

New Life Support
Report and Financial Statements
Year ended: 31st December 2020
Charity no: 1156235



Report of the trustees for the year ended 31st December 2020

The trustees present their annual report and financial statements of the charity for the year ended 31st December 2020. The financial statements have been prepared in accordance with the accounting policies and comply with the charity's trust deed, the Charities Act 2011 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) issued on 16 July 2014.

Objectives and activities for the public benefit

The work of the charity is governed by the objects of the charity set out in its governing document which are as follows:

- 1) *To act as a resource for young people up to the age of 25 living in Hull and East Riding and the surrounding areas by providing advice and assistance and organising programmes of physical, educational and other activities as a means of:***
 - a) *advancing in life and helping young people by developing their skills, capacities and capabilities to enable them to participate in society as independent, mature and responsible individuals;***
 - b) *advancing education;***
 - c) *relieving unemployment;***
 - d) *Providing recreational and leisure time activity in the interests of social welfare designed to improve their conditions of life.***
- 2) *To advance the Christian faith, in particular but not exclusively amongst young people for the benefit of the public.***

The trustees confirm that they have referred to the Charity Commission's guidance on public benefit when reviewing the Trust's aims and objectives, in planning future activities, and setting the grant making policy for the year.

A review of our achievements and performance: How our work delivered public benefit

The work we carry out to fulfil our objectives are:

Providing youth work activities for young people aged 10 – 19 in Goole, East Yorkshire.

Providing football and sports activities for young people in Goole.

We contact and work with young people to enable them to identify choices that will improve their life and support them in seeing those life choices realised.

The work is determined by the needs and views of local young people.

We achieve our aims through:

Support - Individual support and support groups.

Activities - We will work with young people to provide activities that will have both a social and educational edge to them.

Information - We want young people to make informed choices about their lives. We will therefore offer relevant information and literature to young people.

Training - We support young people in accessing good quality and relevant training.

Advocacy work - Raising awareness of the needs of the young people that we are working with through working with other professionals and attending multi-agency forums.

We work with young people through:

Outreach work – daytime and evening.

Opening Drop in venues for young people

Facilitating activities for young people.

Working with local schools

Networking with other agencies

We confirm the trustees have had regard to the Charity Commission's guidance on public benefit.

Goole Youth Hub

We have delivered a young people's support project in Goole, East Yorkshire. Activities have included three weekly building based open access sessions with 1:1 support, activities and workshops available to vulnerable young people. The sessions have been open to young people from across the community including the migrant community. Young people have come into the sessions free of charge. Sessions saw between 30 and 50 young people attending.

Weekly activities have included team quiz, Karaoke, art, graffiti art, card making and cooking.

These activities have given young people the opportunity to try new things and gain new skills. We have provided activities to young people who would not normally have the opportunities to partake in activities due to financial restraints, access to expertise and lack of equipment. Activities and 1:1 support will lead to improved lives, self-confidence and esteem and gaining new skills.

We are working with young people who disadvantaged through low socio-economic status, poverty, deviant peers and mental health issues. We raised the self-esteem of young people in several ways, one to one support, weekly activities, and workshops.

One to one support enabled us to get to know the young people, understand about who they are, their interests, what they struggled with and how they viewed themselves. We spoke positively to them, encouraged them into trying new things and find solutions to the problems they were facing. We challenged their thinking and started to encourage them to think in a different way about their lives. The young people have enjoyed themselves and had fun in the activities.

Due to the Covid 19 lockdown we had to stop our Youth Hub in Goole in March 2020. We could not guarantee the safety of young people and staff due to the nature of the close contact of our work.

Outreach Work

As the lockdown restriction lifted in the Summer, we started to do outreach work around the town.

Generally, the aims of Youth Outreach involve making voluntary contact with young people and positively influencing their lives by engaging them in a programme of informal social education, which is fun exciting and challenging; thereby:

- Encouraging young people to broaden their understanding of issues related to Equal Opportunities and social diversity and how these affect themselves and others.
- Supporting young people in their own personal development and enabling them to develop relationships with others.
- Acknowledging young people's rights and providing opportunities for them to understand and exercise those rights.
- Encouraging young people to be active participants in their communities.
- Enabling young people to gain knowledge and increase their understanding of issues that affect the environment.
- Encouraging and supporting young people to explore and access life enhancing opportunities.
- Encouraging young people to lead healthy lifestyles.

The health and safety of staff and young people were considered at all times. Staff took out safety equipment – Hi Viz waistcoat, face covering, hand protection (gloves), alcohol-based hand rub (hand sanitiser) containing at greater than 60% ethanol, working torch, fully charged mobile phone. Staff carried out social and physical distancing between themselves and young people.

The team went out in twos and took with them tissues, wet wipes, group games and educational leaflets.

