

Registered Charity Number: 1163288



Trustees Annual Report & Accounts Financial Year Ending 31st March 2023



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WELCOME FROM OUR CHAIR

Young People's Independent (YPI) Counselling Service continues to strive to provide the best mental health support to young people and their families across Basingstoke & Deane.

For the past 25 years, YPI has successfully delivered community-based support to young people, through free 1-to-1 counselling sessions, group work and psycho-educational activities.

During the 2022/2023 financial year, YPI successfully expanded its activities to support young people by offering counselling and mentoring services to young people and we continued to partner with local schools and GP surgeries to expand YPI's community reach. We provided over 2,500 free counselling and mentoring sessions at the point of use and supported 1,240 clients. Our clients recorded improvement scores between 70-79%.

We are anticipating another challenging year due to the cost of living and the impact it will have on recruiting and retaining staff. This will motivate us to find alternative income streams, so that we can continue to deliver our core services and secure our financial sustainability. We are confident that the initiatives that we have identified will enable YPI to continue to provide counselling and mentoring services to the young people we serve. The Team has worked hard this year to keep abreast of key issues and continues to deliver a high standard of support through our experienced Counsellors and Mentors.

We, as the Trustees of YPI, wish to express our gratitude and appreciation for the dedication and hard work of all volunteers and staff at YPI in developing and delivering the charity's services to young people. We also want to say thank you to our generous donors and grant funders who have continued to support YPI's objectives and enabled the charity to expand its services, despite the ongoing challenges in our current economic climate. We are delighted to be supporting YPI in driving and delivering its strategic objectives and we look forward to achieving even greater results next year.

We would also like to specifically highlight all the hard work and diligence of the charity's CEO Sam, whom without her leadership and vision the charity would not continue to develop and thrive.

We have the pleasure in presenting YPI's Annual Report and Financial Statement for the year ended 31 March 2023.

Daniel Holloway
Acting Chair

CHIEF EXECUTIVE'S REPORT

I feel very privileged to be the CEO of such a fantastic charity as YPI, and I am incredibly proud of the staff and the enthusiasm, commitment and expertise we have in the organization. The financial year 2022-2023 has come with its challenges. The cost-of-living crisis had a profound effect on many families, and this has put additional demands on the service. It has also meant that some experienced counsellors reduced their hours to concentrate on their private practices, which meant there was a small dip in the counselling offered this year. However, despite this challenge, we managed to recruit new experienced counsellors and maintain a free high quality counselling service. I am very pleased to say that during the financial year we were awarded a Big Lottery grant which will help fund counsellors and a mentoring team lead over the next 5 years 2023-24. This will enable us to grow our mentoring team and help provide an invaluable holistic offering to young people through counselling and mentoring.

During 2022-23 we introduced a counselling service in a local school, and that has received excellent feedback. We plan to expand this service in the next financial year. We have continued with our Well-being Practitioner in a local GP cluster and will be looking to place a counsellor in that cluster and other local surgeries in the coming financial year. Placing counsellors in external organisations will enable us to reduce waiting lists, so young people can be seen sooner. It also means that these paid for services help our sustainability at a difficult economic time where general grants are more depleted than ever.

YPIs main focuses are:

- **Dedication to young people:** we are the only non-statutory provider of youth counselling and mental health support in Basingstoke that has been specifically established for this purpose. For us, supporting young people isn't an 'add-on' or 'nice to have' service but is instead at the heart of who we are, with the full weight of our resources, skills and expertise dedicated to offering a first-class service.
- **Championing community:** unlike larger charities who may set up satellite or sub-offices within the area to deliver specific services/contracts, YPI takes pride in being a local charity for local people. As a result of this we hold an unparalleled position at the heart of local youth provision, adapting and developing to meet the needs of our community as they arise.

As always, I would like to thank all staff for your commitment and support over the last year, all staff, both employed and volunteers have gone above and beyond expectations and it has meant that YPI has been able to offer the best service possible under difficult, unpredictable circumstances.

