

Company Registration No. 08727717
Charity Number 1155389

PURE INSIGHT 1628

A COMPANY LIMITED BY GUARANTEE

**TRUSTEES' REPORT AND
FINANCIAL STATEMENTS**

**For the year ended
31 March 2024**

PURE INSIGHT 1628
A COMPANY LIMITED BY GUARANTEE

Financial Statements
Year ended 31 March 2024

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PURE INSIGHT 1628

A COMPANY LIMITED BY GUARANTEE

Members of the Board and professional advisors

Registered Charity Name	Pure Insight 1628
Company Registration Number	08727717
Charity Number	1155389
Registered Office	Prospect House Newby Road Hazel Grove Stockport Cheshire SK7 5DA
Board of Trustees	Mrs S L Watkin Mrs J Bagchi Ms L Rogers Mr D Zucker Mr S Ankers (appointed 1 st July 2023) Mr A Allman (appointed 5 th Jan 2024)
Auditors	Mitchell Charlesworth (Audit) Limited Registered Auditor 3 rd Floor 44 Peter Street Manchester M2 5GP
Bankers	Co-operative Bank plc St Peters Square Stockport SK1 1NX

PURE INSIGHT 1628

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Trustees' Annual Report

Year ended 31 March 2024

The trustees are pleased to present their annual trustees' report together with the financial statements of the charity for the year ended 31 March 2024 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)".

Objectives and activities

The charity's purpose is specifically restricted to the relief and assistance of children and young people in need including (without limiting the foregoing) by providing support, activities or advice which develop their capacity, skills, capabilities and economic and emotional wellbeing in such a way that they are better able to identify and help meet their needs and to participate more fully in society.

Trustee Reflections

Heartbreakingly in 2024, many young people leaving care continue to experience disadvantage and inequality. A UK government independent review of children's services report published in May 2023 outlined significant recommendations for the wider sector to adopt to ensure better support for children in care and care leavers. Pure Insight contributed to the research and was cited as a good practice model. Unfortunately change in the wider sector has been frustratingly slow, and at a grassroots level we continue to witness worsening health and social outcomes for young people emerging from care, and their persistent overrepresentation in the criminal justice system.

We also see a consistently high level of young people experiencing loneliness and mental ill health. They also face the financial challenge of living independently, whilst coping with a cost-of-living crisis. Despite government investment in training and education to facilitate entry to the workplace, care leavers' educational attainment continues to be significantly lower in comparison to the non-care experienced population.

The Covid-19 pandemic, followed by a cost-of-living crisis, has had a significant impact on the charity sector. For many individuals and businesses, the pandemic brought about opportunities for innovation, hybrid and flexible working practices, and boosted support for local community services. However, for some care-experienced young people this period also heightened existing mental ill health, amplified loneliness and isolation, and disrupted education and employment opportunities.

Post Covid-19, enormous pressure on central government and local authority funding, combined with the impact of high inflation on corporate and personal finances, has affected the ability of charities to get sufficient funding to meet increased demand for their services. As with others in the charity sector, our organisation is experiencing these significant challenges as we live and work through times of economic uncertainty.

If you are reading this report as a donor and supporter of Pure Insight, we hope you will enjoy reading about this last year's achievements and want to thank you for your dedication and generosity to care leavers through supporting our initiatives. For those new to our charity, we invite you to join us on this journey to rewrite the story for care leavers in your area.

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Trustees' Annual Report

Year ended 31 March 2024 (continued)

Pure Insight delivers a range of projects providing practical and emotional support to young people who have left or are about to leave statutory care alongside Local Authorities in the North West. Our projects address a range of serious issues including homelessness, loneliness and isolation, poor mental/physical health, exploitation, adverse childhood experiences and lack of opportunities. We provide opportunities for young care leavers to develop skills, confidence, talents and support networks in the local community. Our approach is strength based and collaborative, creating opportunities for care experienced young people to thrive by creating pathways to connection, belonging and purpose. We focus on stage, not age, so care-experienced young people can return for support up to the age of 28 when they are ready to make changes in their lives or there are opportunities to join our volunteer and staff team.

Our current service offers include long-term community mentoring programmes, intensive support for care experienced young parents, peer support groups, outdoor group wellbeing activities, volunteering and training. We also deliver bespoke employment support and targeted trauma informed mental health provisions and collaborate with other specialist providers to get better outcomes for young care leavers. We follow trauma informed principles of safety, trust, choice, collaboration and empowerment.

Our 'Experts by Experience' group and Influencing activity amplifies young people's voices on a local, regional and national level, improving service provisions, systems, and informing commissioning and policy makers. We involve our young people in everything we do from recruitment and training to the design and delivery of projects.

At the heart of our trauma-informed organisation are honest, trusting relationships that define everything we do. When a young person joins us, we start by offering them a safe space to share their experiences, hopes, and challenges. We listen to what's important to them, what's happened or is happening in their lives, and the unique skills and talents they possess. Our strength-based approach, supported by practical tools, helps young people identify their aspirations and set achievable goals. Together, we break these goals into manageable steps, determine the support and resources needed, and clarify their role in this journey towards living their best life.

Pure Insight understands that care experienced young people's journey to adulthood is a gradual process, encompassing challenges like securing stable housing, pursuing education or employment, overcoming mental health challenges and adverse childhood experiences, and developing crucial life skills, and we emphasise the importance of long-term support. Short-term support may provide immediate relief, but sustained collaboration is essential for addressing underlying issues, developing independence, and ensuring that care leavers have the resources, networks and skills needed to navigate the complexities of adult life successfully.

Our recruitment process prioritises our core values of ■ Integrity ■ Belonging ■ Courage alongside the diverse skills and knowledge required to provide a wraparound offer, seeking individuals who are resilient, passionate, and empathetic. We look for people who can walk alongside others to find sensible, sustainable solutions. We are proud to have a growing team of dedicated, skilled, kind-hearted individuals who understand the needs of our young people and many who generously volunteer their time.

Public benefit statement

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

The trustees are clear that the purposes of Pure Insight 1628 are carried out for public benefit. They have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the purpose and objectives and when planning future activities. The trustees consider how planned activities will contribute to the aims and objectives they have set.

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Trustees' Annual Report **Year ended 31 March 2024** (continued)

Achievements and performance

Annually we support over 500 young care leavers (aged 16 – 28), and over 150 of their children through whole family support in the Greater Manchester and Cheshire areas.

A significant and growing proportion of the young people we support face complex issues, increased vulnerabilities, high risks and barriers to accessing traditional services. They require assertive outreach support, delivered over the longer term - which many services are unable to provide.

The work we deliver through targeted outreach projects, leads to outcomes including:

- Decrease in levels of reported loneliness and isolation through developing support networks, friendships and belonging to a group
- Improved mental health - with more skills and knowledge to self-manage mental health/emotional distress.
- Improved access to mental health support - through outreach emotional wellbeing services and trauma informed counselling
- Improved self-efficacy and ability/capacity to live independently
- Increase in young people maintaining a tenancy and a reduction in tenancy issues/evictions and homelessness
- Improved parenting skills and a reduction in care experienced parents experiencing crisis or having children taken into care
- Increase in securing and sustaining education, employment, training and volunteering
- Increased take-up of positive activities and a reduction in anti-social and offending behaviour
- Increased economic wellbeing as a result of securing the right financial support, tackling debt, and reducing sanctions
- Decrease in reported levels of substance use and other unhealthy coping strategies.

Our Impact Report April 2023 – March 2024 is included after page 27.

Finance Review

The income for the year has increased from £826k to £899k. This is due to the amount of restricted fund income having risen from £573k to £788k.

The year has been a further profitable one with a surplus of £52k, mostly arising in the unrestricted category, taking those reserves to £331k. A further £284k is held in restricted reserves.

Investment powers and policy

Currently, available funds are held in two bank accounts. However, as the charity continues to grow and remain profitable, it is anticipated that funds will need to be potentially spread across a range of other suitable financial institutions in order to reduce financial risk and to seek the best return for the money held on deposit.

Risk Management

The Executive Management Team is in the process of establishing a review of the major risks to which the charity is exposed. These reviews will be updated at least annually. Where appropriate, systems and procedures have been established to mitigate the risks the charity faces. External risks to funding have led to the development of a strategic plan which will allow for diversification of funding and activities. Internal control risks are minimised by the implementation of procedures for authorisation of all transactions and projects.

Procedures are in place to ensure compliance with the health and safety of staff, volunteers, clients and visitors to the charity. The contracts and service level agreements with the charity's partners provide for regular review of the quality of service delivered. Quality standards have been established that meet or exceed the contractual commitments.

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Trustees' Annual Report
Year ended 31 March 2024 (continued)

Plans for the future

Pure Insight's strategy April 2024 – March 2026 is to:

- Maintain a culture of safety, trustworthiness, choice, collaboration, and empowerment
- Ensure the sustainability of our services
- Grow our offer to reach more care experienced young people
- Share best practice models that have high impact and could be replicated
- Keep lived experience at the heart of everything we do and amplify care experienced voices to influence provision and policy.

