previous year.

The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to the major risks.





Independent examiner's report to the Trustees of Life and Soul Youth Work

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 August 2022.

Responsibilities and basis of report

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

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

Independent examiner's report

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

(1) accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or

(2) the accounts do not accord with those accounting records; or

(3) the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or

(4) the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:

Name:	David Smith BSc (Hons) FCA
Address:	Nash Harvey Group LLP, Hermitage Court, Hermitage Lane, Maidstone, Kent ME16 9NT
Date:	5th January 2023

Life and Soul Youthwork
Accounts 2022

Raising funds calculations

Income	Connect	Other	Total
Raising funds			
Grant	5,500	20,350	25,850
Other - fundraising		2,845	2,845
Donations - monthly		21,805	21,805
Donations - one off	0	5,950	5,950
Gift Aid		3,996	3,996
	5,500	54,946	60,446
Other income (Misc)	0	167	167
Charitble Activities			
School income	6,192	3,655	9,847
TOTAL			**70,460**
Expenditure			
Raising funds (Fundraising and events)		6,418	6,418
Everything else to charitable activities			
	2,751	1,538	4,289
Depreciation & Insurance	0	695	695
Wages	11,468	30,195	41,663
Uniform	0	415	415
Support costs	117	12,931	13,048
SUB TOTAL	14,336	45,774	60,110
TOTAL	14,336	52,192	**66,528**

Statement of Financial Activities (including Income and Expenditure Account)
for the year ended 31 August 2022

	Notes	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Income from:					
Raising funds	2a	54,946	5,500	60,446	57,173
Charitable activities	2b	3,655	6,192	9,847	5,676
Other income	2c	167	0	167	3,892
Investments		0	-	0	0
Total income		58,768	11,692	70,460	66,741
Expenditure on:					
Raising funds	3a	6,418	-	6,418	3,416
Charitable activities	3b	45,774	14,337	60,111	56,707
Total expenditure		52,192	14,337	66,529	60,123
Net (deficit)/income for the year		6,576	(2,645)	3,931	0 6,618
Transfer between funds			0	-	-
Final net (deficit)/income		6,576	-2,645	3,931	0 6,618
Reconciliation of funds					
Total funds brought forward		21,923	6,927	28,850	22,232
Total funds carried forward		28,499	4,282	32,781	28,850

Balance sheet as at 31 August 2022

	Notes		2022	2021
		£	£	£
Fixed assets				
Tangible fixed assets	7		-	106
Total fixed assets			**-**	**106**
Current assets				
Debtors	8	1,598		1,396
Cash at bank and in hand		31,383		28,948
		32,981		30,344
Creditors: amounts falling due within one year	9	(200)		(1,600)
Net current assets			**32,781**	**28,744**
Total net assets			**32,781**	**28,850**
Funds	10			
Restricted			4,282	6,927
Unrestricted			28,499	21,923
Total funds			**32,781**	**28,850**

The company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
No members have required the company to obtain an audit of its accounts in accordance with section 476 of the Companies Act 2006.
The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

Approved by the trustees

Chairman:

Date: 7th December 2022

1. Accounting policies

The principle accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and in the preceding year.

(a) Basis of accounting

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

(b) Fund accounting

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

- Designated funds are unrestricted funds earmarked by the trustees for a particular purpose.

- Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

(c) Income

Income is included in the statement of financial activities when the charity is entitled to, and virtually certain to receive, the income and the amount can be quantified with reasonable accuracy. The following policies are applied to particular categories of income:

- Income received by way of grants, donations and gifts is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant. Income from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

- Donated services and facilities are included at the value to the charity where this can be quantified. The value of services provided by volunteers has not been included in these accounts.

- Income from charitable activities is accounted for when earned.

- Investment income is included when receivable.

(d) Expenditure

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes VAT and is reported as part of the expenditure to which it relates:

- Costs of raising funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes.

- Expenditure on charitable activities comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

- All costs are allocated between the expenditure categories of the SoFA on a basis designed to reflect the use of the resource.

(e) Fixed assets

Fixed assets (excluding investments) are stated at cost less accumulated depreciation. The costs of minor additions or those costing below £400 are not capitalised. Depreciation is provided at rates calculated to write off the cost of the asset over its expected useful life, which in all cases is estimated at 4 years. Impairment reviews are carried out as and when evidence comes to light that the recoverable amount of a functional fixed asset is below its net book value due to damage, obsolescence or other relevant factors.

