



LANCASHIRE
**YOUTH
CHALLENGE**

ANNUAL REPORT, ACCOUNTS & INDEPENDENT IMPACT REPORT 2024-2025

Registered Charity: 1163469



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Michael (Joe) Sumsion

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CHAIR'S INTRODUCTION

I am delighted to introduce Lancashire Youth Challenge's ninth annual report.

Reflecting on the work of the charity is both inspiring and humbling. The brilliant LYC staff team worked with hundreds of young people in need of opportunity and support – listening, encouraging, challenging and backing them to fulfil their potential. The independently commissioned Impact Report includes powerful case studies of personal growth and change.

LYC's core principles were like a golden thread running through the work: Know Yourself, Be Present, Go With the Flow, Navigate the World, Feel the Fear, Be the Leader. They acted as inspiration and guidance for LYC participants, staff, volunteers and trustees in everything we did.

Encouraging leadership was a particular theme this year with the development of the Youth Voice programme, a new initiative making space for young people to influence policy and processes. And our staff team grew as we welcomed Rachel Parsons into the new role of Operations Manager, providing much needed management support for an increasing number of projects and programmes.

Young people were at the heart of all our activity and increasingly our work inspired others too. The impact report celebrates LYC's effect *"rippling outwards - into families who find new ways of connecting, into schools that see students more engaged and motivated, and into communities that benefit from the energy, creativity, and potential of young people who feel supported and empowered."*

LYC relies on the support of charitable trusts, commissioning organisations, funding partners and individual donors. I want to take this opportunity to thank all the contributors who made our work possible.

Thank you for your interest in LYC and enjoy reading about the brilliant work of the charity.

Michael (Joe) Sumsion,
Interim Chair of Trustees



MISSION, VISION, VALUES & APPROACH

MISSION

Lancashire Youth Challenge nurtures, supports, and empowers young people in Lancashire to discover their potential, cultivate resilience, and build a foundation for lifelong success.

VISION

Lancashire Youth Challenge envisions a future where every young person in our community possesses the resilience, robustness, and confidence needed to navigate the complexities of life and shape their own destinies.

VALUES

Empowerment	Empowering young people to overcome challenges and craft the lives they wish to lead
Inclusivity	Ensuring all young individuals, regardless of background, have access to transformative experiences.
Achieving	Empowering young people to identify their personal goals, develop their confidence, self-efficacy and achieve their full potential.
Equality & Equity	Ensuring our programmes of activity are 'fit for purpose' and meet the needs of each participant.
Innovation	Continuously adapting and developing activities to meet the evolving needs of young people in the 21st century.

Collaboration

Embedding collaborative practices into the work of Lancashire Youth Challenge; to ensure high quality delivery of our purpose with young people, communities, and stakeholders.

APPROACH

Lancashire Youth Challenge believes in a strength and asset-based approach to our work with young people. We encourage the celebration of achievement, youth empowerment, collaborative working, and youth-led practices.

Our focus as a charity is to enable young people to overcome their personal obstacles, build resilience and to be celebrated and recognised for their achievements. To this end, when discussing or promoting our work, we adopt asset-based language and focus on achievements and successes. We ensure young people are intrinsically involved in shaping our strategic vision and informing our operational practices, in the following ways:

Peer Mentoring Programme	Conduit for information sharing and programme evaluation.
Young Trustees & Youth Council	Informing strategic development, policy, and practice.
Project Evaluations	Creative conversations, capturing feedback and review.

THEORY OF CHANGE

DELIVERY OUTPUTS

RESTORE

- Emotional wellbeing workshops
- Creative art projects
- Outdoor challenge events
- Empire Fighting Chance

Time to Breathe

- Life skills workshops
- Outdoor learning events
- Bushcraft
- Green exercises and workshops

Rise to the Challenge

- Cycle challenges
- Residential challenges
- Summer expedition
- Mindful hill walking challenges

MECHANISMS OF CHANGE

- Safe & supportive spaces
- Platforms to express and be heard
- High quality provision by experienced practitioners
- Diverse participation opportunities
- Understanding our common humanity and celebrating diversity
- Encouraging young people to engage in their learning journey
- Asset & strength-based approaches
- Platforms for young people to comment on the world

LONG TERM OUTCOMES

- Improvements in physical/emotional/mental health & wellbeing
- Significant increase in self-belief and self-efficacy
- The confidence to 'dare to dream'
- Eagerness to explore other cultures and places
- Competency and resilience to deal with life's challenges
- Making meaningful change in themselves and the world
- Personal aspiration to craft the life they wish to lead

INTERMEDIATE OUTCOMES

- Better able to manage their physical, emotional, & mental wellbeing
- Increased sense of self-esteem and confidence
- Motivation and commitment to personal development
- Care and compassion for themselves and others
- Improved communication and social interactions skills
- Personal resilience, responsibility, and maturity

OUR APPROACH

MECHANISMS OF CHANGE



Asset and **strength-based approaches** to delivery.



High quality provision by experienced practitioners.



Encouraging young people to **engage** in their **learning journey**.

OUR APPROACH

MECHANISMS OF CHANGE



Platforms to express
and **be heard** by those
with influence.



Safe & supportive
spaces where young
people can **thrive**.



Understanding our
common humanity &
celebrating **diversity**.

OUR APPROACH

MECHANISMS OF CHANGE



Diverse **participation**
opportunities &
experiences.



Platforms for young
people to **comment on**
the world.

CORE PRINCIPLES

These six principles provide a framework for guiding the activities and operations of our three strands of delivery. They serve as a set of guidelines that help to ensure that we stay focused on the desired outcomes of each programme. Providing a tangible reference point for our team of practitioners when delivering programmes across Lancashire with multiple partners and varied groups of participants.

The Six Core Principles are:



KNOW YOURSELF

It is important to know who we are - what we value, what we stand for, our motivations, where we want to be and who we want to become.



BE PRESENT

By tuning in to ourselves and the world around us, we start to understand the power of being fully present in the moment, in our environment, in our bodies and minds. Learning about our capacity, capabilities and strengths while immersing ourselves in nature - exploring and understanding the world around us, its impact on us and our impact on it.



GO WITH THE FLOW

As in nature, our body and mind are subject to constant change and flow. Learning to go with the flow and not fight against it improves our mental and physical state. By further understanding the things we perceive to get in the way of flow, we can overcome and harness the changes to view them as part of life and part of the process of growth.



NAVIGATE THE WORLD

By learning about the complex and challenging world we live in, we can increase our understanding of the issues at play around us and how they impact our lives. Developing key skills and building personal resilience will support us as we face and navigate our way through life's challenges.



FEEL THE FEAR

Challenges, setbacks, negative and adverse experiences are part of life. By learning to accept and manage uncertainty we increase our capacity to cope and build personal strength and resilience. By facing difficult challenges and feeling the complex emotions that comes with them - in the safety of a group and with support of the team - we learn about our ability to cope with life's challenges and celebrate our achievements and capabilities.



BE THE LEADER

Being a leader can be many things - supporting others, guiding a team to success, or making positive change in your world. Developing leadership skills support our personal development and empower us to thrive in life.

DELIVERY PROGRAMME

RESTORE

RESTORE provides young people with the tools, skills, and resources needed to rediscover their purpose, build resilience, and develop a greater sense of self-awareness.

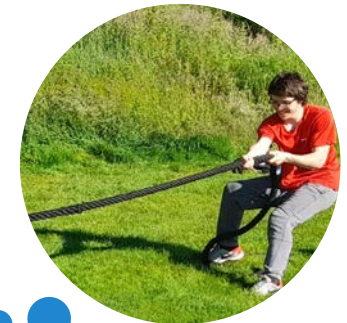
At the heart of RESTORE is the RESTORE with Empire Fighting Chance programme, which combines psychologically informed wellbeing principles with a non-contact boxing methodology. This distinctive approach empowers young people to better understand their minds, manage emotions, and build resilience in a safe and structured environment. By blending physical activity with reflective practice, young people are encouraged to regulate their emotions, develop self-discipline, and gain confidence in themselves and their abilities.