In order to meet our strategic objectives, we are:

- investing in our infrastructure by developing our leadership team, purchasing new HR, Recruitment and Data Management Systems
- forging relationships with new local authorities to expand our offer into new geographical areas
- exploring additional projects with existing local authorities to address the rising numbers of teenagers coming into care, a growing population of unaccompanied asylum-seeking children and a group of young people who face additional challenges due to exploitation
- diversifying our workforce and expertise to meet the complex and varied issues faced by our young people
- collaborating with new partners to deliver projects young people feel they can connect to
- exploring and expanding our volunteer base to identify strengths, expertise, opportunities and connections, and increasing our reach
- developing our knowledge and skills in new areas of income generation.

Pure Insight is currently operating in Stockport, Cheshire East, Salford, Warrington and Halton. Recognised as examples of best practice in the recent Independent Review of Children's Social Care, Pure Insight's Mentoring and Psychological Wellbeing Services remain a core part of our offer to care leavers. [Independent review of children's Social Care: final report - GOV.UK \(www.gov.uk\)](#):

"helping care leavers build a network" (page 194)

"Achieving better mental health outcomes for care leavers will form part of the National Children's Social Care Framework, and best practice should build upon existing work done by organisations such as Pure Insight, which provide a psychological wellbeing service and counselling service to young people and care leavers." (p221)

We eagerly anticipate government action to implement the 'Stable Homes, Built on Love' strategy, with a particular focus on improving health outcomes and life expectancy for care-experienced young people. We hope this provides further opportunities to collaborate with Integrated Care Boards to provide enhanced, specialised services for care leavers.

Structure, governance and management

Pure Insight 1628 is a company limited by guarantee. It was incorporated on 10 October 2013 and registered as a charity on 20 January 2014. The company has been established under its Memorandum of Association which defines the objects and powers of the charitable company and is governed under its Articles of Association.

In the event of the company being wound up, its members are required to contribute an amount of £1 each.

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Trustees' Annual Report

Year ended 31 March 2024 (continued)

Directors and Trustees

The trustees, who are also the directors for the purpose of company law, who served during the year and up to the date of signature of the financial statements were:

Mr E Nixon (resigned 14 July 2023)
Mr A Britton (resigned 4 August 2023)
Mrs S L Watkin
Mrs J Bagchi
Ms L Rogers
Mr N Ward (resigned 31 March 2024)
Mr D Zucker
Mr S Ankers (appointed 1 July 2023)
Mr A Allman (appointed 5 Jan 2024)

Key management personnel: Principal staff

Charity Founder: Ms S Sturmeay

Appointment and reappointment of Trustees

Under the requirements of the Memorandum and Articles of Association the trustees are elected to serve for a period of three years, after which they must be re-elected at the Annual General Meeting.

Trustee induction and training

Existing trustees are already familiar with the practical work of the charity and have received a detailed induction.

Additionally, new trustees, when invited to join the board, are provided information to familiarise themselves with the charity and the context within which it operates. These cover:

- The obligations of the trustees
- The main documents which set out the operational framework for the charity including the Memorandum and Articles of Association
- Resourcing and the current financial position as set out in the latest published accounts.

An induction pack has also been prepared drawing information from the various Charity Commission publications signposted through the Commission's guide 'the Essential Trustee' as a follow up to these sessions. This is distributed to all new trustees along with the Memorandum and Articles of Association and the latest financial statements. Feedback from the trustees following their induction has been very positive.

Governance

An extensive range of business and caring skills are well represented on the Board and a full range of trustee skills has been sought in order to manage the operations of the charity to best effect.

Pure Insight has a board who meet every two months and who are responsible for the strategic direction and policy of the charity. At present the Board has four members from a variety of interests and professional backgrounds relevant to the work of the charity.

A scheme of delegation is in place and day to day responsibility for the provision of the services rests with the Charity Founder along with other members of the Management Team. They are responsible for ensuring that the charity delivers the services specified and that key performance indicators are met. The charity founder also has responsibility for the day-to-day operational management of the company, individual supervision of the management team and also ensuring that the team continues to develop their skills and working practices in line with good practice.

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Trustees' Annual Report **Year ended 31 March 2024** (continued)

Statement of Trustees' responsibilities

The trustees, who are also directors of Pure Insight 1628 for the purpose of company law, are responsible for preparing the Trustees' annual 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, which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently
- observe the methods and principles in the Charities SORP
- make judgements and estimates that are reasonable and prudent
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements
- 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 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.

Auditors

A resolution proposing that Mitchell Charlesworth (Audit) Limited be re-appointed will be put at a General Meeting.

Statement as to disclosure to our auditors

In so far as the trustees are aware at the time of approving our trustees' annual report:

- There is no relevant information, being information needed by the auditor in connection with preparing their report, of which the company's auditors is unaware; and
- The trustees, having made enquiries of fellow directors and the auditor that they ought to have individually taken, have each taken all steps that they are obliged to take as a director in order to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

Signed by order of the Trustees



Mr A Allman
Trustee

Dated: 21 June 2024

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Independent Auditor's Report to the Members of Pure Insight 1628

Year ended 31 March 2024

Opinion

We have audited the financial statements of Pure Insight 1628 for the year ended 31 March 2024 which comprise of the Statement of Financial Activities, the Summary Income and Expenditure Account, the Balance Sheet, the Cash Flow Statement and the related notes. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2024, and of its incoming resources and application of resources, including its income and expenditure, for the year then ended.
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the trustees' annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements, or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

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Independent Auditor's Report To the Members of Pure Insight 1628

Year ended 31 March 2024

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the trustees' report.
- the charitable company has not kept adequate accounting records;
- the financial statements are not in agreement with the accounting records and returns;
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with regulations made under section 154 of that Act.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Details of the extent to which the audit was considered capable of detecting irregularities, including fraud and non-compliance with laws and regulations are set out below.

Extent to which the audit was considered capable of detecting irregularities, including fraud

We identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, and then design and perform audit procedures responsive to those risks, including obtaining audit evidence that is sufficient and appropriate to provide a basis for our opinion.

PURE INSIGHT 1628

A COMPANY LIMITED BY GUARANTEE

Independent Auditor's Report To the Members of Pure Insight 1628

Year ended 31 March 2024

Identifying and assessing potential risks related to irregularities

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with the laws and regulations, we considered the following:

- the nature of the sector, control environment and business performance.
- results of our enquiries of management about their own identification and assessment of the risks of irregularities.
- any matters we identified having obtained and reviewed the charity's documentation of their policies and procedures relating to the identifying, evaluating, and complying with laws and regulations and whether they were aware of any instances of non-compliance. Detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected, or alleged fraud and the internal controls established to mitigate risks of fraud or non-compliance with laws and regulations.
- the matters discussed among the audit engagement team regarding how and where fraud might occur in the financial statements and any potential indicators of fraud.

As a result of these procedures, we considered the opportunities and incentives that may exist within the organisation for fraud and identified the greatest potential for fraud in relation to the timing of the recognition of income. In common with all audits under ISAs (UK), we are also required to perform specific procedures to respond to the risk of management override and we identified risk in relation to the posting of unusual journals and the manipulation of accounting estimates.

We also obtained an understanding of the legal and regulatory frameworks that the charity operates in, focusing on provisions of those laws and regulations that had a direct effect on the determination of material amounts and disclosures in the financial statements. The key laws and regulations we considered in this context included Safeguarding, 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), the Financial Reporting Standard applicable in the UK (FRS 102), and the Companies Act 2006.

In addition, we considered provisions of other laws and regulations that do not have a direct effect on the financial statements but compliance with which may be fundamental to the company's ability to operate or to avoid a material penalty. These included Data Protection Regulations.

Audit response to risks identified

As a result of performing the above, we identified the recognition of revenue as the key audit matter related to the potential risk of fraud.

In addition to the above, our procedures to respond to risks identified included the following:

reviewing the financial statement disclosures and testing to supporting documentation to assess compliance with relevant laws and regulations described above as having a direct effect on the financial statements;

- enquiring of management and members of the board concerning actual and potential litigation and claims;
- performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud;
- reading minutes of meetings of those charged with governance and reviewing correspondence with relevant authorities where matters identified were significant; and
- in addressing the risk of fraud through management override of controls, testing the appropriateness of journal entries and other adjustments; assessing whether the judgements made in making accounting estimates are indicative of a potential bias; and evaluating the business rationale of any significant transactions that are unusual or outside the normal course of business.

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Independent Auditor's Report To the Members of Pure Insight 1628

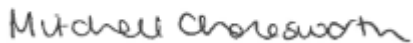
Year ended 31 March 2024

We also communicated relevant identified laws and regulations and potential fraud risks to all engagement team members and remained alert to any indications of fraud or non-compliance with laws and regulations throughout the audit.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: <http://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charitable company's trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's trustees as a body, for our audit work, for this report, or for the opinions we have formed.



