

US

England & Wales · Charity number 1166464

Details

Other names US Active

Status Registered

Legal form CIO

Registered 2016-04-11

Register [View on the Charity Commission register](#)

Contact

Address The Coach House
9 Whalton Park
Gallowhill
Morpeth
Northumberland
NE61 3TU

Phone 07397189965

Email info@usactive.org.uk

Website www.usactive.org.uk

Activities

Objects: THE OBJECTS OF THE CIO NAMED US ARE: (1) TO ADVANCE THE HEALTH AND WELLBEING OF YOUNG PEOPLE IN NORTHUMBERLAND AND TYNE AND WEAR AGED BETWEEN 14 AND 25 YEARS WHO EXPERIENCE OR ARE AT RISK OF MENTAL HEALTH ISSUES AND/OR NEURODEVELOPMENTAL DISORDERS (AND THEIR PARENTS/CARERS) BY SUCH CHARITABLE MEANS AS THE TRUSTEES SEE FIT FROM TIME TO TIME IN PARTICULAR BUT NOT EXCLUSIVELY BY: - ENGAGING WITH THEM IN AMATEUR SPORTS AND OTHER PHYSICAL ACTIVITIES (INCLUDING RECREATIONAL ACTIVITIES) THAT HAVE A PROVEN BENEFICIAL EFFECT ON PHYSICAL AND MENTAL HEALTH; AND- THROUGH THE PROVISION (OR SUPPORTING THE PROVISION) OF HEALTHY EATING AND COOKING WORKSHOPS; WITH THE AIM OF IMPROVING THEIR: QUALITY OF LIFE; MENTAL AND PHYSICAL GOOD HEALTH; EDUCATIONAL PERFORMANCE AND EMPLOYABILITY; AND BY HELPING THEM DEVELOP POSITIVE RELATIONSHIPS; RAISING AND IMPROVING THEIR SELF-ESTEEM, HAPPINESS AND PLEASURE FROM UNDERTAKING SUCH ACTIVITIES FOR THE PUBLIC BENEFIT. (2) TO ACT AS A RESOURCE FOR, RELIEVE THE NEEDS OF AND HELP YOUNG PEOPLE (AGED BETWEEN 14 AND 25 YEARS) BY PLAYING AN ACTIVE PART IN THE LONG AND SHORT TERM PLANNING AND DELIVERY OF CHARITABLE ACTIVITIES FOR THEIR BENEFIT IN ORDER TO DEVELOP THEIR ORGANISATIONAL AND PRACTICAL SKILLS, WHILST ENSURING THAT THOSE PLANNED ACTIVITIES MEET THEIR NEEDS (AS BENEFICIARIES) SO THAT THEY CAN MAKE A POSITIVE CONTRIBUTION TO FAMILY AND COMMUNITY LIFE FOR THE PUBLIC BENEFIT. NOTHING IN THIS CONSTITUTION SHALL AUTHORISE AN APPLICATION OF THE PROPERTY OF THE CIO FOR THE PURPOSES WHICH ARE NOT CHARITABLE.

Activities: uS supports young people aged between 12 and 25 with or at risk of developing mental health difficulties, helping them to become physically active and transform their lives. uS currently delivers on an outreach basis, funding sports and other fitness activities to small groups and individuals. In addition to this offer, uS plans to open a centre, housing sports and fitness and other facilities.

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives, Disability, Recreation
- **Who:** Children/young People, People With Disabilities, Other Defined Groups

Geography

- Durham
- Gateshead
- Newcastle Upon Tyne City
- North Tyneside
- Northumberland
- South Tyneside
- Sunderland

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£96,952	£93,323	-	-
2024-03-31	£82,104	£91,285	-	-
2023-03-31	£64,825	£70,614	-	-
2022-03-31	£87,873	£55,306	-	-
2021-03-31	£45,136	£53,204	-	-

Trustees

Name	Role	Appointed
Samantha Haley	Chair	2025-07-15
Alastair John Mitchell		2026-04-10
Dr Sabiha Shaheen Chaudhry		2026-04-17
Jacqueline Ann Cairns		2025-05-02
Toby Nicholas Peter Scott		2025-03-25

US

England & Wales - Charity number 1166464

Accounts



US

Charity Number: 1166464

**Trustees' Annual Report
for the Period
1 April 2024 to 31 March 2025**

Reference and Administration Details

Charity name: US
Charity number: 1166464
Charity's operating address: 60 Elmfield Road, Gosforth, Newcastle upon Tyne
Postcode: NE3 4BD

Names of the Charity Trustees who Manage the Charity

Trustee Name	Office	Appointed	Retired
1: Mary Jane Tacchi	Chair, Fundraising, Planning & Development	April 2016 (extended 2024)	
2: Kamni Puri	Finance	April 2016 (extended 2022)	31 March 2025
3: Aditya Sharma	Child Mental Health	April 2016 (extended 2024)	
4. Jane Erridge	Primary Care, Safeguarding	August 2020	
5. Toby Scott	Compliance	March 2025	

Names & Addresses of Advisors

	Name	Address & Postcode
Bank:	Barclays	Fawcett Street, Sunderland SR1 1RS
Human Resources	Ethical HR Ltd	11 Oswin Road, Newcastle Upon Tyne, NE12 9BH

Names of Senior Staff with Delegated Responsibilities

Suzanne McFarlane Chief Operating Officer

Structure, Governance and Management

Description of the Charity's Trusts

Type of Governing Document Constitution
How the Charity is Constituted Charitable Incorporated Organisation

Objectives and Activities

Summary of the Objects of the Charity as set out in its Governing Document

The Objects of the CIO named US are:

To advance the health and improve the quality of life of young people in Northumberland, Tyne and Wear and North Durham. Beneficiaries are aged between twelve and twenty-five and are young people who experience or are at risk of developing mental health issues and/or neurodevelopmental disorders. Support is also offered to their parents/carers.

To engage young people and their parents and carers in sport and other physical activities that have a proven beneficial effect on physical and mental health.

To support and strengthen the impact of physical activities through healthy eating workshops.

To empower beneficiaries to transform their lives through participation in sports and physical activities, enabling them to

- improve their mental and physical health,
- enhance their educational performance and employability
- develop positive relationships,
- raise their self-esteem,
- be happy and take pleasure from recreation

To empower young people to play an active part in the long and short-term planning of activities and US in order to develop their organisational skills, whilst ensuring that activities meet the needs of beneficiaries.

To help young people make a positive contribution to family and community life.

Summary of the Main Activities Undertaken for the Public Benefit in Relation to the Charity's Objects

US works in the North East of England. Our trustees are passionate about destigmatising mental illness and enhancing the support available to young people.

US delivers on an outreach basis. We provide sports and other fitness activities to individuals and small groups, aged 12 and 25, who experience mental health difficulties. Our mission is to help these young people adopt physical activity as an enjoyable lifestyle tool invaluable to both their physical and mental health.

Through sports and fitness activities we aim to empower young people and help them to:

- Feel good
- Improve their mental and physical health
- Make friends and have fun
- Improve their self-image
- Become more confident
- Set and achieve personal goals
- Engage in, and be successful in education and training and increase their employability

We provide personalised programmes and on-programme and progression support. We do this because while the benefits of physical exercise are widely recognised, young people with mental illness and neurodivergence often fail to engage in the mainstream offer. Our staged programme – the ‘US Journey’ – is informed by the individual’s needs and interests, removes the barriers presented by their condition and progresses them towards eventual independent access to their local community sport and exercise offer.

Depending on individual circumstances, our support can: be a preventative tool for self-managing mental health and reducing the need for referral to formal health services; can support young people during the long wait to access NHS mental health care; or can support the recovery process and ongoing maintenance of good mental health.

Since 2016 we have built up a large network of agencies from health, social care, education and the justice sector and charities. They and families and individuals make referrals to US.

All young people referred for individual support receive an initial assessment. This enables the Referrals and Activities Co-ordinator to develop a bespoke programme to meet their needs and interests.

We have an established, vetted bank of outstanding providers who deliver a diverse range of activities for our young people including: fitness training; yoga; swimming; dance; ice skating; horseriding; archery; cycling and running. We have the sector knowledge and links to identify high-quality providers in other specialisms as required.

What is an ‘US Journey’

For some young people specialist coaches deliver one-to-one sessions to develop confidence and activity-based skills that allow the participant to progress to the next stage of their journey, usually group or community-based activities.

We develop group sessions when there are shared interests amongst participants. Bringing young people together can stimulate growth in confidence, friendships, goal-setting and opportunities to try new things.

Accessing local community provision is key to a participants sustained engagement in sports and exercise and so each individual plan will consider how they can use these resources. A keyworker will accompany them in sessions, easing the transition and building their confidence to engage independently beyond their US programme.

We are an organisation that continuously consults young people about our development. We evaluate the impact of our offer through consultation with participants, parents and carers, providers and referral agency colleagues.

Achievement and Performance

Statutory Declaration

The trustees declare that they have complied with their duty to have due regard to the guidance on public benefit published by the commission in exercising their powers or duties.

Summary of the Main Achievements of the Charity for the Year

Making an Impact

We came into 2024/25 with the strength of maximised staffing and clarity of roles.

As a small charity, we accept that our funding and staffing capacity are limitations to the number of young people we can support to overcome some of the barriers and difficulties that their mental health or neurodiversity present. We can however control and maximise our impact by ensuring that our offer is that which is most likely to make the most difference to those we do work with.

During a trustee event in November 2024, facilitated by an independent facilitator and attended by potential new members of the trustee board, we considered where the strengths of the charity lie, and where there is uniqueness in what we do.

Overwhelmingly there was agreement that:

- growing numbers of young people have a mental health disorder and / or are neurodivergent;
- there are capacity issues across health services meaning long waits to access clinical help
- being active benefits both mental and physical health
- there are a range of sport and exercise activities available for young people within the communities we operate
- regular and sustained participation in exercise can be a tool to self-managing your well being
- mental ill health and neurodivergence can be barriers that prevent participation in sport and exercise, or other aspects of a happy life

Our conclusions:

What sets US apart - our 'USP' - is that we bridge 'unique' gaps by providing a personalised, staged programme, informed by young people's needs and interests, that removes the barriers caused by their condition. This progresses them towards eventual independent access to their local community sport and exercise offer, enabling lifelong access to the benefits of sport and exercise on wellbeing.

Having begun a shift in emphasis last year by focussing on one to one work and continuing to reduce the funding expended on group delivery, we can prevent duplication of pre-existing activities available for all young people, and instead focus on making what exists accessible to those young people referred to us who want to participate, but need help to do so.

Our Support to Young People

The referrals we received in year were for young people largely from Gateshead and Newcastle (77%) followed by Sunderland, then North Tyneside and Northumberland. We continue to work with established providers and where necessary engage and vet new ones in each area, as it supports our focus on eliminating barriers to engagement – such as having to travel to an out of area venue can create.

In 2024/25 US provided activities for 116 young people.

We delivered:

8 groups activities

73 individual one to one programmes

The continued year on year reduction in group activities and increase in one to one programmes is as forecast last year, and mirrors our focus on using our limited resource on activities which bring most benefit to the lives of individuals engaged, and qualitative feedback from young people, their families, and our team suggests that working on one to one achieves this to a greater degree than *some* group activities.

The activities US provides for each young person are based on their personal interests, this is vital to ensure the young person's engagement is sustained, and in turn, helps US support participants to develop the personal attributes needed to embed regular sport and exercise into their lives thus benefitting mental and physical health.

In year activities with specialist coaches included: horse riding, football, fitness training, tennis, contemporary dance, walking, squash, tennis

Community activities accessed with support from keyworkers included: gym training, swimming, football, pickleball, padel, tennis, running, walking, gardening, Zumba, archery, pilates and climbing

Below are 2 case studies of young people who have engaged in one to one programmes with US this year.

Case Study 1 - 25 year old male, referred by parent.

Background

This young person's struggle began over a decade ago when he developed severe treatment-resistant depression and anxiety. Over the years, his mental health deteriorated significantly, leading to two prolonged hospital admissions. Once a fit and athletic young man, he became morbidly obese, socially isolated, and disengaged from life. He rarely left his bedroom and had no online or in-person social connections. Multiple professionals, support workers, and charity volunteers attempted to help him, but their efforts had limited success. While he would occasionally engage for short periods, he quickly withdrew back into isolation. His mother expressed concern over his inability to reintegrate into daily life.

Intervention

US Key worker Alex provided structured support, starting with weekly walks to gently reintroduce physical activity. Over time, Alex encouraged him to join a local gym, initially attending together until he felt confident enough to go alone.

Impact

This young person regained confidence, lost weight, and became more active. He now regularly exercises and participates in daily activities.

He said: *"I feel much more confident in exercising but also going out and doing things more regularly. I have lost weight and feel more energised to do more."*

His mum says

“Alex started visiting 10 months ago (December 2023). Initially he would just agree to a 10 minute walk once a week, very gradually progressing to a longer walk. In May he agreed to go with Alex to the local gym (5 minutes walk away). He progressed from walking there with Alex to walking alone and meeting him there. Alex had holidays during the Summer - incredibly he continued to go to the gym once a week, unaccompanied.

He talks very little, however, these frankly unbelievable changes after 10 years of stasis indicate that he has developed some degree of hope, of belief that there could be a life out there for him, that there is someone who understands him and cares enough to be patient.

We can't begin to explain the significance of this change, and, with nurturing, its further potential to improve his quality of life. There is a very long way to go and it will be very slow but this input from US Active is life-changing. He has a chance at developing self belief now; a chance at life.”

Case study 2 – 14 year old female, referred by their GP

Background

This 14 year old young person commenced her journey with US Active seeking to improve her confidence, independence, and overall well-being. She wanted to support her mental health, as she struggles with anxiety and experiences mood fluctuations. Currently in counselling, she was looking for a positive outlet to help her navigate these challenges and establish a healthy routine.

Intervention

To support her progress, she participated in:

- 1:1 Personal Training (April – August): Structured sessions helped her build her fitness levels and confidence in the gym environment.
- Gym Membership (August – December): After gaining confidence, she transitioned to independent workouts, incorporating exercise into her daily routine.

Impact

- Mental Wellbeing Improvement: WEMWBS scores showed a significant increase from 18 to 33, reflecting her progress in mental health and confidence.
- Independence & Routine: Sally 14 developed a structured routine, making exercise a key part of her lifestyle.
- Social & Emotional Growth:
 - She has made new friends at school.
 - Her outlook on life is more positive, and she is focused on building a bright future for herself.
 - She feels more focused and capable of handling challenges.
 - She completed her school work-experience at the gym

Feedback

The young person said:

"It's created a healthy routine and a positive way to deal with life's challenges."

"I feel more focused and able to deal with challenges." – Young person

Her personal achievements:

- She feels fitter, more confident, and happier.
- She has made friends, learned new skills, and wants to continue exercising.
- She feels less anxious and has found exercise to be a great way to relax.

The Young Persons's mum shared her perspective on her daughter's transformation:

"I have seen a whole new child since my daughter started the gym sessions. It is an integral part of her daily routine now and helps her to cope with daily and mental challenges. My daughter is making new friends at school, her outlook is extremely positive now, and she is focused on creating a good future for herself."

Group delivery that supports young people

In 2024/25 we continued to deliver a number of sessions in partnership with partner organisations to support particular groups of young people at key times:

In Ponteland High School, we ran two successful cohorts of pre-exam stress relief yoga classes with Year 11 students.

In the community, we partnered with the Young Woman's Outreach Project (YWOP) - a service for young women and young mothers aged between 11 and 19 supporting and guiding them through crises in their lives – giving a group of school non-attenders the opportunity to plan and participate in active groups sessions in the community.

The remainder of our groups sessions were specifically focussed on increasing opportunities for those young people engaged with US - whether that be those already active on their own personal programme, or those recently referred for support.

Group activities are a great opportunity to develop confidence and friendships through exercise and therefore complement the specific goals being worked toward during one to one sessions. So, during school holiday periods, we delivered a series of events which combined loads of support with trying new things and meeting other people.