This programme represents the continuation and growth of our valued partnership with colleagues at Empire Fighting Chance in Bristol and Active Lancashire. Over the past year, we have delivered RESTORE with EFC across secondary schools in Lancaster District and Preston, as well as in community spaces such as Bay Fit Gym, Lancaster and Foxton, Preston. Feedback from both schools and community partners highlights how effective the combination of sport and psychology can be in supporting young people to overcome challenges, reduce anxiety, and develop healthier coping mechanisms.

Alongside this, our RESTORE: Creative programme continued to explore how creative practice can be used as a wellbeing tool. Working in partnership with King Street Studios in Lancaster, young people engaged in a series of workshops where they used creative arts to explore identity, expression, and resilience. The culmination of this work was an art exhibition curated and produced by the participants themselves — a powerful demonstration of their talent, confidence, and capacity to share their experiences with the wider community.

Another standout success has been the RESTORE: Youth Station project, based at Preston Bus Station. This year-long initiative was established to address antisocial behaviour (ASB) in and around the station, while also reframing the space as a safe and positive community hub for young people. By providing consistent, positive engagement on site, the programme has both reduced instances of ASB and created stronger working relationships between young people, bus station personnel, and security staff. Feedback from bus station management and local police recognises the positive difference RESTORE has made, noting a visible reduction in ASB during delivery times.

Between April 2024 and March 2025, we managed and facilitated 15 bespoke RESTORE projects, delivered across 137 sessions at schools and community settings in Lancaster District and Preston.



DELIVERY PROGRAMME

TIME TO BREATHE

Time to Breathe provides an environment that allows young people to reflect, review, and rebuild while immersing themselves in the natural world and experiencing the manifold benefits of being in nature.

Thanks to the generous financial support of the Ernest Cook Trust, we were able to appoint Helen Leece as our Outdoor Learning Officer. Helen has played a central role in developing and delivering the Time to Breathe programme, drawing on her expertise and lived experience of working on her own farm and wellbeing centre in the Forest of Bowland. Sessions have taken place both there and at key community sites such as Miss Whalley's Field and the Cornerstone Building, giving young people access to varied natural and local environments.

The programme follows the rhythm of the seasons, connecting young people's emotional journeys to the cycles of the natural world. Across the year, participants have sown, planted, tended, and harvested food, building both practical skills and a deeper sense of connection to the environment. Alongside this, they have taken part in a wide range of wellbeing activities, including mindful hiking, creative craft projects, sound bathing, and mindfulness sessions. Time to Breathe has also included residential and wild camping experiences, enabling young people to step away from their everyday routines and immerse themselves more fully in the restorative power of nature.

As the programme has grown, young people have not only learned how to cultivate and harvest food but also how to share it as a community. Later in 2025 the programme will culminate in a series of Youth Cafés, where the produce they have grown will be prepared and shared alongside live performances from participants,

giving them a platform to express their experiences of wellbeing, nature, and personal growth.

Between April 2024 and March 2025, we managed and facilitated 3 bespoke Time to Breathe projects, delivered across 52 sessions at Cornerstone Building, Lancaster, Miss Whalley's Field, Lancaster and Gathering Fields Wellbeing Centre, Forest of Bowland.



DELIVERY PROGRAMME

RISE TO THE CHALLENGE

Rise to the Challenge provides young people with the opportunity to realise transformative change through challenging and adventurous expeditions.

This year we successfully delivered two RTTC expeditions, each designed to push young people beyond their comfort zones, while fostering resilience, confidence, teamwork, and a deeper sense of self-belief.

Our Rise to the Challenge programme provided adventurous, goal-driven experiences for young people, helping them to push personal boundaries and build resilience. This year, we ran two major projects. The first was a cycling challenge, with young people from Morecambe, designed to promote physical health, teamwork, and achievement. The second was a six-day summer expedition across the Scottish Highlands, during which participants paddled - in Canadian canoes - 100km along the Great Glen Way, an incredible journey of endurance and cooperation that had a lasting impact on confidence and self-esteem.

Between April 2024 and March 2025, we managed and facilitated 2 bespoke Rise to the Challenge projects, delivered across 53 sessions including a cycle and camping programme and six-day Caledonian Canal Expedition.



DELIVERY PROGRAMME

YOUTH VOICE & ADVOCACY

Our new Operations Manager, Rachel Parsons, brings significant expertise in facilitating and managing youth voice projects, and has led the development of several initiatives that place young people at the heart of decision-making.

Under her leadership, we have established our own Youth Voice Programme, made up of a dedicated team of young people who meet regularly to review our programmes of work and contribute directly to the shaping of our operational plans. This ensures that our activities remain relevant, responsive, and grounded in the lived experiences of those we serve.

In addition, LYC has been commissioned to facilitate a Youth Voice Board for Lancashire County Council's Resettlement Integration Team. This board provides an essential platform for resettled young people, enabling them to share their views and actively shape the services and opportunities available to refugees in Lancashire. The project has already begun to influence policy and provision, ensuring that refugee young people are seen, heard, and represented.

Our commitment to youth voice also extends into wider strategic work. Our CEO has played an active role in helping to shape the new Preston Youth Strategy, which has been developed with and by young people themselves. The strategy represents a commitment to giving Preston's young people an authentic platform to express their ideas, needs, and aspirations.

Furthermore, LYC has been heavily involved in the instigation and development of the Lancaster District Young People's Foundation, which operates as an infrastructure organisation dedicated to supporting the creation of youth

programmes across the Lancaster District. The Foundation is delivered in partnership with a Youth Board, ensuring that young people's voices and perspectives remain central to its vision, priorities, and activities.



DELIVERY PROGRAMME

COMMUNICATION & PROMOTION

This year has been another successful one for sharing our work and impact through the local press, helping us to highlight the achievements of our programmes and celebrate the journeys of the young people we work with.

A few selected features include coverage of our £300k National Lottery investment [Lancaster Guardian](#).

The launch of our Time to Breathe programme [Young people grow their own food to be cooked and served at new youth cafe in Lancaster](#).

We were shortlisted for the coveted 'Children and Young People Now - Youth Work Awards' - [Lancaster youth charity shortlisted for national award for work with refugee teenagers](#).