(f) Company Status

The charity is a company limited by guarantee. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £10 per member of the charity.

2a. Income from raising funds

	General	Restricted	2022 Total	2021 Total
	£	£	£	£
Donations	31,751		31,751	41,023
Fundraising	2,845	-	2,845	5,990
Grants	20,350	5,500	25,850	10,160
	54,946	5,500	60,446	57,173

2b. Income from charitable activities

	General	Restricted	2022 Total	2021 Total
	£	£	£	£
Connect	-	6,192	6,192	3,656
Schools	3,655	-	3,655	2,020
	3,655	6,192	9,847	5,676

2c. Other Income

	General	Restricted	2022 Total	2021 Total
	£	£	£	£
Misc income	167		167	
CJRS Claims				3892
	167	0	167	3892

3a. Expenditure on raising funds

	General	Restricted	2022 Total	2021 Total
	£	£	£	£
Fundraising costs	6,418	-	6,418	3,416
	6,418	-	6,418	3,416

3b. Expenditure on charitable activities

	General £	Restricted £	2022 Total	2021 Total
Staff costs	30,195	11,468	41,663	42,076
Training	21	2,226	2,247	1,452
General costs	15558	642	16,200	13,179
	45,774	14,336	60,110	56,707

4. Net Income/expenditure for the year

	2022 Total £	2021 Total £
This is stated after charging:		
Depreciation	106	181
	106	181

5. Staff costs

	2022 Total £	2021 Total £
Salaries and wages	39,519	39,713
Employers National Insurance	-	-
Pension costs	2,144	2,363
	41,663	42,076

Included within the above figures, emoluments for key management personnel amounted to £11551, (2021 - £11809)

No employee received emoluments of more than £60,000 in the year (2021: £nil).
The amount of liabilities arising from employee benefits in the year amounted to £nil (2021: £nil).

The average number of employees during the year, calculated on the basis of full time equivalents, were as follows:

	2022 Total Number	2021 Total Number
Employees	2	2
	2	2

Trustee Remuneration and Related Party Transactions
During the year, no trustee received any remuneration nor any reimbursement of expenses (2021: £nil)
No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity during the year.
Donations made by trustees during the year amounted to £360 by A Collins (2021 £360 A Collins).

6. Taxation

As a charity, Life and Soul is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the Charity.

7. Tangible Fixed Assets

	2022 Office Equipment £
Cost	
At 1 September 2021	4,189
Additions	-
At 31 August 2022	4,189
Accumulated Depreciation	
At 1 September 2021	4,083
Charge for the year	106
At 31 August 2022	4,189
Net book value	
At 1 September 2021	106
At 31 August 2022	-

8. Debtors

	2022 Total	2021 Total
	£	£
Other debtors and prepayments	1,598	1,396
Total	1,598	1,396

9. Creditors: Amounts Falling Due within One Year

	2022 Total	2021 Total
	£	£
Taxation and Social Security	-	133
Other creditors and accruals	200	1,467
Total	200	1,600

10. Analysis of Net Assets Between Funds

	General Funds	Restricted Funds	2022 Total Funds	2021 Total Funds
	£	£	£	£
Tangible fixed assets	-	-	-	106
Current assets	28699	4282	32,981	30,344
Current liabilities	(200)		(200)	(1,600)
Net assets	**28499**	**4282**	**32,781**	**28,850**

11. Movements in Funds

	At 1 Sep 2021	Incoming Resources	Outgoing Resources	Transfer between funds	At 31 Aug 2022
	£	£	£		£
Restricted funds:	6,927	11,692	(14,337)	0	4,282
	6,927	11,692	(14,337)	0	4,282
Unrestricted funds:					
General funds	21,923	58,768	(52,192)	0	28,499
	21,923	58,768	(52,192)	0	28,499
Total funds	**28,850**	**70,460**	**(66,529)**	**-**	**32,781**

TRUSTEES' RESPONSIBILITIES STATEMENT

The trustees (who are also directors of Life and Soul Youthwork for the purposes of company law) are responsible for preparing the Trustees' Report and the Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice)

Company law requires the Trustees to prepare financial statements for each financial year. Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

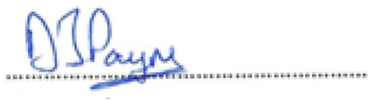
- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP;
- make judgements and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

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

The Trustees are responsible for the maintenance and integrity of the orporate and financial information included on the charitable company's website.