Alison Buckley (Senior Statutory Auditor)
For and on behalf of Mitchell Charlesworth (Audit) Limited

15/07/2024

Statutory Auditor

3rd Floor
44 Peter Street
Manchester
M2 5GP

Mitchell Charlesworth (Audit) Limited is eligible to act an auditor in terms of section 1212 of the Companies Act 2006.

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Statement of Financial Activities (including income and expenditure account)
Year ended 31 March 2024

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Income							
Donations and legacies	2	12,708	-	12,708	13,008	-	13,008
Grants and donations	3	63,985	788,213	852,198	236,163	573,330	809,493
Other trading income	4	11,901	-	11,901	2,778	-	2,778
Investments	5	21,819	-	21,819	548	-	548
Total income		110,413	788,213	898,626	252,497	573,330	825,827
Expenditure							
Charitable activities	6	66,033	780,106	846,139	211,026	524,392	735,418
Net incoming resources before transfers		44,380	8,107	52,487	41,471	48,938	90,409
Transfers between funds		-	-	-	-	-	-
Net movement of funds for the year		44,380	8,107	52,487	41,471	48,938	90,409
Reconciliation of funds							
Total funds brought forward		286,426	275,854	562,280	244,955	226,916	471,871
Total funds carried forward		330,806	283,961	614,767	286,426	275,854	562,280

The Statement of Financial Activities includes all gains and losses in the year and all income and expenditure derive from continuing activities.

The notes on pages 15 - 27 form part of these financial statements.

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Balance sheet as at 31 March 2024

	Notes	2024	2023
		£	£
Fixed assets			
Tangible assets	10	23,373	19,280
Current assets			
Debtors	11	57,888	11,035
Cash at bank and in hand		592,914	557,079
		650,802	568,114
Creditors: Amounts falling due within one year	12	(59,408)	(25,114)
Net current assets		591,394	543,000
Total assets less current liabilities		614,767	562,280
Income funds			
Unrestricted income funds		330,806	286,426
Restricted income funds	14	283,961	275,854
Total funds		614,767	562,280

For the year ended 31 March 2024 the company was entitled to the exemption from audit under section 477 of the Companies Act 2006 relating to small companies but as this company is a charity, it is subject to audit under section 144 of the Charities Act 2011.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of section 386 of the Act with respect to accounting records and for the preparation of accounts. These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

These financial statements were approved by the trustees on 15 July 2024 and are signed on their behalf by:



Mrs S Watkins - Trustee



Mrs J Bagchi - Trustee

Company Registration No. 08727717

The notes on pages 15 - 27 form part of these financial statements.

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Statement of Cash Flows
For the year ended 31 March 2024

	Notes	2024 £	2023 £
Cash generated by operating activities	18	15,340	10,665
Cash flows from investing activities:			
Dividends, interest, and rents from investments		21,819	548
Proceeds from sale of tangible fixed assets		11,901	-
Purchase of tangible fixed assets		(13,225)	(17,043)
Cash generated by/(used in) investing activities		20,495	(16,495)
Increase/(decrease) in cash and cash equivalents in the year		35,835	(5,830)
Cash and cash equivalents at the beginning of the year		557,079	562,909
Cash and cash equivalents at the end of the year		592,914	557,079

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Notes to the Financial Statements

Year ended 31 March 2024

1. Accounting policies

Charity information

Pure Insight 1628 is a private company limited by guarantee and incorporated in England and Wales. The registered office is Prospect House, Newby Road, Hazel Grove, Stockport, Greater Manchester, SK7 5DA.

Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)". The charity is a Public Benefit Entity as defined by FRS 102.

These financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

Going concern

The trustees continue to evaluate the charity's ability to continue to provide services for the foreseeable future, this includes discussions with the charity's stakeholders, where appropriate, and a review of trading forecasts for a period of 12 months from the date of approval of these accounts.

The charity continues to meet its financial obligations as they fall due and based on their consideration of all relevant information the trustees have a reasonable expectation that the charity will be able to continue as a going concern. Thus, the trustees are satisfied to continue to adopt the going concern basis of accounting in the preparation of the financial statements.

Charitable funds

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Designated funds are funds which have been allocated or designated for specific purposes by the charity out of unrestricted funds.

Restricted funds are subject to specific restrictive conditions imposed by the donor or by the purpose of the contract/monies received.

PURE INSIGHT 1628

A COMPANY LIMITED BY GUARANTEE

Notes to the Financial Statements

Year ended 31 March 2024

1. Accounting policies (Continued)

Income

Income is the amount derived from the provision of goods/services and stated after trade discounts, other sales taxes, and VAT where applicable.

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received, and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received, and the amount can be measured reliably and is not deferred. Grants are deferred to future periods only when this is specified by the funder or other preconditions of the fund are not yet met.

Investment income is recognised on a receivable basis.

Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required, and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds are the direct and indirect costs of raising funds for charitable purposes, including applying for grants.
- Charitable activities include expenditure associated with the provision of services at the visitor centres and include both the direct costs and support costs relating to these activities.
- Support costs include central functions and have been allocated to activity cost categories directly where identifiable or on an estimation of time spent on the relevant projects.
- Other expenditure represents those items not falling into any other heading.

Tangible fixed assets

All fixed assets are initially recorded at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of the asset, less its estimated residual value, over their useful lives on the following basis:

Fixtures and fittings	-	33.33% of cost
Motor vehicles	-	33.33% of cost

The gains or losses arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset and is recognised in net income/(expenditure) for the year.

Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

PURE INSIGHT 1628

A COMPANY LIMITED BY GUARANTEE

Notes to the Financial Statements

Year ended 31 March 2024

1. Accounting policies (Continued)

Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's Balance Sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

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

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less, if not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction prices and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

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

Pensions

From August 2017 the charity has operated an auto enrolment defined contribution scheme for all eligible employees in line with current legislation.

2.	Donations and legacies	Unrestricted Funds £	Total Funds 2024 £	Unrestricted Funds £	Total Funds 2023 £
	Donations and legacies	12,708	12,708	13,008	13,008

PURE INSIGHT 1628
A COMPANY LIMITED BY GUARANTEE

Notes to the Financial Statements
Year ended 31 March 2024

3.	Grants and donations	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
	St James Place	-	-	-	-	10,000	10,000
	CCF Grant Cheshire Comm	-	2,000	2,000	-	2,500	2,500
	Cheshire Freemans	-	-	-	10,000	-	10,000
	Co-op Community Funding	-	-	-	-	3,821	3,821
	Steve Morgan Foundation	-	18,000	18,000	-	16,500	16,500
	CEF Bentley	-	500	500	-	-	-
	Christmas Activities	-	2,000	2,000	-	14,160	14,160
	Stockport Local Fund	-	6,015	6,015	15,986	24,060	40,046
	Albert Gubay Charitable Foundation	-	105,000	105,000	-	-	-
	Cheshire East Council	-	67,500	67,500	33,508	104,623	138,131
	Salford MBC	-	73,333	73,333	-	53,325	53,325
	The Henry Smith Charity	-	60,000	60,000	-	60,000	60,000
	Stockport MBC	-	95,894	95,894	-	95,895	95,895
	CWP NHS Foundation Trust	-	20,000	20,000	1,500	-	1,500
	The National Lottery Community Fund	-	72,870	72,870	-	36,000	36,000
	Alex Timpson Foundation	-	-	-	3,000	-	3,000
	Spark Foundation	-	300	300	-	-	-
	Warrington BC	-	84,000	84,000	-	30,000	30,000
	Cheshire East Living Team	-	100	100	-	-	-
	CCFoundation Warrington	-	30,000	30,000	-	27,945	27,945
	Edward Gosling Foundation	-	25,000	25,000	-	25,000	25,000
	CCF Fund it Forwards	-	15,000	15,000	-	-	-
	The Rayne Foundation	-	25,000	25,000	-	25,000	25,000
	Lloyd's Foundation	-	-	-	37,669	-	37,669
	SUYCT - Shine a Light	-	5,000	5,000	-	-	-
	Vinci Foundation- Bikes	-	5,000	5,000	-	-	-
	Paul Hamlyn Foundation	15,500	-	15,500	22,500	10,500	33,000
	The Welland Trust	-	34,001	34,001	-	34,001	34,001
	Masonic Charitable Foundation	-	16,700	16,700	-	-	-
	Stephen Kelly Legacy	2,000	-	2,000	-	-	-
	Cheshire & Warrington LE	350	-	350	-	-	-
	Bruntwood Voilo Pay	135	-	135	-	-	-
	Amazon	1,000	-	1,000	-	-	-
	The Julia & Hans Rausing Trust	-	5,000	5,000	50,000	-	50,000
	Segleman Trust	30,000	-	30,000	32,000	-	32,000
	Swire Charitable Trust	15,000	-	15,000	30,000	-	30,000
	CCF Match Fund Donor	-	20,000	20,000	-	-	-
		63,985	788,213	852,198	236,163	573,330	809,493