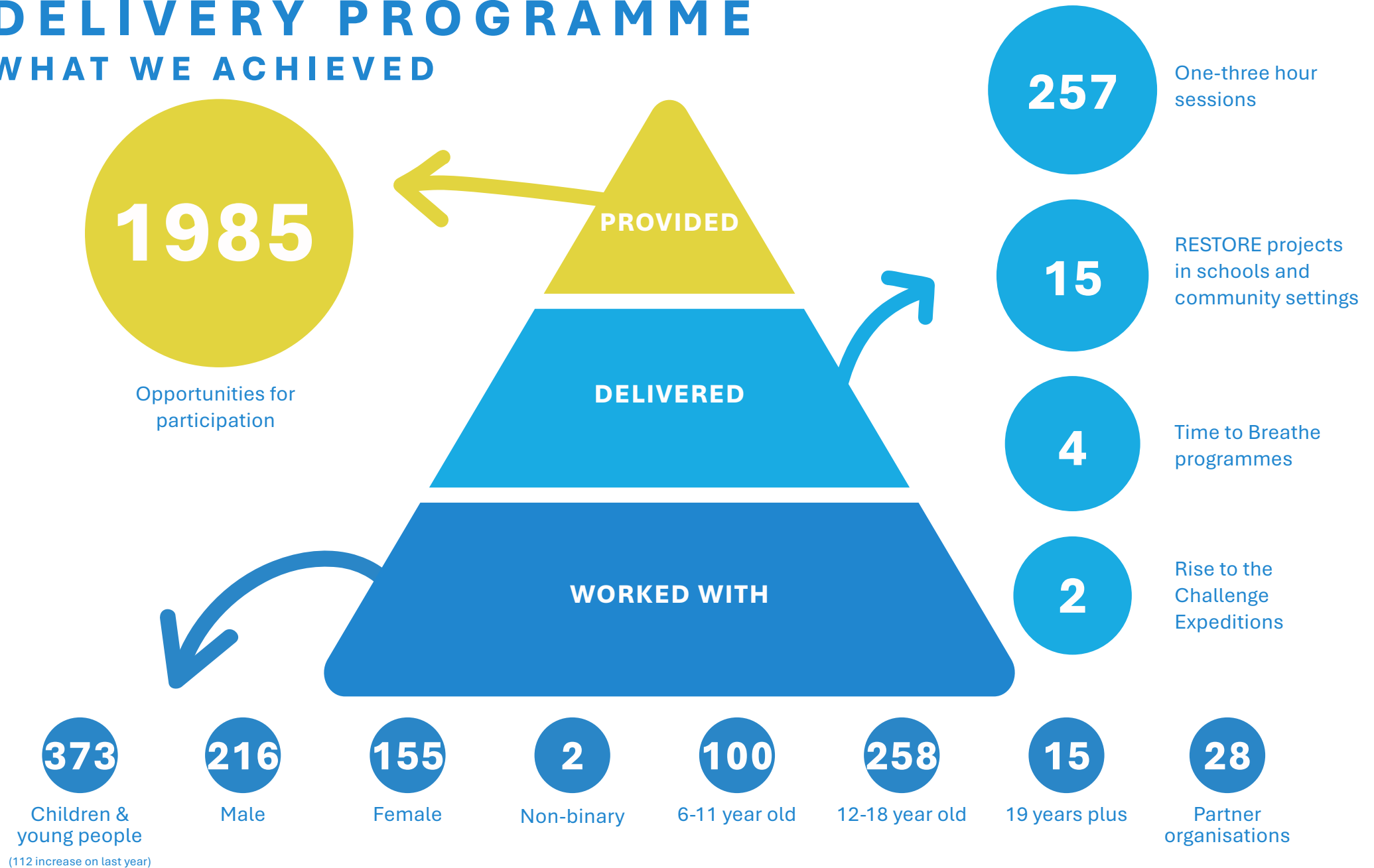
The appointment of our new Operations Manager [Lancaster youth charity's new manager is off to a fighting start](#).

These stories have been invaluable in raising awareness of our mission and connecting our work to the wider community.



DELIVERY PROGRAMME

WHAT WE ACHIEVED



FURTHER INFORMATION

LINKS

For further information you can find a series of links to our social media pages, films and reports below (just click).

RESTORE with Empire Fighting Chance - Active Movement/Non-Contact Boxing and Psychology informed Principles

RESTORE – Bittersweet- Spoken Word film project with Ukrainian young people in Preston.

RESTORE – I am Sudanese – Spoken Word music video produced by young men from Sudan

Time to Breathe 2025 - Emotional Wellbeing programme delivered through immersion in the natural world -

RESTORE: Transitions – Emotional Wellbeing Tool Kit to support young people as they navigate change and transition

THANKS

Once again, a huge thanks to the freelancers, creative practitioners, youth workers, volunteers, trustees, and partners who have contributed to make such a positive and meaningful impact in the lives of the young people we support.

FUNDERS

Areti Charitable Trust

National Lottery Reaching Communities Fund

National Lottery Awards for All

Francis Scott Trust

LCC Lancashire Refugee Integration Team – Homes for Ukraine

Active Lancashire

Banks Lyon Memorial Trust (Step Up Fund)

Opening Schools Facilities Fund

LDCVS Break the Mould

The Masonic Charitable Foundation

Preston City Council Refugee Programme

Sport England

LCC Inclusion Hub

LDCVS Health Champions

Trusthouse Charitable Foundation (Forte Charitable Foundation)

Ernest Cook Trust

Clothworkers Foundation

Closing Loops – Pots of Possibility Fund

The Finnis Scott Foundation

West Lancashire Borough Council – Ukraine Community Grant

Westminster Foundation

D'Oyly Carte Charitable Trust

Rank (Pebbles Grant Fund)

Walney Extension Community Fund

Stoneswood Homes

**LANCASHIRE YOUTH CHALLENGE
TRUSTEES' REPORT AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

Lancashire Youth Challenge Contents

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The trustees present their report and the financial statements for the year ended 31 March 2025.

Objectives and Activities

Aims and Objectives

To advance the education of young people in need by reason of financial hardship or other disadvantage for the public benefit in Lancashire to develop their personal, social, creative and physical abilities by providing a programme of substantially challenging physical and creative events.

The main activities undertaken to further the charity's purposes, for the Public Benefit, are the programmes detailed in the accompanying Annual Report – RESTORE, Time to Breathe and Rise to the Challenge. The trustees confirm they have had regard to the Charity Commission's guidance on Public Benefit.

Public Benefit

The main activities undertaken to further the charity's purposes, for the Public Benefit, are the programmes detailed in the accompanying Annual Report – RESTORE, Time to Breathe and Rise to the Challenge.

The trustees confirm that they have complied with the requirements of Section 17 of the Charities Act 2011 to have due regard to the Charity Commission's guidance on public benefit.

Achievements and Performance

Main Achievements

A detailed breakdown of the Charity's achievements and performance is shown in the Charity's Annual Report which accompanies this document.

Financial Review

Financial Position

The charity's major source of income is grant funding. The Charity had income of £200,449 and expenditure of £180,690, giving a surplus for the period of £19,759 (2024 - £1,952).

Reserves Policy

The charity has a reserves policy which is to strive to maintain balances at a level equivalent to approximately three months' expenditure (set at £36,453 for 24/25). The reserves policy is reviewed by the board at 12-month intervals, and at any time when a significant change occurs in the organisation e.g., recruitment of members of staff, changes in programme delivery and other liabilities including contractual obligations, salary, and redundancy payments.

Free reserves at the year-end were £34,058 (2024: £39,406)

Free reserves are calculated as follows:

2025

Unrestricted reserves per the balance sheet £39,210

Less fixed assets (£5,152)

Free reserves £34,058

2024

Unrestricted reserves per the balance sheet £41,557

Less fixed assets (£2,151)

Free reserves £39,406

Structure, Governance and Management

Governing Document

Lancashire Youth Challenge is a charitable incorporated organisation and can be found under Charity number 1163469 with the Charity Commission. The CIO was registered on 8th September 2015.

Trustee Selection Methods

Every appointed trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO. A charity trustee who has served for three consecutive terms may not be reappointed for a fourth consecutive term but may be reappointed after an interval of at least one year.

Reference and Administrative Details

Trustees

Mr Stephen Thomas (resigned 04/12/2024)
Mr Michael Sumsion – Interim Chair (appointed 04/12/2024)
Ms Sylvie Maxwell (appointed 04/12/2024)
Ms Julie Brown - Treasurer (appointed 04/12/2024)
Mr Craig Brown (appointed 17/07/2024)
Ms Amanda Nwadukwe
Mr Joshua Lightbown
Mr Thomas Drake (resigned 16/07/2025)
Ms Donna Coleman (resigned 04/12/2024)
Mr Mark Limmer (appointed 16/07/2025)
Mr James MacInnes (appointed 16/07/2025)
Ms Emma Rucastle (appointed 16/07/2025)

Other Personnel

Guy Christiansen - Chief Executive Officer

Charity Number

1163469

Principal Address

Cornerstone Building
Sulyard Street
Lancaster
LA1 1PX

Independent Examiner

Christine Harwood ACMA
Accounts Matters Limited
3-2-1 Storey House
White Cross
Lancaster
Lancashire
LA1 4XQ

Statement of Trustees' Responsibilities

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

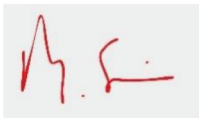
- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgments and accounting estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping adequate accounting records which disclose with reasonable accuracy at anytime the financial position of the charity and to enable them to ensure that the accounts comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The trustees' report was approved by the board of trustees and signed on its behalf by:

Mr Michael Sumsion
Interim Chair of Trustees



15.10. 2025

Lancashire Youth Challenge
Independent Examiner's Report to the Trustees of Lancashire Youth Challenge
For The Year Ended 31 March 2025

I report to the trustees on my examination of the accounts of Lancashire Youth Challenge (the Trust) for the year ended 31 March 2025.