Samantha Hussey Chief Executive

VISION, MISSION, PRIORITIES AND VALUES

Strategic Plan 21-24

Shaping Our Future

The views of young people and their parents or carers are at the heart of shaping our strategy, through surveys, direct engagement and indirect feedback. In April/May 2020 we analysed the results of young people's 'End of Counselling' and 'Mentoring Feedback' forms as well as feedback from external organisations we work closely with to establish a view of the needs and expectations of service users and the community we work in. Through this analysis we have been able to hone our strategic aims and key priorities for the coming years. These priorities are client focused and responsive to community needs.

Our Vision

Young people are able to access more opportunities and they have the confidence to manage their mental health positively.

Our Mission

To deliver a first-class mental health service offering responsive and tailored support through counselling, mentoring, community support and building awareness so we improve the lives of young people.

Our Values

- **Empathy:** We listen to our clients and team members
- **Excellence:** We deliver a first-class service, and we care about quality
- **Ethical:** We do the right thing and respect integrity
- **Bespoke:** We provide solutions that are flexible and proportionate
- **Community:** We engage with the community and create meaningful partnerships
- **Maximising Potential:** We nurture the growth of our clients, team members and the charity

Our Priorities

- To provide evidenced based counselling and mentoring to young people aged 11-25 to improve their self-awareness and skills in maintaining positive mental health
- To provide early intervention through our growing mentoring team, offering a holistic approach to mental health
- To increase awareness and skills within relevant services (such as education and GP surgeries) to support youth mental health and improve early intervention strategies

STRATEGIC REPORT

OBJECTIVES, ACTIVITIES, ACHIEVEMENTS AND PERFORMANCE

YPI's constitutional aims are:

- To preserve and protect the health and welfare of young people by establishing, developing and maintaining a youth support, information, advice and counselling service for young people in the age range of 11 to 25 years of age, but not limited to, the area of the local government district of Basingstoke & Deane.
- To carry out such activities that promote the health and welfare of young people in the area of benefit, not covered above, as deemed necessary by the charity trustees.

These aims are underpinned by YPI's Vision, Mission and Values and are achieved through YPI's strategic objectives:

1. **Act on the Voice of Young People and their families to deliver greater impact** - We will continue to roll out a comprehensive suite of outcome measurement tools and processes across all of our services, this includes ensuring that the voice of young people and families are captured at every step and fully inform all that we do. We shall seek to develop systems for keeping service users, parents and referrers informed and up to date on our activities as part of a 'Friends of YPI' network for those who wish to join.
2. **Champion financial sustainability in all that we do** - As the charity sector continues to brace itself against the context of an ever-shrinking public purse amidst ever growing need, YPI cannot be wholly reliant on grants and will be aiming to expand external services and introduce donations.

Throughout 2022/23 YPI continued to deliver the charity's core activities of providing free 1-2-1 Counselling Services for young people aged 11 – 25 in Basingstoke and Dean. With the ever-changing working climate due to the pandemic and cost of living crisis, we have moved into a hybrid approach and will continue to offer both remote and face to face counselling and mentoring depending on the needs of the clients.

In addition to the paid staff team, YPI's activities are supported by a team of dedicated volunteers who undertake a number of roles ranging from Trustees and Counsellors, Mentors to Administrators and Fundraisers. Our team of passionate and dedicated volunteers represent over £50,000 in financial terms, with services significantly impacted were it not for their continued support and generosity.

YPI continues to improve our website and use of social media to enhance the YPI profile and make it easier for young people to access information about our services.

In the year ending March 2023 the activities and performance delivered by YPI included:

Youth Counselling

Objectives and Activities: YPI provides free counselling to 11-25 year olds offering a confidential and safe space for young people to talk to a professional counsellor about their worries, concerns and difficulties. The initial number of sessions is 8, which can then be extended up to a maximum of 12, if agreed by the Head of Clinical Services.