PURE INSIGHT 1628
A COMPANY LIMITED BY GUARANTEE

Year ended 31 March 2024

4.	Other trading income	Unrestricted Funds £	Total Funds 2024 £	Unrestricted Funds £	Total Funds 2023 £
	Tuck shop and drinks	-	-	2,778	2,778
	Profits on sales of fixed assets	11,901	11,901	-	-
5.	Investments	Unrestricted Funds £	Total Funds 2024 £	Unrestricted Funds £	Total Funds 2023 £
	Interest receivable	21,819	21,819	548	548
6.	Charitable activities			Total 2024 £	Total 2023 £
	Client services				
	Staff costs			655,985	505,317
	Depreciation and impairment			9,033	5,778
	Client related costs			80,561	107,125
	Secondment and salary recharge			-	24,714
	Healthcare			1,528	7,392
	IT costs			10,346	15,962
	Office expenses			63,665	55,409
	Training costs			19,901	9,612
				841,019	731,309
	Share of governance costs (see note 7)			5,120	4,109
				846,139	735,418

Expenditure on charitable activities was £846,139 (2023: £735,418) of which £66,033 (2023: £211,026) was unrestricted and £780,106 (2023: £524,392) was restricted.

7.	Support costs	Support Costs £	Governance Costs £	2024 £	Support Costs £	Governance Costs £	2023 £
	Audit fees	-	2,500	2,500	-	1,925	1,925
	Accountancy fees	-	2,620	2,620	-	2,184	2,184
	Analysed between charitable activities	-	5,120	5,120	-	4,109	4,109

8. Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

Notes to the Financial Statements

PURE INSIGHT 1628
A COMPANY LIMITED BY GUARANTEE

Year ended 31 March 2024

9. Employees	2024 No	2023 No
The average monthly number of employees during the year was:		
Charitable activities	26	23
	2024 £	2023 £
Wages and salaries	590,344	459,001
Social security costs	43,981	29,063
Other Pension costs	21,660	17,253
	655,985	505,317

No employees had emoluments in excess of £60,000 during this or the prior year.

No charity trustees received any emoluments, expense reimbursements or payment for professional or other services during the year. The key management personnel of the charity comprise the trustees and the Charity Founder. The total employee benefits of the key management personnel are £59,525 (2023: £58,764).

In addition, there is a strong team of volunteers that support services to local young people. No value has been attached to this volunteer time.

10. Tangible fixed assets	Fixtures and Fittings £	Motor Vehicles £	Total £
Cost			
At 1 April 2023	25,352	19,999	45,351
Additions	3,725	9,500	13,225
Disposals	-	(9,950)	(9,950)
At 31 March 2024	29,077	19,549	48,626
Depreciation and impairment			
At 1 April 2023	15,944	10,127	26,071
Charge for the year	4,672	4,361	9,033
On disposal	-	(9,851)	(9,851)
At 31 March 2024	20,616	4,637	25,253
Net book value			
At 31 March 2024	8,461	14,912	23,373
At 31 March 2023	9,408	9,872	19,280

PURE INSIGHT 1628
A COMPANY LIMITED BY GUARANTEE

Notes to the Financial Statements
Year ended 31 March 2024

11. Debtors	2024	2023
	£	£
Amounts falling due within one year:		
Prepayments and accrued income	15,309	10,797
Trade debtors	42,579	238
	57,888	11,035

12. Creditors: amounts falling due within one year	2024	2023
	£	£
Other taxation and social security	11,801	9,554
Deferred income (Note 13)	39,420	6,920
Trade creditors	3,901	3,670
Accruals	1,925	1,100
Other creditors	2,361	3,869
	59,408	25,113

13. Deferred Income

Deferred income includes £39,420 (2023: £6,920) which has been received in advance on time restricted contracts.

	2024	2023
	£	£
Balance brought forward	6,920	87,191
Utilised in year	-	(87,191)
Added in year	32,500	6,920
	39,420	6,920

14. Analysis of charitable funds - current year

Analysis of unrestricted fund movements

	Balance at 1 April 2023	Incoming resources	Resources expended	Transfers	Balance at 31 March 2024
	£	£	£	£	£
Total general funds	286,426	110,413	(66,033)	-	330,806

PURE INSIGHT 1628

A COMPANY LIMITED BY GUARANTEE

Notes to the Financial Statements

Year ended 31 March 2024

14. Analysis of charitable funds - current year (continued)

The income funds of the charity include restricted funds comprising the following balances of donations and grants held on trust for specific purposes.

Analysis of restricted fund movements

	Balance at 1 April 2023	Incoming resources	Resources expended	Transfers	Balance at 31 March 2024
	£	£	£	£	£
Christmas Activities	6,924	2,000	(6,787)	-	2,137
Steve Morgan Foundation	-	18,000	(16,500)	-	1,500
St James Place	9,167	-	(9,167)	-	-
Masonic Charitable Foundation	-	16,700	(13,811)	-	2,889
Salford MBC	53,325	73,333	(122,113)	-	4,545
The Henry Smith Charity	25,000	60,000	(50,250)	-	34,750
Stockport Local Fund	181	6,015	(5,919)	-	277
The National Lottery Community Fund	54,809	72,870	(119,016)	-	8,663
Spark Foundation	-	300	(300)	-	-
Stockport MBC	8,789	95,894	(94,163)	-	10,520
Warrington BC	1,990	84,000	(67,990)	-	18,000
Cheshire Community Foundation Warrington	27,945	30,000	(50,445)	-	7,500
Rayne Foundation	8,333	25,000	(25,000)	-	8,333
Albert Gubay Charitable Foundation	-	105,000	(17,500)	-	87,500
Paul Hamlyn Foundation	3,000	-	-	-	3,000
CEF Bentley	-	500	(500)	-	-
CCF Hardship Grant CE	-	2,000	(2,000)	-	-
CCF Fund IT Forwards	-	15,000	(10,000)	-	5,000
Cheshire East Living Team	-	100	-	-	100
Julia & Hans Rausing Trust	-	5,000	(5,000)	-	-
SUYCT - Shine a Light	-	5,000	(864)	-	4,136
Vinci Foundation	-	5,000	-	-	5,000
Welland Trust	35,416	34,001	(35,416)	-	34,001
CWP NHS Foundation Trust	-	20,000	(20,000)	-	-
Cheshire East Council	33,306	67,500	(83,931)	-	16,875
Co-op Community Funding	3,503	-	(3,503)	-	-
Edward Gosling	4,166	25,000	(19,931)	-	9,235
CCF Match Fund Donor	-	20,000	-	-	20,000
Total unrestricted funds	275,854	788,213	(780,106)	-	283,961

PURE INSIGHT 1628

A COMPANY LIMITED BY GUARANTEE

Notes to the Financial Statements
Year ended 31 March 2024

14. Analysis of charitable funds - current year (continued)

St James Place	This funding is to support our counselling provision.
The National Lottery Community Fund	Match funding our Mentoring Programme in Warrington and supporting our Care Experienced Parents Service in Warrington and Cheshire East.
Christmas Activities	This is money raised to deliver activities over the Christmas period for care leavers who would otherwise be alone. Any funds remaining can be used for other activities throughout the year as per our Just Giving statement.
Steve Morgan Foundation	A project based in Crewe providing a service to Care Leavers in that area.
Julia & Hans Rausing Trust	Funding to support our core activities primarily focussed in Cheshire East.
Co-op Foundation	Funding to support the training of new volunteer mentors.
Edward Gosling Foundation	Supporting the wind down of our Trafford Service provision.
Cheshire Community Foundation	Supporting various activities within Cheshire East.
Paul Hamlyn Foundation	Core funding to support our growth, sustainability and sharing best practice nationally.
The Rayne Foundation	Supporting our Psychological Wellbeing Service in Cheshire East.
Masonic Charitable Foundation	Supporting the delivery of our specialist services for Care Experienced Parents and their children in Stockport.
Salford MBC	Local Authority contract to provide Mentoring and Mental Health support to Salford Care Leavers.
The Henry Smith Charity	This fund is supporting the delivery of our Psychological Wellbeing Service in Stockport.
Stockport Local Fund	Supporting the delivery of our outreach offer to care experienced parents in Stockport.
The Welland Trust	Funding to specifically provide an Employment Service to care leavers in Stockport and Salford
Stockport MBC	Local Authority contract to provide Mentoring Services to care leavers in Stockport.
Spark Foundation	A grant awarded directly to support a young person
Warrington BC	Local Authority contract to match fund Mentoring and Mental Health Services for care leavers in Warrington.