This report has been prepared in accordance with the provisions applicable to companies entitled to the small company's exemption.

This report was approved by the Trustees, on 7th December 2022 and signed on their behalf by:



David Payne
Chair of the Board of Trustees
Date: 7th December 2022

References

1. https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2020-wave-1-follow-up
2. www.mind.org.uk/news-campaigns/news/more-than-half-fear-lockdown-ending-as-pandemics-impact-on-mental-health-laid-bare/
3. www.bmj.com/content/372/bmj.n614



Life and Soul Youthwork
Registered Charity Number: 1153304
Company Number: 08574869

Life & Soul Centre
Christ Church
Tunbridge Wells
TN1 1UT

www.lifeandsoul.org.uk

LIFE AND SOUL YOUTH WORK

England & Wales - Charity number 1153304

Accounts



for young lives

TRUSTEES ANNUAL REPORT

SEPTEMBER 2020 – AUGUST 2021

Life and Soul Youthwork
Registered Charity Number: 1153304
Company Number: 08574869

Life & Soul Centre
Christ Church
Tunbridge Wells
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REFERENCE AND ADMINISTRATIVE DETAILS

Board of Trustees	David Payne (Chair appointed 23 Feb 2015) E Isobel MacDougall (appointed 11 July 2016) Felicity Roberts (appointed 4 Mar 2021) Nigel Daly (appointed 4 Mar 2021) Andrew Collins (Company Secretary appointed 16 July 2013)
Company number	08574869
Charity number	1153304
Registered office	Christ Church High Street Tunbridge Wells TN1 1UT
Chief Executive Officer	Sarah Finch
Independent examiner	Nash Harvey LLP

STRUCTURE, GOVERNANCE AND MANAGEMENT

GOVERNING DOCUMENT

The charity's governing document is The Memorandum and Articles of Association. Life & Soul is a Registered Company with Charitable Status and was incorporated on 18th June 2013. This replaces charity number 1099511, registered 2003.

The directors of the company are also charity trustees for the purposes of charity law and under the Articles of Association are known as members. New trustees are recruited through an open recruitment process which includes application, interview and references. There is a formal procedure for the induction and training of members of the Board of Trustees. Trustees may serve no more than three consecutive terms of three years following which no out-going trustee shall be eligible for re-election for a period of 12 months following retirement, except in exceptional circumstances. All trustees give their time voluntarily.

The Board of Trustees meets five times a year and have responsibility for the strategic oversight of the charity. The Board of Trustees delegate the day-to-day management of the charity to the Chief Executive Officer.

The legal name of the charity is Life and Soul Youthwork but the name Life & Soul has been adopted for ease of recognition and marketing.

OBJECTIVES AND ACTIVITIES

The charity's purpose as set out in the company's Memorandum and Articles of Association is 'the advancement of the Christian faith worldwide.' We provide services that encourage the recognition and celebration of the uniqueness of every individual, created in the image of God.

OUR VISION

That every child and young person would love their God-created uniqueness and be confident in their own voice and place in the world.

OUR MISSION

To provide early intervention services that enable young people to explore who they are, what is right for them and to confidently pursue their chosen path in life.

OUR STRATEGIC AIM

To improve young people's mental well-being which will lead to better social, health and educational outcomes.

OUR STRATEGIC OBJECTIVES

In order to improve young people's mental well-being we:

- provide individual and group support.
- empower young people to think critically, explore options and make decisions that are right for them.
- nurture young people by giving them time, attention and a non-judgemental listening ear.

The charity undertakes the following activities to achieve its aims and objectives:

- **Mentoring:**
  - **Connect mentoring** provides one-to-one mentoring in secondary schools.
  - **Life & Soul mentoring** provides one-to-one mentoring in a homeless hostel for young people.
- **Resilience Workshops:** a series of small group workshops helping children prepare to make a successful transition to secondary school.
- **Relationships and Sex Education:** a safe space for young people to explore issues around RSE and to make wise decisions that are right for them.
- **Play Therapy:** a gentle, play based therapy that helps young children to heal from difficult or traumatic experiences.
- **Assemblies:** fun and engaging Bible based presentations that are related to everyday experiences of life for young children.

PUBLIC BENEFIT

The Board of Trustees have had regard to the guidance issued by the Charity Commission's guidance on public benefit in the review of our aims and objectives and the planning of our activities. Further details on our activities and how they benefit the public are detailed in the following section.

