

New Life Support
Report and Financial Statements
Year ended: 31st December 2021
Charity no: 1156235



Report of the trustees for the year ended 31st December 2021

The trustees present their annual report and financial statements of the charity for the year ended 31st December 2021. 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, families and adults 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, families and adults 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.

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.

Providing support activity for vulnerable adults in Goole.

We achieve our aims through:

Support - Individual support and support groups.

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

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

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 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 work with vulnerable adults through a drop in to receive support.

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

2021 Year Report

Due to Covid Restrictions and lockdown the year started with furlough for the staff team. Furlough was taken for the months of January and February.

Detached Youth Work

As Covid restrictions eased we started street based detached youth work in March 2021. This was with the agreement of the charity Trustees. New health and safety risk assessments were undertaken to protect the staff team and the young people that we met.

Generally, the aims of Detached Youth work 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?

The team 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 Goole

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 until July 2021

Goole Youth Hub

From July 2021 we opened again three weekly building based open access sessions with 1:1 support, activities, and workshops available to vulnerable young people. As with the detached youth work, new Risk Assessments were undertaken with regard to Covid and the opening of building-based drop in.

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 though 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.

Lunchbox Goole

Lunchbox Goole opened for the Easter half term week. It was relatively busy doing around 25 meals a day. It was good to open again and work with the volunteers.

We started Lunchbox Goole in 2020 it is a response to the problem of holiday hunger. We know several young people who go hungry, thus 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. The food was at no cost 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.

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 business 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.

Lunchbox Gold

Lunchbox Gold started in December 2021. This is to support vulnerable adults in Goole. The work providing activities and a light lunch with around 12 people coming along to each session. This work was staffed by paid staff and volunteers.

Refugee Support

In November we hosted a 'Welcome to Goole' event for refugees that are now living in Goole. At the time of the event there were 5 Syrian families and 1 Afghan family. We served Halal food and used our youth work resources to provide activities. The police came along to introduce themselves. Around 40 people attended. It was an excellent event.

The refugee families also attended Lunchbox Gold.

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.

The funding for this work finished in August 2021. The staff member who worked with young people on this project found new employment.

Summer Fun 2021

We were successful when applying to East Riding Yorkshire Council for holiday activity funding (HAF). This is to provide food and activities to young people who receive free school meals in the summer holidays. We opened in the summer school holidays for four weeks of provision for three days a week - 11am -2pm.

The aim of HAF funding was to provide food and activities during the summer school holidays to keep vulnerable young people active and fed to prevent holiday hunger.

57 young people attended over the four weeks of provision and received fresh hot food cooked by our chef who did an excellent job. For example, he cooked fresh curry, pasta, chicken burgers and pizza.

Most of the young people were aged 12 – 14 from Goole Delta Academy and have continued to attend our evening youth work.

Paddle Boarding

We received funding from the local Goole Fields Community Windfarm Trust to purchase kayaks, paddle boards and instructor time to provide water sports activities for the local community. We based these activities on the Aire and Calder Canal in Goole.

We provided five days of water sport activities for the local community. With four sessions per day with six places on each session. Most of the sessions were full of participants from the local community. All ages attended the sessions, with most people being beginners. Participants did learn new skills and have fun. When paddle boarding most did manage to stand up and gain confidence with going along the canal.

The instructor that we used was excellent. He is a very experienced and considered health and safety, the skills of the participants and how to coach the session to a positive outcome.

The funding application also allowed us to train four young people in paddle boarding with a view to an expedition in the Lake District. The young people did meet the required skill level to enable the expedition to take place.

In August 2021 we went to the Lake District and the young people with the instructor did use the paddle boards to -

Paddle the length of Windermere (south to north), paddle the length of Coniston Water, down to Peel island and back and navigate the length of Ullswater (south to north, finishing in Pooley Bridge)

The aim being to paddle one Lake each day then bus over to accommodation near the next day's paddling.

We stayed two nights at YMCA Lakeside, in the camping field next to the lake and the other night at Gillside campsite near Ullswater.

The three-day paddle board trip to the Lake District went very well. The four young people completed the three lakes. We also made a film made of the trip made up of photos and video that we took whilst on the trip. The film can be found on YouTube - <https://youtu.be/Xe0DKXhkiMY>

Faith and Belief

Regarding **advancing the Christian faith** we have also spoken to young people about the Christian faith, with many young people asking questions about our Christian 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.

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 –

Positive Activity Grant

Holiday Activity Fund

Active Towns

BBC Children in Need

Garfield Weston

Goole Youth Action

Tackling Inequalities Fund

The Crime Reduction Fund

Goole Fields Community Fund

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

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	Chairperson	Whole Year 2021 until January 2022	
Alan Maw	Treasurer	Whole Year	
Paul McCune		Whole Year	
Barbara Earnshaw		Two months	
Steve Finerty		Ten months	

Rob Pritchard became Chairperson and took over from Angela Murden as chairperson in January 2022.

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

Statement of Financial Activities
for the year ending 31st December 2021

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 5/10/22 and signed on their behalf by:



R Pritchard

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 2021, 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: 31-10-22



CHARITY COMMISSION
FOR ENGLAND AND WALES

New Life Support

1186235

Receipts and payments accounts

CC16a


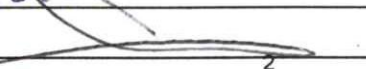
For the period from	Period start date	To	Period end date
	01.01.21		31.12.21

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
General Donations	981	500	0	1,481	12,052
Grants Received	5,000	79,376	0	84,376	32,873
Sales	683	7,375	0	8,057	16,794
Other Income	1,134	160	0	1,294	1,694
	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)	7,798	87,410	0	95,208	63,414
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	7,798	87,410	0	95,208	63,414
A3 Payments					
Wages & Salaries	4,663	27,055	0	31,718	37,749
Activities & Equipment	2,401	13,263	0	15,663	12,631
Travel & Administration	159	7,747	0	7,906	6,948
	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	7,222	48,066	0	55,288	57,328
A4 Asset and investment purchases. (see table)					
	0	0	0	0	
	0	0	0	0	0
Sub total	0	0	0	0	0
Total payments	7,222	48,066	0	55,288	57,328
Net of receipts/(payments)	575	39,344	0	39,920	6,086
A5 Transfers between funds	0	0	0	0	0
A6 Cash funds last year end	3,034	14,277	0	17,311	11,225
Cash funds this year end	3,609	53,622	0	57,231	17,311

0

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	3,574	53,452	0
	Petty Cash	0	170	0
	Deposit Account	35	0	0
	Total cash funds	3,609	53,622	0
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details	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
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			0.00	0.00
			0.00	0.00
			0.00	0.00
			0.00	0.00
			0.00	0.00
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			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
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	Garfield Weston (Grant received 05.11.21 to be used 2022)		15,000.00	
	HMRC (Dec 21 PAYE paid Jan 22)		55.14	
	Goole Fields WindFarm Community Fund-rec'd 10/08 £23,495		22,495.07	
			0.00	
			0.00	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		R. J. C. PRITCHARD	5-10-22	
		A. Mew	5-10-22	