PURE INSIGHT 1628

A COMPANY LIMITED BY GUARANTEE

Notes to the Financial Statements
Year ended 31 March 2024

14. Analysis of charitable funds - current year (continued)

Albert Gubay Charitable Foundation	To support the delivery of our Mental Health Services for care leavers in Warrington and Cheshire East.
CEF Bentley	Supporting the costs of our activities in our Crew drop in café.
CCF Hardship Grant CE	Specifically, to make hardship payments for young care leavers in Crewe.
CCF Fund IT Forwards	Funding supporting our Mentoring Programme in Crewe.
SUYCT - Shine a Light	Supporting an independent group focused on highlighting the health inequalities of care experienced people.
Vinci Foundation	Enabling us to purchase bikes to support our group projects.
CWP NHS Foundation Trust	Mental Health Transformation Funding to support care leavers in Cheshire East with SMI on an outreach basis.
CCF Match Fund Donor	Supporting the delivery of our Mental Health services in Cheshire East.

PURE INSIGHT 1628
A COMPANY LIMITED BY GUARANTEE

Notes to the Financial Statements
Year ended 31 March 2024

14. Analysis of charitable funds (continued) - prior year

Analysis of unrestricted fund movements

	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2023 £
Total general funds	244,955	252,497	(211,026)	-	286,426

The income funds of the charity include restricted funds comprising the following balances of donations and grants held on trust for specific purposes.

Analysis of restricted fund movements

	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2023 £
Christmas Activities	12,850	14,160	(20,086)	-	6,924
Steve Morgan Foundation	-	16,500	(16,500)	-	-
St James Place	-	10,000	(833)	-	9,167
Williams Foundation	336	-	(336)	-	-
Salford MBC	-	53,325	-	-	53,325
The Henry Smith Charity	14,387	60,000	(49,387)	-	25,000
Stockport Local Fund	-	24,060	(23,879)	-	181
National Lottery	103,314	36,000	(84,505)	-	54,809
Spark Foundation	68	-	(68)	-	-
Stockport MBC	-	95,895	(87,106)	-	8,789
Warrington	5,210	30,000	(33,220)	-	1,990
Foundation Warrington	-	27,945	-	-	27,945
Foundation Cheshire East	15,166	2,500	(17,666)	-	-
The Rayne Foundation	8,333	25,000	(25,000)	-	8,333
Awards for All	5,833	-	(5,833)	-	-
Paul Hamlyn Fund	17,500	10,500	(25,000)	-	3,000
The Welland Trust	38,919	34,001	(37,504)	-	35,416
Schroder	5,000	-	(5,000)	-	-
Cheshire East	-	104,623	(71,317)	-	33,306
Co-op Community Funding	-	3,821	(318)	-	3,503
Edward Gosling	-	25,000	(20,834)	-	4,166
Total unrestricted funds	226,916	573,330	(524,392)	-	275,854

PURE INSIGHT 1628

A COMPANY LIMITED BY GUARANTEE

Notes to the Financial Statements

Year ended 31 March 2024

15. Analysis of net assets between funds - current year

	Restricted Funds	Unrestricted Funds	Total Funds
	£	£	2024
Fund balances at 31 March 2024 are represented by:			£
Tangible assets	23,373	-	23,373
Current assets	260,588	330,806	591,394
Net assets	283,961	330,806	614,767

Analysis of net assets between funds - prior year

	Restricted Funds	Unrestricted Funds	Total Funds
	£	£	2023
Fund balances on 31 March 2023 are represented by:			£
Tangible assets	19,280	-	19,280
Current assets	256,574	286,426	543,000
Net assets	275,854	286,426	562,280

16. Related party transactions

Transactions with related parties

During the year the charity entered into the following transactions with related parties:

	Salaries		Other costs	
	2024	2023	2024	2023
	£	£	£	£
Entities with control, joint control or significant influence over the company	-	24,714	-	31,971

The company was recharged the above amounts by Pure Innovations Limited.

There was no outstanding balance due at the year end.

17. Control

The company is controlled by its Board of Trustees. There is no one person with overall control.

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A COMPANY LIMITED BY GUARANTEE

Notes to the Financial Statements
Year ended 31 March 2024

18. Reconciliation of net movement in funds to net cash flow from operating activities	2024 £	2023 £
Net income for the year	52,487	90,409
Adjustments for:		
Depreciation charge	9,033	5,778
Dividends, interest and rents from investments	(21,819)	(548)
Decrease/(increase) in debtors	(46,853)	(9,962)
Increase/(decrease) in creditors	34,295	(75,012)
(Profit)/loss on disposal of tangible assets	(11,803)	-
Net cash generated/(used in) operating activities	15,340	10,665

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Notes to the Financial Statements
Year ended 31 March 2024

The following pages do not form part of the audited financial statements.

IMPACT REPORT

2023/24

PURE INSIGHT
connecting care leavers



Supporting Care Experienced Young People to Thrive

Integrity • Courage • Belonging

Message from Sarah Sturmey, Founder and CEO

PURE INSIGHT
connecting care leavers



At the heart of our impact lies our people and relationships – our dedicated team, the young people we serve, our committed volunteers and partners. Their hard work, dedication, expertise, and creativity drive our mission forward. Together with the courage, resilience, and determination of the young people we support, we have navigated through another challenging and exciting year, continuing to provide wrap-around services to 638 care experienced young people and their children.

A significant and growing proportion of the young people we support face complex issues, increased vulnerabilities, high risks and barriers to accessing traditional services. They require assertive outreach support, delivered over the longer term – which many services are unable to provide.

Pure Insight understands that care experienced young people's journey to adulthood is a gradual process, encompassing challenges like securing stable housing, pursuing education or employment, overcoming mental health challenges and adverse childhood experiences, and developing crucial life skills, and we emphasise the importance of long-term support. Short-term support may provide immediate relief, but sustained collaboration is essential for addressing underlying issues, developing independence, and ensuring that care leavers have the resources, networks and skills needed to navigate the complexities of adult life successfully.

This year, focus on sustainability has been paramount, recognising that consistency and continuity are crucial for care-experienced young people who have endured trauma, disruption and instability in their lives. We are grateful for the strong partnerships maintained with local authorities and ICBs in Stockport, Salford, Cheshire East and Warrington. However, the wrap-around services that care leavers urgently need, require support from local, regional, and national funders committed to understanding and uplifting care leavers who are often overlooked and hidden in communities. We share our sincere gratitude to funders who recognise the value and necessity of long-term support, as well as those supporting our short-term objectives.

We achieved our aim to reach more young people this year by expanding our service offer through funding from the DfE Mentoring Programme Fund and partnerships with existing local authorities, while also starting to develop new services in Halton. Collaborating with GMICB, we secured funding through the CL Transformation Fund, paving the way for expansion into two additional Greater Manchester local authorities in the forthcoming year.

Our Experts by Experience group continues to play a pivotal role in shaping our practice and influencing services on local and national scales. In line with our mission, we continue to amplify the voices of young people and advocate for their needs, contributing to ongoing research, policy discussions on issues concerning the mental health and emotional well-being of care leavers. We're excited about our upcoming podcast with Research in Practice, furthering our efforts to disseminate knowledge and insights to benefit care-experienced young people across the UK.

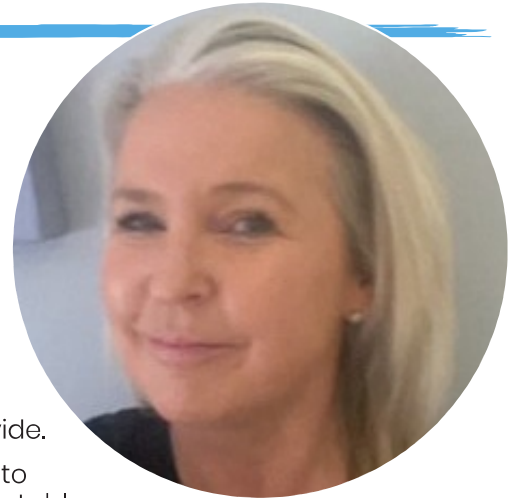
Recognised as examples of best practice in the recent Independent Review of Children's Social Care, Pure Insight's Mentoring and Psychological Wellbeing Services remain a core part of our offer to care leavers. [See Independent review of children's Social Care: final report:](#)

"Helping care leavers build a network." (page 194)

"Achieving better mental health outcomes for care leavers will form part of the National Children's Social Care Framework, and best practice should build upon existing work done by organisations such as Pure Insight, which provide a psychological wellbeing service and counselling service to young people and care leavers." (p221)

We eagerly anticipate government action to implement 'Stable Homes, Built on Love' strategy, with a particular focus on improving health outcomes and life expectancy for care-experienced young people. We hope this provides further opportunities to collaborate with Integrated Care Boards to provide enhanced, specialised services for care experienced young people.

