



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 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 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 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.

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.**

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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/vbdbcipi/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

"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

"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



CONNECT MENTORING CASE STUDIES

How do we help?

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.



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."



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."

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

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

"Loads more confidence."

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





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 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.



Albert Hunt Trust



The Chalk Cliff Trust



Matthews Wrightson Charity Trust



The Lawson Trust



SMB Charitable Trust



Hollick Family Foundation



ST MARTINS
Ashurst



St Lawrence



Southborough



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 £
<u>Income from:</u>					
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
<u>Expenditure on:</u>					
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
<u>Reconciliation of funds</u>					
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

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

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	2024
	£	£	Total	Total
			£	£
Donations	30,691		30,691	35,306
Fundraising	2,547	-	2,547	2,602
Grants	32,100	-	32,100	50,490
	<u>65,338</u>	<u>-</u>	<u>65,338</u>	<u>88,398</u>

2b. Income from charitable activities

	General	Restricted	2025	2024
	£	£	Total	Total
			£	£
Connect	7,954		7,954	7,954
Schools		-	-	
	<u>7,954</u>	<u>-</u>	<u>7,954</u>	<u>7,954</u>

2c. Other Income

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

3a. Expenditure on raising funds

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

3b. Expenditure on charitable activities

	General	Restricted	2025	2024
	£	£	Total	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	2024
	Total	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	<u>2,732</u>	<u>2,443</u>
	<u><u>51,292</u></u>	<u><u>43,166</u></u>

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

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

1,4642,444

Total

1,4642,444**9. Creditors: Amounts Falling Due within One Year****2025
Total
£****2024
Total
£**

Taxation and Social Security

-

Other creditors and accruals

128603

Total

128603

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 Resource s £	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

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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&
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