ACHIEVEMENTS AND PERFORMANCE

The Board of Trustees would like to thank all staff and volunteers for their hard work and dedication over the last year as well as all the charity's supporters and funders.

The charity has continued its work of improving the social, health and educational outcomes of children and young people by nurturing and empowering them to accept and celebrate their own unique self, to find their voice and to be informed, confident and skilled to make wise life decisions.

The continuing effects of the pandemic and the closing of schools between January and March of this academic year has had a significant impact on young people's mental health.

- On a national level, an NHS Report from 2020 indicates that 14% of primary school children are suffering with mental health issues (compared to 9.4% in 2017).[1]
- In secondary schools, MIND reports that 1 in 7 children will have mental health issues and 52% of these would not feel confident asking a teacher for help.[2]
- A recent report in the BMJ (March 2021) states that between 2004 and 2017 there has been an increase in anxiety, depression and self-harm amongst young people. Young people with mental health issues will have worse health, educational and social outcomes. Between July 2017 and June 2020 (incorporates the first lockdown) there was an increase in mental health issues from 10.8% to 16% – this equates to 4-5 children in every class of 30.[3]

We are working to meet this increased demand by improving our fundraising strategy to provide financial security for the charity and recruiting and training new volunteers. We have increased our social media presence and advertised our services to all the local schools to raise awareness of the work of the Charity.

A new CEO was appointed in January 2021 and in April a manager was employed to oversee the day to day running of the different projects. Both roles are part time. Two new trustees were recruited to the Board in March bringing new areas of skill and experience. This has led to a strengthening of the strategic leadership and management of the Charity and a clear focus on the impact of the work that we do. As part of the fundraising strategy Colley Raine, a local Consultants, was appointed to advise and lead on the fundraising activity of the charity, particularly in the area of grant applications.

Connect Mentoring

Connect Mentoring continues to support young people and shows a significant impact on improving the mental well-being of those who are struggling and at risk of poor social, health and educational outcomes. Each young person receives a series of at least six one to one sessions with one of our mentors within school.

As the pandemic has progressed and health and social services have become increasingly overwhelmed, the work of the Connect Team has become even more important. Volunteer mentors are reporting seeing young people with more serious mental health issues as it becomes harder to access other support.

A training day in November saw 5 new mentors attending our one-day course. Each mentor generally sees between 2 and 3 students a week. Throughout the year we have averaged 15 Mentors each week, working in three local schools.

90 young people have benefitted from Connect Mentoring this year.

84% completed the full solution-focused course of at least 6 sessions.

96.7% of those who completed the course recorded a significant improvement in their well-being.

Of those who didn't finish the course the majority were due to moving school or being referred on to other services such as counselling.

In the next year we hope to recruit an additional part time Co-ordinator for the project to increase our capacity and to begin working in other local secondary schools so that more young people have access to this service.

"I benefited from mentoring as I have been able to be myself and share my emotions without being judged".

STUDENT

"Please pass on my heartfelt gratitude to your mentors"

SECONDARY TEACHER

"Words cannot express how confident you have made me and my new found ability to express what I need to the people around me – Thank you!."

STUDENT

"I always say that Connect mentors are such a lifeline to our students, but truly, now more so than ever, and I can only see the need becoming greater to be honest..."

SECONDARY PASTORAL LEAD

"Thank you for always listening and keeping your faith in me when I wasn't the easiest person to work with. There have definitely been some tough times but thank you for getting me through them."

STUDENT

PSHE (Personal Social Health Economic education)



The PSHE team have delivered lessons to 650 young people over the year covering topics such as 'Media Messages and Me', 'Emotional Well-Being', 'Healthy Relationships', 'Sex and Consent' and 'Pornography and Sexting.'

With schools being closed from January to March and reduced mixing for the rest of the year, the team worked flexibly to adapt and deliver lessons over platforms such as Teams and Google Classroom, sometimes from the Life & Soul office and other times from an empty classroom within the school. They worked incredibly hard to ensure that the young people still had access to high quality PSHE even with the restrictions imposed by the pandemic.

During the summer term the team spent considerable time devising and producing a series of eight lessons that cover the Government's new statutory RSE curriculum which are now available to schools.

"That was really helpful... It's so good having experts come in to talk to us about this stuff!""

STUDENT

"Thank you for your ongoing support of our school, especially through the challenging times of late. The girls enjoy your visits enormously and we really value your support"

TEACHER

"I always say that Connect mentors are such a lifeline to our students, but truly, now more so than ever, and I can only see the need becoming greater to be honest..."