Across the Year this included:

- Racquet sports (badminton, pickleball and table tennis) at Tyneside Badminton Centre
- A child and parents Wellbeing Workshop combining yoga for relaxation, exercise for energy and health eating for strength.
- Paddle boarding at Cullercoats
- Archery and snow tubing at Whickham Thorns

Feedback and quotes

A selection of quotes from our participants this year:

"Taking part in the sessions has had a ripple effect benefiting all areas of my life. At first when I didn't want to do a session I would notice I felt better afterwards, the feeling then motivated me the next time and to continue. Now I'm continuing by myself, with football and muay thai." He, 15

"I feel more calm after exercising, my mind stops racing negative thoughts so I feel I'm able to concentrate more easily e.g. I can take in what I'm reading as opposed to forgetting every sentence and having to constantly reread. I feel less stressed and tend to have improved sleep. I also wake up less in the night. So I tend to feel well rested by morning, apart from aching but that encourages me more if anything. Knowing that I will feel better after a session keeps me motivated. Sometimes it may have been a bad week but doing a workout would almost feel like a mental reset. The most valuable thing I've gained is an understanding on how exercise can positively affect my mental and physical health." She, 26

"If I hadn't had help from US active, I wouldn't have got out of the house. I'm now able to take part in other social gatherings due to the help from Alex and the journey I've been on with US." He, 25

"I've found an increase in my social skills and self confidence, it's gave me something positive to look forward to weekly. It's helped to improve my focus and be able to manage my anxiety better." She, 13

Staffing and Volunteers

We have continued to employ on a part-time basis a very experienced Chief Operating Officer.

Within the year, we benefited from a settled staffing team.

- 1FTE Referrals and Activities Co-ordinator with capacity to co-ordinate new and existing young people's programmes
- An administrator (5hrs per week) with duties including, logging referrals and raising orders for delivery staff and keyworkers.
- Our pool of casual keyworkers who are available to support young people in activities, particularly in the community. In year, we employed 4 hourly paid Keyworkers.

In addition, in December 2024 we were awarded 12 months funding from Sport England's Movement Fund for a 0.4FTE Keyworker cost to support the delivery of US Journey's for new young people engaging with US. Following a recruitment process, one of our casual keyworkers was appointed and commenced the post in January 2025.

Trustees and the volunteers on the Fundraising Committee, as well as one volunteer who is engaged in our bid writing process apply their skills, experience and time to support the charity's work and are key to its success and growth.

We also have one sixth form student who has commenced a weekly work placement for US and the activities she has undertaken are:

- Designing and making a game for a Breakfast with Santa event
- Undertaking a survey of peers around how sport and exercise makes them feel

- Designing social media posts based on the results of the survey
- Supported group sessions we have run in holidays for young people
- Designing a poster for one of our fundraising events
- Listing donated clothes onto Vinted for sale to raise funds.

In forward planning for the retirement of two of our trustees in April 2026, we held a development event in November 2024. By bringing together potential future trustees we were able to share with them an overview of our charity's activities and future direction whilst exploring which skills, knowledge and experience would best create a strong and effective board. A very successful event!

Funding Streams

We work continuously to bring in the funds required to plan, manage and deliver our provision in a safe and supportive manner. We do this through applying for funding from trusts, foundation and other funding bodies and through a range of fundraising activities.

In 2024/25, we obtained in year funding for activities for young people from: Charles Robert Bell, Middleton Foundation, St Nicholas Educational Trust, Sport England's Movement Fund, and further funding from Gateshead Mental Health Transformation Funds

In 2024/25 we were fortunate to receive a combination of donations from individuals as well as from All Saints Church, Gosforth's congregation, and the Whitley Women's Choir.

Our very experienced and hard-working fundraising committee have managed to maintain and develop a range of engaging fundraising activities. Fundraising activities have included:

- Our first ever US ball
- Great North Run 2024
- A Christmas Wreath Making workshop
- A comedy night at the stand
- Quiz at the Earl of Pitt Street
- Wine Tasting
- A variety of 'active' sessions including spin, led walks, The US Cycle, and a wellness afternoon
- The US200 Club draw

Our 'Reuse and Recycle' fundraising continues alongside events raising over £1500 from egg boxes, jars, a car boot sale, and collecting clothes for re-sale or weigh in for cash.

Financial Review

Brief Statement of the Charity's Policy on Reserves

The trustees recognise that in order to maintain a continuity of support to our young people that a designated reserve be retained equivalent to 25% of the expenditure from the previous financial year.

Additional reserves may be held in pursuit of the longer-term objectives of the charity, for example capital projects, should this be identified.

Details of Any Funds Materially in Deficit

None

Statutory notes to the accounts

Particulars of Any Outstanding Guarantee Given by the CIO

None

Particulars of Any Outstanding Debt

None

Declaration

The Trustees declare that they have approved the Trustees' Report above.

Signed on behalf of the Charity's Trustees

Signature(s):

A handwritten signature in black ink, appearing to read 'Mary Jane Tacchi', written over a horizontal line.

Full Name(s): Mary Jane Tacchi

Position(s): Chair of Trustees

Date: 23/01/2026

US Charity 1166464**Statement of Financial Activities (incorporating income and expenditure account)****Year to 31st March 2025**

Income	Note	Restricted Funds	Unrestricted Funds	Total Funds	Total Funds
		2024/25 £	2024/25 £	2024/25	2023/24
Donations	2	33,073.00	28,376.91	61,449.91	43,196.18
Other activities	3		35,502.14	35,502.14	38,908.10
			-		
Total Income		33,073.00	63,879.05	96,952.05	82,104.28
Expenditure					
Raising Funds	4	1,057.01	12,318.71	13,375.72	£4,957.40
Charitable activities	5	19,840.58	59,765.34	79,605.92	86,035.60
Governance	7	-	80.00	80.00	80.00
Support Costs	8	-	261.75	261.75	211.88
			-		
Total Expenditure		20,897.59	72,425.80	93,323.39	91,284.88
Net Incoming resources		12,175.41	(8,546.75)	3,628.66	(9,180.60)
Total funds brought Forward		6,797.50	66,859.14	73,656.64	82,837.24
Total funds at 31 March 2024		18,972.91	58,312.39	77,285.30	73,656.64

US Registered Number 1166464
Balance Sheet
As at 31st March 2024

			31-Mar-25	31-Mar-24
Fixed Assets	Note			
Tangible assets	9		£424.46	£686.21
Current Assests				
Debtors	12	25,000.00	-	
Cash at bank and in hand	10	<u>56,064.70</u>	<u>77,443.23</u>	
		81,064.70	77,443.23	
Creditors: amounts falling due within 1	11	<u>4,203.86</u>	<u>4,472.80</u>	
Net Assets			77,285.30	73,656.64
Net Assets			<u>77,285.30</u>	<u>73,656.64</u>
Charity funds				
Restricted funds	13	18,972.92		7,797.50
Unrestricted funds		58,312.38		65,859.14
Total Funds			<u>77,285.30</u>	<u>73,656.64</u>

US (Charity No. 1166464)
Notes to the Financial Statement

1. Accounting Policies

The principal accounting policies are summarised below. The accounting policies have been consistently applied.

a) Basis of preparation of financial statements

The Financial Statements have been prepared under the historical cost convention and in accordance with the Statement of Recommended Practice "Accounting and Reporting by Charities (SORP 2015)" applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), effective 1 January 2019.

b) Fund Accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designed for other purposes.

Designated Funds are general funds which have been set aside by the trustees for a specific purpose

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes.

c) Incoming resources

All incoming resources are included in the financial activities when the charity has entitlement to the funds, certainty of receipt and the amount can be measured with sufficient reliability.

Income tax recoverable in relation to donations received under Gift Aid is recognised at the time of actual receipt of funds.

d) Resources expended

Expenditure is recognised on an accrual basis and has been included under expense categories that aggregate all costs for allocation to activities. Where costs can not be directly attributed to particular activities they have allocated on a basis consistent with the use of the resources.

Governance costs are those incurred in connection with the administration of the charity and compliance with constitutional and statutory requirements.

All resources expended are inclusive of irrecoverable VAT.

e) Fixed assets

Fixed Assets are stated at cost less accumulated depreciation

Computer equipment method: 25% straight line

f) Going concern basis

The financial statements have been prepared on a going concern basis. The trustees consider this to be appropriate as they project the level of donations and event profits to be sufficient to exceed operating costs.

2. Donations	Restricted Funds	Unrestricted Funds	Total Funds	Total Funds
	2024/25	2024/25	2024/25	2023/24
	£	£		
Donations		3,376.91	£3,376.91	12,196.18
Grants Received	33,073.00	25,000.00	£58,073.00	31,000.00
Total Income	33,073.00	28,376.91	61,449.91	43,196.18

Restricted Grants received in year:

Middleton Foundation	£ 1,000.00
Charles Bell	£ 2,500.00
St Nicholas Educational Trust	£ 5,000.00
Gateshead MH Transformation	£ 10,000.00
Sport England Movement Fund	£ 14,573.00

Unrestricted Grants received in year

Barbour Foundation	£ 25,000.00
--------------------	-------------

Restricted Donation received in year

-

Unrestricted Donations received in year

Multiple donations	3,376.91
	33,073.00
	28,376.91
	61,449.91

3. Other Activities	Restricted Funds	Unrestricted Funds	Total Funds	Total Funds
	2024/25	2024/25	2024/25	2023/24
	£	£		£
Fundraising	-	33,392.28	33,392.28	36,072.75
Gift Aid	-	2,109.86	2,109.86	2,835.35
HMRC Statutory Payments	-	-	-	-
Total Income	-	35,502.14	35,502.14	38,908.10

4. Expenditure on raising Funds	Restricted Funds	Unrestricted Funds	Total Funds	Total Funds
	2024/25	2024/25	2024/25	2023/24
	£	£		£
Online Payment Processing fees	0	728.78		941.41
Event costs	-	12,646.94		4,015.99
Total Expenditure	-	13,375.72		4,957.40

5. Expenditure on charitable activities	Restricted Funds	Unrestricted Funds	Total Funds	Total Funds
	2024/25	2024/25	2024/25	2023/24
	£	£		
Staffing	15387.11	50,339.73	65,726.84	£72,115.21
Activity related costs	3955.94	3,083.27	7,039.21	£5,659.46
Venue hire	£173.40	60.00	233.40	£225.00
Insurance		867.57	867.57	£872.01
Phone		720.76	720.76	£1,046.64
Website and Social Media		407.08	407.08	£2,117.08
Events, Marketing and Promotion		192.32	192.32	£920.94
Postage, Print, Stationery		496.21	496.21	£361.28
Travel Expenses	£324.13	3,017.66	3,341.79	£1,831.51
Memberships		160.00	160.00	£160.00
Training / CPD		£148.74	148.74	£304.56
Recruitment / safer recruitment		272.00	272.00	£421.91
Total Expenditure	19,840.58	59,765.34	79,605.92	86,035.60

6. Staffing

Staffing costs include Chief Operating Officer, Administrator, Referrals and Activities Co-ordinator, keyworkers, and coach/trainer costs. Funding was awarded by Sport England for a 12 month fixed term 0.4FTE Keyworker - this post commenced on 14th January 2025. Referrals and Activities Co-ordinator post is 1FTE permanent, Administrator is 5hrs per week, equivalent to 0.14FTE permanent. 4 keyworkers are employed on permanent casual basis; one of whom was appointed to the 0.4FTE keyworker post.

All other staff are engaged on a self-employed basis.

No individual received remuneration in excess of £60,000.

No trustee received any remuneration.

Voluntary hours

No amounts are included in the financial statements for services donated by volunteers.

The fundraising committee, whose members all undertake activities voluntarily, met regularly throughout 2024/25.

Yvonne Hurlow, following retirement as a Trustee in April 2022, continued to support the charity in a voluntary capacity throughout 2024/25.

We have had one young person undertaking a weekly work experience with US during the year.

7. Expenditure on Governance

	Restricted Funds 2024/25 £	Unrestricted Funds 2024/25 £	Total Funds 2024/25	Total Funds 2023/24 £
Licensing / Registration	-	55.00	55.00	55.00
External Examination of Accounts	-	25.00	25.00	25.00
External HR				-
Total Expenditure	-	80.00	80.00	80.00

8. Expenditure on Supporting Costs

	Restricted Funds 2024/25 £	Unrestricted Funds 2024/25 £	Total Funds 2024/25	Total Funds 2023/24 £
Depreciation - Computer Equipment	-	£261.75	£261.75	£211.88
Total Expenditure	-	261.75	261.75	211.88

9. Tangible Assets

	Computer Equipment £
Cost	
At 1st April 2024	1,047.00
Additions	-
At 31st March 2025	<u>1,047.00</u>
Depreciation	
At 1st April 2024	360.79
Charge for the Year	<u>261.75</u>
At 31st March 2025	<u>622.54</u>
Net Book Value	
At 1st April 2024	686.21
At 31st March 2025	<u>424.46</u>

10. Cash in bank and in-hand

	31st March 2025 £	31st March 2024 £
Bank Statement	£55,975.50	£77,362.73
Cash in hand	£89.20	£80.50
	<u>£56,064.70</u>	<u>£77,443.23</u>
Cash in hand		
Petty cash	<u>89.20</u>	
	<u>89.20</u>	

In March 2025 all the charity funds were transferred to Barclays Charity bank account 20-59-43 43243737, and Barclays Bank Community Account 20-83-69 13944735 was closed.

This change of bank account was completed at the request of Barclays Bank who would permit a 'Charity' bank account only to be operated. The trustees recognise that in order to maintain a continuity of support to our young people that a designated reserve be retained. In 2024/25 this was equivalent to 25% of the expenditure from the previous financial year. This designated reserve will be retained at 25% of the expenditure from the previous year for 2025/26.

Additional reserves may be held in pursuit of the longer term objectives of the charity for example capital projects. The trustees may choose to utilise alternative investment or interest accruing accounts for holding such funds.

* In July 2021 US opened a Business Premiern bank account - 20-83-69 53813436 - for the purposes of administering the US 200 Club quarterly lottery

	£
Opening Funds @ 01/4/2024	50.24
Paid in by lottery participants in Year	1,990.00
Interest earned	2.85
Prize funds paid out in Year	-532.89
Prize funds donated to US in Year	-1,504.88
Payment Processing Fees	-5.32
Monies due to US Charity bank account in Year	-
Balance at Year End 31/3/2025	0.00

11. Creditors - amounts falling due within one year

	31st March 2025 £	31st March 2024 £
Creditors - Suppliers	2,946.95	3,251.35
Creditors - HMRC	1,111.48	1,269.77
Creditors - NEST pension	120.43	
Accruals	25.00	25.00
	<u>4,203.86</u>	<u>4,546.12</u>

12. Debtors - amounts falling due within one year

	31st March 2025 £	31st March 2024 £
Debtors - Cheque from Foundation (unrestricted)	25,000.00	
Accrual		
	<u>25,000.00</u>	<u>-</u>

13. Restricted Funds

Breakdown of Restricted funds @ 31st March 2025

	£
Charles Robert Bell	550.00
St Nicholas' Educational Trust	2,476.53
Gatehead MH Transformation	3,420.89
Sport England Movement Fund	<u>12,525.50</u>
	<u>18,972.92</u>

£1000 held since 2020-21 for unrefunded ball tickets released in 2024/25



CHARITY COMMISSION
FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees

Charity Name US

On accounts for the year
ended

31st March 2025

Charity no
(if any)

1166464

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/12/2025**.

Responsibilities and
basis of report

As the charity's trustees, 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 all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. *Delete [] if not applicable.*

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

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

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

** Please delete the words in the brackets if they do not apply.*

Signed:

Joanne Towart

Date:

30.11.25

Name:

JOANNE TOWART

Relevant professional
qualification(s) or body

CIMA

(if any):

--

Address:

11 JACKSON CLOSE
SEATON DELAVAL.
NEZSOPL.

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

--

US

England & Wales - Charity number 1166464

Accounts



US

Charity Number: 1166464

**Trustees' Annual Report
for the Period
1 April 2023 to 31 March 2024**

Reference and Administration Details

Charity name: US
Charity number: 1166464
Charity's operating address: 60 Elmfield Road, Gosforth, Newcastle upon Tyne
Postcode: NE3 4BD

Names of the Charity Trustees who Manage the Charity

Trustee Name	Office	Appointed	Retired
1: Mary Jane Tacchi	Chair, Fundraising, Planning & Development	April 2016 (extended 2024)	
2: Kamni Puri	Finance	April 2016 (extended 2022)	
3: Aditya Sharma	Child Mental Health	April 2016 (extended 2024)	
4. Jane Erridge	Primary Care, Safeguarding	August 2020	

Names & Addresses of Advisors

	Name	Address & Postcode
Bank:	Barclays	Fawcett Street, Sunderland SR1 1RS
Human Resources	Ethical HR Ltd	11 Oswin Road, Newcastle Upon Tyne, NE12 9BH

Names of Senior Staff with Delegated Responsibilities

Suzanne McFarlane Chief Operating Officer

Structure, Governance and Management

Description of the Charity's Trusts

Type of Governing Document Constitution
How the Charity is Constituted Charitable Incorporated Organisation

Objectives and Activities

Summary of the Objects of the Charity as set out in its Governing Document

The Objects of the CIO named US are:

To advance the health and improve the quality of life of young people in Northumberland, Tyne and Wear and North Durham. Beneficiaries are aged between twelve and twenty-five and are young people who experience or are at risk of developing mental health issues and/or neurodevelopmental disorders. Support is also offered to their parents/carers.

