



## 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  
TN1 1UT

[www.lifeandsoul.org.uk](http://www.lifeandsoul.org.uk)

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).<sup>1</sup>
- 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.<sup>2</sup>
- 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.<sup>3</sup>

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

"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

"Please pass on my heartfelt gratitude to your mentors"

SECONDARY 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..."

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

"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

"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



## 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.



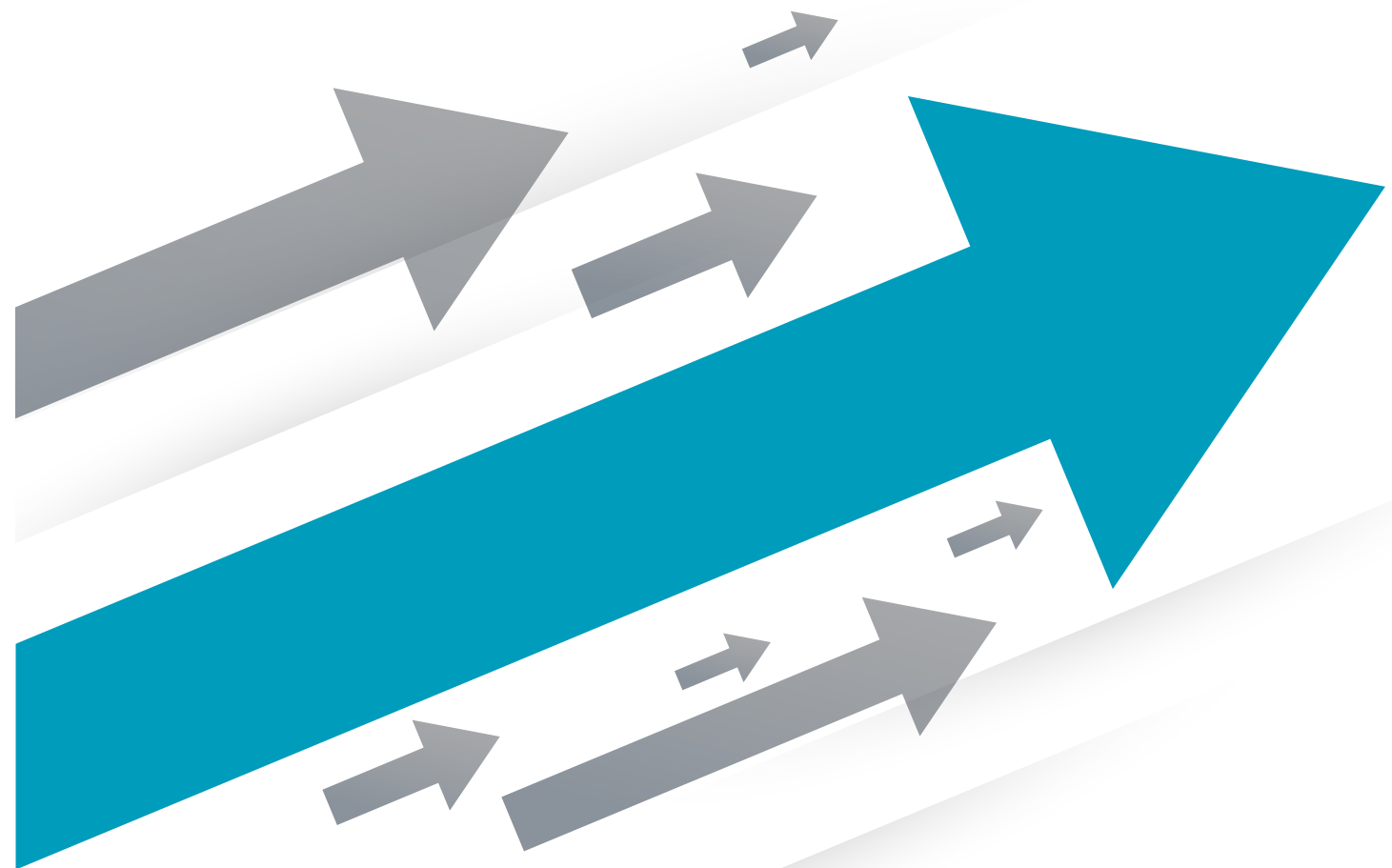
"X really opened up and the sessions really helped him move on from issues that had been at the front of his mind for nearly two years"  
PARENT OF CHILD WHO ATTENDED PLAY THERAPY

"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:

5<sup>th</sup> January 2022.