Performance:	
Total sessions delivered:	1,843
Total clients engaged	762 i.e. signpost and seen
Clients who have received counselling	283
Clients improvement for those who have been counselled.	52 %

Youth Mentoring

Objectives and Activities: YPI provides up to twelve free sessions of mentoring for 10-19 year olds. Mentoring offers a friendly ear from a professional friend, to strengthen their confidence, find their voice and realise their own self-worth.

Performance:	
Total sessions delivered:	112
Total clients seen:	14
Clients reporting measurable improvement:	70%

STF Counselling

Supporting Troubled Families for up to 12 sessions and attending an Early Help Hub every Thursday morning.

Performance:	
Total sessions delivered:	104
Total clients seen:	8
Clients reporting measurable improvement:	50%

External/Outreach Services

Objectives and Activities; Community presence i.e. in GP surgeries and schools

*Schools counselling starting FEB 2023

Performance:		
	GP Surgeries	Schools*
Total sessions delivered:	450	18
Total clients seen:	450	6
Clients reporting measurable improvement:	79%	N/A

Summary Performance Statistics:

Total clients worked with across all services: 1,240

Total sessions delivered across all services: 2,527

HOW WE MEASURE PERFORMANCE

To assess the impact and effectiveness of the charity's work, YPI use various outcome measurement tools at every stage of our service lifecycle, these measures include:

- **Clinical Outcomes in Routine Evaluation (CORE) tool:** all clients are asked to complete this internationally standardised clinical questionnaire comprising 10 questions at the beginning of every session/interaction with us. We monitor this score as counselling progresses to evidence any changes in well-being/distress and to monitor risk.
- **End of counselling feedback questionnaire:** given to all service users at the end of their interaction with our services, this questionnaire captures feedback ratings on all areas of the service.
- **Life Areas Impact Rating Tool:** this measure was rolled out across our counselling services for the first time in 2018. The measure comprises a pre-and-post intervention measure that seeks to capture client's feelings about key areas of their lives such as family relationships, school/work and self-esteem.

Service user involvement

To ensure that our services continually reflect the needs and feedback of the young people, parents and families we serve, we continue to enhance our service user involvement strategy. Our existing provision includes the use of an annual stakeholder survey, end of service feedback forms and suggestion boxes/slips to provide regular feedback placed within all delivery venues.

Statement on Public Benefit

The Trustees have considered the Charity Commission's guidance on public benefit and our main activities are described above. The activities by YPI are undertaken to further our charitable purposes for the public benefit in accordance with our aim to promote the health and welfare of young people aged 11 to 25 years of age, in the area of but not limited to, Basingstoke & Deane.

Charity Governance Code

During the year the Board formally adopted the Charity Governance Code for smaller charities published by a cross-sector collaboration of national charity support organisations in conjunction with the Charity Commission as an observer body. During the coming year the Board and Senior Management shall undertake a full audit of the code in relation to YPI's current practices to ensure full compliance.

PLANS FOR FUTURE PERIODS

Plans and objectives for 2023/24

During the forthcoming year we will continue to implement strategies and objectives as outlined in our 3 year strategic plan 2021/24.

We have three strategic aims. These are:

1. To maintain and improve our core services (counselling and mentoring)
2. To enhance our services by offering more counselling sessions and an increased early intervention strategy through mentoring
3. To become a more sustainable organisation, by building a portfolio of income generation streams and improving the way we demonstrate our impact.