Responsibilities and Basis of Report

As the charity trustees of the Trust 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 Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the 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 Trust 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 contents 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.



Christine Harwood ACMA

27 October 2025

3-2-1 Storey House
White Cross
Lancaster
Lancashire
LA1 4XQ

**Lancashire Youth Challenge
Statement of Financial Activities
For The Year Ended 31 March 2025**

				2025	2024
		Unrestricted funds	Restricted funds	Total funds	Total funds
	Notes	£	£	£	£
INCOME AND ENDOWMENTS FROM:					
Donations and legacies	4	93,023	86,037	179,060	155,520
Charitable activities:					
Commissions		-	13,800	13,800	-
Other trading activities	5	1,231	-	1,231	-
Investments	6	1	-	1	1
Other	7	6,357	-	6,357	3,126
		100,612	99,837	200,449	158,647
EXPENDITURE ON:					
Charitable activities:	9				
Charitable Activities		(102,959)	(77,731)	(180,690)	(156,695)
NET INCOME		(2,347)	22,106	19,759	1,952
NET MOVEMENT IN FUNDS		(2,347)	22,106	19,759	1,952
RECONCILIATION OF FUNDS:					
Total funds brought forward		41,557	36,198	77,755	75,803
TOTAL FUNDS CARRIED FORWARD	19	39,210	58,304	97,514	77,755

The notes on pages 7 to 13 form part of these financial statements.

Lancashire Youth Challenge
Statement of Financial Position
As At 31 March 2025

				2025	2024
		Unrestricted funds	Restricted funds	Total funds	Total funds
	Notes	£	£	£	£
FIXED ASSETS					
Intangible Assets	14	3,324	-	3,324	-
Tangible Assets	15	1,828	-	1,828	2,151
		5,152	-	5,152	2,151
CURRENT ASSETS					
Debtors	16	2,750	-	2,750	-
Cash at bank and in hand		32,508	58,304	90,812	76,804
		35,258	58,304	93,562	76,804
Creditors: Amounts Falling Due Within One Year	17	(1,200)	-	(1,200)	(1,200)
NET CURRENT ASSETS (LIABILITIES)		34,058	58,304	92,362	75,604
TOTAL ASSETS LESS CURRENT LIABILITIES		39,210	58,304	97,514	77,755
NET ASSETS		39,210	58,304	97,514	77,755
FUNDS OF THE CHARITY					
Restricted Funds				58,304	36,198
Unrestricted Funds				39,210	41,557
TOTAL FUNDS	19			97,514	77,755
On behalf of the board					

Mr Michael Sumsion
Interim Chair of Trustees



15.10. 2025

The notes on pages 7 to 13 form part of these financial statements.

1. General Information

Lancashire Youth Challenge is a charitable incorporated organisation registered with the Charity Commission, registered charity number 1163469. The principal address is Cornerstone Building, Sulyard Street, Lancaster, LA1 1PX.

2. Statement of Compliance

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) "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)", Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities Act 2011.

3. Accounting Policies

3.1. Basis of Preparation of Financial Statements

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair view'. This departure has involved following the 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 issued in October 2019 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £.

The charity is a Public Benefit Entity as defined by FRS 102.

3.2. Financial Reporting Standard 102 - Reduced Disclosure Exemptions

The charity has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland":

- the requirements of Section 7 Statement of Cash Flows and Section 3 Financial Statement Presentation paragraph 3.17 (d).

3.3. Going Concern Disclosure

The trustees have not identified any material uncertainties related to events or conditions that may cast significant doubt about the charity's ability to continue as a going concern.

3.4. Fund Accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Designated funds comprise unrestricted funds that have been set aside by the trustees for a specific purpose.

Restricted funds are to be used for specific purposes as laid down by the donor.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

3.5. Incoming Resources

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

For donations to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

Donated facilities and donated professional services are recognised in income at their fair value when their economic benefit is probable, it can be measured reliably and the charity has control over the item. Fair value is determined on the basis of the value of the gift to the charity. For example, the amount the charity would be willing to pay in the open market for such facilities and services. A corresponding amount is recognised in expenditure.

No amount is included in the financial statements for volunteer time in line with the SORP. Further detail is given in the Trustees' Annual Report.

...CONTINUED

Lancashire Youth Challenge
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

3.5. Incoming Resources - continued

Income from trading activities includes income earned from fundraising events and trading activities to raise funds for the charity. Income is received in exchange for supplying goods and services in order to raise funds and is recognised when entitlement has occurred.

Income from government and other grants are recognised at fair value when the charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred

Investment income is interest only.

3.6. Resources Expended

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

Irrecoverable VAT is charged as an expense against the activity for which expenditure arose.

Grants payable to third parties are within the charitable objectives. Where unconditional grants are offered, this is accrued as soon as the recipient is notified of the grant, as this gives rise to a reasonable expectation that the recipient will receive the grants. Where grants are conditional relating to performance then the grant is only accrued when any unfulfilled conditions are outside of the control of the charity.

3.7. Intangible Fixed Assets and Amortisation - Other Intangible

Other intangible assets comprises of the website. It is amortised to income and expenditure account over its estimated economic life of 4 years.

3.8. Tangible Fixed Assets and Depreciation

Tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses.

Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Plant & Machinery	15% reducing balance basis
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3.9. Cash and Cash Equivalents

Cash and cash equivalents are basic financial assets and include cash in hand and deposits held at call with banks, other short-term highly liquid investments that mature in no more than three months from the date of acquisition and are readily convertible to a known amount of cash with insignificant risk of change in value, and bank overdrafts.

3.10. Taxation

The charity is exempt from tax as all its income is charitable and applied for charitable purposes.

3.11. Pensions

The charity operates a defined pension contribution scheme. Contributions are charged to the Statement of Financial Activities as they become payable in accordance with the rules of the scheme.

4. Income from Donations and Legacies

	Unrestricted funds	Restricted funds	2025 Total funds
	£	£	£
Donations and gifts	1,217	-	1,217
Member subscriptions and sponsorships	5,725	-	5,725
Grants	86,081	86,037	172,118
	<u>93,023</u>	<u>86,037</u>	<u>179,060</u>

Lancashire Youth Challenge
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

	Unrestricted funds	Restricted funds	2024 Total funds
	£	£	£
Donations and gifts	2,695	-	2,695
Member subscriptions and sponsorships	5,000	-	5,000
Grants	64,094	83,731	147,825
	<u>71,789</u>	<u>83,731</u>	<u>155,520</u>

5. Income from Other Trading Activities

	2025 Unrestricted funds	2024 Unrestricted funds
	£	£
Fundraising events	1,231	-
	<u>1,231</u>	<u>-</u>

6. Investment Income

	2025 Unrestricted funds	2024 Unrestricted funds
	£	£
Bank interest receivable	1	1
	<u>1</u>	<u>1</u>

7. Other Income

	2025 Unrestricted funds	2025 Restricted funds	2025 Total funds
	£	£	£
Commission	6,357	-	6,357
	<u>6,357</u>	<u>-</u>	<u>6,357</u>

	2024 Unrestricted funds	2024 Restricted funds	2024 Total funds
	£	£	£
Commission	2,934	192	3,126
	<u>2,934</u>	<u>192</u>	<u>3,126</u>