**2021**

**Raising funds**

<u>Income</u>	<u>Connect</u>	<u>Other</u>	<u>Total</u>
<u>Raising funds</u>			
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
	<u>8,500</u>	<u>48,673</u>	<u>57,173</u>
<u>Other income (CRJS claims)</u>	<u>418</u>	<u>3,474</u>	<u>3,892</u>
<u>Charitable Activities</u>			
School income	<u>3,656</u>	<u>2,020</u>	<u>5,676</u>
<b>TOTAL</b>			<b>66,741</b>
<u>Expenditure</u>			
<u>Raising funds</u>		3,416	3,416
(Fundraising and events)			
Everything else to charitable activities			
	<u>3,468</u>	<u>1,414</u>	<u>4,882</u>
Depreciation & Insurance	0	722	722
Wages	5,487	36,589	42,076
Uniform	0	0	0
Support costs		9,027	9,027
SUB TOTAL	<u>8,955</u>	<u>47,752</u>	<u>56,707</u>
<b>TOTAL</b>	<u>8,955</u>	<u>51,168</u>	<u>60,123</u>

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

	<u>Notes</u>	<u>Unrestricted funds 2021</u>	<u>Restricted funds 2021</u>	<u>Total funds 2021</u>	<u>Total funds 2020</u>
		<u>£</u>	<u>£</u>	<u>£</u>	<u>£</u>
<b>Income from:</b>					
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
<b>Total income</b>		<u>54,167</u>	<u>12,574</u>	<u>66,741</u>	<u>62,433</u>
<b>Expenditure on:</b>					
Raising funds	3a	3,416	-	3,416	216
Charitable activities	3b	47,752	8,955	56,707	57,390
<b>Total expenditure</b>		<u>51,168</u>	<u>8,955</u>	<u>60,123</u>	<u>57,606</u>
<b>Net (deficit)/income for the year</b>		<u>2,999</u>	<u>3,619</u>	<u>6,618</u>	<u>0</u>
Transfer between funds			0	-	-
<b>Final net (deficit)/income</b>		<u>2,999</u>	<u>3,619</u>	<u>6,618</u>	<u>0</u>
<b>Reconciliation of funds</b>					
Total funds brought forward		18,924	3,308	22,232	17,405
<b>Total funds carried forward</b>		<u>21,923</u>	<u>6,927</u>	<u>28,850</u>	<u>22,232</u>

## Balance sheet as at 31 August 2021

	Notes	£	2021 £	2020 £
<b>Fixed assets</b>				
Tangible fixed assets	7		106	287
<b>Total fixed assets</b>			<b>106</b>	<b>287</b>
<b>Current assets</b>				
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)
<b>Net current assets</b>			<b>28,744</b>	<b>21,945</b>
<b>Total net assets</b>			<b>28,850</b>	<b>22,232</b>
<b>Funds</b>				
	10			
Restricted			6,927	3,308
Unrestricted			21,923	18,924
<b>Total funds</b>			<b>28,850</b>	<b>22,232</b>

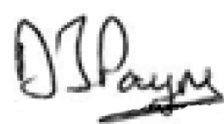
The company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

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
	<u>48,673</u>	<u>8,500</u>	<u>57,173</u>	<u>45,370</u>

**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
	<u>2,020</u>	<u>3,656</u>	<u>5,676</u>	<u>6,671</u>

**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
	<u>3,416</u>	<u>-</u>	<u>3,416</u>	<u>216</u>

### 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
	<u>47,752</u>	<u>8,955</u>	<u>56,707</u>	<u>57,390</u>

### 4. Net Income/expenditure for the year

	2021 Total £	2020 Total £
This is stated after charging:		
Depreciation	181	528
	<u>181</u>	<u>528</u>

### 5. Staff costs

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

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
	<u>2</u>	<u>2</u>

### 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 £
<b>Cost</b>	
At 1 September 2020	4,189
Additions	-
At 31 August 2021	<u>4,189</u>
<b>Accumulated Depreciation</b>	
At 1 September 2020	3,902
Charge for the year	<u>181</u>
At 31 August 2020	<u>4,083</u>
<b>Net book value</b>	
At 1 September 2020	<u>287</u>
At 31 August 2021	<u>106</u>

## 8. Debtors

	2021 Total £	2020 Total £
Other debtors and prepayments	<u>1,396</u>	<u>3,722</u>
Total	<u>1,396</u>	<u>3,722</u>

## 9. Creditors: Amounts Falling Due within One Year

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

## 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	<u>25,231</u>	<u>3,619</u>	<u>28,850</u>	<u>22,232</u>

## 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	<u>18,924</u>	<u>66,741</u>	<u>(60,123)</u>	-	<u>28,850</u>



# 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/](http://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](http://www.bmj.com/content/372/bmj.n614)







**life&  
soul**

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

Life & Soul Centre  
Christ Church  
Tunbridge Wells  
TN1 1UT

[www.lifeandsoul.org.uk](http://www.lifeandsoul.org.uk)