To engage young people and their parents and carers in sport and other physical activities that have a proven beneficial effect on physical and mental health.

To support and strengthen the impact of physical activities through healthy eating workshops.

To empower beneficiaries to transform their lives through participation in sports and physical activities, enabling them to

- improve their mental and physical health,
- enhance their educational performance and employability
- develop positive relationships,
- raise their self-esteem,
- be happy and take pleasure from recreation

To empower young people to play an active part in the long and short-term planning of activities and US in order to develop their organisational skills, whilst ensuring that activities meet the needs of beneficiaries.

To help young people make a positive contribution to family and community life.

Summary of the Main Activities Undertaken for the Public Benefit in Relation to the Charity's Objects

US works in the North East of England. Our trustees are passionate about destigmatising mental illness and enhancing the support available to young people.

US delivers on an outreach basis. We provide sports and other fitness activities to small groups and individuals, aged between 12 and 25 who experience or are at risk of developing mental health difficulties. Our mission is to help these young people adopt physical activity as an enjoyable lifestyle tool invaluable to both their physical and mental health.

Through sports and fitness activities we aim to empower young people and help them to:

- Feel good
- Improve their mental and physical health
- Make friends and have fun
- Improve their self-image
- Become more confident
- Set and achieve personal goals

- Engage in, and be successful in education and training and increase their employability

We provide personalised programmes and on-programme and progression support. Depending on individual circumstances, our support can: be a preventative tool for self-managing mental health and reducing the need for referral to formal health services; can support young people during the long wait to access NHS mental health care; or can support the recovery process and ongoing maintenance of good mental health.

Since 2016 we have built up a large network of agencies from health, social care, education and the justice sector and charities. They and families and individuals make referrals to US.

All young people referred - individually or in small groups - receive an initial assessment. This enables the Referral Co-ordinator to develop a bespoke programme to meet their needs and interests.

We have an established, vetted bank of outstanding providers who deliver a diverse range of activities for our young people including: fitness training; yoga; swimming; dance; ice skating; horseriding; archery; cycling and running. We have the sector knowledge and links to identify high-quality providers in other specialisms as required.

For some young people specialist coaches deliver one-to-one sessions to develop confidence and activity-based skills that allow the participant to progress to the next stage of their journey e.g. group or community-based activities.

We develop group sessions when there are shared interests amongst participants. Bringing young people together can stimulate growth in confidence, friendships, goal-setting and opportunities to try new things. We also work with partner organisations who have pre-existing groups of young people who are in our target group and would benefit from our support to become active. We work with the young people and their staff team to identify activities they'd be interested in doing together and arrange the sessions.

Accessing local community provision is key to a participants sustained engagement in sports and exercise and so each individual plan will consider how they can use these resources. A keyworker will accompany them in sessions, easing the transition and building their confidence to engage independently beyond their US programme.

We are an organisation that continuously consults young people about our development. We evaluate the impact of our offer through consultation with participants, parents and carers, providers and referral agency colleagues.

.

Achievement and Performance

Statutory Declaration

The trustees declare that they have complied with their duty to have due regard to the guidance on public benefit published by the commission in exercising their powers or duties.

Summary of the Main Achievements of the Charity for the Year

A Focus on quality, impact and experience

During 2023/24, we committed ourselves to reviewing practices and systems with an emphasis on changes that either improve our ability to support a young person effectively or improve the experience for the young person.

Having previously brought our referral process online, part of the further changes we made was to bring all other aspects of tracking the 'US Journey' and group delivery online too: initial meeting records, progress reviews, activity sign ups and feedback forms. The main benefit of moving wholly online was increasing the flexibility with which the team and the young people can engage and plan. Secondly, standardising data across platforms increases efficiency and timeliness of recording keeping.

We improved our review forms to reaffirm to our participants that their engagement with us is a staged journey with bite-sized goals along the way; encouraging them to reflect more on their progress and how that has resulted in changes in their lives. This approach also supports us to capture evidence of the impact of our work on participants.

Mid-year, we took the opportunity, occurring from a staffing move, to review how we could maximise our staffing capacity to meet the level of referrals. By recruiting a part time administrator and increasing the hours of the Referrals and Activities Co-Ordinator, we were able to separate the responsibility for receiving and managing referrals from those of activity planning and supporting active participants. Removing the administrative tasks from the Co-ordinator; gave them increased time to plan with a dedicated caseload of individuals, while the administrator was able to oversee a waiting lists of new referrals: liaising with referrers with acknowledgements and updates on expected starts, and requesting any additional information needed.

Alongside the above, we continued our recruitment of hourly paid keyworkers to support young people to access activities in their local communities.

These change allowed us to:

- Manage expectation of referrers and young people,
- Improve capacity for focussed initial planning with new referrals and reviews for young people on-programme
- Better resource on-programme experiences of young people

As a whole, we have explored our ideal waiting times – from date of referral to point the Co-ordinator begins actively planning with the young person – and have set a guideline of 6 weeks. Whilst waiting time is influenced by a range of factors: number of referrals received, number of young people on-programme, complexity of individual needs, availability of providers and venues – we are using our weekly dashboard metrics to measure ongoing progress towards this KPI.

Website, Marketing and Promotion

A major project for 2023/24 was the redevelopment of our website. Our current site, launched in May 2017 needed a change of focus – 'Get help, Give help'. Our goal was to move from a largely static, information giving site to a interactive platform where a young person or referrer are only 3 clicks away from getting in touch. Similarly, those wanting to support US are 3 clicks from a range of options for helping us.

Our Youth Advisory groups, having been launched in February 2023 underpinned this project, not only through consultation, but also with content:

- The Youth Advisory Group felt strongly that our charity name 'US' did not offer clear explanation of the objectives of the charity and encouraged the formal adoption of our often-used title 'US Active' as our working name. This has been recorded with the Charity Commission.
- Following a briefing from the Youth Advisory group, our new 'US Active' logo was re-designed by young, professional illustrator, Niamh McBride. To complement her new design, she also created a range of illustrations for key aspects of the website for example our 'US Journey' step by step, and activity images for page icons.
- A young volunteer recorded a series of 5 short workout for our video section – a stock of accessible-to-all recordings.
- For use on both our website and our social media channels, young people recorded 4 short films, 3 capture young people talking about their personal US journeys, the other includes dancers talking about the impact their dancing has on their mental health. These have been a hugely powerful and successful promotional tool for us to explain what we do, and the impact it can have on an individual's life.

Our Support to Young People

The referrals we received in year were for young people primarily from Gateshead, Newcastle, North Tyneside and Sunderland, with small numbers from South Tyneside, Northumberland and Durham. We continue to work with established providers and where necessary engage and vet new ones in each area, as it supports our focus on eliminating barriers to engagement – such as having to travel to an out of area venue can create.

In 2023/24 US provided activities for 180 young people.

We delivered:

27 groups activities

59 one to one activities

The year on year number of groups and one to one activities – decrease in groups (-6) / increase in one to ones (+7) – mirrors our focus on using our limited resource on activities which bring most benefit to the lives of individuals engaged, and qualitative feedback from young people, their families, and our team suggests that working on one to one achieves this to a greater degree than *some* group activities. We intend to retain this focus moving forward and expect to see a continued reduction in group activities.

The activities US provides for each young person are based on their personal interests, this is vital to ensure the young person's engagement is sustained, and in turn, helps US support participants to develop the personal attributes needed to embed regular sport and exercise into their lives thus benefitting mental and physical health. In year activities include: swimming, horse riding, football, fitness training, yoga, tennis, contemporary dance, walking, circus skills.

In 2023/24 our one to one work has focused around progression – building individual steps to independent engagement in sport and exercise. Below are 2 case studies of young people who have engaged in one to one programmes with US.

Case Study 1 - 16 year old male, referred by his social worker.

"Over the past five years, he had grappled with anxiety and Asperger's syndrome, leading to challenges in conventional schooling. Transitioning to homeschooling exacerbated his tendency to isolate himself, rarely venturing out. Motivation dwindled, and public settings became sources of anxiety, hindering his social interactions.

However, since teaming up with our keyworker Alex, he blossomed, acquiring skills he never imagined possible. Initially he began his journey with Alex by going for a cycle, which gradually evolved into regular visits to the local gym together. Remarkably, he now navigates the gym independently, a feat once deemed unattainable. Regular gym visits sparked a newfound confidence and independence within him. Progress extended beyond fitness, as he embarked on functional skills training, driving lessons, and is now pursuing aspirations in construction employment.

Observing his transformation, his grandparents note a positive shift in his demeanour, with increased social engagement outside his room. He himself acknowledges the transformation, expressing enhanced confidence and enjoyment in gym sessions, coupled with newfound energy and pride in his accomplishments.

Reflecting on his journey, he celebrates tangible improvements: improved health, better sleep, heightened self-assurance, and burgeoning independence. Weight loss, a byproduct of exercise, further bolsters his confidence, while enhanced coping mechanisms for anxiety and Asperger's syndrome contribute to a brighter, more hopeful outlook, as he eagerly plans for the future."

Case study 2 – 17 year old female, referred from Young Woman's Outreach Project

"She was NEET (Not in Education, Employment or Training) when referred to US. Previously having been home schooled for a little while but that became too much for her. She struggles with depression and anxiety. She hopes to create a healthy routine for herself by leaving the house and going to the gym, building her self-confidence.

Her US plan was to start going to the gym at Dunston Leisure Centre with support, building her confidence over time to hopefully go by herself and start creating routines.

She started her sessions at the gym in November 2023, accompanied by our keyworker Beth. After a series of successful sessions with Beth, she transitioned to going with her mum and friends, and then by herself.

The outcome: she has really enjoyed her time being supported by us and is very grateful.

"Us has motivated me to go out in general and become active. When you are active and caught in conversation with someone [her keyworker] it eases all your concerns because you're focused on what you're doing. US are very kind and have assisted me in many ways and check on me often. To summarise they make you feel like family and I'm grateful to have been referred to them."

"I have loved my time at the gym. I started as a very anxious person who wouldn't go out or able to stand crowded places but being at the gym has made me able to go into bigger crowds, socialise and make friends. In general it's been a huge motivation for me."

Her parents can see an increase in her confidence. She'll often go to them with problems and they'll sit and figure them out together. She now goes out with friends more too."

Group delivery that supports young people

Our group sessions, particularly those working with partners, has seen continuation and development in 2023/24.

Our weekly online yoga group continues; effective both for its regular sessions focusing on relaxation and mindfulness, but also as an activity immediately accessible to any newly referred young person as they move through the referral and personalised planning process.

In schools, we ran another successful two cohorts of pre-exam stress relief yoga classes with Year 11 students at Dame Allens, Newcastle.

At Excelsior School in Newcastle we again delivered a 'Health Club' group for Year 8 students who have been identified by their pastoral team as struggling with wellbeing issues in particular following the uncertainty caused by COVID.

We also continued to offer multi-sports sessions with a cohort of students receiving additional support through the GOALS programme at John Spence School in North Tyneside.

In the community, we partnered with DiscoverMe, the recovery college for young people aged 16 to 25 in North Tyneside, providing the sport sessions for their Summer open event.

Throughout the year, our Youth Engagement Officer delivered a number of activities in addition to the Advisory Group work around the website development and social media content creation.

Of note are:

The young people's organisation of the 'Bizarre' event at John Spence High School – a wellbeing fair bringing together community organisations, local businesses, fitness professionals, and performances and demonstrations from students.

A workshop with students from the Performing Arts programme at Sunderland College – looking at their understanding of the benefits and negatives of sport and exercise on mental wellbeing and everyday life, their barriers to engaging, and ways to overcome these.

Feedback and quotes

A selection of quotes from our participants:

"I'm now able to do things which I could never have imagined being able to do on a confidence and physical level. I am now able to approach uncertain situations with stability. I'm healthier both mentally and physically. I feel more confident and able to talk to people, this has helped me throughout moving to college and uni over the years. He, 20

De-stressed and feel more motivated and energetic. My routine has completely changed to suit my fitness goals and feeling so much more happier with myself. He, 16

It has helped me so much to actually get out of bed and do daily tasks. For example I find it hard to process what task I need to do and if I haven't been to the gym I will still be in bed and become overwhelmed by everything that needs to be done. When I get up and go to the gym, I get things done and feel better overall. He, 22

It's improved my fitness levels as well as concentration and focus. They, 14

It gives me motivation to get out of bed and gives me space to not think, to give my mind a break. She, 18

It has built my motivation and confidence for going outside and starting to exercise. It's given me more energy and helped me become more positive. They, 16

Staffing and Volunteers

We have continued to employ on a part-time basis a very experienced Chief Operating Officer.

Within the year, we have seen some changes to our staffing team.

In July, our previous 0.75FTE Referrals and Activities Co-ordinator left to take up a new post elsewhere. This gave us the opportunity to review how we could maximise our capacity to meet the level of referrals. To grow within our financial capacity we made the following staffing changes:

- To appoint a new 1FTE Referrals and Activities Co-ordinator to give greater capacity to co-ordinate both new and existing young people's programmes
- To appoint an administrator (5hrs per week) with duties including, logging referrals and raising orders for delivery staff and keyworkers.
- To continue to expand our pool of casual keyworkers who are available to support young people in activities, particularly in the community. In year, we appointed 4 hourly paid Keyworkers.
- To terminate the Youth Engagement Worker post at the end of the funded period. Whilst the post allowed us to undertake some fantastic developmental work, we needed to focus our resource on meeting the demand for individual support, but hopefully within doing so, retaining youth advisory activity.

Trustees and the volunteers on the Fundraising Committee, as well as one volunteer who is engaged in our bid writing process apply their skills, experience and time to support the charity's work and are key to its success and growth.

Alongside this, our Youth Advisory group have been very active in year, delivering sessions with youth groups around mental wellbeing, sharing ideas about the charities name, logo and website redesign, and producing content for our social media channels.

As part of our planning and development team, we have agreed to explore how the charity could manage and support a growth in volunteer roles across a variety of aspects of the organisation.

Funding Streams

We work continuously to bring in the funds required to plan, manage and deliver our provision in a safe and supportive manner. We do this through applying for funding from trusts, foundation and other funding bodies and through a range of fundraising activities.

In 2023/24, we obtained in year funding for activities for young people from: Northumbria Police and Crime Commissioner: Operation Payback, Gateshead Mental Health Transformation Fund,

Newby Trust, Magdalen Hospital Trust, Finn Family Trust, Star Fund and GSK Tackling Inequalities Fund (The GSK Tackling Inequalities grant award also included £1000 of Leadership Training by the Kings Fund, attended by the Chief Operating Officer.)

In 2023/24 we were fortunate to have again received some substantial donations from personal and business donors.

Our very experienced and hard-working fundraising committee have managed to maintain and develop a range of engaging fundraising activities. Fundraising activities have included:

- Sponsored events including:
 - GNR 2023
 - Coast 2 Coast
 - Walking the Camino de Santiago
- A Christmas Wreath Making workshop
- Lunch at the Coach House
- Race Night
- Open Garden
- An evening at Blackfriars
- The US200 Club draw

2023/24 also saw the start of our focus on 'Reuse and Recycle' to raise funds. We have established a partnership with a local greengrocer who gives us a donation for every egg box we collect. We have received a cash donation from a second local business raised through donations of glass jars. On top of these we have exchanged / sold second hand items for cash – clothes, ink cartridges, books and CDs and household items.

We are also hugely grateful to Whitley Women's Choir who made us their 2023/24 Charity of the Year, and have actively supported us through a range of events and activities.

Financial Review

Brief Statement of the Charity's Policy on Reserves

The trustees recognise that in order to maintain a continuity of support to our young people that a designated reserve be retained equivalent to 50% of the expenditure from the previous financial year.

Additional reserves may be held in pursuit of the longer-term objectives of the charity, for example capital projects, should this be identified.

Details of Any Funds Materially in Deficit

None

Statutory notes to the accounts

Particulars of Any Outstanding Guarantee Given by the CIO

None

Particulars of Any Outstanding Debt

None

Declaration

The Trustees declare that they have approved the Trustees' Report above.

Signed on behalf of the Charity's Trustees

Signature(s):

A handwritten signature in black ink, appearing to read 'Mary Jane Tacchi', written over a horizontal line.