As the team met young people, they considered discussing the following topics with young people they met:

How are they feeling? Do they understand what is going on? Have they got ideas about how to keep connected safely? Do they know the recommendations for protecting themselves, their families, and communities safe from Covid-19?

They encouraged discussions with young people about the changes in life they will be experiencing and did not escalate anxiety and worries about their lives and Covid 19.

The outreach took place in the town centre, local parks, along the riverbank and in local housing estates. The staff team met young people that we already knew and contacted new young people. Numbers of contacted young people varied of sessions from 10 to 40. On the whole the staff team on outreach were well received by the young people.

A number of issues were discussed with young people such as mental health, anxiety, the lockdown, school, their general welfare, family issues and their interests such as football.

Outreach continued throughout the rest of 2020 into November.

Goole Lunchbox

In July we have started Lunchbox Goole. This is a response to the problem of holiday hunger. We know several of our young people go hungry, providing food is a feature of our work.

This is a piece of work aimed at young people and families in Goole who require help in accessing a good healthy meal. During the Summer school holidays we provided hot and cold food for young people and families to take away in grab bags. The food was at no costs to those who needed it. The hot meals included pasta, lasagne, jacket potatoes, sausages, and Yorkshire puddings. The cold option was sandwiches, crisps, fruit, yoghurt, and a chocolate bar.

We handed out up to 80 meals a day in the summer holidays. Since the holidays we carried out Lunchbox two days a week. This included handing out free hot or cold meals to those in need of food. We have handed out over 3000 meals or food parcels since Lunchbox started in July 2020. We are continuing the Lunchbox initiative during lockdown as we saw it as a vital service to a number of young people and families.

We undertook new risk assessments regarding Lunchbox and the lockdown situation to enable it to stay open for the remainder of 2020. Lunchbox is carried out by two paid staff and around 10 volunteers. We are really pleased with the response we have had from the local community as local businesses have donated food, finance, and time to the work.

Lunchbox has also enabled us to support vulnerable young people and families as they attend our building. We ask them how they are and help them with a number of issues they are facing. We have referred people onto other specialist agencies regarding financial help, benefit advice, smoking and food banks. We have also handed out activities and games to families as we were able.

Targeted Youth Work

The N2PO (from Negative 2 Positive Outcomes) project is targeting those young people aged 11 – 17 who are either currently engaged or on the brink of committing youth related ASB in the town of Goole. With partners from Goole Youth Action we are the lead agency in this piece of work. The project is funded through The Humber Police Crime Commissioner's crime Reduction Fund.

The cohort is identified by a steering group and referrals from other agencies. The aim of the project is to work with the identified young people to provide interventions that reduce or totally stop their offending behaviour. Changing the young people's behaviour away from ASB / crime to a positive lifestyle not only saves the public spending but for the young person can be a turning point to a better life.

We deliver a range of diversionary activities suggested by the cohort to divert them away from risky behaviour due to boredom or peer pressure. Through a dedicated part time worker, we provide a point of contact for young people to receive additional support to enable them to transition from Negative to Positive outcomes.

This work has been severely restricted by the Covid 19 restrictions in 2020. We did keep in touch and support the young people and families we were already working with. Some of the young people needed our support because the lockdown was creating mental health issues which manifested itself through family tensions. Our support worker was able to visit the families to support them through difficult times.

Summer Fun 2020

Due to the Covid 19 restrictions the planned youth festivals organised by Goole Youth Action did not take place in 2020. Online provision was facilitated by partners to enable some activities to take place on platforms such as Zoom.

Regarding **advancing the Christian faith** we have also spoken to young people about the Christian faith, with many young people asking questions about faith and belief. Most have never had the opportunity to talk to Christians before and find it interesting to ask questions about life, the world and faith. It has been good to answer questions and talk with the young people who come into the sessions.

The young people have a choice to talk with us about faith and belief, if young people do not want to talk with us then that is their choice.

Ten volunteers have been involved in the work of New Life Support. These volunteers have been involved in the youth work activity of the charity and Lunchbox Goole.

One volunteer has been involved in the financial accounting of the charity through weekly bookkeeping and working with the treasurer of the charity.

New Life Support works in partnership with Revive Church. This is a healthy relationship that has benefits to both organisations through resources, training, information, and support.

Financial review

The Trust's work is entirely reliant on income from funding applications to other charities, trusts, local councils and donations from individual supporters. We are very grateful to those who have supported us this year.

The charity's principal sources of funding are through:

East Riding Council

BBC Children in Need

Goole Youth Action.

The income has been used to support the key objectives of the charity through expenditure on staff, management costs, youth work activity, centre costs, admin, training, and insurance costs.

Reserves policy

The trustees aim to maintain free reserves in unrestricted funds at a level which equates to approximately three months of unrestricted charitable expenditure. The trustees consider that this level will provide sufficient funds to respond to applications for grants and ensure that support and governance costs are covered.