8. Net Income/(Expenditure)

The net income is stated after charging/(crediting):

	2025	2024
	£	£
Depreciation of tangible fixed assets - owned	323	1,925
Amortisation of intangible fixed assets	1,108	-
	<u>1,431</u>	<u>1,925</u>

Lancashire Youth Challenge
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

9. Analysis of Expenditure

			2025
	Activities undertaken directly	Support costs (see note 10)	Total
	£	£	£
Charitable Activities	154,298	26,392	180,690
			2024
	Activities undertaken directly	Support costs (see note 10)	Total
	£	£	£
Charitable Activities	133,886	22,809	156,695

10. Support Costs

	2025
	Charitable Activities
	£
Employee costs	7,373
Premises expenses	4,056
General administration	12,529
Depreciation	1,431
Governance costs	1,003
	<u>26,392</u>
	2024
	Charitable Activities
	£
Employee costs	8,166
Premises expenses	3,394
General administration	8,974
Depreciation	1,925
Governance costs	350
	<u>22,809</u>

11. Independent Examiner's Remuneration

	2025	2024
	£	£
Independent examination of the financial statements	<u>2,023</u>	<u>2,644</u>

Lancashire Youth Challenge
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

12. Staff Costs

Staff costs were as follows:

	2025	2024
	£	£
Wages and salaries	79,086	69,742
Social security costs	10,687	2,999
Other pension costs	4,543	3,829
	<u>94,316</u>	<u>76,570</u>

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000.

13. Average Number of Employees

Average number of employees during the year was: 3 (2024: 3)

14. Intangible Assets

	Other
	£
Cost	
As at 1 April 2024	-
Additions	<u>4,432</u>
As at 31 March 2025	<u>4,432</u>
Amortisation	
As at 1 April 2024	-
Provided during the period	<u>1,108</u>
As at 31 March 2025	<u>1,108</u>
Net Book Value	
As at 31 March 2025	<u>3,324</u>
As at 1 April 2024	<u>-</u>

15. Tangible Assets

	Plant & Machinery
	£
Cost	
As at 1 April 2024	<u>6,009</u>
As at 31 March 2025	<u>6,009</u>
Depreciation	
As at 1 April 2024	3,858
Provided during the period	<u>323</u>
As at 31 March 2025	<u>4,181</u>
Net Book Value	
As at 31 March 2025	<u>1,828</u>
As at 1 April 2024	<u>2,151</u>

Lancashire Youth Challenge
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

16. Debtors

	2025	2024
	£	£
Due within one year		
Other debtors	2,750	-

17. Creditors: Amounts Falling Due Within One Year

	2025	2024
	£	£
Accruals and deferred income	1,200	1,200

18. Pension Commitments

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund.

During the year the charge to the statement of financial activities in respect of defined contribution schemes was £4,543 (2024: £3,829).

At the statement of financial position date contributions of £NIL were due to the fund and are included in creditors.

19. Movement in Funds

	As at 1 April 2024	Income	Expenditure	As at 31 March 2025
	£	£	£	£
Unrestricted funds				
General:				
General unrestricted fund	41,557	34,548	(36,895)	39,210
National Lottery Reaching Communities Fund	-	35,264	(35,264)	-
Francis Scott Trust	-	15,000	(15,000)	-
National Lottery Awards for All	-	15,800	(15,800)	-
Total unrestricted funds	41,557	100,612	(102,959)	39,210
Restricted funds				
Areti Charitable Trust	6,488	7,891	(9,879)	4,500
LCC Lancashire Refugee Integration Team - Homes for Ukraine	2,000	4,978	(6,978)	-
Active Lancashire	-	8,000	(6,000)	2,000
Banks Lyon Memorial Trust (Step Up Fund)	4,900	-	(1,674)	3,226
Opening Schools Facilities Fund	-	11,000	(11,000)	-
LDCVS Break the Mould	4,740	-	(4,740)	-
The Masonic Charitable Foundation	5,000	5,000	(5,000)	5,000
Preston City Council Refugee Programme	1,100	-	(1,100)	-
Sport England	5,970	-	(5,970)	-
LCC Inclusion Hub	3,800	3,800	(7,600)	-
LDCVS Health Champions	2,200	-	(2,200)	-
Trusthouse Charitable Foundation	-	8,726	-	8,726
Ernest Cook Trust	-	20,000	-	20,000
Clothworkers Foundation	-	4,300	(4,300)	-
Closing Loops - Pots of Possibility Fund	-	3,990	(3,990)	-
The Finnis Scott Foundation	-	1,000	(1,000)	-
West Lancashire Borough Council Ukraine Community Grant	-	8,052	-	8,052
Westminster Foundation	-	9,600	(4,800)	4,800
D'Oyly Carte Charitable Trust	-	3,500	(1,500)	2,000
Total restricted funds	36,198	99,837	(77,731)	58,304
Total funds	77,755	200,449	(180,690)	97,514

Lancashire Youth Challenge
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

	As at 1 April 2023	Income	Expenditure	As at 31 March 2024
	£	£	£	£
Unrestricted funds				
General:				
General:				
General unrestricted fund	55,034	20,616	(34,093)	41,557
National Lottery Reaching Communities Fund	-	39,108	(39,108)	-
Francis Scott Trust	-	15,000	(15,000)	-
Total unrestricted funds	55,034	74,724	(88,201)	41,557
Restricted funds				
Areti Charitable Trust	8,915	8,188	(10,615)	6,488
LCC Lancashire Refugee Integration Team - Homes for Ukraine	8,959	-	(6,959)	2,000
Active Lancashire	2,895	9,169	(12,064)	-
Banks Lyon Memorial Trust (Step Up Fund)	-	5,000	(100)	4,900
Opening Schools Facilities Fund	-	10,260	(10,260)	-
LDCVS Break the Mould	-	4,740	-	4,740
Empire Fighting Chance	-	2,000	(2,000)	-
The Masonic Charitable Foundation	-	5,000	-	5,000
Preston City Council Refugee Programme	-	9,949	(8,849)	1,100
Rank (Pebbles Grant Fund)	-	365	(365)	-
Sport England	-	11,670	(5,700)	5,970
LCC Inclusion Hub	-	4,000	(200)	3,800
LDCVS Youth Partnership Fund	-	7,666	(5,466)	2,200
Walney Extension Community Fund	-	5,916	(5,916)	-
Total restricted funds	20,769	83,923	(68,494)	36,198
Total funds	75,803	158,647	(156,695)	77,755

20. Transactions with Trustees

None of the trustees received any remuneration or any other benefits from an employment with the charity or a related entity during the current or previous year.

No trustee expenses have been incurred.

21. Related Party Disclosures

There have been no related party transactions in the reporting period that require disclosure.

INDEPENDENT IMPACT REPORT

Produced by Think Forward CIC

IMPACT REPORT INTRODUCTION

It is a real privilege to have once again been invited by Guy Christiansen, CEO of Lancashire Youth Challenge (LYC), to help produce their annual Impact Report. This is now the third year I have had the opportunity to step inside the world of LYC, and each time I am struck by the same thing: the incredible resilience, creativity, and courage of the young people involved.

Measuring the impact of youth work is complex. The most meaningful changes — improved confidence, resilience, and self-belief — are often deeply personal, long-term, and difficult to capture through statistics alone. Outcomes rarely follow a straight line, and progress can look different for every young person. We know that data provides valuable evidence, but it cannot fully reflect the relationships, trust, and life-changing moments that underpin effective youth work. The challenge lies in balancing numbers with stories, ensuring that the human experiences behind the figures remain at the heart of impact measurement.

This is why we have continued with the tried and tested format of celebrating how much LYC deliver, how many young people show a demonstrable change from participating and most importantly capturing the stories that statistics cannot possibly tell. It includes moving case-studies and testimonies from parents, alongside insights from Bay Leadership Academy, one of LYC's valued school partners. Together, their voices demonstrate how the impact of LYC reaches far beyond the young people themselves, rippling out to families, schools, and the wider community.