Full Name(s): Mary Jane Tacchi

Position(s): Chair of Trustees

Date: 27/01/2025

US Charity 1166464
Statement of Financial Activities (incorporating income and expenditure account)
Year to 31st March 2024

Income	Note	Restricted Funds	Unrestricted Funds	Total Funds	Total Funds	Total Funds	Total Funds	Total Funds	Total Funds
		2023/24	2023/24	2023/24	2022/23	2021/22	2020/21	2019/20	2018/19
		£	£			£	£	£	£
Donations	2	20,000.00	23,196.18	43,196.18	37,979.77	61,757.00	29,499.83	5,955.00	47,519.80
Other activities	3		38,908.10	38,908.10	26,845.30	26,116.30	15,635.99	22,056.41	13,373.75
			-						
Total Income		20,000.00	62,104.28	82,104.28	64,825.07	87,873.30	45,135.82	28,011.41	60,893.55
Expenditure									
Raising Funds	4	-	4,957.40	£4,957.40	2,633.91	3,190.47	717.53	2,192.74	2,481.88
Charitable activities	5	29,477.55	56,558.05	86,035.60	67,757.90	52,028.65	52,156.91	43,173.63	37,830.84
Governance	7	-	80.00	80.00	80.00	80.00	330.00	355.00	125.00
Support Costs	8	-	211.88	211.88	142.06	6.85			
Total Expenditure		29,477.55	61,807.33	91,284.88	70,613.87	55,305.97	53,204.44	45,721.37	40,437.72
Net Incoming resources		(9,477.55)	296.95	(9,180.60)	(5,788.80)	32,567.33	(8,068.62)	(17,709.96)	20,455.83
Total funds brought Forward		17,275.05	65,562.19	82,837.24	88,626.04	56,058.71	64,127.33	81,837.29	61,381.46
Total funds at 31 March 2024		7,797.50	65,859.14	73,656.64	82,837.24	88,626.04	56,058.71	64,127.33	81,837.29

US Registered Number 1166464
Balance Sheet
As at 31st March 2024

Page 2

		31-Mar-24	31-Mar-23	31-Mar-22	31-Mar-21
	Note	£	£	£	£
Fixed Assets					
Tangible assets	9	£686.21	£499.09	322.15	-
Current Assests					
Debtors	12	-	-	244.99	40.00
Cash at bank and in hand	10	<u>77,443.23</u>	<u>88,334.87</u>	<u>93,342.88</u>	<u>63,906.06</u>
		77,443.23	88,334.87	93,587.87	63,946.06
Creditors: amounts falling due within 1 y	11	<u>4,472.80</u>	<u>5,996.72</u>	<u>5,283.98</u>	<u>7,887.35</u>
Net Assets		73,656.64	82,837.24	88,626.04	56,058.71
Net Assets		<u>73,656.64</u>	<u>82,837.24</u>	<u>88,626.04</u>	<u>56,058.71</u>
Charity funds					
Restricted funds	13	7,797.50	17,275.05	41,876.94	6,528.88
Unrestricted funds		65,859.14	65,562.19	46,749.10	49,529.83
Total Funds		<u>73,656.64</u>	<u>82,837.24</u>	<u>88,626.04</u>	<u>56,058.71</u>

1. Accounting Policies

The principal accounting policies are summarised below. The accounting policies have been consistently applied.

a) Basis of preparation of financial statements

The Financial Statements have been prepared under the historical cost convention and in accordance with the Statement of Recommended Practice "Accounting and Reporting by Charities (SORP 2015)" applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), effective 1 January 2015.

b) Fund Accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designed for other purposes.

Designated Funds are general funds which have been set aside by the trustees for a specific purpose

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes.

c) Incoming resources

All incoming resources are included in the financial activities when the charity has entitlement to the funds, certainty of receipt and the amount can be measured with sufficient reliability.

Income tax recoverable in relation to donations received under Gift Aid is recognised at the time of actual receipt of funds.

d) Resources expended

Expenditure is recognised on an accrual basis and has been included under expense categories that aggregate all costs for allocation to activities. Where costs can not be directly attributed to particular activities they have allocated on a basis consistent with the use of the resources.

Governance costs are those incurred in connection with the administration of the charity and compliance with constitutional and statutory requirements.

All resources expended are inclusive of irrecoverable VAT.

e) Fixed assets

Fixed Assets are stated at cost less accumulated depreciation

Computer equipment method: 25% straight line

f) Going concern basis

The financial statements have been prepared on a going concern basis. The trustees consider this to be appropriate as they project the level of donations and event profits to be sufficient to exceed operating costs.

2. Donations	Restricted Funds	Unrestricted Funds	Total Funds	Total Funds	Total Funds	Total Funds	Total Funds
	2023/24	2023/24	2023/24	2022/23	2021/22	2020/21	2019/20
	£	£		£	£	£	£
Donations		12,196.18	12,196.18	21,500.90	18,016.00	2,336.33	2,485.00
Grants Received	20,000.00	11,000.00	31,000.00	16,478.87	43,741.00	27,163.50	3,470.00
Total Income	20,000.00	23,196.18	43,196.18	37,979.77	61,757.00	29,499.83	5,955.00

Restricted Grants received in year:

PCC Operation Payback	£3,000.00
Gateshead Mental Health Transformation Fund	£10,000.00
Newby Trust	£5,000.00
Magdalen Hospital Trust	£2,000.00

Unrestricted Grants received in year

Finn Family Trust	£ 1,000.00
GSK Tackling InEqualities	£ 9,000.00
Star Fund	£ 1,000.00

Restricted Donation received in year

-

Unrestricted Donations received in year

Multiple donations	12,196.18
	20,000.00
	23,196.18

3. Other Activities	Restricted Funds	Unrestricted Funds	Total Funds	Total Funds	Total Funds	Total Funds	Total Funds
	2023/24	2023/24	2023/24	2022/23	2021/22	2020/21	2019/20
	£	£	£	£	£	£	£
Fundraising	-	36,072.75	36,072.75	20,906.16	19,940.60	9,972.82	19,064.32
Gift Aid	-	2,835.35	2,835.35	5,939.14	6,175.70	1,496.50	2,992.09
HMRC Statutory Payments	-	-	-	-	-	4,166.67	-
Total Income	-	38,908.10	38,908.10	26,845.30	26,116.30	15,635.99	22,056.41

4. Expenditure on raising Funds	Restricted Funds	Unrestricted Funds	Total Funds	Total Funds	Total Funds	Total Funds	Total Funds
	2023/24	2023/24	2023/24	2022/23	2021/22	2020/21	2019/20
	£	£	£	£	£		£
Online Payment Processing fees	0	941.41	941.41	623.89	734.31	682.58	549.78
Event costs	-	4,015.99	4,015.99	2,010.02	2,456.16	34.95	1,642.96
		-	-			-	
Total Expenditure	-	4,957.40	4,957.40	2,633.91	3,190.47	717.53	2,192.74

5. Expenditure on charitable activities	Restricted Funds	Unrestricted Funds	Total Funds	Total Funds	Total Funds	Total Funds	Total Funds
	2023/24	2023/24	2023/24	2022/23	2021/22	2020/21	2019/20
	£	£		£	£	£	£
Staffing	25264.64	46,850.57	£72,115.21	£60,604.23	48,736.93	47,825.51	37,070.50
Activity related costs	3624.2	2,035.26	£5,659.46	£3,996.66	647.15	14.00	937.37
Venue hire	£225.00	-	£225.00	£0.00	-	465.00	700.00
Insurance		872.01	£872.01	£741.15	548.72	538.72	498.40
Phone		1,046.64	£1,046.64	£450.22	378.00	352.99	257.00
Website and Social Media		2,117.08	£2,117.08	£562.48	508.44	1,907.56	632.50
Events, Marketing and Promotion		920.94	£920.94	£0.00	267.29	362.56	1,175.17
Postage, Print, Stationery		361.28	£361.28	£606.91	441.80	297.00	657.79
Travel Expenses	£363.71	1,467.80	£1,831.51	£355.20	28.62	-	-
Memberships		160.00	£160.00	£84.00	84.00	84.00	854.00
Training / CPD		304.56	£304.56	£152.99	-	99.00	179.90
Recruitment / safer recruitment		421.91	£421.91	£204.06	387.70	210.57	211.00
		-	-			-	
Total Expenditure	29,477.55	56,558.05	86,035.60	67,757.90	52,028.65	52,156.91	43,173.63

6. Staffing

Page 5

Staffing costs include Chief Operating Officer, Administrator, Referrals and Keyworker Co-ordinator, Youth Engagement Officer, keyworkers, and coach/trainer costs. The 0.75 FTE Referrals and Keyworker Co-ordinator (increased from 0.5FTE 3rd October 2022) left the post in June 2023. Following interim hourly paid cover, a 1FTE Referrals and Activities Co-ordinator was appointed in September 2023. The increase in FTE was agreed in light of the increased number of referrals. US appointed 4No. Casual keyworkers in 2022/23 on zero hours contracts to provide a flexible support offer to young people engaged with our offer. A part time administrator (5 hrs per week) commenced in post on 20th October 2024. The fixed term 0.5FTE Youth Engagement Officer's (appointed 14th November 2022) post ended on 31st December 2024. All other staff are engaged on a self employed basis. No individual received remuneration in excess of £60,000. No trustee received any remuneration.

Voluntary hours

No amounts are included in the financial statements for services donated by volunteers.

The fundraising committee, whose members all undertake activities voluntarily, met regularly throughout 2023/24.

Yvonne Hurlow, following retirement as a Trustee in April 2022 continued to support the charity in a voluntary capacity throughout 2023/24.

7. Expenditure on Governance

	Restricted Funds	Unrestricted Funds	Total Funds	Total Funds	Total Funds	Total Funds	Total Funds	Total Funds
	2023/24	2023/24	2023/24	2022/23	2021/22	2020/21	2019/20	2018/19
	£	£	£	£	£	£	£	£
Licensing / Registration	-	55.00	55.00	55.00	55.00	75.00	55.00	75.00
External Examination of Accounts	-	25.00	25.00	25.00	25.00	25.00	25.00	50.00
External HR			-	-	-	230.00	275.00	
Total Expenditure	-	80.00	80.00	80.00	80.00	330.00	355.00	125.00

8. Expenditure on Supporting Costs

	Restricted Funds	Unrestricted Funds	Total Funds	Total Funds	Total Funds	Total Funds	Total Funds	Total Funds
	2023/24	2023/24	2023/24	2022/23	2021/22	2020/21	2019/20	2018/19
	£	£	£	£	£	£	£	£
Depreciation - Computer Equipment	-	£211.88	£211.88	£142.06	6.85	-	-	-
Total Expenditure	-	211.88	211.88	142.06	6.85	-	-	-

9. Tangible Assets

	Computer Equipment
	£
Cost	
At 1st April 2023	648.00
Additions	399.00
At 31st March 2024	<u>1,047.00</u>
Depreciation	
At 1st April 2023	148.91
Charge for the Year	211.88
At 31st March 2024	<u>360.79</u>
Net Book Value	
At 1st April 2023	499.09
At 31st March 2024	<u>686.21</u>

10. Cash in bank and in-hand

	31st March 2024	31st March 2023	31st March 2022	31st March 2021	31st March 2020	31st March 2019	31st March 2018
	£	£	£	£	£	£	£
Bank Statement	£77,362.73	£88,334.37	93,342.38	63,905.56	67,362.85	83,140.36	63,935.46
Cash in hand	£80.50	£0.50	0.50	0.50	19.00	1,976.93	-
	<u>£77,443.23</u>	<u>£88,334.87</u>	<u>93,342.88</u>	<u>63,906.06</u>	<u>67,381.85</u>	<u>85,117.29</u>	<u>63,935.46</u>
Cash in hand							
Petty cash	<u>80.50</u>						
	<u>80.50</u>						

Page 6

In 2023/24 all charity funds were held in the charity's Barclays Bank Community Account 20-83-69 13944735 *

At the request of Barclays Bank, a new 'charity' account 20-59-43 43243737 was applied for and opened, however at the end of the 2023/24 year is not yet in use due to mandate changes required.

The trustees recognise that in order to maintain a continuity of support to our young people that a designated reserve be retained. In 2023/24 this was equivalent to 50% of the expenditure from the previous financial year. This designated reserve will be retained at 25% of the expenditure from the previous year for 2024/25.

Additional reserves may be held in pursuit of the longer term objectives of the charity for example capital projects. The trustees may choose to utilise alternative investment or interest accruing accounts for holding such funds.

The funds of the charity	31st March 2024	31st March 2023	31st March 2022	31st March 2021	31st March 2020
	£	£	£	£	£
Bal. of creditors/debtors falling due in 1 Year	4,546.12	5,996.72	5,038.99	7,847.35	
Restricted Income Funds	7,797.50	14,198.33	41,535.83	6,528.88	3,148.19
General Unrestricted Income Funds	19,420.51	32,832.88	19,177.90	23,451.38	21,060.03
Designated Unrestricted Income Funds *	<u>45,679.10</u>	<u>35,306.94</u>	<u>27,590.16</u>	<u>26,078.46</u>	<u>43,173.63</u>
	<u>77,443.23</u>	<u>88,334.87</u>	<u>93,342.88</u>	<u>63,906.06</u>	<u>67,381.85</u>

Total of General Unrestricted Income Funds and Designated Unrestricted Income Funds is £65,099.61

* In July 2021 US opened a Business Premium bank account - 20-83-69 53813436 - for the purposes of administering the US 200 Club quarterly lottery

	£	
Opening Funds @ 01/4/2023	-	
Paid in by lottery participants in Year	1,810.00	
Interest earned	3.32	
Prize funds paid out in Year	(499.77)	
Prize funds donated to US in Year	0	
Payment Processing Fees	-0.02	
Monies due to US Charity bank account in Year	(1,263.29)	
Balance at Year End	50.24	(40.24 Prize to be paid re. March 2024 draw / £10 payment for June 2024 draw)

11. Creditors - amounts falling due within one year

	31st March 2024	31st March 2023	31st March 2022	31st March 2021	31st March 2020	31st March 2019	31st March 2018
	£	£	£	£	£	£	£
Creditors - Suppliers	3,251.35	4,975.00	4,838.98	5,990.60	3,229.52	3,255.00	2,544.00
Creditors - HMRC	1,269.77	905.46					
Creditors - NEST pension		91.26					
Accruals	<u>25.00</u>	<u>25.00</u>	<u>445.00</u>	<u>1,896.75</u>	<u>25.00</u>	<u>25.00</u>	<u>-</u>
	<u>4,546.12</u>	<u>5,996.72</u>	<u>5,283.98</u>	<u>7,887.35</u>	<u>3,254.52</u>	<u>3,280.00</u>	<u>2,544.00</u>

12. Debtors - amounts falling due within one year

	31st March 2024	31st March 2023	31st March 2022	31st March 2021	31st March 2020	31st March 2019	31st March 2018
	£	£	£	£	£	£	£
Debtors				-	-	-	-
Accrual			<u>244.99</u>	<u>40.00</u>	<u>-</u>	<u>-</u>	<u>-</u>
	<u>-</u>	<u>-</u>	<u>244.99</u>	<u>40.00</u>	<u>-</u>	<u>-</u>	<u>-</u>

13. Restricted Funds

Breakdown of Restricted funds @ 31st March 2024

	£
Warbuton	-
RISE - Youth Engagement Officer 0.75	-
Donor - Referrals & Activities Co-ordinator	-
Middleton Foundation	57.01
Reece Foundation	-
John Spence HS - YE	-
Operation Payback PCC	-
Gateshead MH Transformation	2,704.96
Newby Trust	2,392.13
Magdalen Hospital	1,643.40
May Ball Ticket payments held	<u>1,000.00</u>
	<u>7,797.50</u>



CHARITY COMMISSION
FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name

US

On accounts for the year
ended

31st March 2024

Charity no
(if any)

1166464

Set out on pages

1 to 6

(remember to include the page numbers of additional sheets)

Responsibilities and
basis of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/03/2024**

As the charity's trustees, 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 all 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 gives me cause to believe that in, any material respect:

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

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

Signed:

Joanne Towart -

Date:

10.1.25.

Name:

JOANNE TOWART.