To ensure sustainability please see below:

- **Longer term grant applications** – There is an emphasis on grant application to go to YPIs core funding. We will look at longer term, larger strategic grants to fund our core services. We will also be able to partake in more community fundraising as we come out of the strict restrictions associated with the pandemic.
- **Funding streams** – We are seeking further funding streams within the community, such as GP surgeries and secondary schools.
- **Donations and contributions will be asked for at the point of counselling or mentoring.**
- **Corporate fundraising will be expanded.**

The Challenges Ahead

- The Covid – 19 Pandemic, has and will continue to have a huge impact on young people's lives for the next few years. We have seen a marked increase in certain areas of concern in both our counselling and mentoring services. Many young people are displaying higher levels of risk and need.
- The cost of living crisis is having an impact on our counselling staff in particular. We have increasingly found that some counselors have either reduced hours or left the agency to pursue their private practices where they can earn much more per hour. We have remedied this by recruiting new staff, but the economic crisis has led to this flux and some instability.
- To ensure that existing youth projects and services remain financially viable and supported through appropriate grant and donation streams, with a view to examining our 'Return on Investment' approach to resourcing when launching short term projects.
- Ensuring the right balance of volunteer and trainee counsellors versus employed and experienced counsellors in order to meet higher levels of demand to support high risk young people with often complex mental health needs.

STRUCTURE, GOVERNANCE, AND MANAGEMENT

Structure

YPI is a registered charity (a Charitable Incorporated Organisation) in England and governed by a constitution. YPI's objectives are to achieve public benefit as set out in our constitution, and delivered through our strategic objectives and operating plan, as previously detailed.

Governance and Management

Non-Executive Directors / Trustees

YPI's governance is overseen by a board of six voluntary and independent Trustees (Non-executive Directors), each of whom are appointed by the charity's board. Each Director assumes a specific portfolio upon appointment to ensure that all areas of YPI's governance receives due care and attention and is aligned with the specialist expertise of the Director appointed. Through 2022/2023 the Directors were:

Natalie Shoemark (resigned 2022)
Daniel Holloway – Vice Chair
Edward Butler
Edward Pironti
Patrick Holt
Vicky Morley
Colin Craig (became Trustee December 2022)

Chief Executive

Responsibility for the strategic and operational management of the charity is delegated by the Board of Directors to YPI's Chief Executive. The role of the Chief Executive is to provide overall leadership and direction to the organisation and its staff, including managing stakeholder relations, monitoring performance and developing the service as a whole in conjunction with the senior management team.

Clinical Services Manager

Responsibility for the clinical management of YPI's core counselling team. The role is to ensure that all young people, parent's and families accessing YPI's services receive a first-class service from a team of highly skilled and well supported clinical staff.

Volunteers

The Chief Executive or Clinical Services Manager, as applicable, are responsible for managing the appointment of Volunteers and ensuring all Volunteers receive a comprehensive induction along with ongoing supervision, training and support.

Induction and Training of Trustees, Staff and Volunteers

YPI recruits new Directors through local and national adverts and interviews potential new Directors with reference to a job description and person specification. During the year Directors have the opportunity to attend relevant insight and development and governance workshops. All of our volunteers, including Directors, receive a comprehensive induction along with ongoing, training opportunities and all Counsellors receive supervision support.

Organisational Structure and Decision Making

The Directors consider governance issues at their regular Board meetings. There are monthly committee meetings with the Trustees to ensure all governance issues are regularly addressed. The Directors delegate responsibility to the CEO for ensuring that service provision is carried out within the overall charity's strategy; for overseeing the charity's progress in meeting its objectives; and ensuring that the charity meets its legal and financial obligations. A detailed Operational Plan is used by the CEO and senior staff to report to the Directors on progress against identified actions.

Key Management Remuneration

The trustees, the CEO and the Clinical Services Manager comprise 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.

Senior managers' pay is aligned to local government pay scales with pay increases mirroring nationally agreed increases to the scales. Service manager posts are allocated to one of two starting points on the scale based on criteria including the number of full-time equivalent staff in the service; level of autonomy; service budget and number of young people in the service.

RISK MANAGEMENT

YPI has in place adequate governance arrangements that enable the identification, escalation, monitoring and reporting of risks. The YPI Board is ultimately responsible for reviewing, challenging and approving the charity's overall strategy and the direction of the business.