Structure, governance and management

New Life Support formed on 24/5/13 and became a registered Charitable Incorporated Organisation, number 1156235 and is constituted under a trust deed dated 18/3/14.

New trustees are appointed by the existing trustees and serve for three years after which they may put themselves forward for re-appointment.

At the quarterly trustees' meetings, the trustees agree the broad strategy and areas of activity for the Trust, risk management policies and performance. The day to day administration of grants and the processing and handling of applications is delegated to the Project Coordinator.

Key management personnel remuneration

The trustees consider the board of trustees and the Project Coordinator as comprising the key management personnel of the charity in charge of directing and controlling the charity and running and operating the charity on a day to day basis. All trustees give of their time freely and no trustee remuneration was paid in the year.

The salary of the charity's project Coordinator is reviewed annually. The remuneration is also benchmarked with grant-making charities of a similar size and activity to ensure that the remuneration set is fair and not out of line with that generally paid for similar roles.

Trustees

Names of the charity trustees who manage the charity

Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
Angela Murden	Chair Person	Whole year	
Alan Maw	Treasurer	Whole year	
Paul McCune		Whole year	
Barbara Earnshaw		Whole year	

Registered Address

Ground Floor

Kingswood House

Ashcombe Road

Kingswood Retail Park

Hull

HU7 3DD

Independent Examiner

Stephen Pointon

Bank: HSBC

3-4 Jameson Street

Hull

HU1 3JX

Registered Charity Number: 1156235

Statement of Financial Activities
for the year ending 31st December 2020

Trustees' responsibilities in relation to the financial statements

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the charity trustees to prepare financial statements for each 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, of the charity for that period. In preparing the financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the applicable Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable 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 charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the Trust deed. They are also responsible for safeguarding the assets of the charity and taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the charity and information included on the charity's website.

Approved by the trustees on 23/2/21 and signed on their behalf by:



A Murden

CHAIR of TRUSTEES

Independent examiner's report to the trustees of New Life Support

I report on the accounts of the Trust for the year ended 31 December 2020, which are set out on the following pages.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act
- to follow the procedures laid down in the general Directions given by the commission under section 145(5)(b) of the 2011 Act
- to state whether particular matters have come to my attention

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

Stephen Pointon ACA
3 Savile Close
Beverley
HU17 7QF

Date:


21/12/21



Receipts and payments accounts

For the	Period start	To
	01.01.20	31.12.20

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endow ment to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
General Donations	625	11,427	0	12,052	0
Grants Received	0	32,873	0	32,873	27,634
Sales	0	16,794	0	16,794	16,781
Other Income	988	707	0	1,694	391
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
Sub total (Gross income for AR)	1,613	61,801	0	63,414	44,807
A2 Asset and investment sales, (see table).					
	0	0	0	0	
	0	0	0	0	0
Sub total	0	0	0	0	0
Total receipts	1,613	61,801	0	63,414	44,807
A3 Payments					
Wages & Salaries	3,353	34,395	0	37,749	35,173
Activities & Equipment	0	12,631	0	12,631	8,929
Travel & Administration	365	6,583	0	6,948	5,407
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
Sub total	3,719	53,609	0	57,328	49,508
A4 Asset and investment purchases, (see table)					
	0	0	0	0	
	0	0	0	0	
Sub total	0	0	0	0	0
Total payments	3,719	53,609	0	57,328	49,508
Net of receipts/(payments)	-2,106	8,192	0	6,086	-4,701
A5 Transfers between funds	0	0	0	0	0
A6 Cash funds last year end	4,896	6,329	0	11,225	15,926
Cash funds this year end	2,790	14,521	0	17,311	11,225

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	HSBC Current Account	2,790	14,197	0
	Petty Cash	0	80	0
	Deposit Account	0	244	0
	Total cash funds	2,790	14,521	0

(agree balances with receipts and payments account(s))

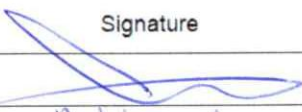
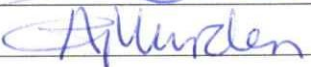
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		0.00	0.00	0.00
		0.00	0.00	0.00
		0.00	0.00	0.00
		0.00	0.00	0.00
		0.00	0.00	0.00
		0.00	0.00	0.00
		0.00	0.00	0.00

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			0.00	0.00
			0.00	0.00
			0.00	0.00
			0.00	0.00
			0.00	0.00

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			0.00	0.00
			0.00	0.00
			0.00	0.00
			0.00	0.00
			0.00	0.00
			0.00	0.00
			0.00	0.00
			0.00	0.00
			0.00	0.00

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Humber Sports Active Humber (Grant received 18.12.20 to be	Tacking Inequalities	3,154.00	
			0.00	
			0.00	
			0.00	
			0.00	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	ALAN MAW	28.2.21
	ANGELA MURDEN	28/2/21