Relevant professional
qualification(s) or body
(if any):

CIMA

Address:

11 JACKSON CLOSE, SEATON DELAVAL, NE250PL.

Section B	Disclosure
------------------	-------------------

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

US

England & Wales - Charity number 1166464

Accounts



US

Charity Number: 1166464

**Trustees' Annual Report
for the Period
1 April 2022 to 31 March 2023**

Reference and Administration Details

Charity name: US
Charity number: 1166464
Charity's operating address: 60 Elmfield Road, Gosforth, Newcastle upon Tyne
Postcode: NE3 4BD

Names of the Charity Trustees who Manage the Charity

Trustee Name	Office	Appointed	Retired
1: Mary Jane Tacchi	Chair, Fundraising, Planning & Development	April 2016 (extended 2020)	
2: Kamni Puri	Finance	April 2016 (extended 2019)	
3: Aditya Sharma	Child Mental Health	April 2016 (extended 2020)	
4. Jane Erridge	Primary Care, Safeguarding	August 2020	

Names & Addresses of Advisors

	Name	Address & Postcode
Bank:	Barclays	Fawcett Street, Sunderland SR1 1RS
Human Resources	Ethical HR Ltd	11 Oswin Road, Newcastle Upon Tyne, NE12 9BH

Names of Senior Staff with Delegated Responsibilities

Suzanne McFarlane Chief Operating Officer

Structure, Governance and Management

Description of the Charity's Trusts

Type of Governing Document	Constitution
How the Charity is Constituted	Charitable Incorporated Organisation

Objectives and Activities

Summary of the Objects of the Charity as set out in its Governing Document

The Objects of the CIO named US are:

To advance the health and improve the quality of life of young people in Northumberland, Tyne and Wear and North Durham. Beneficiaries are aged between twelve and twenty-five and are young people who experience or are at risk of developing mental health issues and/or neurodevelopmental disorders. Support is also offered to their parents/carers.

To engage young people and their parents and carers in sport and other physical activities that have a proven beneficial effect on physical and mental health.

To support and strengthen the impact of physical activities through healthy eating workshops.

To empower beneficiaries to transform their lives through participation in sports and physical activities, enabling them to

- improve their mental and physical health,
- enhance their educational performance and employability
- develop positive relationships,
- raise their self-esteem,
- be happy and take pleasure from recreation

To empower young people to play an active part in the long and short-term planning of activities and US in order to develop their organisational skills, whilst ensuring that activities meet the needs of beneficiaries.

To help young people make a positive contribution to family and community life.

Summary of the Main Activities Undertaken for the Public Benefit in Relation to the Charity's Objects

US works in the North East of England. Our trustees are passionate about destigmatising mental illness and enhancing the support available to young people.

US delivers on an outreach basis. We provide sports and other fitness activities to small groups and individuals, aged between 12 and 25 who experience or are at risk of developing mental health difficulties. Our mission is to help these young people adopt physical activity as an enjoyable lifestyle tool invaluable to both their physical and mental health.

Through sports and fitness activities we aim to empower young people and help them to:

- Feel good
- Improve their mental and physical health
- Make friends and have fun
- Improve their self-image
- Become more confident
- Set and achieve personal goals
- Engage in, and be successful in education and training and increase their employability

We provide personalised programmes and on-programme and progression support. Depending on individual circumstances, our support can: be a preventative tool for self-managing mental health and reducing the need for referral to formal health services; can support young people during the long wait to access NHS mental health care; or can support the recovery process and ongoing maintenance of good mental health.

Since 2016 we have built up a large network of agencies from health, social care, education and the justice sector and charities. They and families and individuals make referrals to US. All young people referred - individually or in small groups - receive an initial assessment. This enables the Referral Co-ordinator to develop a bespoke programme to meet their needs and interests.

We have an established, vetted bank of outstanding providers who deliver a diverse range of activities for our young people including: fitness training; yoga; swimming; dance; ice skating; horseriding; archery; cycling and running. We have the sector knowledge and links to identify high-quality providers in other specialisms as required.

We provide 1:1 sessions for young people not yet ready to join a group, small group provision to address shared issues, and support into existing community provision. The Referral Coordinator provides on-going support and progression planning.

We are an organisation that continuously consults young people about our development. We evaluate the impact of our offer through consultation with participants, parents and carers, providers and referral agency colleagues.

Achievement and Performance

Statutory Declaration

The trustees declare that they have complied with their duty to have due regard to the guidance on public benefit published by the commission in exercising their powers or duties.

Summary of the Main Achievements of the Charity for the Year

A Year of Opportunity

2022/23 was an exciting year for US as we had in place funding both to increase the FTE of our Referrals and Activities Co-ordinator, and also to employ and develop a Youth Engagement Officer role which would both support our young people on their US journey and drive our youth voice focus. Being able to make this level of investment in staffing was hugely important to provide increased capacity to respond to the 30% growth in referral numbers.

The referrals we received in year were for young people primarily from Gateshead, Newcastle and North Tyneside, with small numbers from South Tyneside, Sunderland, Northumberland and Durham. It is reflective of this that the majority of our established provider network are based in

these three locales, as it supports our focus on eliminating barriers to engagement – such as having to travel to an out of area venue can create.

Our Growth

In 2022/23 US provided activities for 260 young people. This is 91% year on year growth and a continuing incremental growth from our first operating year in 2016/17.

We delivered:

33 groups activities

52 one to one activities

The activities US provides for each young person are based on their personal interests, this is vital to ensure the young person's engagement is sustained, and in turn, helps US support participants to develop the personal attributes needed to embed regular sport and exercise into their lives thus benefitting mental and physical health

Examples of one to one activities undertaken by our participants in 2022/23 include: climbing, boxercise, ariel, circus skills, horse riding, swimming, fitness training, football skills. The scope of our one to one work bridges a spectrum: from sessions organised directly with a specialist trainer or coach who will work intensively with the young person to build skills and confidence, to supporting and organising access to organisations in the community who deliver activities e.g. Stepney Banks Stables, Circus Central, Go Gateshead. US team members attend sessions with our participants, being a friendly companion and helping overcome the barriers of going to a 'new place / doing a new thing'. As young people grow in confidence, we will then fund a membership to allow them to continue attending independently encouraging a permanent integration of sport into their lifestyle.

Group delivery that supports young people

Our group sessions, particularly those working with partners, has seen continuation and development in 2021/22.

Our weekly online yoga group continues; effective both for its regular sessions focusing on relaxation and mindfulness, but also as an activity immediately accessible to any newly referred young person as they move through the referral and personalised planning process.

In schools, we ran another successful cohort of pre-exam stress relief yoga classes with Year 11 students at Dame Allens, Newcastle.

We continue to work with Excelsior School in Newcastle. We are now delivering a 'Health Club' group for Year 8 students who have been identified by their pastoral team as struggling with wellbeing issues in particular following the uncertainty caused by COVID. A qualified trainer offers a varied range of activities based on the initial discussions which took place with the students about their particular interests.

We have just commenced delivery of multi-sports sessions with a cohort of students receiving additional support through the GOALS programme at John Spence School in North Tyneside.

In the community, following the impact of and feedback from the weekly self defence programme we delivered at Gatehead's Young Women's Outreach Project in 2021/22, this year we have run multiple half day sessions which allowed a larger number of young woman to access these valuable training.

An early development of our Youth Engagement Officer's work was establishing a weekly 'Swim and Chat' group with residents of the Tyneside Foyer. An evolution of the weekly sessions we were offering in the Foyer, it responded to a group of the young people's interest in expanding their fitness activities, and building familiarity with the local facilities. A small group was established who travelled to Elswick Pool on a Friday afternoon to swim or use the gym as well as having the opportunity to talk to both our team and fellow residents.

In February 2023, we held our Youth Engagement Launch event at Lane 7 bowling alley in Newcastle. 21 young people attended and over the course of the evening, and drawing sustenance from food, drinks and games of bowling, they provided feedback on: the benefits of destigmatising mental ill health, barriers preventing young people from engaging in sport and exercise, and feedback on US's online presence.

Moving in 2023/24, we will bring young people together regularly, both in groups and singularly, to develop a youth voice which will help to inform the decisions of the charity as well as explore ways that young people can foster their personal growth and celebrate their interests and talents by collaborating in projects with US.

Feedback and quotes

A selection of quotes from our participants:

"I'm absolutely loving my session. Being diagnosed with bipolar when I was 16 and been on various medications. After my last episode since starting new medication and the weekly training its massively helped my confidence and just my overall mood. So thankful for the service that's been provided." (Personal Training) Male, 21

Most of all I've enjoyed: meeting new people and finding a healthy coping mechanism to deal with my anxiety. (Group fitness classes) Male, 19

I was referred into US Active by the team who had offered me immediate support. It was some support while I waited for more long-term help from therapists and also something different. I wanted something different. US Active was exactly that immediately pairing me with both a personal trainer and allowing me to join a phenomenal yoga class. That was my initial introduction to US Active and I am and will continue to be so very grateful for it. (PT / Yoga) Female, 23

"Taking part in sessions supported by US active has really helped to give me space away from my thoughts and worries. I love my time swimming, it gives me freedom." Male, 19

Staffing and Volunteers

We have continued to employ on a part-time basis a very experienced Chief Operating Officer.

In year our Referrals and Activities Co-ordinator post has increased to 0.75FTE, having absorbed the 'progression planning' component of the Youth Engagement Officer role. Following a change in personnel, it became clear that this was a more consistent means of offering continuity to our young people throughout their US Journey. We reappointed to the 0.5FTE Youth Engagement Officer role in November 2022, and the role will focus on the remaining two strands agreed with our funder, RISE:

- Identifying participants through a partnership working model and,

- Youth Action: setting up an advisory group, engaging young people in Youth Voice, as well as other peer engagement activities which promote the benefits of sport and exercise on mental health

Trustees and the volunteer Fundraising Committee apply their skills, experience and time to support the charity's work and are key to its success and growth. We are very grateful to those who have delivered our fundraising activities throughout this year, and of course those who attended of events.

Funding Streams

We work continuously to bring in the funds required to plan, manage and deliver our provision in a safe and supportive manner. We do this through applying for funding from trusts, foundation and other funding bodies and through a range of fundraising activities.

In addition to the funding secured for the Referrals and Activities Co-ordinator and Youth Engagement Officer in 2022/23, we obtained in year funding for activities for young people from: The Reece Foundation, The Co-op Community Fund and The Middleton Foundation.

In 2022/23 we were fortunate to receive some substantial donations from personal and business donors.

Our very experienced and hard-working fundraising committee have managed to maintain and develop a range of engaging fundraising activities. Fundraising activities have included:

- A Christmas Wreath Making workshop
- Sponsored events including:
 - GNR 2022
 - Coast 2 Coast
 - Box Clever Boxing
- Lunch at the Coach House
- A programme of fitness orientated events including:
 - Spring and Summer walks
 - Spin classes
 - 70's and 80's fitness classes
 - Walking tours
- The US200 Club draw

Financial Review

Brief Statement of the Charity's Policy on Reserves

The trustees recognise that in order to maintain a continuity of support to our young people that a designated reserve be retained equivalent to 50% of the expenditure from the previous financial year. The trustees have retained this reserve policy for 2023/24.

Additional reserves may be held in pursuit of the longer-term objectives of the charity for example capital projects e.g. an US Centre.

Details of Any Funds Materially in Deficit

None

Statutory notes to the accounts**Particulars of Any Outstanding Guarantee Given by the CIO**

None

Particulars of Any Outstanding Debt

None

Declaration

The Trustees declare that they have approved the Trustees' Report above.

Signed on behalf of the Charity's Trustees

Signature(s):

A handwritten signature in black ink, appearing to read 'Mary Jane Tacchi', written over a horizontal line.

Full Name(s): Mary Jane Tacchi

Position(s): Chair of Trustees

Date: 26/01/2024

US Charity 1166464

Page 1

Statement of Financial Activities (incorporating income and expenditure account)
Year to 31st March 2023

Income	Note	Restricted Funds 2022/23 £	Unrestricted Funds 2022/23 £	Total Funds 2022/23	Total Funds 2021/22 £	Total Funds 2020/21 £	Total Funds 2019/20 £	Total Funds 2018/19 £
Donations	2	14,778.87	23,200.90	37,979.77	61,757.00	29,499.83	5,955.00	47,519.80
Other activities	3	-	26,845.30	26,845.30	26,116.30	15,635.99	22,056.41	13,373.75
			-					
Total Income		14,778.87	50,046.20	64,825.07	87,873.30	45,135.82	28,011.41	60,893.55
Expenditure								
Raising Funds	4	142.99	2,490.92	2,633.91	3,190.47	717.53	2,192.74	2,481.88
Charitable activities	5	39,237.77	28,520.13	67,757.90	52,028.65	52,156.91	43,173.63	37,830.84
Governance	7	-	80.00	80.00	80.00	330.00	355.00	125.00
Support Costs	8	-	142.06	142.06	6.85			
		-						
Total Expenditure		39,380.76	31,233.11	70,613.87	55,305.97	53,204.44	45,721.37	40,437.72
Net Incoming resources		(24,601.89)	18,813.09	(5,788.80)	32,567.33	(8,068.62)	(17,709.96)	20,455.83
Total funds brought Forward		41,876.94	46,749.10	88,626.04	56,058.71	64,127.33	81,837.29	61,381.46
Total funds at 31 March 2023		17,275.05	65,562.19	82,837.24	88,626.04	56,058.71	64,127.33	81,837.29

US Registered Number 1166464
Balance Sheet
As at 31st March 2023

Page 2

		31-Mar-23	31-Mar-22	31-Mar-21	31-Mar-20
	Note	£	£	£	£
Fixed Assets					
Tangible assets	9	£499.09	322.15	-	-
Current Assests					
Debtors	12	-	244.99	40.00	-
Cash at bank and in hand	10	<u>88,334.87</u>	<u>93,342.88</u>	<u>63,906.06</u>	<u>67,381.85</u>
		88,334.87	93,587.87	63,946.06	67,381.85
					<u>85,117.29</u>
Creditors: amounts falling due within 1	11	<u>5,996.72</u>	<u>5,283.98</u>	<u>7,887.35</u>	<u>3,254.52</u>
Net Assets		82,837.24	88,626.04	56,058.71	64,127.33
Net Assets		<u>82,837.24</u>	<u>88,626.04</u>	<u>56,058.71</u>	<u>64,127.33</u>
Charity funds					
Restricted funds	13	17,275.05	41,876.94	6,528.88	3,148.19
Unrestricted funds		<u>65,562.19</u>	<u>46,749.10</u>	<u>49,529.83</u>	<u>60,979.14</u>
Total Funds		<u>82,837.24</u>	<u>88,626.04</u>	<u>56,058.71</u>	<u>64,127.33</u>

1. Accounting Policies

The principal accounting policies are summarised below. The accounting policies have been consistently applied.

a) Basis of preparation of financial statements

The Financial Statements have been prepared under the historical cost convention and in accordance with the Statement of Recommended Practice "Accounting and Reporting by Charities (SORP 2015)" applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), effective 1 January 2015.

b) Fund Accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designed for other purposes.

Designated Funds are general funds which have been set aside by the trustees for a specific purpose

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes.

c) Incoming resources

All incoming resources are included in the financial activities when the charity has entitlement to the funds, certainty of receipt and the amount can be measured with sufficient reliability.

Income tax recoverable in relation to donations received under Gift Aid is recognised at the time of actual receipt of funds.

d) Resources expended

Expenditure is recognised on an accrual basis and has been included under expense categories that aggregate all costs for allocation to activities. Where costs can not be directly attributed to particular activities they have allocated on a basis consistent with the use of the resources.

Governance costs are those incurred in connection with the administration of the charity and compliance with constitutional and statutory requirements.

All resources expended are inclusive of irrecoverable VAT.

e) Fixed assets

Fixed Assets are stated at cost less accumulated depreciation

Computer equipment method: 25% straight line

f) Going concern basis

The financial statements have been prepared on a going concern basis. The trustees consider this to be appropriate as they project the level of donations and event profits to be sufficient to exceed operating costs.