We currently adopt five risk types which form the basis of YPI's risk register and Board reporting:

- **Strategic:** refers to the risk that YPI suffers a substantial, negative impact in its funding or capital as a direct result of poor management of its business objectives, strategic aims and core services
- **Financial:** refers to the risk that YPI is unable to self-fund, primarily due to a lack of financial donors whether new or existing and unforeseen operational losses, leading to a disruption to the charity's cash flows and balance sheet
- **Operational:** refers to the risk of operational losses due to inadequate or weak processes and systems, including the charity's IT infrastructure. The risk also includes direct and indirect losses due to poor or ineffective oversight of internal controls and external influence
- **People:** refers to the risk that YPI's key services are not delivered adequately due to a lack of people capability, skills and availability
- **Reputational:** refers to the risk of YPI suffering a material loss or reputational damage, most likely in the form of simultaneous withdrawals of funding, caused by a negative perception of its image and working practices

A risk register is reviewed and updated regularly and discussed at Board meetings. These are risks to the charity with the potential to damage its reputation and existing stakeholder relationships, preventing the business from running successfully thus ultimately impacting on YPI's ability to undertake its compliance monitoring activities effectively.

REVIEW OF FINANCIAL STATEMENTS

Financial Summary

A summary of YPI's income and expenditure for the year are presented on page 16. The income for 2022/23 was £122,568, and the expenditure £175,084. There was a deficit of £52,516 which was covered by reserves. We have secured future income and budgeted for small surpluses going forward.

Notes on Reserves Policy

The general reserve level held on 31st March 2023 stands at £86,101 which equates to just over 6 months' expenditure.

Going Concern

The Trustees remain satisfied that it is appropriate for the financial statements to be prepared on a going concern basis and there are no material uncertainties that may cast doubt on this assumption for at least 12 months from the approval of the accounts.

The Trustees' report was approved by the Board of Trustees on.....

Daniel Holloway
Acting Chair

REFERENCE AND ADMINISTRATIVE DETAILS

YPI Counselling

(A Charitable Incorporated Organisation). Also known as YPI.

Registered Office and Principal Address

The Orchard
White Hart Lane
Basingstoke
Hampshire RG21 4AF

Charity Number: 1163288

Telephone: 01256 423878

Website: www.ypicounselling.co.uk

Trustee Board

Natalie Shoemark – Chair resigned 2022
Daniel Holloway – Vice Chair
Patrick Holt
Edward Butler
Edward Pironti
Vicky Morley
Colin Craig became trustee December 2022

Chief Executive

Samantha Hussey

Clinical Services Manager

Rosa Wynn

Independent Examiners

Knight Goodhead Limited – 7 Bournemouth Road, Chandler's Ford, Eastleigh, Hampshire SO53 3DA

Bankers

The Co-Operative Bank PLC – Business Banking, PO Box 250, Skelmersdale WN8 6WT

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF YPI COUNSELLING

I report to the trustees on my examination of the accounts of YPI Counselling for the year ended 31 March 2023.

RESPONSIBILITIES AND BASIS OF REPORT

As the trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011('the Act').

I report in respect of my examination of the Trustee's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

INDEPENDENT EXAMINER'S STATEMENT

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1) accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- 2) the accounts do not accord with those records; or
- 3) the accounts do 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.