I am also delighted that this year we can introduce the voice of Rachel Parsons, LYC's new Operations Manager. Rachel joined the team in October 2024, bringing more than twenty years of experience as a youth worker, most recently leading programmes at More Music in Morecambe. Moving from a music-based background into LYC's physical, outdoor-focused offer has been both refreshing and inspiring for her. As Rachel reflects:

"The simplicity of what we do — taking young people out for a hike, growing produce, or spending time in nature — is transformational. I've seen young people change in front of my eyes. And I've found myself changing too. My family and I are now camping, exploring nature, and broadening our horizons in ways we'd never thought of before. It's all about feeling the fear and doing it anyway."

Rachel's words beautifully capture what this report is all about: the courage to step into new experiences, the confidence that grows as a result, and the ripples of change that spread into every area of life.

I am confident that as you read this Impact Report, you will see not only the numbers, outcomes, and data, but also the heart and vision that drive Lancashire Youth Challenge forward. Above all, you will see the incredible young people who have risen to their challenges, breathed deeply, and restored hope for themselves and those around them.



Sharon Phillips
Director, Think Forward CIC



CASE STUDY 1

FROM WITHDRAWN TO UNSTOPPABLE

After Michael began expressing distress at school, his mum Astrid sought medical support and received an emergency referral to CAMHS. Unfortunately, a missed call due to a challenging situation with Michael's older brother, meant the opportunity was lost, and she was left to seek alternative ways of helping her son. She contacted school, speech therapy services, and crucially, Lancashire Youth Challenge (LYC). Both mum and dad felt that LYC offered a lifeline at the right moment.

Reflecting over the last two years, mum now remembers just how fragile and withdrawn her autistic son Michael had become. At only 14, he had faced more than many of his peers; major family trauma resulting in ongoing conflict, leading to the separation and attempted reconciliation of his parent's marriage. Eventual confirmation that divorce was inevitable left him devastated.

"Michael took the news much harder than his brother" Mum explained, "he became very upset at school. We were desperate to put support around him. Thank God for LYC – this has worked better for him than a session at CAMHS. Sometimes exploring all those difficult things can detract from your confidence, but here he's been given the chance to achieve."

Michael embraced the programme despite initial doubts about what it would achieve. While not interested in boxing (The Restore Programme), he was drawn to the other opportunities such as the Time to Breathe project and activities at Gathering Fields farm, where he enjoyed planting, digging, and camping - suddenly he found himself enjoying new experiences.

Dad has noticed a huge difference too. *"When I look at Michael and the things he does at LYC, like he goes kayaking, cycling, abseiling, camping, fitness sessions at the gym – all physical stuff – and he really seems to enjoy that It's like he's found a way to cope!"*



CASE STUDY 1

FROM WITHDRAWN TO UNSTOPPABLE

Both talk about a recent situation where Michael had been worried about attending a cycling skills session, as he didn't feel confident riding a bicycle. Despite his Dad having bought him a cycle for his birthday, Michael didn't want to ride it, as his auditory processing disorder meant that roads were a frightening environment for him to learn this skill, in the same way that others do. But, with the right support and encouragement from the LYC team, and being in a different environment with his peers, he agreed to give it a go.

The personal impact for Michael has been striking. He has grown into a more confident and communicative young person. His father reflects:

"He's gone from being very withdrawn to this very outgoing, outspoken lad – hardly any filter now!!! He's really blossomed."

Even Michael's school has recognised his progress, suggesting he could be considered for Head Boy due to his *"bright, engaging personality."* His existing speech impediment remains but although he's still stuttering, his conversational skills have grown remarkably. Mum noted: *"Before, when he couldn't get his words out, he would look away. Now he holds your gaze, takes a breath, and holds it all together."* Michael now has a new speech therapist who is confident she can help him.

The impact has spread throughout the family. Michael's younger brother Steven now attends LYC too, and both parents feel their own sense of pride and self-worth has grown. *"Without LYC, Michael would have kept spiralling,"* says his dad. *"Now he's got role models, connections, and a sense of belonging. It's given our whole family stability."*

For Astrid, the transformation is nothing short of remarkable. *"Over the course of this last year, he has gone from talking about hurting himself, to becoming, Mr. Unstoppable."*

So, would they recommend LYC? Absolutely. Astrid sums it up:

"It's transformative. If your child is already doing okay, it will take them to the next level. But if they're really struggling, like Michael was, the shift will be incredible. With time, the growth can be astronomical."

Michael's dad agrees: *"LYC is a breath of fresh air. It gives kids a place to belong, something to work towards, and adults who genuinely care. These people are unshakable – they'll listen, they'll support, and they'll show kindness to families. They don't judge and they support young people to believe they can achieve."*

And for Michael? The boy who once doubted himself now stands taller, stronger, and more resilient. He's eating healthier, training harder, and looking forward to the future with a confidence no one could have imagined just a year ago.

As Astrid puts it: *"We've got our son back."*



LYC OUTPUT

TIME TO BREATHE

The Time to Breathe programme provides young people with space and support to better understand and regulate their emotions through immersion in the natural world and nature-based wellbeing activities.

Grounded in seasonal rhythms and natural cycles, the programme uses the outdoors as a setting for self-discovery and personal growth.



3 bespoke projects at Gathering Fields, Miss Whalley's Field and Cornerstone Building



52 sessions across the year



4 Mindful Hiking Days in Lancashire & Cumbria



1 weekend camping residential



"Time to breathe has helped me to become more mindful and self-reflective."

"It's made me more self-aware, so I think about my emotions and how my actions affect other people."

"Time to Breathe has grounded me and reminded me what's actually important in life."

"The sessions are a safe space to open up."

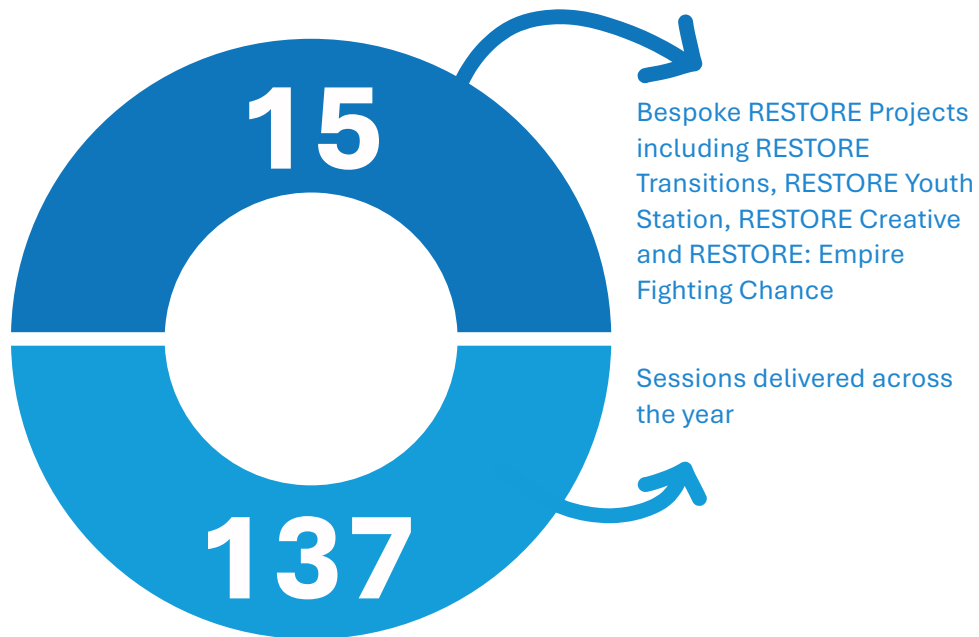
"It's the only time she wants to leave the house... she comes home so happy, with stories about the friends she's made." - Parent



LYC OUTPUT RESTORE

The RESTORE Programme supports young people to rebuild confidence, self-efficacy, and resilience through a structured series of active movement, creative arts, and outdoor challenge activities.