TEACHER

Assemblies



Although schools re-opened this year there were still significant restrictions in place to prevent the spread of Covid. Schools were operating a 'Bubble' system where pupils were kept within their own class groups with no mixing between classes. This meant that schools were not having whole-school gatherings such as large assemblies.

To ensure that good quality, fun, bible-based assemblies were still available to primary aged children the team produced 8 recorded assemblies with follow-up worksheets to encourage individual reflection. These were made available free to all schools via the charity's website and met the governments requirement for daily collective worship. The majority of schools the team would usually visit were able to use these assemblies within each individual class.

The assemblies take biblical messages and relate them to issues the children are facing. Titles such as 'You are loved', 'Firm foundations', 'Friendships', 'Hope' and 'You are never alone' are all covered in the online series.

The assemblies have had 600 views in total, even if only half of those were to a class of thirty students that is 9,000 children who have heard about God and the difference he can make in their everyday lives.

"The children loved the accents! Adults enjoyed the word play!"

PRIMARY TEACHER

"The pupils enjoyed the fact that it was based on a TEAMs scenario. They could really relate this to the lockdown learning they had experienced."

HEAD TEACHER

Unlimited

Unlimited is our resilience workshop aimed at pupils in Year 5 and 6 who need a boost before going on to secondary school. Topics such as Our Uniqueness, Body Image, Worries & Fears and Handling Emotions are covered in a fun, creative and interactive way. The team work with a small group of pupils in each school and tailor the content of the sessions to the needs of the children.

Due to the pandemic and schools being closed for nearly two terms the team weren't able to work with as many groups as they usually would. Despite that, 54 children still benefitted from attending these workshops.



"I have learnt that it is more important to be kind than to be pretty".

STUDENT

"One thing I like about Unlimited is that you can be yourself"

STUDENT

"Unlimited has helped me have amazing methods to help with different emotions"

STUDENT

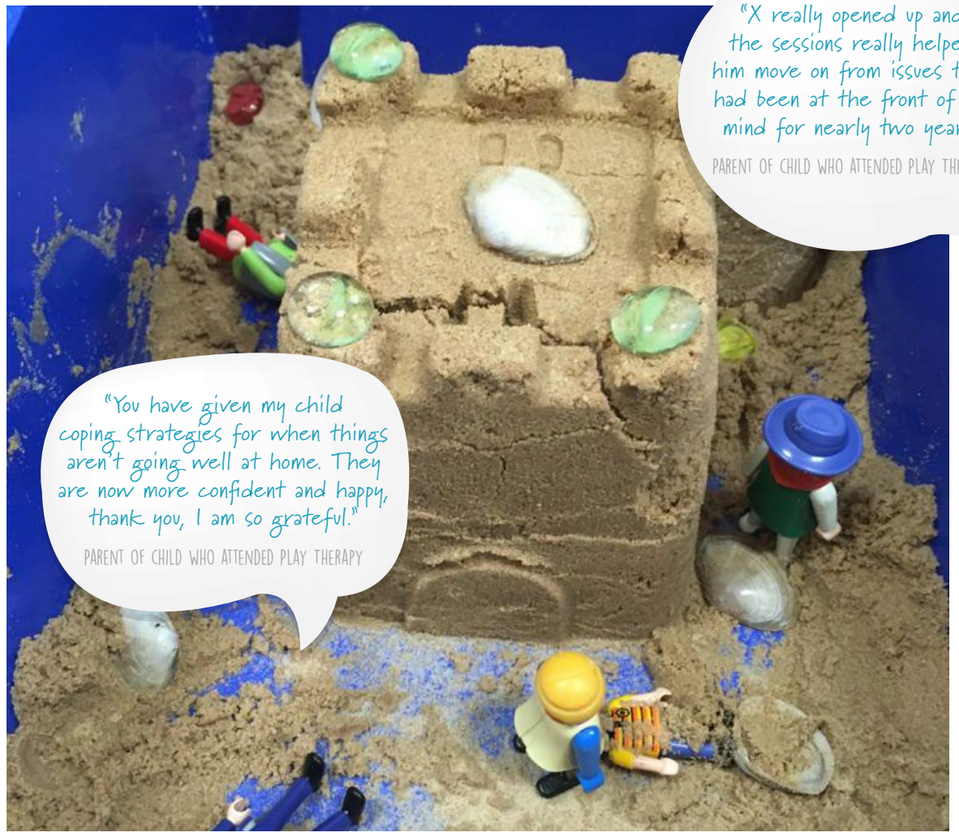
"My daughter has just completed your 6 week course and I wanted to thank you so much for what can only be described as a transformational course. She absolutely loved it – the topics were on point, she was able to be creative (which she loved) and she came home visibly more confident and happy as a result."