CJ GOODHEAD FCA
Knight Goodhead Limited
Chartered Accountants

5 December 2023
7 Bournemouth Road
Chandler's Ford, Eastleigh
Hampshire SO53 3DA

YPI COUNSELLING

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted funds £	Restricted funds £	Total funds 2023 £	Total funds 2022 £
INCOME					
Donations and legacies	4	1,460	-	1,460	39,561
Charitable activities	5	121,108	-	121,108	157,994
					-
TOTAL INCOME		122,568	-	122,568	197,555
EXPENDITURE					
Charitable activities	6	164,060	11,024	175,084	184,445
TOTAL EXPENDITURE		164,060	11,024	175,084	184,445
NET INCOME / (EXPENDITURE) FOR THE YEAR BEFORE TRANSFERS		(41,492)	(11,024)	(52,516)	13,110
TRANSFERS	10, 11	-	-	-	-
NET INCOME / (EXPENDITURE) FOR THE YEAR		(41,492)	(11,024)	(52,516)	13,110
TOTAL FUND BALANCES BROUGHT FORWARD		127,593	24,080	151,673	138,563
TOTAL FUND BALANCES CARRIED FORWARD		86,101	13,056	99,157	151,673

YPI COUNSELLING

BALANCE SHEET AT 31 MARCH 2023

	Notes	£	2023 £	£	2022 £
FIXED ASSETS					
Tangible assets	7		1,041		482
CURRENT ASSETS					
Debtors	8	14,031		17,563	
Cash at bank and in hand		<u>118,299</u>		<u>177,480</u>	
		132,331		195,043	
CREDITORS: amounts falling due within less than one year	9	<u>(34,214)</u>		<u>(43,852)</u>	
NET CURRENT ASSETS			98,116		151,191
NET ASSETS			<u>99,157</u>		<u>151,673</u>
FUNDS					
General funds	10		86,101		127,593
Restricted funds	11		13,056		24,080
TOTAL FUNDS	12		<u>99,157</u>		<u>151,673</u>

Approved by the Trustees on
and signed on their behalf by

Daniel Holloway

Acting Chair

YPI COUNSELLING

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023

1 ACCOUNTING POLICIES

(a) Accounting convention

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)).

The charity meets the definition of the public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

(b) Fund accounting

- Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.
- Designated funds are unrestricted funds earmarked by the trustees for specific purposes.
- Restricted funds are subjected to restrictions on their expenditure imposed by the donor.

(c) Income

All income is included in the Statement of Financial Activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

Donations and legacies are received by way of donations, legacies, gifts and grants and are included in full in the Statement of Financial Activities when receivable.

Investment income is included when receivable.

Income is deferred when, at the end of an accounting period, they have been received but the charity has yet to become unconditionally entitled to them.

(d) Expenditure

Expenditure is recognised on an accrual basis as a liability is incurred.

Costs are apportioned in line with the income received from that source during the period.

Charitable activities expenditure comprises of those costs incurred by the charity in the delivery of its activities and services. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

All costs are allocated between the expenditure categories of the Statement of Financial Activities on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly.

YPI COUNSELLING

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023 (continued)

1 ACCOUNTING POLICIES (continued)

(e) Fixed assets

Fixed assets are capitalised for ongoing use within the charity, where the individual cost of the asset exceeds £100.

Depreciation is provided on fixed assets to spread the cost over the estimated useful lives of the relevant assets at the following rates:

Office equipment	20% - 33% Straight line
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(g) Pensions costs

Contributions in respect of the company's defined contribution scheme are charged to the Statement of Financial Activities for the year in which they are payable to the scheme. Differences between contributions payable and contributions actually paid in the year are shown as either accruals or prepayments at the year end.

2 LEGAL STATUS

The charity is a Charitable Incorporated Organisation (CIO) and was registered on 25 August 2015 with the Charity Commission in England and Wales.

The registered office of the charity is YPI Counselling, The Orchard, White Hart Lane, Basingstoke, Hampshire, RG21 4AF.

YPI COUNSELLING

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023 (continued)

3 STAFF COSTS	2023 £	2022 £
Wages and salaries	136,707	137,051
Social security costs	1,813	1,158
Pension costs	1,698	1,336
	<u>140,218</u>	<u>139,545</u>

The average number of staff employed during the year was 14 (2022: 16). No employee received emoluments of £60,000 or more during this or the prior year.

No remuneration was paid to trustees during this or the prior year. During the year the charity paid remuneration, including pension contributions, totalling £34,717 (2022: £28,329) to key management personnel.