	Restricted Funds 2022/23 £	Unrestricted Funds 2022/23 £	Total Funds 2022/23	Total Funds 2021/22 £	Total Funds 2020/21 £	Total Funds 2019/20 £	Total Funds 2018/19 £
2. Donations							
Donations		21,500.90	21,500.90	18,016.00	2,336.33	2,485.00	3,510.80
Grants Received	14,778.87	1,700.00	16,478.87	43,741.00	27,163.50	3,470.00	44,009.00
Total Income	14,778.87	23,200.90	37,979.77	61,757.00	29,499.83	5,955.00	47,519.80

Restricted Grants received in year:

Coop Community Fund	3,578.87
Middleton Foundation	200.00
RISE YEO	5,500.00
Reece Foundation	5,000.00
John Spence YE	500.00

Unrestricted Grants received in year

Star Fund	500.00
MHF	1,200.00

Restricted Donation received in year

-

Unrestricted Donations received in year

Multiple donations	21,500.90
	14,778.87
	23,200.90

	Restricted Funds 2022/23 £	Unrestricted Funds 2022/23 £	Total Funds 2022/23	Total Funds 2021/22 £	Total Funds 2020/21 £	Total Funds 2019/20 £	Total Funds 2018/19 £
3. Other Activities							
Fundraising	-	20,906.16	20,906.16	19,940.60	9,972.82	19,064.32	12,431.00
Gift Aid	-	5,939.14	5,939.14	6,175.70	1,496.50	2,992.09	942.75
HMRC Statutory Payments	-	-	-	-	4,166.67		
Total Income	-	26,845.30	26,845.30	26,116.30	15,635.99	22,056.41	13,373.75

	Restricted Funds 2022/23 £	Unrestricted Funds 2022/23 £	Total Funds 2022/23	Total Funds 2021/22 £	Total Funds 2020/21 £	Total Funds 2019/20 £	Total Funds 2018/19 £
4. Expenditure on raising Funds							
Online Payment Processing fees	0	623.89	623.89	734.31	682.58	549.78	283.13
Event costs	142.99	1,867.03	2,010.02	2,456.16	34.95	1,642.96	2,198.75
		-			-		
Total Expenditure	142.99	2,490.92	2,633.91	3,190.47	717.53	2,192.74	2,481.88

	Restricted Funds 2022/23 £	Unrestricted Funds 2022/23 £	Total Funds 2022/23	Total Funds 2021/22	Total Funds 2020/21	Total Funds 2019/20	Total Funds 2018/19 £
5. Expenditure on charitable activities							
Staffing	35531.35	25,072.88	£60,604.23	48,736.93	47,825.51	37,070.50	33,603.33
Activity related costs	3409.87	586.79	£3,996.66	647.15	14.00	937.37	616.70
Venue hire		-	£0.00	-	465.00	700.00	1,070.80
Insurance		741.15	£741.15	548.72	538.72	498.40	498.40
Phone		450.22	£450.22	378.00	352.99	257.00	207.47
Website and Social Media		562.48	£562.48	508.44	1,907.56	632.50	195.00
Events, Marketing and Promotion		-	£0.00	267.29	362.56	1,175.17	571.38
Postage, Print, Stationery	£18.18	588.73	£606.91	441.80	297.00	657.79	374.45
Travel Expenses	£222.37	132.83	£355.20	28.62	-	-	136.21
Memberships		84.00	£84.00	84.00	84.00	854.00	167.50
Training / CPD		152.99	£152.99	-	99.00	179.90	-
Recruitment / safer recruitment	£56.00	148.06	£204.06	387.70	210.57	211.00	389.60
					-		
Total Expenditure	39,237.77	28,520.13	67,757.90	52,028.65	52,156.91	43,173.63	37,830.84

6. Staffing

Page 5

Staffing costs include management and admin, Referrals and Keyworker Co-ordinator, Youth Engagement Officer, coach/trainer costs
 The Referrals and Keyworker Co-ordinator 0.5 FTE post commenced on 7th March 2022. The post was increased to 0.75FTE on 3rd October 2022 following allocation of 0.25FTE Youth Engagement Officer post
 A 0.75FTE Youth Engagement Officer was appointed on 4th July 2022 until 30 September 2022. A 0.5FTE appointment was made on 14th November 2022
 All other staff are engaged on a self employed basis
 No individual received remuneration in excess of £60,000
 No trustee received any remuneration

Voluntary hours

No amounts are included in the financial statements for services donated by volunteers.

The fundraising committee, whose members all undertake activities voluntarily, met regularly throughout 2022/23

Yvonne Hurlow, following retirement as a Trustee in April 2022 continued to support the charity in a voluntary capacity throughout 2022/23

7. Expenditure on Governance

	Restricted Funds	Unrestricted Funds	Total Funds	Total Funds	Total Funds	Total Funds	Total Funds
	2022/23	2022/23	2022/23	2021/22	2020/21	2019/20	2018/19
	£	£	£	£	£	£	£
Licensing / Registration	-	55.00	55.00	55.00	75.00	55.00	75.00
External Examination of Accounts	-	25.00	25.00	25.00	25.00	25.00	50.00
External HR			-	-	230.00	275.00	
Total Expenditure	-	80.00	80.00	80.00	330.00	355.00	125.00

8. Expenditure on Supporting Costs

	Restricted Funds	Unrestricted Funds	Total Funds	Total Funds	Total Funds	Total Funds	Total Funds
	2022/23	2022/23	2022/23	2021/22	2020/21	2019/20	2018/19
	£	£	£	£	£	£	£
Depreciation - Computer Equipment	-	£142.06	£142.06	6.85	-	-	-
Total Expenditure	-	142.06	142.06	6.85	-	-	-

9. Tangible Assets

	Computer Equipment
Cost	£
At 1st April 2022	329.00
Additions	319.00
At 31st March 2023	<u>648.00</u>
Depreciation	
At 1st April 2022	6.65
Charge for the Year	142.06
At 31st March 2023	<u>148.71</u>
Net Book Value	
At 1st April 2022	322.35
At 31st March 2023	<u>499.29</u>

10. Cash in bank and in-hand

	31st March 2023	31st March 2022	31st March 2021	31st March 2020	31st March 2019	31st March 2018
	£	£	£	£	£	£
Bank Statement	£88,334.37	93,342.38	63,905.56	67,362.85	83,140.36	63,935.46
Cash in hand	£0.50	0.50	0.50	19.00	1,976.93	-
	<u>£88,334.87</u>	<u>93,342.88</u>	<u>63,906.06</u>	<u>67,381.85</u>	<u>85,117.29</u>	<u>63,935.46</u>
Cash in hand						
Petty cash	<u>0.50</u>					
	<u>0.50</u>					

Page 6

In 2022/23 all charity funds were held in the charity's Barclays Bank Community Account *

The trustees recognise that in order to maintain a continuity of support to our young people that a designated reserve be retained equivalent to 50% of the expenditure from the previous financial year. The trustees have retained this reserve policy for 2023/24

Additional reserves may be held in pursuit of the longer term objectives of the charity for example capital projects. The trustees may choose to utilise alternative investment or interest accruing accounts for holding such funds.

The funds of the charity	31st March 2023 £	31st March 2022 £	31st March 2021 £	31st March 2020 £
Bal. of creditors/debtors falling due in 1 Year	5,996.72	5,038.99	7,847.35	
Restricted Income Funds	14,198.33	41,535.83	6,528.88	3,148.19
General Unrestricted Income Funds	32,832.88	19,177.90	23,451.38	21,060.03
Designated Unrestricted Income Funds *	35,306.94	27,590.16	26,078.46	43,173.63
	<u>88,334.87</u>	<u>93,342.88</u>	<u>63,906.06</u>	<u>67,381.85</u>

Total of General Unrestricted Income Funds and Designated Unrestricted Income Funds is £68139.82

* In July 2021 US opened a Business Premiun bank account - 20-83-69 53813436 - for the purposes of administering the US 200 Club quarterly lottery

	£
Opening Funds @ 01/4/2022	254.99
Paid in by lottery participants in Year	1,750.00
Interest earned	0.24
Prize funds paid out in Year	(510.77)
Prize funds donated to US in Year	(17.25)
Monies due to US Charity bank account in Year	(1,477.21)
Balance at Year End	-

11. Creditors - amounts falling due within one year

	31st March 2023 £	31st March 2022 £	31st March 2021 £	31st March 2020 £	31st March 2019 £	31st March 2018 £
Creditors - Suppliers	4,975.00	4,838.98	5,990.60	3,229.52	3,255.00	2,544.00
Creditors - HMRC	905.46					
Creditors - NEST pension	91.26					
Accruals	25.00	445.00	1,896.75	25.00	25.00	-
	<u>5,996.72</u>	<u>5,283.98</u>	<u>7,887.35</u>	<u>3,254.52</u>	<u>3,280.00</u>	<u>2,544.00</u>

12. Debtors - amounts falling due within one year

	31st March 2023 £	31st March 2022 £	31st March 2021 £	31st March 2020 £	31st March 2019 £	31st March 2018 £
Debtors			-	-	-	-
Accrual		244.99	40.00	-	-	-
	-	<u>244.99</u>	<u>40.00</u>	-	-	-

13. Restricted Funds

Breakdown of Restricted funds @ 31st March 2023

	£
TNL Community Funds	-
Wellesley	-
Warbuton	116.00
RISE - Youth Engagement Officer 0.75	7,458.11
St Nicholas' Educational Trust	-
Proctor & Gamble	-
Donor - Referrals & Actiities Co-ordinator	4,131.43
Coop Foundation	-
Middleton Foundation	57.01
Reece Foundation	4,012.50
John Spence HS - YE	500.00
May Ball Ticket payments held	<u>1,000.00</u>
	<u>17,275.05</u>



CHARITY COMMISSION
FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
US

On accounts for the year
ended

31st March 2023

Charity no
(if any)

1166464

Set out on pages

1 to 6

(remember to include the page numbers of additional sheets)

Responsibilities and
basis of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/03/2023**

As the charity's trustees, 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 all 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 gives me cause to believe that in, any material respect:

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

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

Signed:

Joanne Towart

Date:

21.12.23

Name:

JOANNE TOWART.

Relevant professional
qualification(s) or body
(if any):

CIMA.

Address:

11 JACKSON CLOSE, SEATON DELAVAL, NEZSOPL

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

On accounts for the year ended	31 March 2018	Charity no. (if any)	
Set out on pages	1 to 6		
I report in respect of my examination of the Trust's accounts carried out under section 148 of the 2011 Act and in carrying out my examination I have followed all the applicable law and given by the Charity Commission under section 143(5)(b) of the Act I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination gives rise to believe that any material misstatement - the accounting records were not kept in accordance with section 133 of the Charities Act, or - the accounts did not accord with the accounting records or - the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008, other than any requirement listed 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			
Signed:		Date:	
Name:		Date:	
Relevant professional qualification(s) or body (if any):		Address:	

US

England & Wales - Charity number 1166464

Accounts



US

Charity Number: 1166464

**Trustees' Annual Report
for the Period
1 April 2021 to 31 March 2022**

Reference and Administration Details

Charity name: US
Charity number: 1166464
Charity's operating address: 60 Elmfield Road, Gosforth, Newcastle upon Tyne
Postcode: NE3 4BD

Names of the Charity Trustees who Manage the Charity

Trustee Name	Office	Appointed	Retired
1: Mary Jane Tacchi	Chair, Fundraising, Planning & Development	April 2016 (extended 2020)	
2: Yvonne Hurlow	Planning & Development	April 2016 (extended 2019)	April 2022
3: Kamni Puri	Finance	April 2016 (extended 2019)	
4: Aditya Sharma	Child Mental Health	April 2016 (extended 2020)	
5. Jane Erridge	Primary Care	August 2020	

Names & Addresses of Advisors

	Name	Address & Postcode
Bank:	Barclays	Fawcett Street, Sunderland SR1 1RS
Human Resources	Ethical HR Ltd	11 Oswin Road, Newcastle Upon Tyne, NE12 9BH

Names of Senior Staff with Delegated Responsibilities

Suzanne McFarlane Chief Operating Officer

Structure, Governance and Management

Description of the Charity's Trusts

Type of Governing Document Constitution
How the Charity is Constituted Charitable Incorporated Organisation

Objectives and Activities

Summary of the Objects of the Charity as set out in its Governing Document

The Objects of the CIO named US are:

To advance the health and improve the quality of life of young people in Northumberland, Tyne and Wear and North Durham. Beneficiaries are aged between twelve and twenty-five and are young people who experience or are at risk of developing mental health issues and/or neurodevelopmental disorders. Support is also offered to their parents/carers.

To engage young people and their parents and carers in sport and other physical activities that have a proven beneficial effect on physical and mental health.

To support and strengthen the impact of physical activities through healthy eating workshops.

To empower beneficiaries to transform their lives through participation in sports and physical activities, enabling them to

- improve their mental and physical health,
- enhance their educational performance and employability
- develop positive relationships,
- raise their self-esteem,
- be happy and take pleasure from recreation

To empower young people to play an active part in the long and short-term planning of activities and US in order to develop their organisational skills, whilst ensuring that activities meet the needs of beneficiaries.

To help young people make a positive contribution to family and community life.

Summary of the Main Activities Undertaken for the Public Benefit in Relation to the Charity's Objects

US works in the North East of England. Our trustees are passionate about destigmatising mental illness and enhancing the support available to young people.

US delivers on an outreach basis. We provide sports and other fitness activities to small groups and individuals, aged between 12 and 25 who experience or are at risk of developing mental health difficulties. Our mission is to help these young people adopt physical activity as an enjoyable lifestyle tool invaluable to both their physical and mental health.

Through sports and fitness activities we aim to empower young people and help them to:

- Feel good
- Improve their mental and physical health
- Make friends and have fun
- Improve their self-image
- Become more confident
- Set and achieve personal goals

- Engage in, and be successful in education and training and increase their employability

We provide personalised programmes and on-programme and progression support. Depending on individual circumstances, our support can: be a preventative tool for self-managing mental health and reducing the need for referral to formal health services; can support young people during the long wait to access NHS mental health care; or can support the recovery process and ongoing maintenance of good mental health.

Since 2016 we have built up a large network of agencies from health, social care, education and the justice sector and charities. They and families and individuals make referrals to US. All young people referred - individually or in small groups - receive an initial assessment. This enables the Referral Co-ordinator to develop a bespoke programme to meet their needs and interests.

We have an established, vetted bank of outstanding providers who deliver a diverse range of activities for our young people including: fitness training; yoga; swimming; dance; ice skating; horseriding; archery; cycling and running. We have the sector knowledge and links to identify high-quality providers in other specialisms as required.

We provide 1:1 sessions for young people not yet ready to join a group, small group provision to address shared issues, and support into existing community provision. The Referral Coordinator provides on-going support and progression planning.

We are an organisation that continuously consults young people about our development. We evaluate the impact of our offer through consultation with participants, parents and carers, providers and referral agency colleagues.

Achievement and Performance

Statutory Declaration

The trustees declare that they have complied with their duty to have due regard to the guidance on public benefit published by the commission in exercising their powers or duties.

Summary of the Main Achievements of the Charity for the Year

Moving out of COVID 19

The first quarter of 2021/22 saw the nation gradually emerging from the Covid 19 restrictions. For US, this meant that we were able to expand our delivery modes, reintroducing greater opportunities for our young people to engage in sport and exercise.

At the beginning of the year our 15-week online GOGA programme came to a close, some aspects of the offer remained popular with young people, and so we extended our street dance sessions, and have retained our weekly online yoga group; effective both for its regular sessions focusing on relaxation and mindfulness, but also as an activity immediately accessible to any

newly referred young person as they move through the referral and personalised planning process.

Referrals from partner organisations, family members and individuals seeking support to help cope with mental health difficulties increased by 300% year on year. This reflects the growing concerns nationally that the pandemic could be causing enduring wellbeing issues for children and young adults.

Our Growth

In 2021/22 US provided activities for 136 young people. This is 400% growth from our first operating year in 2016/17.

We delivered:

20 groups activities

45 one to one activities

The activities US provides for each young person are based on their personal interests, this is vital to ensure the young person's engagement is sustained, and in turn, helps US support participants to develop the personal attributes needed to embed regular sport and exercise into their lives thus benefitting mental and physical health

Examples of one to one activities undertaken by our participants include: fitness training, swimming, couch to 5K, boxercise, horse riding, themed yoga.

Partnership that support young people

We developed our 'US offer to schools' in 2019 in appreciation of their importance in the lives of young people, and the ability of staff working regularly with students to identify the young people experiencing mental health difficulties or life situations which make them vulnerable.

The US offer to schools is:

- Group Yoga for young people coping with exam stress
- Small group sports and fitness activities for young people identified as having or being at risk of developing mental health issues
- One to one activities for young people for whom a group is not currently appropriate.
- One to one or small group fitness training for young people whose weight is caused through emotional eating and/or is causing them emotional distress.
- Working with Year 11, 12 and 13 students who may wish to: Champion the uS offer and message or provide peer support to uS participants

The promotion of this particular partnership was initially curtailed due to the onset of COVID, however this year we were able to work around the remaining controls to provide activities in four schools. Pertinent to return of controlled assessments for GCSE and A levels in 2022, this included exam de-stress yoga in Excelsior Academy and Dame Allans Schools. At alternative provision Newcastle Bridges US provided exercise activities as part of a Wellbeing event, and at Benfield School, we provided one to one and small group activities with students identified from those attending the Cherrywood provision – an exciting range of sessions from fitness, to street dance, to animal yoga!

Through our engagement with voluntary and community partners we are able to collaborate to support young people who are not only experiencing, but are vulnerable to developing mental health difficulties. We aim to offer programmes which prevent mental health deterioration and show how maintaining an active lifestyle is a tool to sustaining good wellbeing. A new partnership

this year has been with the Young Women's Outreach Project in Gateshead who work with girls and young women facing crisis in their lives. To compliment activities and support interventions offered by YWOP, US developed a number of relevant sport and exercise programmes: Weekly 'Young mums and babies' swimming sessions at Gateshead Leisure centre and a self defence programme for girls feeling vulnerable to violence and crime. We also undertook engagement work with the LGBT+ group to identify whether there was a shared interest in getting active either together or separately.