Designed to promote personal growth and wellbeing, the programme provides a safe, supportive environment where participants can reconnect with themselves, others, and their wider community.



* Figures collected through questionnaires from 39 participants

"We saw a major shift in J—he stepped into a mentoring role, supported others, and grew both as a team player and a leader."

Facilitator

"Taking part has been a boost in confidence."

Participant

"I've learned that when you do something wrong, don't give up—try again."

Participant

"Taking part has given me more time to think about my emotions."

Participant

"Setting mini goals helps me succeed."

Participant



76% felt more confident expressing thoughts and emotions.



64% developed new tools for emotional wellbeing.



72% better understood how to manage their physical health.



76% felt confident trying new things and meeting people.



39 young people completed the programme.



LYC OUTPUT

RISE TO THE CHALLENGE

The Rise to the Challenge programme offered adventurous, goal-driven experiences that encouraged young people to push personal boundaries and build resilience.

This year featured two major projects: a cycling and camping residential for young people from Morecambe, focused on health, teamwork, and achievement; and a six-day expedition across the Scottish Highlands, during which participants paddled 100km along the Great Glen Way. This remarkable journey of endurance and cooperation left a lasting impact on their confidence and self-esteem.



2 bespoke projects with young people from Lancaster and Morecambe.



53 sessions delivered across the year.



1 weekend residential.



1 (6 day) expedition.

WHAT THEY LEARNED

"It's helped me to accept challenges in life and not be afraid of them."

"I can push myself further than I thought."

"I can do anything with a lot of help and teamwork."

"Not giving up when things in life are hard."

HOW THEY FELT

"I felt so proud when I completed the challenge."

"I wanted to give up but I didn't."

"It was like a second family-everyone was so nice and supportive."

APPLICATION OF LEARNING

"Improved language skills - English and Ukrainian"

"More confidence to open up with people"

"Motivation to be productive... even cleaning my room!"



CASE STUDY 2

BUILDING RESILIENCE & CONFIDENCE

When parents Michael and Kate first heard about Lancashire Youth Challenge (LYC) through pastoral staff at Morecambe Road School, they were unsure what to expect. Their eldest son, Benjamin, was struggling with social interaction, confidence and daily routines. Their younger son, Zachary, was full of energy but easily led and in need of firm guidance and structure.

Benjamin's Journey: From Isolation to Engagement

For Benjamin, life before LYC was challenging. Diagnosed with Autism, ADHD and Auditory Processing Disorder. He often withdrew to his room, spending long hours on his computer. He struggled with communication, found it hard to read social cues, and could be volatile at home and in wider settings.

Mum, recalls: *"He was very self-conscious, not getting out of his room, not engaging, and often very negative about trying anything new. We wanted him to learn how to communicate appropriately, to get out and meet people."*

Benjamin was initially reluctant to join activities, needing a lot of encouragement. But once engaged, the change was clear. Through LYC he has taken part in art workshops, nature-based activities and ambitious outdoor challenges that have tested both his physical stamina and his resilience. Last year, he completed the Caledonian Canal expedition, canoeing the full length of the canal and Loch Ness. This year, he is preparing for an even greater feat, The Rise to the Challenge: Caledonian Triathlon: cycling 60 miles, canoeing miles, and then climbing Ben Nevis in just eight days,

"He's nervous, especially without his regular friend there," Dad explains, "but he's looking forward to it too. It's out of his comfort zone, but he's building resilience."

The impact has been felt at home too. Once resistant to family activities, Benjamin now initiates them. *"He'll ask, 'Can we take the dogs for a walk?'" Dad shares, "which*

is such a change from before. The summer holidays used to be the hardest time, but this year he's been busier, more positive, and more willing to join in."

Zachary's Journey: Structure, Adventure and Self-Regulation

Unlike his older brother, Zachary has always been noticeably outgoing, but his boundless energy and tendency to be easily led often landed him in difficulties.

"Zachary needs to be kept busy," Mum explains. "He struggles with unstructured time – at home, at school, everywhere. What works with LYC is that he knows exactly what he's doing: the challenge, the location, the activity. That guidance and direction make all the difference."

Zachary has thrived in LYC's structured environment. He has taken part in the "Time to Breathe" programme, outdoor adventures including canoeing and ghyll scrambling, and a residential trip to Coniston. On one occasion, faced with abseiling, he was too nervous to take the plunge. Instead of being forced, he was gently encouraged just to lean back over the edge and look down. *"That was enough," says mum "LYC celebrate what the children have done, not what they haven't. That's such an important approach."*

The change at home has been equally noticeable. Zachary, once prone to hyperactive outbursts, is learning to self-regulate. *"He still needs help," she reflects, "but now he's calmer, and more able to bring himself down. For us, that's been a huge relief."*

CASE STUDY 2

BUILDING RESILIENCE & CONFIDENCE

Impact on the Whole Family

For Michael and Kate, the positive impact extends beyond their sons. With three children who have additional needs, having Benjamin and Zachary positively engaged through LYC has given them space to focus on all their children, while reducing tension at home.

“When Ben is out doing things in a positive environment, it impacts everyone. It calms everything down at home. For us as parents, it’s a sigh of relief.”

Michael has even become more directly involved, volunteering as a minibus driver for LYC. This has allowed him to see first-hand the skills, confidence and resilience the young people are developing. *“Something as simple as jam-making after fruit-picking becomes a chance to build life skills. You can see how these experiences will help them later, even in things like running a café project.”*

What Makes LYC Different?

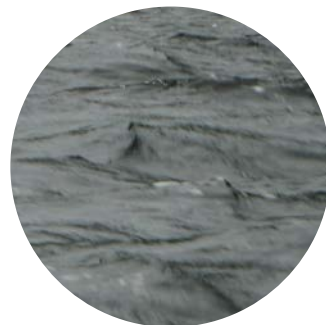
For Mum and Dad the key is LYC’s respectful and supportive approach. *“It’s the calm approach,” mum explains. “They don’t force kids to do what they don’t want to do, but they do encourage them to try. They really get to know the children, respect them, and respond to their individual needs.”*

This ethos of respect, combined with a structured but flexible programme, has helped both boys to flourish. For Benjamin, it has meant building the confidence to face daunting challenges and preparing for the next stage of his life at college. For Zachary, it has meant learning self-control, resilience, and the thrill of new experiences.

As Benjamin heads to Myerscough College and Zachary looks forward to taking on bigger challenges as he gets older, both boys will carry the lessons, friendships and resilience gained through LYC with them.

There is no doubt about the value of the programme. *“It has helped,” Kate says simply, “and I wish it could go on and on and on.”*

Their advice to other parents is clear: *“Try it. You don’t know until you try. LYC gives children opportunities they might never otherwise have – in a safe, supportive environment. The positive effect is huge.”*



CASE STUDY 3

LYC & BAY LEADERSHIP ACADEMY

A Partnership Built on Trust and Shared Vision

“LYC create opportunities for success – whether through creative media, hiking a fell or completing a cycle challenge. For our pupils, these successes are life changing.”

Emma Spooner, Assistant Principal-Inclusion at Bay Leadership Academy (BLA), spoke about the lasting impact for pupils participating in the RESTORE programme delivered by the staff team from Lancashire Youth Challenge (LYC).

LYC has worked in close partnership with BLA delivering the RESTORE programme in various forms since early 2023. While the name “RESTORE” wasn’t formally confirmed until mid-2023, the programme itself has remained consistent in terms of its content and delivery. The approach blends physical fitness & sports provision, outdoor challenge activity, and creative arts practice with self-reflection, and emotional regulation in ways that align strongly with the needs of pupils in the school’s Inspiration Centre, where tailored support is offered to those with Social Emotional and Mental Health (SEMH) needs.