At the balance sheet date there were outstanding pension contributions payable of £340 (2022: £240). Total pension contributions of £1,698 (2022: £1,336) were paid by the charity and are included in the SOFA.

4 INCOME FROM DONATIONS AND LEGACIES	Unrestricted funds £	Restricted funds £	Total funds 2023 £	Total funds 2022 £
Donations	1,027	-	1,027	25,876
Gift Aid	-	-	-	196
Fundraising	433	-	433	13,490
	<u>1,460</u>	<u>-</u>	<u>1,460</u>	<u>39,561</u>

5 INCOME FROM CHARITABLE ACTIVITIES	Unrestricted funds £	Restricted funds £	Total funds 2023 £	Total funds 2022 £
Grants including capital grants:				
- Government grants	85,713	-	85,713	91,725
- Grants from other charities	25,000	-	25,000	59,205
GP Mentoring	9,450	-	9,450	7,064
Schools counselling	945	-	945	-
	<u>121,108</u>	<u>-</u>	<u>121,108</u>	<u>157,994</u>

YPI COUNSELLING

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023 (continued)

6 EXPENDITURE

	Unrestricted funds £	Restricted funds £	Total funds 2023 £	Total funds 2022 £
DIRECT EXPENDITURE				
Counsellors and management	132,933	7,285	140,218	139,545
Payroll charges	971	48	1,019	1,066
Supervision costs	3,480	-	3,480	650
	137,384	7,333	144,717	141,261
SUPPORT COSTS				
Rental and improvements	11,228	2,940	14,168	14,664
Office fees	381	-	381	664
Printing, postage and stationery	161	-	161	439
Computer expenses	6,956	687	7,643	8,421
Telephone charges	823	-	823	1,171
Recruitment fees	656	-	656	963
Insurance	1,474	-	1,474	1,862
Training	-	-	-	60
Professional fees	445	-	445	440
Advertising	75	-	75	10,146
Accountancy fees	1,740	-	1,740	1,590
Depreciation	635	-	635	517
Fundraising costs	145	-	145	814
HR services contract fee	1,299	64	1,363	1,363
Meeting room hire	-	-	-	28
Travel and accommodation	658	-	658	-
Loss on Disposal	-	-	-	42
	26,676	3,691	30,367	43,184
TOTAL EXPENDITURE	164,060	11,024	175,084	184,445

Included within accountancy fees above are amounts due to the independent examiners in relation to independent examination of £1,740 (2022: £1,590).

YPI COUNSELLING

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023 (continued)

7 TANGIBLE ASSETS

	Furniture & Equipment £
COST	
At beginning of year	2,929
Additions	1,193
Disposals	
At end of year	<u>4,122</u>
DEPRECIATION	
At beginning of year	2,447
Charge for the year	634
Disposals	
At end of year	<u>3,081</u>
NET BOOK VALUE	
At beginning of year	<u>482</u>
At end of year	<u><u>1,041</u></u>

8 DEBTORS

	2023 £	2022 £
Trade debtors	12,964	16,981
Prepayments and accrued income	1,067	583
	<u>14,031</u>	<u>17,563</u>

9 CREDITORS: amounts falling due within one year

	2023 £	2022 £
Trade creditors	3,882	1,336
Accruals and deferred income	28,289	42,460
Other creditors	2,043	56
	<u>34,214</u>	<u>43,852</u>

YPI COUNSELLING

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023 (continued)

10 UNRESTRICTED FUNDS

	Funds brought forward £	Income £	Expenditure £	Transfers £	Funds carried forward £
General funds	127,593	122,568	(164,060)	-	86,101
	<u>127,593</u>	<u>122,568</u>	<u>(164,060)</u>	<u>-</u>	<u>86,101</u>

11 RESTRICTED FUNDS

	Funds brought forward £	Income £	Expenditure £	Transfers £	Funds carried forward £
Mentoring Project	2,992	-	-	-	2,992
Supporting Troubled Families	18,066	-	(10,337)	-	7,729
Screwfix Foundation	2,335	-	-	-	2,335
Basingstoke Round Table	687	-	(687)	-	-
	<u>24,080</u>	<u>-</u>	<u>(11,024)</u>	<u>-</u>	<u>13,056</u>

Mentoring Project: This grant provides a contribution to the costs of one years' salary and on costs of mentoring sessions to young people over a 12 month period.