In the upcoming year, our aim is to extend our reach to more young people. This involves further developing our wrap around offer in Halton, introducing new services in two additional Greater Manchester local authorities, continuing to share our good practice models and advising other local authorities on developing new specialist services for care-experienced young people across the UK.



Message from the Trustees

Heartbreakingly in 2024, most young people leaving care continue to experience disadvantage and inequality. The UK government's independent review of children's services report, published in May 2023, outlined significant recommendations for the wider sector to adopt in order to enhance support for care leavers. Pure Insight contributed to the research and was cited as a good practice model. Unfortunately change in the wider sector has been frustratingly slow. At a grassroots level, we continue to witness worsening health and social outcomes for young people emerging from care and their persistent overrepresentation in the criminal justice system.

We also see consistently high numbers of young people experiencing loneliness and mental ill health. In addition they face the financial challenge of living independently, whilst coping with a cost-of-living crisis. Despite government investment in training and education to facilitate entry to the workplace, care leavers' educational attainment continues to be significantly lower in comparison to the non-care experienced population.

If you are reading this report as a donor and supporter of Pure Insight, we hope you will enjoy reading about last year's achievements and want to thank you for your dedication and generosity to care leavers through supporting our initiative. For those new to our charity, we invite you to join us on this journey to rewrite the story for care leavers in your area.

The Covid 19 pandemic, followed by a cost-of-living crisis, has had a significant impact on the charity sector. For many individuals and businesses, the pandemic brought about opportunities for innovation, hybrid, and flexible working practices, and boosted support for local community services. However, for some care-experienced young people, this period also heightened existing mental ill health, amplified loneliness and isolation, and disrupted education and employment opportunities.

Post-COVID-19, enormous pressure on central government and local authority funding, combined with the impact of high inflation on corporate and personal finances, has affected the ability of charities to get sufficient funding to meet increased demand for their services. As with others in the charity sector, our organisation is experiencing these significant challenges as we live and work through times of economic uncertainty.

Included in this report

- Page 3. **Highlights**
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- Page 5. **Jack's story of change**
- Page 6. **Emotional Wellbeing and Mental Health Service**
- Page 7. **Care Experienced Young Parents**
- Page 8. **Milly's story of change**
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- Page 11. **Employment, Education, and Training Service**
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- Page 16. **Thank You to our Funders**

"They help transform pain into progress. Help find peace and your true strength, be there on a journey towards being you."
Katie

"I really don't think I would be alive without this support. I've never been offered anything like this, nobody helped me to understand myself and teach me ways to have more control over my life and my emotions which has previously messed everything up for me."
Matt

Highlights

April 2023 – March 2024

PURE INSIGHT
connecting care leavers



**506 CARE EXPERIENCED
YOUNG PEOPLE SUPPORTED!**
Plus 132 of their children

**total 638
YOUNG PEOPLE
AND CHILDREN**



Projects & Activities

174

young people building confidence, skills, and a support network through attending peer support activities, including drop in café's and outdoor wellbeing activities

97%

of care leavers felt significantly less isolated

932

donations of household items and crisis hampers relieving food poverty and making home more comfortable



Mentoring Service

343

care leavers received 1-1 intensive mentoring support

193

volunteer mentors providing practical and emotional support

36,036

dedicated volunteering hours, valued at £720,000

81

new volunteer mentors trained

90%

report gains in independent living skills (eg managing finances, tenancies and looking after self)

95

young people influenced local, regional & national services

Experts by Experience

panel members created a new training package 'through our eyes' which has been delivered to over 100 volunteers and professionals

Emotional Wellbeing and Mental Health Service

236 care leavers supported to improve their mental health

132 volunteers and professionals trained in trauma-informed practices by our Psychological Wellbeing Team

98% of care leavers have felt their mental health improved



Parenting Support

104 care experienced young parents supported, 30 pregnancies and 3 birthing partners

132 children supported through whole family support

96% reported increased parenting knowledge, confidence, and skills



Education, Employment & Training

187 CARE LEAVERS

supported into education, employment, training & volunteering opportunities

66 CARE LEAVERS

supported into employment opportunities

56 CARE LEAVERS

supported into Education & Training



Mentoring – “someone just for me”



“We go out all the time, I have defo got the best mentor.”
Kye

“You’ve all have changed my life”
Oscar

“Pure insight has offered me loads of support such socially, mentally and physically. I would like to say that I now don’t feel alone and like I have actually support in place for when my social or anyone else doesn’t like to respond or help me with difficult situations.”
Sienna

Our community-based mentoring programme offers 1-1 intensive practical and emotional support to care leavers, empowering them to thrive. Close to 200 dedicated volunteers utilise their local knowledge, insights and connections as they build a relationship with a young care leaver who can have “someone just for me.” All our volunteers complete a comprehensive training course, which includes trauma-informed practice, and once matched with a young person are continuously supported to enable the mentoring relationship to flourish.

Many of our young people do not have access to consistent, kind, supportive adults who can help them to navigate through life’s challenges and nip issues in the bud before they escalate to crisis. Our mentoring programme provides this support to care experienced young people for a minimum of 2 years, this is often a life-changing experience for young people and mentors – replicating an extended family support system.

The recent Independent Review of Children’s Social Care highlighted the need for care experienced young people to leave care with at least 2 committed loving relationships in order to thrive.

Highlights

343 **YOUNG PEOPLE**
benefitting from the
Mentoring Programme

95% **OF YOUNG PEOPLE**
report an increase in
connection and belonging

90%

report improvements in
independent living skills
including managing
finances, tenancies and
looking after self and home

193 **VOLUNTEER MENTORS**
providing practical and
emotional support

36,036

dedicated
volunteering hours,
valued at £720,000

81 **NEW VOLUNTEER MENTORS**

trained through an 11 week
training programme

Jack's story

Jack entered the care system at the age of 8 due to his mother's struggle to leave a violent relationship. His journey through care included stays in various children's homes, sometimes located some distance away, foster care placements, and numerous short-term accommodations. Upon reaching 18, he transitioned to independent living, securing his own flat after leaving semi-independent living for young people involved in the criminal justice system.

The instability resulting from frequent moves led to Jack losing contact with his siblings, causing him significant distress, particularly as the eldest sibling. His younger sibling was eventually adopted, resulting in a complete loss of contact, while his sister has been receiving psychiatric care for an extended period. Understandably, Jack harboured deep-seated feelings of anger stemming from experiences of rejection and profound loss.

Jack's expression of frustration often manifested in disruptive behaviours, leading to warnings from the police and housing authorities regarding antisocial conduct.

However, with the passage of time and support from the mentoring coordinator, Jack has redirected his energies constructively. He began attending the gym regularly, utilising a leisure pass provided by the local authority. He actively engaged in our drop-in café sessions, forging new friendships and participating in group activities.

Additionally, Jack was matched with a volunteer mentor who accompanies him on countryside walks, bike rides, and explores potential apprenticeships aligned with his skills and interests. Jack's accommodation situation has stabilised, and he has not been in any trouble with the police for over six months. His mentor assisted him in drafting a letter to his sister, recognising the significance of maintaining family connections. They are now in touch and plan to meet when the time feels right.

Reflecting on his journey, Jack says,
"If it weren't for Pure Insight, I don't know where I'd be. Well I do and it wouldn't be good."



Emotional Wellbeing and Mental Health Service

Our Emotional Wellbeing and Mental Health Service is delivered on an outreach basis, taking mental health support into young people's homes and other suitable community settings accessible to the young person. Removing barriers to engagement means young care leavers can access a range of support including:

- Time to tell and understand their story – the trauma they have experienced, and the impact this has on their physical and emotional wellbeing.
- Psychoeducation to understand and manage emotions and to develop healthy coping strategies.
- Support to understand any diagnosis, labels or symptoms experienced.
- Understanding healthy/unhealthy relationships and how to manage relationships in their lives.
- Support to address issues such as substance misuse, other areas of life causing disruption.
- Developing problem solving and interpersonal skills.
- Practical support to access GP and other support services including specialist mental health services.
- Practical support is built in to help young people arrange and attend appointments, manage emotions in difficult settings such as housing appointments, assessments and accessing other services.
- Support to deal with complex issues around housing, finances, debt and relationships.
- The service is not time limited and remains focussed through regular goal reviews.

We currently deliver this service in collaboration with four local authorities and are in the process of developing services with an additional three local authorities.



Currently, there is no national data collected on the mental health and wellbeing of care leavers in the UK. However, we know that the rate of mental health disorders in the general population aged 5 to 15 is 10%, whereas for those who are in care it is 45%, rising to 72% for those in residential care. (National Institute for Health and Care Excellence 2021).

Pure Insight's Mentoring and Psychological Wellbeing Services are both cited as best practice examples in the recent Independent Review of Children's Social –

"Achieving better mental health outcomes for care leavers will form part of the National Children's Social Care Framework, and best practice should build upon existing work done by organisations such as Pure Insight, which provide a psychological wellbeing service and counselling service to young people and care leavers." (p221)

Impact

236 YOUNG PEOPLE
received an outreach mental health service

The offer is varied but the majority of young people receive a minimum of 6 months support with some receiving up to 2 years due to experiencing complex issues.