STUDENT

Play Therapy



Play therapy is a gentle play-based form of counselling that is effective for very young children who are struggling to deal with difficult situations and can't always articulate what is causing their distress. This distress often comes out in emotional and behavioural issues. Our specialist play therapist works in one local school in an area of high deprivation and high levels of pupil premium funding. Many of the children she works with come from very challenging home situations. Each child spends a number of one to one sessions with our play therapist and is able to work through the things that are holding them back, in a safe, nurturing environment. This continues for as long as the child needs and results in a significant improvement in the well-being of the children. This often also has a positive impact on the life of the whole family at home.



"X really opened up and the sessions really helped him move on from issues that had been at the front of his mind for nearly two years"

PARENT OF CHILD WHO ATTENDED PLAY THERAPY

"You have given my child coping strategies for when things aren't going well at home. They are now more confident and happy, thank you, I am so grateful."

PARENT OF CHILD WHO ATTENDED PLAY THERAPY

PLANS FOR THE FUTURE

We would like to increase the number of young people that we reach. We will be increasing the promotion of our projects to all the local schools by producing a brochure and contacting relevant members of staff directly. We will recruit additional admin support to administer the increase.

We would like to improve the security of our funding sources and will be working to build relationships with churches and trusts who provide grants to us to encourage their continued support. We plan to develop methods by which we can more clearly measure and demonstrate the impact of the work that we do. We are hoping to work with local businesses to promote the work that we do and encourage them to support us financially and with their business expertise.

FINANCIAL REVIEW

The trustees are pleased to report a surplus for the year of £2999 (2020- £1519) on unrestricted funds. All the charity assets were employed in pursuing the charitable objects of the charity. More detailed information is set out on the following pages.

It is the policy of the charity that unrestricted funds which have not been included as fixed assets should be maintained at a level equivalent to between three and six months' expenditure excluding depreciation. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. Three months' general fund expenditure based on the new financial year budget, amounted to approximately £15,000 and unrestricted reserves held as current assets at the end of the year were £21,923.

RISK MANAGEMENT

The Board of Trustees have conducted a review of the major risks to which the charity is exposed.

One of the principal risks identified was securing sufficient funding. The decision was taken to work with a local fundraising consultant with experience in applying for grants and trusts, promotion and securing corporate sponsorship. This has proved to be effective and in the first six months new relationships have been developed with trusts and a significant amount of additional funding has been acquired.

The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to the major risks.

COVID-19 RESPONSE AND GOING CONCERN IMPACT

There have been significant proportions of the last two academic years in which schools have been closed and the work of the charity, which is entirely in schools, has largely ceased. During these times each project has worked to adapt resources so that they were Covid-secure ready for schools to open again. Lessons were also adapted so that they could be delivered remotely even whilst schools were closed or only partially open. Live assemblies were replaced by a series of recorded ones that were made available online via the charity's website.

Due to safeguarding concerns, it was not possible for mentoring to continue whilst schools were closed. The charity has sourced training that can now be provided to volunteer mentors so that they can mentor over the phone should schools need to close for an extended period again.

As a result of this, our income from schools' donations was reduced and due to the pandemic, no large fundraising events were able to take place which meant our overall income was lower than expected. However, we were able to take advantage of the Coronavirus Job Retention Scheme at various points during this year when schools were closed or unable to facilitate us, meaning that our salary expenditure was reduced to and less funding was needed for resources. We were also working from home at times and our rent for our office was able to be reduced. This has resulted in increased unrestricted funds at the year end. The trustees continue to closely monitor finances regularly and are confident that, with the ongoing support of donors and trusts, the charity's work can continue for the foreseeable future.





Independent examiner's report to the Trustees of Life and Soul Youth Work

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 August 2021.

Responsibilities and basis of report

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

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

Independent examiner's report

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

(1) accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or

(2) the accounts do not accord with those accounting records; or

(3) the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or

(4) the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:	*da smith*
Name:	David Smith BSc (Hons) FCA
Address:	Nash Harvey Group LLP, Hermitage Court, Hermitage Lane,Maidstone, Kent ME16 9NT
Date:	5th January 2022.