Supporting Troubled Families: This grant provides a contribution to the costs of providing counselling sessions to young people and parents under the 'Supporting Troubled Families' programme in Hampshire.

Screwfix Foundation: This grant is towards office refurbishment.

Basingstoke Round Table: This grant is for the purchase of 3 laptops.

YPI COUNSELLING

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023 (continued)

12 ANALYSIS OF NET ASSETS BETWEEN FUNDS

<i>For the year ended 31 March 2023</i>	Unrestricted funds £	Restricted funds £	Total funds £
Tangible fixed assets	1,041	-	1,041
Debtors	14,031	-	14,031
Bank and cash	105,243	13,056	118,299
Creditors	(34,214)	-	(34,214)
	86,101	13,056	99,157

<i>For the year ended 31 March 2022</i>	Unrestricted funds £	Restricted funds £	Total funds £
Tangible fixed assets	482	-	482
Debtors	17,563	-	17,563
Bank and cash	153,400	24,080	177,480
Creditors	(43,852)	-	(43,852)
	127,593	24,080	151,673

YPI COUNSELLING

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023 (continued)

13 COMPARATIVE STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2022

	Unrestricted funds £	Restricted funds £	Total funds 2022 £
INCOME			
Donations and legacies	29,511	10,050	39,561
Charitable activities	127,161	30,833	157,994
TOTAL INCOME	156,672	40,883	197,555
EXPENDITURE			
Charitable activities	137,246	47,199	184,445
TOTAL EXPENDITURE	137,246	47,199	184,445
NET (EXPENDITURE)/INCOME FOR THE YEAR BEFORE TRANSFERS	19,426	(6,316)	13,110
TRANSFERS	-	-	-
NET (EXPENDITURE)/INCOME FOR THE YEAR	19,426	(6,316)	13,110
TOTAL FUND BALANCES BROUGHT FORWARD	108,167	30,396	138,563
TOTAL FUND BALANCES CARRIED FORWARD	127,593	24,080	151,673

YPI COUNSELLING

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023 (continued)

14 COMPARATIVE UNRESTRICTED FUNDS MOVEMENTS FOR THE YEAR ENDED 31 MARCH 2022

	Funds brought forward £	Income £	Expenditure £	Transfers £	Funds carried forward £
General funds	108,167	156,672	(137,246)	-	127,593
	<u>108,167</u>	<u>156,672</u>	<u>(137,246)</u>	<u>-</u>	<u>127,593</u>

15 RESTRICTED FUNDS FOR THE YEAR ENDED 31 MARCH 2022

	Funds brought forward £	Income £	Expenditure £	Transfers £	Funds carried forward £
Mentoring Project	-	30,146	(27,154)	-	2,992
Supporting Troubled Families	27,896		(9,830)	-	18,066
Screwfix Foundation	2,500		(165)	-	2,335
Sumillion Project	-	10,050	(10,050)	-	-
Basingstoke Round Table	-	687	-	-	687
	<u>30,396</u>	<u>40,883</u>	<u>(47,199)</u>	<u>-</u>	<u>24,080</u>

Sumillion Project: This grant is to cover the advertising campaign.

Our mission is to offer a first-class mental health service that includes responsive and tailored support through counselling, community awareness and education to improve the lives of young people and their families.



**The Orchard, White Hart Lane
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If you would like to find out more about the work of YPi or how you can support us, please contact:

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