We have also recently launched a weekly group at The Tyneside Foyer, a homeless shelter in Newcastle. Home Group staff have been actively supportive in engaging the residents, and from this the programme was developed following their feedback.

Accessing Community Venues

A key development for US in 2021/22 has been the establishment of stronger working protocols with community fitness providers across the region: Everyone Active in Sunderland, Go Gateshead and Jesmond Pool, Elswick Pool and Better Leisure in Newcastle. Through these links we can effectively engage young people in activities in their local communities which can be sustained long term, even beyond their time participating with US. Dependant on the starting point of each individual, we have worked with the centre teams to build the participant's confidence sufficiently to become increasingly independent centre users. In some instances we have provided one to one coaching to build skills and indirectly confidence, US keyworkers have attended sessions with our participants, being a friendly companion and helping overcome the barriers of going to a 'new place, doing a new thing'. As young people have grown in confidence, we have funded memberships to allow them to continue attending independently. In addition, our joint working has allowed US to offer school holiday taster days for our young people hosted by Jesmond and Elswick pools.

Feedback and quotes

A selection of quotes from our participants:

"I've really enjoyed the sessions that have taken place since I joined. They have been a significant factor in reducing my stress for A Levels and preparing for university. I feel I am noticeably happier as a result of the sessions and look forward to the next one"(Online yoga) A

"Its greatly helped me as the structure and agreement to do something I end up doing physical exercise and feeling good about it later. <Otherwise> I would have no social obligation and just not." "Its greatly helped me as the structure and agreement to do something I end up doing physical exercise and feeling good about it later. <Otherwise> I would have no social obligation and just not." (Accompanied climbing) G

"Thanks so much. Love the PT sessions they're amazing! My word for 2022 is actually capable inspired by those sessions!" (1:1 PT) H

We are keen to use a range of indicators to identify the impact of our support to young people. In year we have introduced the shortened version of the Warwick Edinburgh Mental Health Wellbeing Scale (WEMHWS), a tool developed to enable the measuring of mental wellbeing in the general population and the evaluation of projects, programmes and policies which aim to improve mental wellbeing.

By completing WEMHWS at the start of our work with young people, this can give an indication of mental wellbeing without participating in US sessions. By completing it again during and at the end of a programme, this can indicate any changes in mental wellbeing during that engagement period. Whilst we recognise that engagement with US will not be the only factor influencing changes in a young person's wellbeing over a period of time, combining it with collected feedback from the young person, their family and support network has allowed us to reflect on how relevant sport and exercise has been on individual's mental wellbeing.

Staffing and Volunteers

We have continued to employ on a part-time basis a very experienced Chief Operating Officer, and a part-time Referral and Keyworker Co-ordinator.

In year we have secured funding which will allow us to increase the Referrals and Activities Co-ordinator post to 0.5FTE in 2022/23. This post is core to our work, and the increase will allow us to provide a more effective response to the growing referrals and to develop meaningful, personalised programmes for young people.

In addition, we have secured funding through RISE for a 0.75FTE Youth Engagement Worker. The role of the YEO will be threefold: to provide progression planning support to the young people undertaking activities with US, supporting the Newcastle Skillshub youth offer, and to develop a Youth Action aspect to US's work; setting up an advisory group, engaging young people in Youth Voice, as well as other peer engagement activities which promote the benefits of sport and exercise on mental health. This post will also be for an initial 12 month period from 2022/23 (subject to securing further funding).

Trustees and the volunteer Fundraising Committee apply their skills, experience and time to support the charity's work and are key to its success and growth. We are very grateful to those who have delivered our fundraising activities throughout this year, and of course those who attended of events.

Funding Streams

We work continuously to bring in the funds required to plan, manage and deliver our provision in a safe and supportive manner. We do this through applying for funding from trusts, foundation and other funding bodies and through a range of fundraising activities.

In addition to the funding we have secured for the Referrals and Activities Co-ordinator and Youth Engagement Officer into 2022/23, we obtained in year funding from Clubs in Crisis for our Co-ordinator post, and activities for young people funding from: RISE Back to Play, The National Lottery, Wellesley Foundation, Warburton Foundation, St Nicholas' Education Trust and Proctor and Gamble.

We have a very experienced and hard-working fundraising committee who have managed to maintain and develop a range of engaging fundraising activities. Fundraising activities have included:

- A Christmas Wreath Making workshop

- The 4th Annual US Cycle ride
- Lunch at the Coach House
- 70s themed fitness classes
- Virtual fundraising activities including:
 - An After dinner talk by a Yeoman Warder
 - Cake decorating with Katja's Cakes
 - Self Defence
 - A 12-hour long fitness extravaganza with trainers from across the World
- The launch of the quarterly US200 Club draw

Financial Review

Brief Statement of the Charity's Policy on Reserves

The trustees recognise that in order to maintain a continuity of support to our young people that a designated reserve be retained equivalent to 50% of the expenditure from the previous financial year. The trustees have retained this reserve policy for 2022/23.

Additional reserves may be held in pursuit of the longer-term objectives of the charity for example capital projects e.g. an US Centre.

Details of Any Funds Materially in Deficit

None

Statutory notes to the accounts

Particulars of Any Outstanding Guarantee Given by the CIO

None

Particulars of Any Outstanding Debt

None

Declaration

The Trustees declare that they have approved the Trustees' Report above.

Signed on behalf of the Charity's Trustees

Signature(s):




Full Name(s):	Mary Jane Tacchi	Kamni Puri
Position(s):	Chair of Trustees	Trustee
Date:	20/01/2023	20/01/2023

US Charity 1166464

Statement of Financial Activities (incorporating income and expenditure account)

Year to 31st March 2022

Income	Note	Restricted	Unrestricted	Total Funds		Total Funds	Total Funds
		Funds	Funds	2021/22	2020/21	2019/20	2018/19
		2021/22	2021/22	2021/22	2020/21	2019/20	2018/19
		£	£	£	£	£	£
Donations	2	55,939.00	5,818.00	61,757.00	29,499.83	5,955.00	47,519.80
Other activities	3	-	26,116.30	26,116.30	15,635.99	22,056.41	13,373.75
Total Income		55,939.00	31,934.30	87,873.30	45,135.82	28,011.41	60,893.55
Expenditure							
Raising Funds	4	-	3,190.47	3,190.47	717.53	2,192.74	2,481.88
Charitable activities	5	20,590.94	31,437.71	52,028.65	52,156.91	43,173.63	37,830.84
Governance	7	-	80.00	80.00	330.00	355.00	125.00
Support Costs	8	-	6.85	6.85			
Total Expenditure		20,590.94	34,715.03	55,305.97	53,204.44	45,721.37	40,437.72
Net Incoming resources		35,348.06	- 2,780.73	32,567.33	- 8,068.62	- 17,709.96	20,455.83
Total funds brought Forward		6,528.88	49,529.83	56,058.71	64,127.33	81,837.29	61,381.46
Total funds at 31 March 2022		41,876.94	46,749.10	88,626.04	56,058.71	64,127.33	81,837.29

US Registered Number 1166464
Balance Sheet
As at 31st March 2022

Page 2

		31-Mar-22		31-Mar-21		31-Mar-20		31-Mar-19
Fixed Assets	Note	£	£	£	£	£	£	£
Tangible assets	9		322.15		-		-	-
Current Assests								
Debtors	12	244.99		40.00		-	-	-
Cash at bank and in hand	10	<u>93,342.88</u>		<u>63,906.06</u>		<u>67,381.85</u>		<u>85,117.29</u>
		93,587.87		63,946.06		67,381.85		85,117.29
Creditors: amounts falling due within 12 months	11	<u>5,283.98</u>		<u>7,887.35</u>		<u>3,254.52</u>		<u>3,280.00</u>
Net Assets			88,626.04		56,058.71		64,127.33	81,837.29
Net Assets			<u>88,626.04</u>		<u>56,058.71</u>		<u>64,127.33</u>	<u>81,837.29</u>
Charity funds								
Restricted funds	13		41,876.94		6,528.88		3,148.19	3,304.51
Unrestricted funds			46,749.10		49,529.83		60,979.14	78,532.78
Total Funds			<u>88,626.04</u>		<u>56,058.71</u>		<u>64,127.33</u>	<u>81,837.29</u>

1. Accounting Policies

The principal accounting policies are summarised below. The accounting policies have been consistently applied.

a) Basis of preparation of financial statements

The Financial Statements have been prepared under the historical cost convention and in accordance with the Statement of Recommended Practice "Accounting and Reporting by Charities (SORP 2015)" applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), effective 1 January 2015.

b) Fund Accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designed for other purposes.

Designated Funds are general funds which have been set aside by the trustees for a specific purpose

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes.

c) Incoming resources

All incoming resources are included in the financial activities when the charity has entitlement to the funds, certainty of receipt and the amount can be measured with sufficient reliability.

Income tax recoverable in relation to donations received under Gift Aid is recognised at the time of actual receipt of funds.

d) Resources expended

Expenditure is recognised on an accrual basis and has been included under expense categories that aggregate all costs for allocation to activities. Where costs can not be directly attributed to particular activities they have allocated on a basis consistent with the use of the resources.

Governance costs are those incurred in connection with the administration of the charity and compliance with constitutional and statutory requirements.

All resources expended are inclusive of irrecoverable VAT.

e) Fixed assets

Fixed Assets are stated at cost less accumulated depreciation

Computer equipment method: 25% straight line

f) Going concern basis

The financial statements have been prepared on a going concern basis. The trustees consider this to be appropriate as they project the level of donations and event profits to be sufficient to exceed operating costs.

2. Donations	Restricted Funds	Unrestricted Funds	Total Funds	Total Funds	Total Funds	Total Funds
	2021/22	2021/22	2021/22	2020/21	2019/20	2018/19
	£	£	£	£	£	£
Donations	14,198.00	3,818.00	18,016.00	2,336.33	2,485.00	3,510.80
Grants Received	41,741.00	2,000.00	43,741.00	27,163.50	3,470.00	44,009.00
Total Income	55,939.00	5,818.00	61,757.00	29,499.83	5,955.00	47,519.80

Restricted Grants received in year:

RISE Back to Play	980.00
Made in Sport - Clubs on Crisis	2,021.00
The National Lottery	9,975.00
Wellesley Foundation	10,000.00
Warbuton Foundation	400.00
St Nicholas' Education trust	5,000.00
Proctor & Gamble	500.00
RISE YEO 0.75FTE	12,865.00

Unrestricted Grants received in year

Arnold Clark Foundation	1,000.00
Sports Maintenance	1,000.00

Restricted Donation received in year

Private donor - 0.5FTE RACo	14,198.00
-----------------------------	-----------

Unrestricted Donations received in year

Multiple donations	3,818.00
--------------------	----------

55,939.00	5,818.00
------------------	-----------------

3. Other Activities	Restricted Funds	Unrestricted Funds	Total Funds	Total Funds	Total Funds	Total Funds
	2021/22	2021/22	2021/22	2020/21	2019/20	2018/19
	£	£	£	£	£	£
Fundraising	-	19,940.60	19,940.60	9,972.82	19,064.32	12,431.00
Gift Aid	-	6,175.70	6,175.70	1,496.50	2,992.09	942.75
HMRC Statutory Payments	-	-	-	4,166.67		
Total Income	-	26,116.30	26,116.30	15,635.99	22,056.41	13,373.75

4. Expenditure on raising Funds	Restricted Funds	Unrestricted Funds	Total Funds	Total Funds	Total Funds	Total Funds
	2021/22	2021/22	2021/22	2020/21	2019/20	2018/19
	£	£	£	£	£	£
Online Payment Processing fees			734.31	682.58	549.78	283.13
Event costs			2,456.16	34.95	1,642.96	2,198.75
				-		
Total Expenditure	-	-	3,190.47	717.53	2,192.74	2,481.88

5. Expenditure on charitable activities	Restricted Funds	Unrestricted Funds	Total Funds	Total Funds	Total Funds	Total Funds
	2021/22	2021/22	2021/22	2020/21	2019/20	2018/19
	£	£	£	£	£	£
Staffing	19,693.99	29,042.94	48,736.93	47,825.51	37,070.50	33,603.33
Activity related costs	555.00	92.15	647.15	14.00	937.37	616.70
Venue hire	-	-	-	465.00	700.00	1,070.80
Insurance	-	548.72	548.72	538.72	498.40	498.40
Phone	-	378.00	378.00	352.99	257.00	207.47
Website and Social Media	191.95	316.49	508.44	1,907.56	632.50	195.00
Events, Marketing and Promotion	150.00	117.29	267.29	362.56	1,175.17	571.38
Postage, Print, Stationery	-	441.80	441.80	297.00	657.79	374.45
Travel Expenses	-	28.62	28.62	-	-	136.21
Memberships	-	84.00	84.00	84.00	854.00	167.50
Training / CPD	-	-	-	99.00	179.90	-
Recruitment / safer recruitment	-	387.70	387.70	210.57	211.00	389.60
				-		
Total Expenditure	20,590.94	31,437.71	52,028.65	52,156.91	43,173.63	37,830.84

6. Staffing

Staffing costs include management and admin, Referrals and Keyworker Co-ordinator, keyworker, coach/trainer costs

The Referrals and Keyworker Co-ordinator fixed term freelance contract (originally maternity cover) was extended to March 2022 following a staff resignation

A private donor provided funds for a 0.5FTE Referrals and Activities Co-ordinator post for 12 months. A fixed term appointment commenced on 7th March 2022

Funding was secured in year from RISE NE for a 0.75FTE Youth Engagement Officer. A recruitment process was underway at 31st March 2022

All other staff are engaged on a self employed basis

No individual received remuneration in excess of £60,000

No trustee received any remuneration

Voluntary hours

No amounts are included in the financial statements for services donated by volunteers.

The fundraising committee, whose members all undertake activities voluntarily, met regularly throughout 2021/22 (virtually)

7. Expenditure on Governance

	Restricted Funds 2021/22 £	Unrestricted Funds 2021/22 £	Total Funds 2021/22 £	Total Funds 2020/21 £	Total Funds 2019/20 £	Total Funds 2018/19 £
Licensing / Registration	-	55.00	55.00	75.00	55.00	75.00
External Examination of Accounts	-	25.00	25.00	25.00	25.00	50.00
External HR			-	230.00	275.00	
Total Expenditure	-	80.00	80.00	330.00	355.00	125.00

8. Expenditure on Supporting Costs

	Restricted Funds 2021/22 £	Unrestricted Funds 2021/22 £	Total Funds 2021/22 £	Total Funds 2020/21 £	Total Funds 2019/20 £	Total Funds 2018/19 £
Depreciation - Computer Equipment	-	6.85	6.85	-	-	-
Total Expenditure	-	6.85	6.85	-	-	-

9. Tangible Assets

	Computer Equipment £
Cost	
At 1st April 2021	-
Additions	329.00
At 31st March 2022	<u>329.00</u>
Depreciation	
At 1st April 2021	-
Charge for the Year	6.85
At 31st March 2022	<u>6.85</u>
Net Book Value	
At 1st April 2021	-
At 31st March 2022	<u>322.15</u>

10. Cash in bank and in-hand

	31st March 2022 £	31st March 2021 £	31st March 2020 £	31st March 2019 £	31st March 2018 £
Bank Statement	93,342.38	63,905.56	67,362.85	83,140.36	63,935.46
Cash in hand	0.50	0.50	19.00	1,976.93	-
	<u>93,342.88</u>	<u>63,906.06</u>	<u>67,381.85</u>	<u>85,117.29</u>	<u>63,935.46</u>
Cash in hand					
Petty cash	0.50				
	<u>0.50</u>				

In 2021/22 all charity funds were held in the charity's Barclays Bank Community Account *

The trustees recognise that in order to maintain a continuity of support to our young people that a designated reserve be retained equivalent to 50% of the expenditure from the previous financial year. The trustees have retained this reserve policy for 2022/23.

Additional reserves may be held in pursuit of the longer term objectives of the charity for example capital projects. The trustees may choose to utilise alternative investment or interest accruing accounts for holding such funds.

The funds of the charity	31st March 2022 £	31st March 2021 £	31st March 2020 £
Bal. of creditors/debtors falling due in 1 Year (11,12	5,038.99	7,847.35	
Restricted Income Funds	41,535.83	6,528.88	3,148.19
General Unrestricted Income Funds	19,177.90	23,451.38	21,060.03
Designated Unrestricted Income Funds *	27,590.16	26,078.46	43,173.63
	<u>93,342.88</u>	<u>63,906.06</u>	<u>67,381.85</u>

Total of General Unrestricted Income Funds and Designated Unrestricted Income Funds is £46,768.06

* In July 2021 US opened a Business Premium bank account - 20-83-69 53813436 - for the purposes of administering the US 200 Club quarterly lottery

Opening Funds @ 07/21	-
Paid in by lottery participants in Year	910.00
Prize funds paid out in Year	270.02
Monies due to US Charity bank account in Year	629.98
Balance at Year End	254.99

Breakdown of balance at Yr End: £244.99 monies due to US Charity Bank Account from March 2022 draw (accrued) / £10 paid in for future draw.