From the outset, BLA staff recognised that pupils struggling with self-regulation often find new experiences demanding, yet LYC’s facilitators consistently found ways to encourage engagement without applying pressure or fostering disengagement. Early successes highlighted the value of LYC’s distinctive delivery style.

“Our pupils can find self-regulation very difficult,” says Emma “But LYC never push or overwhelm them”.

She continues, *“They prioritise patience, adaptability, and empathy” and the way they “listen carefully to pupils’ anxieties and aspirations, adjusting delivery in the moment to make sure each young person feels supported.”*

This approach has since become the foundation of a strong and trusted partnership between LYA and BLA and has resulted in pupils who might otherwise shut down or refuse to take part; instead, remaining engaged and often surprising themselves with their achievements. Between April 2024 and March 2025, pupils participated in a wide range of RESTORE activities. These included:

- Creative media projects delivered in school, which provided new outlets for self-expression and sparked curiosity.
- Outdoor adventures such as canoeing in Coniston and a cycle challenge from Morecambe to Blackpool, giving young people the chance to experience success through physical endurance and teamwork.
- Bespoke Inspiration Centre projects tailored for pupils with SEMH needs, including a cycle and camp experience near Galgate, a hike up Loughrigg Fell, and an active challenge culminating in a gym visit.

Each activity was carefully designed to balance therapeutic reflection with physical challenge, ensuring that young people not only tested their resilience but also developed self-awareness and confidence along the way.

“The ‘big end challenges’ give pupils a tangible sense of pride – something to look back on with real accomplishment.” Emma says as she describes a unique programme that is not simply about the activities.

“Everything is carefully structured to help pupils to experience success in diverse ways and through being more physically active “pupils have discovered constructive outlets for their energy within the school environment”.



CASE STUDY 3

LYC & BAY LEADERSHIP ACADEMY

A Partnership Built on Trust and Shared Vision

By combining challenge, reflection and fun, RESTORE has enabled young people to engage on their own terms, building self-esteem and resilience in the process. Emma believes that for pupils who often find mainstream education difficult to access, this flexible yet consistent approach has been crucial.

- From the school's perspective, the outcomes of the RESTORE partnership have been significant. Pupils have:
- Developed greater self-awareness, particularly in recognising and managing emotions.
- Become more physically active, discovering positive and constructive outlets for their energy.
- Experienced new environments and challenges, building resilience and encouraging safe risk-taking.
- Improved their engagement with education, including attendance and persistence with academic tasks.

Importantly, many of these young people would not otherwise have had the chance to take part in such experiences. Mentioning the vital role in levelling access that RESTORE has played Emma talks about how, *"The exposure to new activities has broadened their horizons, encouraging exploration, resilience, and positive risk-taking in a safe and structured setting"*.

Why LYC Matters

According to Emma, *"What distinguishes LYC is their unwavering commitment to creating meaningful opportunities for our most vulnerable pupils"*. By adapting flexibly to individual needs and working in close collaboration with school staff, LYC has ensured that the programmes deliver maximum benefit for each participant. For these reasons, BLA have re-commissioned LYC to continue working with them

into the future, with the RESTORE programme now embedded as an additional element of the curriculum within the Inclusion Hub.

The school also strongly recommends LYC to other partners, emphasising the holistic value of the work. For young people facing SEMH challenges, *"RESTORE has not only supported improved wellbeing but also had a measurable impact on academic engagement and progress"*.



PARTNER TESTIMONIALS

“Through engaging on the LYC RESTORE with Empire Fighting Chance Programme, we have seen an increase in the children’s understanding of their own moods and responses. We have noticed that they are more willing to speak about their feelings and how to manage them.”

Archbishop Temple High School, Preston

“One of our parents contacted school to say that their child has settled in really well (to High School) and she said that the RESTORE: Transitions project was a big part of that giving them the confidence they needed.”

Lancaster Road Primary School

“Since the introduction of the RESTORE: Youth Station project, youth ASB around the city centre—and particularly the bus station—has decreased on Friday evenings. Historically, our ASB reports for a Friday would mirror those for our peak days, Saturday and Sunday. A review of recent reports shows Friday to now have significantly lower ASB figures than the rest of the weekend. With the summer months fast approaching, this project will be vital in continuing to divert young people from engaging in behaviours which cause distress and disruption in the city centre.”

Inspector Dave Byrne, Preston Geographic Inspector, South Division

“It was a truly inspiring sight to see Will Johnson from Lancaster Boxing Club and Callum Morris from Lancashire Youth Challenge return to their roots at Morecambe Bay Academy. Their presence brought a wave of positivity, as they generously dedicated their time to work with selected students, sharing invaluable skills and life lessons through the RESTORE programme...Both Will and Callum, shining examples of local success, are undoubtedly igniting a spark of ambition and discipline within the next generation, proving that dedication and hard work can lead to remarkable achievements.”

Mr Campbell, Morecambe Bay Academy

“The knowledge, passion and experience shared by Lancashire Youth Challenge has been instrumental in the development of Preston’s Youth Strategy. From strategic input through to practical project work they have been a key partner of Preston’s Youth Forum, and we look forward to their continued and indeed increased presence in the city.”

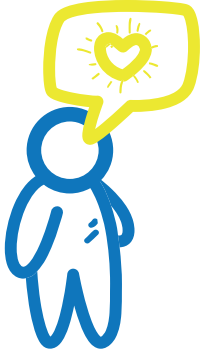
Michelle Pilling, Community Engagement Manager, Preston City Council

SHARED OUTCOMES

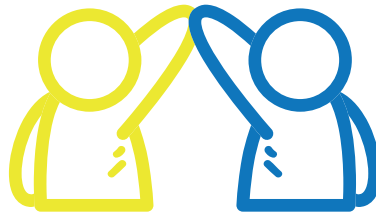
ACROSS ALL PROGRAMMES



100% increased confidence
(Time to Breathe)



Improved communication & language skills
(RTTC)



Developed real-world tools for wellbeing & motivation



Greater connection to nature, self, and others



76% better at expressing feelings
(RESTORE)

QUESTION

Do you feel better prepared to face life's challenges?

"Of course! Transferable life skills - dedication, willpower, motivation, confidence - can be applied to all areas of life."

RTTC Participant



CONCLUSION

As this report shows, Lancashire Youth Challenge (LYC) continues to provide life-changing opportunities for young people across the county. Through Restore, Time to Breathe, and Rise to the Challenge, participants are not only developing vital life skills and confidence but also discovering their own resilience and capacity to thrive.

The case studies from parents, young people, and partners highlight what the data alone cannot fully capture: the sense of pride when a young person overcomes a personal challenge, the relief of a parent who sees their child grow in confidence, and the admiration of schools and community partners who witness these transformations first-hand.

What stands out most is that LYC's impact doesn't end with individual participants. It ripples outwards - into families who find new ways of connecting, into schools that see students more engaged and motivated, and into communities that benefit from the energy, creativity, and potential of young people who feel supported and empowered.

This year has also marked a new chapter with the appointment of Operations Manager, Rachel Parsons, whose insights reflect not only the simplicity but also the power of LYC's approach. As Rachel so clearly expressed, the principles of "*feeling the fear and doing it anyway*" are not confined to young people - they inspire staff, families, and partners too.

Lancashire Youth Challenge is more than a youth organisation; it is a movement that demonstrates what is possible when young people are given opportunities, encouragement, and challenges that stretch them beyond what they imagined. The dedication of the staff team, trustees, volunteers, and partners ensures that this vision continues to grow and evolve.

To every young person who has taken part in an LYC programme this year - your courage, determination, and openness to new experiences are the true heart of this report. You remind us all of what is possible when challenges are embraced and horizons are expanded.

As we look ahead, one thing is certain: Lancashire Youth Challenge will continue to walk alongside young people, helping them to restore confidence, breathe deeply, and rise to their next challenge.

Sharon Phillips
Director, Think Forward CIC