2021

Raising funds

Income	Connect	Other	Total
Raising funds			
Grant	7,500	2,660	
Other - fundraising		5,990	5,990
Donations - monthly		20,030	20,030
Donations - one off	1,000	16,062	17,062
Gift Aid		3,931	3,931
	8,500	48,673	57,173
Other income (CRJS claims)	418	3,474	3,892
Charitble Activities			
School income	3,656	2,020	5,676
TOTAL			**66,741**
Expenditure			
Raising funds (Fundraising and events)		3,416	3,416
Everything else to charitable activities			
	3,468	1,414	4,882
Depreciation & Insurance	0	722	722
Wages	5,487	36,589	42,076
Uniform	0	0	0
Support costs		9,027	9,027
SUB TOTAL	8,955	47,752	56,707
TOTAL	8,955	51,168	60,123

Statement of Financial Activities (including Income and Expenditure Account)
for the year ended 31 August
2021

	Notes	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
Income from:					
Raising funds	2a	48,673	8,500	57,173	45,370
Charitable activities	2b	2,020	3,656	5,676	6,671
Other income	2c	3,474	418	3,892	10,367
Investments		0	-	0	25
Total income		54,167	12,574	66,741	62,433
Expenditure on:					
Raising funds	3a	3,416	-	3,416	216
Charitable activities	3b	47,752	8,955	56,707	57,390
Total expenditure		51,168	8,955	60,123	57,606
Net (deficit)/income for the year		2,999	3,619	6,618 0	4,827
Transfer between funds			0	-	-
Final net (deficit)/income		2,999	3,619	6,618 0	4,827
Reconciliation of funds					
Total funds brought forward		18,924	3,308	22,232	17,405
Total funds carried forward		21,923	6,927	28,850	22,232

Balance sheet as at 31 August 2021

	Notes		2021	2020
		£	£	£
Fixed assets				
Tangible fixed assets	7		106	287
Total fixed assets			**106**	**287**
Current assets				
Debtors	8	1,396		3,772
Cash at bank and in hand		28,948		22,491
		30,344		26,213
Creditors: amounts falling due within one year	9	(1,600)		(4,268)
Net current assets			**28,744**	**21,945**
Total net assets			**28,850**	**22,232**
Funds	10			
Restricted			6,927	3,308
Unrestricted			21,923	18,924
Total funds			**28,850**	**22,232**

The company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
No members have required the company to obtain an audit of its accounts in accordance with section 476
of the Companies Act 2006.
The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

Approved by the trustees

Chairman:
Date : 8th December 2021

1. Accounting policies

The principle accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and in the preceding year.

(a) Basis of accounting

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

(b) Fund accounting

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

- Designated funds are unrestricted funds earmarked by the trustees for a particular purpose.

- Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

(c) Income

Income is included in the statement of financial activities when the charity is entitled to, and virtually certain to receive, the income and the amount can be quantified with reasonable accuracy. The following policies are applied to particular categories of income:

- Income received by way of grants, donations and gifts is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant. Income from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

- Donated services and facilities are included at the value to the charity where this can be quantified. The value of services provided by volunteers has not been included in these accounts.

- Income from charitable activities is accounted for when earned.

- Investment income is included when receivable.

(d) Expenditure

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes VAT and is reported as part of the expenditure to which it relates:

- Costs of raising funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes.

- Expenditure on charitable activities comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

- All costs are allocated between the expenditure categories of the SoFA on a basis designed to reflect the use of the resource.

(e) Fixed assets

Fixed assets (excluding investments) are stated at cost less accumulated depreciation. The costs of minor additions or those costing below £400 are not capitalised. Depreciation is provided at rates calculated to write off the cost of the asset over its expected useful life, which in all cases is estimated at 4 years. Impairment reviews are carried out as and when evidence comes to light that the recoverable amount of a functional fixed asset is below its net book value due to damage, obsolescence or other relevant factors.

(f) Company Status

The charity is a company limited by guarantee. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £10 per member of the charity.