171 YOUNG PEOPLE

supported by Psychological Wellbeing Workers

65 YOUNG PEOPLE

received an outreach counselling offer, mostly face to face with some telephone and virtual offers to suit young people

98%

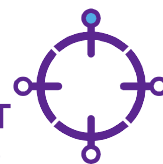
of young people reporting progress against wellbeing goals, improving their quality of life

91%

of young people reporting an increased ability to cope

Supporting Care Experienced Young Parents

PURE INSIGHT
connecting care leavers



We empower young parents with care experience and their children to flourish as a family unit, offering both practical assistance and emotional guidance through a dedicated team of practitioners and well-trained local volunteers.

Our support extends to young families on an outreach basis for as long as necessary to nurture their growth, gaining skills and confidence in parenting. Parent Coordinators collaborate with young parents to develop and implement tailored support, while also training and supervising teams of volunteers to offer both short-term interventions and long-term support. This approach empowers young parents to make sustainable changes, providing them with the love, care, and support they require to flourish.

In times of crisis, during the early stages of parenthood, or when facing specific challenges, Family Support Practitioners step-in to provide intensive one-to-one support to young parents. By keeping families united wherever possible and facilitating their development, we positively alter the trajectory of children's lives. Many of the young families who initially engage with us lack reliable support networks, but as they progress, they depart with a robust, sustainable support system in place, including peer support from other young parents. Additionally, we facilitate in-person and online peer support groups for care-experienced young parents, further developing a sense of community and belonging.

We work in close collaboration with children's social care, health and other professionals to achieve better outcomes for care-experienced young parents and their children.

"Thank you, thank you for supporting me going to the hospital. I can't thank you enough and just helping me get through that labour, because I was so scared and it was really painful. But you was right, it was worth it in the end. Just thank you for that support. I can't explain how much it means to me, you're a great person"
Macy thanks our team member, a birthing partner.

"Thank you for your continued support. Honestly, the team have and continued to be fantastic a special mention to (x staff member) who continues to go above and beyond for her care leavers. She has such a clear passion and drive for making sure they feel and are supported in a way that is meaningful for them. I feel reassured that our young parents have xx staff member in their lives." Local Authority Personal Assistant

Care leavers and their children face social, economic and health challenges on a much greater scale than their peers. Dr Parsons states "Although many of the care leavers in the study suffered multiple socioeconomic disadvantages and were more likely to experience mental health issues and chaotic home lives, our new research shows that with the right support care leavers can thrive as adults and parents, leading healthy, productive lives." (Long-term outcomes for care-experienced parents and children - Nuffield Foundation)

Outcomes

Support for young families includes learning age-appropriate play, cooking nutritious meals on a low budget, developing routines, developing knowledge and confidence in dealing with minor health issues and accidents, exploring community resources and networks, and much more.

In the past year, we supported 30 young women

through pregnancy, providing three birthing partner experiences for young mums without support networks. Overall, we walked alongside 104 care-experienced young parents and 139 of their children to provide comprehensive family support.

Our impact was significant: 96% reported increased parenting knowledge, confidence, and skills, while 92% experienced reduced loneliness and isolation.

Milly's Story

Milly entered the care system as a young teenager because her mother, struggling with her own mental health issues, was unable to cope. During her childhood, Milly endured significant abuse and neglect, which profoundly impacted her life. A few months after Milly was placed in care, her mother tragically took her own life, leaving Milly with a deep sense of loss and emptiness.

When we first met Milly, she was pregnant with baby Kyle, who was later diagnosed with a severe disability. Milly had recently escaped an abusive relationship, and her ex-partner was legally barred from seeing her or Kyle. Due to her past traumas, Milly found it extremely difficult to trust others, and it took considerable time before she felt comfortable meeting our Mentoring Coordinator in person.

Milly expressed a need for support with challenging medical and social care appointments for baby Kyle. She also longed to connect with other parents of young children, as she felt extremely isolated and lacked a support network. Evenings were particularly lonely for Milly.

To support her, we matched Milly with a volunteer mentor. Together, they attend local parent groups and health appointments, providing Milly with companionship and practical support. Additionally, Milly now has someone she can text or call in the evenings, helping to alleviate her loneliness and build a sense of connection and trust.

Through this consistent support, Milly has gained confidence, now attending parent groups independently and accessing support from Pure Insight's peer support group. Her mentor accompanies her to health appointments, alleviating her sense of isolation and empowering her to ask questions. Additionally, having someone to reach out to in the evenings and participating in online parent social events has significantly reduced Milly's feelings of loneliness.

In Milly's words,

"I don't feel alone anymore. I feel hopeful that me and Kyle can have a nice future now."

This transformation speaks to the significant impact of tailored support and companionship in navigating life's challenges and building hope for the future.



Influencing through Experts by Experience

Our Experts by Experience panel, comprising care experienced young people, meets six weekly with our CEO to shape and enrich service provision. While a core membership forms the foundation, we extend invitations to young people interested in participating for shorter durations or specific discussions. Additionally, regular panel members contribute to ad-hoc consultation groups, tailored to geographic locations or thematic areas, ensuring broader representation and inclusivity.



Our focus areas this year were:

1. Reviewing Pure Insight's projects and operations across all work streams, offering insights and suggestions for enhancements.
2. Prioritising inclusivity, we developed an experiential map to identify shared experiences and pinpoint areas where voices may be underrepresented, creating a more comprehensive dialogue.
3. Collaboratively, we designed and refined Pure Insight's Projects and Activities service to better meet the diverse needs of young people.
4. We reviewed and refined the new assessment and monitoring tools for our Psychological Wellbeing Service, ensuring efficacy and relevance.
5. Designed and delivered "Through Our Eyes" lived experience training, shared with over 100 volunteers and professionals, amplifying understanding and empathy of care experienced young people's journeys.
6. Sharing personal narratives and strategies to combat loneliness.

We celebrated individual achievements, with one young person receiving the Young Volunteer of the Year Award at the Steve Morgan Foundation Awards, a testament to their significant contributions and dedication. The award secured £10,000 for our projects and activities budget, chosen by our young people to ensure as many benefitted as possible.

Our Experts by Experience members have shared good practice at the following:

- 1 **Spotlight on good practice at a Community Practice Event focussing on the mental health and emotional well-being of care leavers facilitated by the National Leaving Care Benchmarking Forum, co-presenters included Mark Rothen, Health Policy Lead from the DfE.**

Outcome: reached 132 Local Authorities, informing practice and commissioning

- 2 **Stockport Neighbourhood Transformation Event delivered 'community-based assets, designing and delivering services with those who have lived experience, how to involve communities in meaningful ways to design, deliver and review.'**

Outcome: reached 250 health and social care professionals and third sector organisations

- 3 **Cheshire and Warrington Employer Pledge: delivered training around removing barriers to employment for young care leavers. Describing reasonable adjustments and Top 10 Employer Tips to employing care experienced young people.**

Outcome: reached 46 local businesses and employers, to explore creating employment pathways for care experienced young people

- 4 **Amplifying care leavers' voices and shaping Mental Health provision through Mental Health Transformation Programmes in Stockport, Cheshire East, Warrington and Salford.**

Outcome: ensuring local adult MH provision understands the needs of care experienced young people in accessing and receiving service provision



Influencing Policy Makers

1. Ministry of Justice – Care Experienced Strategy – sharing the experiences of care leavers involved with the criminal justice system, and Pure Insight’s effective support models.
2. Ministry of Digital, Culture, Media and Sport – Influencing the Loneliness Strategy
3. Inter-Ministerial Group – Influencing the Care Leavers Strategy

Research and Good Practice

We have been invited to share our best practice approaches in the following research:

1. Care Leavers Association – EXIT – exploring innovation in the transition to adulthood, building an evidence base of good practice.
2. Research in Practice – elevating good practice in supporting the mental health and emotional wellbeing of care leavers.
3. Foundations – What Works Centre for Children and Families – sharing practice around Mentoring and Befriending.

“Having a voice is such a healing experience when previously lots of things have been out of your control.”
Macy, Experts by Experience Group.

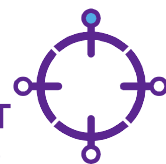
“I feel like my opinion is equal to the CEO’s,”
Oscar, Experts by Experience Group, expressing the value given to his contributions.

“I helped interview new staff, train their volunteers and it feels really good knowing we can get involved in anything to do with Pure Insight. A few of us talked to mental health services about our experiences and so many people said thank you at the end, one was crying. Its good knowing you can make a difference and be listened to”
Nile, Experts by Experience Group.



Employment, Education and Training (EET) Service

PURE INSIGHT
connecting care leavers



Care experience young people face significant barriers to accessing EET, with many being furthest away from the labour market. They require holistic, consistent 1-1 support to enter employment due to the compounded challenges they face from growing up in the care system.

