



for young lives

TRUSTEES ANNUAL REPORT

SEPTEMBER 2023 – AUGUST 2024

**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

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 outgoing 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.



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 2024¹ 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.

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

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.**

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.

¹Mind: 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



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 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.



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



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



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.

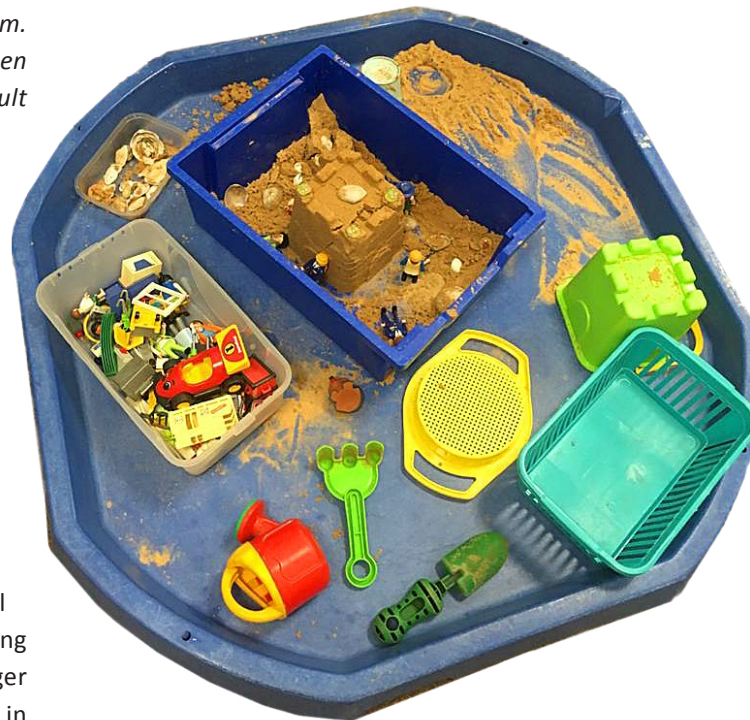
It is beneficial for these very personal areas to be delivered by trained staff who know the pupils well. As a result we have decided to close this project and focus our resources on the growing need for mentoring.

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.



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.

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.

THANK YOU

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



igniting passion for Jesus

ST MARTINS



Wadhurst
Tidebrook Stonegate

St Lawrence



St Philip's Church

St Giles Shipbourne



The Parish church of
King Charles the Martyr
Royal Tunbridge Wells



CHRIST CHURCH
TUNBRIDGE WELLS



THE FITTON
TRUST

Burrswood
Health and Wellbeing



Est. 1542
Sir Thomas White Loan Charity





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

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
	<u>88,398</u>	<u>-</u>	<u>88,398</u>	<u>57,033</u>

2b. Income from charitable activities

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

2c. Other Income

	General £	Restricted £	2024 Total £	2023 Total £
Misc income	384		384	141
	<u>384</u>	<u>0</u>	<u>384</u>	<u>141</u>

3a. Expenditure on raising funds

	General £	Restricted £	2024 Total £	2023 Total £
Fundraising costs	11,196	-	11,196	10,615
	<u>11,196</u>	<u>-</u>	<u>11,196</u>	<u>10,615</u>

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	<u>4,189</u>
Accumulated Depreciation	
At 1 September 2023	4,189
Charge for the year	-
At 31 August 2024	<u>4,189</u>
Net book value	
At 1 September 2023	-
At 31 August 2024	<u>-</u>

8. Debtors

	2024 Total £	2023 Total £
Other debtors and prepayments	<u>2,444</u>	<u>3,038</u>
Total	<u>2,444</u>	<u>3,038</u>

9. Creditors: Amounts Falling Due within One Year

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

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	<u>58,117</u>	<u>-</u>	<u>58,117</u>	<u>32,781</u>

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
	<u>32,074</u>	<u>96,736</u>	<u>(70,493)</u>	<u>0</u>	<u>58,117</u>
Total funds	<u>32,074</u>	<u>96,736</u>	<u>(70,493)</u>	<u>-</u>	<u>58,117</u>

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:

Neel Datta

N Daly

Chair of the Board of Trustees

Date: 11th December 2024

[illegible]

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&
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