2a. Income from raising funds

	General £	Restricted £	2021 Total £	2020 Total £
Donations	40,023	1,000	41,023	31,791
Fundraising	5,990	-	5,990	6,079
Grants	2,660	7,500	10,160	7,500
	48,673	8,500	57,173	45,370

2b. Income from charitable activities

	General £	Restricted £	2021 Total £	2020 Total £
Connect	-	3,656	3,656	3,836
Schools	2,020	-	2,020	2,835
	2,020	3,656	5,676	6,671

2c. Other Income

	General £	Restricted £	2021 Total £	2020 Total £
CJRS Claims	3474	418	3892	10367

3a. Expenditure on raising funds

	General £	Restricted £	2021 Total £	2020 Total £
Fundraising costs	3,416	-	3,416	216
	3,416	-	3,416	216

3b. Expenditure on charitable activities

	General £	Restricted £	2021 Total	2020 Total
Staff costs	36,589	5,487	42,076	42,708
Training	976	476	1,452	1,984
General costs	10,187	2,992	13,179	12,698
	47,752	8,955	56,707	57,390

4. Net Income/expenditure for the year

	2021 Total £	2020 Total £
This is stated after charging:		
Depreciation	181	528
	181	528

5. Staff costs

	2021 Total £	2020 Total £
Salaries and wages	39,713	40,591
Social security costs	-	-
Pension costs	2,363	2,117
	42,076	42,708

Included within the above figures, emoluments for key management personnel amounted to £11809 (2020: £8690).
No employee received emoluments of more than £60,000 in the year (2019: £nil).
The amount of liabilities arising from employee benefits in the year amounted to £nil (2019: £nil).

The average number of employees during the year, calculated on the basis of full time equivalents, were as follows:

	2021 Total Number	2020 Total Number
Employees	2	2
	2	2

Trustee Remuneration and Related Party Transactions
During the year, no trustee received any remuneration nor any reimbursement of expenses (2020: £nil)
No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity during the year.
Donations made by trustees during the year amounted to £360 by A Collins (2020 £360 A Collins).

6. Taxation

As a charity, Life and Soul is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the Charity.

7. Tangible Fixed Assets

	2021 £ Office Equipment £
Cost	
At 1 September 2020	4,189
Additions	-
At 31 August 2021	4,189
Accumulated Depreciation	
At 1 September 2020	3,902
Charge for the year	181
At 31 August 2020	4,083
Net book value	
At 1 September 2020	287
At 31 August 2021	106

8. Debtors

	2021 Total £	2020 Total £
Other debtors and prepayments	1,396	3,722
Total	1,396	3,722

9. Creditors: Amounts Falling Due within One Year

	2021 Total £	2020 Total £
Taxation and Social Security	133	53
Other creditors and accruals	1,467	4,215
Total	1,600	4,268

10. Analysis of Net Assets Between Funds

	General Funds £	Restricted Funds £	2021 Total Funds £	2020 Total Funds £
Tangible fixed assets	106	-	106	287
Current assets	26,725	3,619	30,344	26,213
Current liabilities	(1,600)	-	(1,600)	(4,268)
Net assets	**25,231**	**3,619**	**28,850**	**22,232**

11. Movements in Funds

	At 1 Sep 2020 £	Incoming Resources £	Outgoing Resources £	Transfer betw funds	At 31 Aug 2021 £
Restricted funds:	3,308	12,574	(8,955)	0	6,927
	-	12,574	(8,955)	0	6,927
Unrestricted funds:					
General funds	18,924	54,167	(51,168)	0	21,923
	18,924	54,167	(51,168)	0	21,923
Total funds	**18,924**	**66,741**	**(60,123)**	-	**28,850**

TRUSTEES' RESPONSIBILITIES STATEMENT

The trustees (who are also directors of Life and Soul Youthwork for the purposes of company law) are responsible for preparing the Trustees' Report and the Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice)

Company law requires the Trustees to prepare financial statements for each financial year. Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP;
- make judgements and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

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

The Trustees are responsible for the maintenance and integrity of the orporate and financial information included on the charitable company's website.

This report has been prepared in accordance with the provisions applicable to companies entitled to the small company's exemption.

This report was approved by the Trustees, on 8th December 2021 and signed on their behalf by:



David Payne
Chair of the Board of Trustees
Date: 8th December 2021

References

1. https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2020-wave-1-follow-up
2. www.mind.org.uk/news-campaigns/news/more-than-half-fear-lockdown-ending-as-pandemics-impact-on-mental-health-laid-bare/
3. www.bmj.com/content/372/bmj.n614



Life and Soul Youthwork
Registered Charity Number: 1153304
Company Number: 08574869

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