We work imaginatively and flexibly alongside care experienced young people identifying skills, qualities and talents – providing bespoke support to each young person. We remove complex barriers to EET through securing wrap-around support via Pure Insight's other services and practical support to access other relevant and essential services/support.

Our funding currently enables us to employ 2 part-time workers in Salford and Stockport, and through our wider offer has supported over 187 care leavers into sustainable employment, education, and training.

In addition, we work directly with employers, education, and training providers to establish pathways into EET, assisting them to make reasonable adjustments and truly understand the needs of care leavers who want to move forward in employment, education or training.

*"I'm happy with the work and that I can finally see things getting better for me."
Jonny as he starts his apprentice*

*"I'm buzzing off having a job, money, yeah this is much better."
Evan*



Above – Young Person purchasing work boots for a new role as a machine operative,
Right – Young Person working from home in her new role.

Examples of Employment Secured ▼▼▼▼▼▼▼▼

Joinery Apprenticeship

The apprentice will become a fully qualified joiner with a housing provider. The position includes a one-day college release.

Cashier Role in Retail

This customer-facing role includes handling money, cashing up, and shop maintenance. Our care experience young person has recently been promoted to shop supervisor.

Recent figures from England (Department for Education, 2019) show 38% of those who leave care aged 19 to 21 are not in education, training or employment (NEET), compared with 11.6% for all young people.

"Most encounter obstacles to finding and sustaining career options in the early years after care, and for some, this can persist for years after, increasing the risk of long-term unemployment, poverty, and social exclusion" Jo Dixon.

Highlights

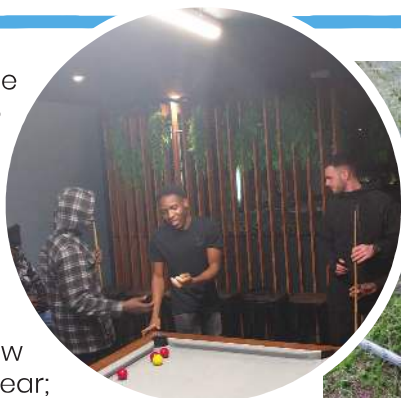
187 Care leavers supported into education, employment, training & volunteering opportunities.

66 Care leavers supported into employment opportunities.

56 Care leavers supported into Education & Training.

Peer Support and Group Activities

We deliver a wide range of activities that provide a safe and inclusive space for care leavers to connect and forge long-lasting friendships. Opening up this network and friendships can be a lifeline for care leavers, providing them with emotional support, a sense of belonging, and the confidence to overcome obstacles and to reach their potential.



We have two new initiatives this year; our Pure Insight Football Team and our Cheshire East Social Booth. Across the areas we are gathering young people and training fortnightly, they are ambitious to take part in competitive matches in the future. We also opened a "Social Booth" in Cheshire East, to host young people in an evening social setting with pool, snooker, darts, and food, offering connection. This is very popular and we hope to replicate it in other areas.



Other activities:

Drop-in Cafés – with fun activities and informative workshops and speakers. These provide regular opportunities for young people to connect and build a support network.

Green Scene Activity –

Harnessing the power of nature and physical exercise through regular bike rides, walks, gardening and caring for animals.

Challenge and culture events –

introducing care leavers to new experiences, outdoor pursuits like caving and kayaking, visits to Museums and Zoos – overcoming barriers, developing skills, confidence and making new memories.

Highlights this year

2 NEW INITIATIVES

– *Impact Football Team and Social Booth*

97%

reported a reduction in isolation

174 YOUNG PEOPLE

building confidence, skills and a support network by attending our activities

A new dedicated Activity Co-ordinator role

A recent Catch 22 survey found 82% of care leavers struggled to afford food all or some of the time. Such financial hardship and the high cost of living can make it almost impossible for care leavers to access fun social activities, which in turn can lead to feelings of isolation and loneliness. Therefore we provide these activities for free with the help of funders.

Young Person Spotlight



My name is Bex. I am 20, and I live in Cheshire East. In my spare time, I love visiting family, writing, playing my guitar, and taking late-night walks. I love my job as a nursery supply teacher, which gives me a great sense of fulfilment and confidence.

I started getting involved with Pure Insight when I turned 18. Being a care leaver is isolating due to constant movement. I wanted to meet like-minded individuals and hoped to find a community of people I can relate to. I originally started attending the café, a peer support community event held once every fortnight in Crewe and then decided I wanted to do more. I always told myself that when I reached the top, I'd never forget where I was at my worst, and most importantly, I'd never forget that there are so many young people still struggling to find their voice.

My highlights engaging with Pure Insight have not only been the support I've received but also the ability to choose to support others. I love the interview panel evenings, meeting new workers, and discussing why they want the job they've applied for.

A massive thing I've learned is that no matter where we come from, people just want others to be happy, which fills me with hope. As part of my role on the Experts by Experience group, I have also delivered training to volunteers and professionals in health and social care, education, and shared my experiences and recommendations to help services and policy makers understand what care leavers need and why.

I have grown exponentially since working with Pure Insight. If I were to have a conversation with myself from three years ago and tell them everything that's happened, especially how far I've come, they would probably laugh in my face.


If Pure Insight were a song, I think it would be "Used to Be Young" by Miley Cyrus.



Pure Insight has taught me, and many other young people, that no matter where you come from, or where you want to go: you can do it! My greatest achievement was getting into university. I never believed in myself much, and I never thought I could do it until I did. When I achieved it, I thought to myself, 'Why did I ever think I couldn't do it?' I think that's the quote I'll live by for the rest of my life.

The award means an incredible amount to me. I've always had to fight—for my right to live in a safe home, for mental health support, and now, I get to fight for other people's rights and hope to change the way they receive support. If you are a young person considering connecting with Pure Insight, I would recommend it in a heartbeat.

Not only is the community fantastic, but the support you receive is, in my opinion, unmatched. Pure Insight is the bridge that helps you cross the water to get to the other side.





"They help transform pain into progress. Help find peace and your true strength, be there on a journey towards being you."
Mason.

"to have someone who like just listens but can also offer helpful ways to deal with emotions is amazing. I feel like really understood, and like I'm getting much further on than I thought I could. I don't think anyone actually thought I would achieve this much."
Tilly.

"Almost crying cos I just can't believe how much life has turned around. From not wanting to be alive, there was times you'd have to turn up to my door to get me out. And now I'm out living and doing things, just crazy."
Taylor's feedback about the mentoring coordinator.








"I sleep better knowing Pure Insight is helping us look out for some of our more vulnerable care leavers, those who can be difficult to keep track of." Local Authority representative.




"I had this feeling of just pure peace..... having a safe space will give me much needed stability and freedom"
Annesu on receiving help to set up home.

"I have been in and out of hospitals for years with my mental health. This is the longest I have been at home and I honestly don't see myself ever going back. Things still get hard but I know what to do."
Kylie.

"sometimes I forget how bad things were. It seems like a lifetime ago, but I nearly didn't have my kids with me and I'm so glad I sorted things out. I know I'm a good mum now."
Izzy.



"Thank you for all your support with x & x. We've had sleepless nights about them and we are so grateful that they have your support."
Laura M, Leaving Care Team.



We asked the care experienced young people we support for one word to describe Pure Insight:

COMMUNITY SPECIAL
Caring Magnificent **SAFETY**
SUPER-CALI-FRAGILISTIC-EXPIALADOCIOUS Insightful Grateful
Lifechanging Kind Understanding HEALING
Helpful ADVENTUROUS Motivating
Friendly Security ENCOURAGING Impactful
Wonderful Supportive Amazing
Inclusive **FAMILY** ACCOMMODATING
Peaceful Useful Loving
Unreal FUN Everything

"Don't know
a word but
whatever
it is I love it"

"Impactful- solidly
for the fact I've done
more in the past
year with you and
Pure Insight with my
anxiety than I ever
have before."

Many thanks to our funders



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The Rayne
Foundation



Cheshire and Wirral Partnership 
NHS Foundation Trust



The Edward Gostling Foundation
Enhancing Quality of Life for People in Need

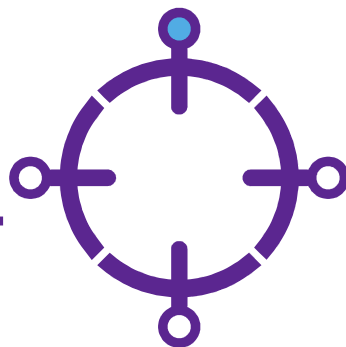


CHESHIRE
COMMUNITY
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phf Paul Hamlyn
Foundation

PURE INSIGHT

connecting care leavers



If you would like to donate to Pure Insight to help us carry on this amazing work with Young People please visit www.pure-insight.org.uk or scan the QR code.



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pureinsightfamily