11. Creditors - amounts falling due within one year

	31st March 2022 £	31st March 2021 £	31st March 2020 £	31st March 2019 £	31st March 2018 £
Creditors	4,838.98	5,990.60	3,229.52	3,255.00	2,544.00
Accruals	445.00	1,896.75	25.00	25.00	-
	<u>5,283.98</u>	<u>7,887.35</u>	<u>3,254.52</u>	<u>3,280.00</u>	<u>2,544.00</u>

12. Debtors - amounts falling due within one year

	31st March 2022 £	31st March 2021 £	31st March 2020 £	31st March 2019 £	31st March 2018 £
Debtors		-	-	-	-
Accrual - US 200 Club March draw	244.99	40.00	-	-	-
	<u>244.99</u>	<u>40.00</u>	<u>-</u>	<u>-</u>	<u>-</u>

13. Restricted Funds

Breakdown of Restricted funds @ 31st March 2022

	£
TNL Community Funds	3,382.86
Wellesley	5,091.08
Warbuton	400.00
RISE - Youth Engagement Officer 0.75	12,865.00
St Nicholas' Educational Trust	4,440.00
Proctor & Gamble	500.00
Donor - Referrals & Activities Co-ordinator	14,198.00
May Ball Ticket payments held	1,000.00
	<u>41,876.94</u>



CHARITY COMMISSION
FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
US

**On accounts for the year
ended**

31st March 2022

**Charity no
(if any)**

1166464

Set out on pages

1 to 6

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/03/2022**

**Responsibilities and
basis of report**

As the charity's trustees, 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 all 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 gives me cause to believe that in, any material respect:

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

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

Signed:

Joanne Towart

Date:

26-9-22

Name:

JOANNE TOWART

**Relevant professional
qualification(s) or body
(if any):**

CIMA

Address:

9 CARLINGTON WALK, NEWCASTLE UPON TYNE NE13 9AN

Section B**Disclosure**

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

On accounts for the year ended	31 st March 2023
Set out on pages	1 to 5
I report to the trustees on my examination of the accounts of the above charity (the Trust) for the year ended 31/03/2023. As the charity's trustees, 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 all the applicable Directions given by the Charity Commission under section 148(2)(b) of the Act. I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination gives me cause to believe that in any material respect: - the accounting records were not kept in accordance with section 120 of the Charities Act, or - the accounts did not accord with the accounting records, or - the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination. I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.	
Signed:	[Signature]
Name:	[Name]
Relevant professional qualification(s) or body (if any):	[Qualification]
Address:	[Address]



Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
US

On accounts for the year
ended

31st March 2022

Charity no
(if any)

1166464

Set out on pages

1 to 6

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above
charity ("the Trust") for the year ended **31/03/2022**

Responsibilities and
basis of report

As the charity's trustees, 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 all 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 gives me cause to
believe that in, any material respect:

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

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

Signed:

Joanne Towart

Date:

26-9-22

Name:

JOANNE TOWART

Relevant professional
qualification(s) or body
(if any):

CIMA

Address:

9 CARLINGTON WALK, NEWCASTLE UPON TYNE, NE3
9AN

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

On accounts for the year ended	31 st March 2018
Set out on pages	1 to 8
Responsibilities and basis of report	As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 (the Act).
Independent examiner's statement	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 all the applicable Directions given by the Charity Commission under section 145(2)(b) of the Act. I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination gives me cause to believe that in any material respect: - the accounting records were not kept in accordance with section 139 of the Charities Act or - the accounts did not accord with the accounting records or - the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 (other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination). I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.
Signed:	
Name:	James Turner
Relevant professional qualification(s) or body (if any):	Chartered Accountant
Address:	100 Victoria Road, London, W1A 1AA

US

England & Wales - Charity number 1166464

Accounts



US

Charity Number: 1166464

**Trustees' Annual Report
for the Period
1 April 2020 to 31 March 2021**

Reference and Administration Details

Charity name: US
Charity number: 1166464
Charity's operating address: 60 Elmfield Road, Gosforth, Newcastle upon Tyne
Postcode: NE3 4BD

Names of the Charity Trustees who Manage the Charity

Trustee Name	Office	Appointed	Retired
1: Mary Jane Tacchi	Chair & Fundraising	April 2016 (extended 2020)	
2: Yvonne Hurlow	Planning & Development	April 2016 (extended 2019)	
3: Kamni Puri	Finance	April 2016 (extended 2019)	
4: Aditya Sharma	Child Mental Health	April 2016 (extended 2020)	
5. Jane Erridge	Primary Care	August 2020	

Names & Addresses of Advisors

	Name	Address & Postcode
Bank:	Barclays	Fawcett Street, Sunderland SR1 1RS
Human Resources	Ethical HR Ltd	11 Oswin Road, Newcastle Upon Tyne, NE12 9BH

Names of Senior Staff with Delegated Responsibilities

Suzanne McFarlane Chief Operating Officer

Structure, Governance and Management

Description of the Charity's Trusts

Type of Governing Document	Constitution
How the Charity is Constituted	Charitable Incorporated Organisation

Trustee Selection Methods

US will identify criteria for selection of a new trustee based on internal skills audit/ gap analysis against the charity's objectives and development plan.

Based on the skills, knowledge and experience priorities, the trustees will identify persons known to the organisation who hold the relevant skills or if an appropriate person is not known, the trustees will advertise the trustee role through relevant community and voluntary sectors organisations such as VONNE and the CVS.

The founding trustees came together because of a shared interest, relevant experience and skill-base which would facilitate the successful creation, development, sustainability and management of a young people's mental health charity.

The new trustee appointed in 2020 brings her expertise as a GP in Primary Care in the region. She will help us to raise our profile with Primary Care, strengthening our communications and reach.

How New Trustees are Inducted and Trained

The current trustees, who have been trained in their responsibilities are founder members of the charity. The charity trustees will make available to each new charity trustee, on or before his or her first appointment: a copy of the current version of our constitution; and a copy of the CIO's latest Trustees' Annual Report and annual signed off accounts.

At induction the new trustee is introduced to the charity's aims and objectives, policies and procedures, business plan. We will provide training/access to training on the responsibilities of a trustee. All trustees will access updates on such issues as Safeguarding, Equality and Diversity and Data Protection

Objectives and Activities

Summary of the Objects of the Charity as set out in its Governing Document

The Objects of the CIO named US are:

To advance the health and improve the quality of life of young people in Northumberland, Tyne and Wear and North Durham. Beneficiaries are aged between twelve and twenty-five and are young people who experience or are at risk of developing mental health issues and/or neurodevelopmental disorders. Support is also offered to their parents/carers.

To engage young people and their parents and carers in sport and other physical activities that have a proven beneficial effect on physical and mental health.

To support and strengthen the impact of physical activities through healthy eating workshops.

To empower beneficiaries to transform their lives through participation in sports and physical activities, enabling them to

- improve their mental and physical health,
- enhance their educational performance and employability
- develop positive relationships,
- raise their self-esteem,
- be happy and take pleasure from recreation

To empower young people to play an active part in the long and short-term planning of activities and US in order to develop their organisational skills, whilst ensuring that activities meet the needs of beneficiaries.

To help young people make a positive contribution to family and community life.

Summary of the Main Activities Undertaken for the Public Benefit in Relation to the Charity's Objects

US works in the North East of England. Our trustees are passionate about destigmatising mental illness and enhancing the support available to young people.

US currently delivers on an outreach basis. We fund sports and other fitness activities to small groups and individuals, aged between 12 and 25 who experience or are at risk of developing mental health difficulties.

When arranging programmes we engage with referral organisations who work with young people in education, health, care, community organisations and the justice sector. We also welcome direct introductions from families and individuals.

We provide bespoke programmes for small groups and individuals, tailoring programmes to meet their needs and interests.

The activities are delivered by high quality, well-qualified coaches, teachers, tutors of sports and a wide range of physical activities. We encourage all participants to set personal goals for their US experience and where appropriate, support the development of an exit strategy / progression pathway.

We are an organisation that continuously consults young people about our development and offer. As we grow this will continue and young people will become more and more active in the planning, development and management of US.

Long term we may open centres in the North East housing sports and fitness and other facilities to provide opportunities for our young people to improve their quality of life.

Through sports and fitness activities we aim to empower young people and help them to:

- Feel good
- Improve their mental and physical health
- Make friends and have fun
- Improve their self-image
- Become more confident
- Set and achieve personal goals
- Be successful in education and training and increase their employability

Achievement and Performance

Statutory Declaration

The trustees declare that they have complied with their duty to have due regard to the guidance on public benefit published by the commission in exercising their powers or duties.

Summary of the Main Achievements of the Charity for the Year

Adapting to the New Normal

Since the first lockdown the US team worked hard to ensure that young people who are experiencing or are at risk of developing mental health issues were able to access sport, fitness training and physical activities of their choice. We communicated our offer intensively to the health, care, education, justice and community sectors, parents and young people, clarifying that whether facing partial or full lockdown or no restrictions we would find solutions that make safe, one to one and small group activities possible. This was especially important as research told us that the Covid 19 Pandemic has had a serious impact on the mental health and emotional well-being both of young people already experiencing mental illness and the wider population. This was confirmed by increased referrals to our organisation and discussions with referrers and parents who described how distressed many young people had been over recent months

At the beginning of the first lock-down we met with our coaches and tutors and established activities we could provide online for both existing US participants and new referrals. Consequently we have had a blended offer, responsive to developing COVID regulations - whilst under lock-down, under reduced restrictions and when restrictions were lifted.

We have delivered:

- 5 virtual group programmes;
- 8 face to face group programmes;
- 13 one to one, virtual programmes
- 15 one to one, face to face programmes.

Our participants have a diverse range of needs and interests, and this is reflected in our activities. Our delivery in this year covered Yoga, Fitness Training, Boxercise, Walking, Golf, Football, Zumba and Cycling. We have worked hard to meet individual needs and interests and the needs of different at-risk groups, such as a Sixth Form Group who felt anxious about how COVID would impact on their grades and futures. Some of our young people have recently come out of hospital and require intensive support from our keyworkers to enable them to take the first few steps into an activity. In one case hours of talking in the garden has led to regular dog walks and a donated bike has enabled one young man living in a hostel to go cycling with a keyworker. Yoga and relaxation techniques are popular with many of our young people and for those in recovery from eating disorders it is the only activity we can deliver.

Additionally in 2020/21, we launched a 15 week long programme of live online classes open to all young people as part of our GOGA project. From February 2021 we offered a timetable of multiple sessions including yoga, boxercise and strength conditioning.



In December 2020 we embarked upon GOGA (Get Online, Get Active), our first crowdfunding project promoted by the North of Tyne Authority and the Spacehive platform. Donors responding to our campaign and the North of Tyne Authority funded a programme we devised to support all young people aged 12 to 25. This was a response to the impact COVID - its lockdowns and restrictions - has had on the mental health of all young people. Since March 2020 lockdowns resulted in children and young people being unable to access not only school, college or work, but also the sports and other leisure activities they enjoyed in their 'normal' lives. We started to deliver this 15 week programme in February 2021 offering daily, live, virtual classes in Yoga and Relaxation, Fitness Training and Strength Conditioning. They were accessed by participants through our website. The classes are now stored on our website and are accessible to young people.

We will retain some online, live and recorded classes post COVID for young people not ready for face to face provision and for new referees to facilitate quick access to activities, whilst we plan individualised provision.

GOGA funding helped to raise our profile

We developed an identity for GOGA to complement the US webpage, and generated a range of marketing resources to promote the project.

We engaged local company Indigo Wolf Marketing to support us with our launch campaign, and they secured coverage of US and GOGA in local online publications: North East Living North and Northern Insight Magazine, as well as a 'spot' on Night Owls with Alan Robson on Greatest Hits Radio, and further sharing across social media from a range of services linked to children and young people, sports, and mental health.

US has established partnerships within the school and education sector in the North East. We targeted all schools in the region, both through email and social media, and had a supportive response to GOGA, be it through posting on their social media, including in school to home communications, cascading through year group and pastoral systems.

We made our partners agencies from health, social care, justice, community and voluntary sectors, and beyond aware of the GOGA through email contacts and marketing materials - Its true to say the entire US team worked intensively to spread the GOGA message!

To achieve a wider community reach we promoted GOGA through Facebook groups across the regions and used paid adverts on Facebook and Instagram to extend GOGA exposure beyond our own following. Two campaigns were used, one to target young people aged 13-25, and another targeting an older age groups, aimed at parents and professionals working with young people in the 12-25 age group. The two campaigns achieved a reach of over 29K people, and generated 300 direct engagements with our webpage.

North of Tyne Combined Authority not only supported GOGA financially with a contribution to our crowdfunding campaign, they also supported us with awareness raising through their channels. It was great to meet (albeit virtually!) with Counsellor Joyce McCarty in March and to have the opportunity to talk about our project and how it was part of our charity's commitment to improving mental health of young people – links to our regional local authorities offer a fantastic gateway for US to increase awareness of what we do with many of the core / statutory services supporting young people - for example we have recently established a new link with the Skillshub at Newcastle City Library, and are planning ways of working together to support their clients.

Maintaining and establishing new partnerships

During this year we also met with our referral agencies and educational establishments to plan how we can work with their young people post COVID. We continue to grow our network of referral agencies and high-quality, approved, vetted providers.

The following programmes provide a good overview of our offer to young people:

One to One Coach-led Programmes

These are for individuals not yet able to engage with other participants, or in need of individual support to engage in regular exercise; with the aim that the young person could progress in to group activities as a next step. The sport or exercise is chosen by the young person and we engage coaches or trainers with the necessary qualifications and experience to deliver. This year coach-led one to one activities have included: fitness training; yoga; gymnastics; horse-riding; swimming, boxercise and street dance.

One to One Community Access programmes

For other young people one to one activities involve US keyworkers or volunteers accompanying young people to community venues enabling them to access fitness classes or activity sessions. This type of support allows the young person to overcome their personal barriers to accessing sport and exercise available in their communities, be this anxiety or fear, low confidence, lack of social or independent travel skills, or a limited support network around the child. As confidence grows and relationship develop, this can be a most effective route to developing lifelong fitness practices. This year community access one to one activities included: swimming, climbing, golf, walking/running

Group Programmes

These are for young people who require a higher level of coaching or emotional support than is available in larger commercial groups. In some cases, this has allowed the young people to develop sufficient skills and self-confidence to progress into regular sport and exercise in wider community settings.

These groups may either be developed through a partnership with another organisation working with young people who meet our criteria and who would benefit from sport or exercise activities, or by progressing young people with a common interest from one to one activities with US into a small group setting - with a long term goal of accessing community leisure and fitness facilities and this becoming an established part of their lifestyle.

Feedback on US activities

I've really benefited from all the fitness sessions offered. The sessions have boosted my confidence as a result of my physical health improving therein. Having suffered from an acute mental illness that resulted in me having to heavily rely on medication that caused me to gain weight, I developed a low self-esteem and was caught in a vicious cycle of feeling unworthy because of my body image which in turn caused me to gain even more weight. Since my first session with US I've seen my body transition back to its former pre-medication state and my confidence is slowly but surely returning too!!! What I'm most grateful for is that all my US trainers have allowed me to appreciate that a holistic and healthy lifestyle is far more important than said body image." M

“Online sessions have filled some of his time up and given him a purpose during lockdown” C

“I’d done online yoga with my mum before, and really liked that the yoga I went to was just for younger people not adults! I feel good after I’ve done a class” S

Funding Streams

We work continuously to bring in the funds required to plan, manage and deliver our provision in a safe and supportive manner. We do this through applying for funding from trusts, foundation and other funding bodies and through a range of fund-raising activities.

In year we have obtained funding from funds set up to support charities faced with the impact of the COVID pandemic. We were awarded money from the Sport Tyne and Wear Emergency Fund; The Community Foundation Covid Fund, the Police and Crime Commissioner’s Office and the Tesco’s Covid Fund. We also were success in an application to Sport Newcastle.

We have a very experienced and hard-working fund-raising committee who have managed to maintain and develop new, alternative fundraising activities. Fundraising activities have included:

- An experienced tour guide hosting walks around Newcastle
- The sale of US Christmas cards
- Virtual fundraising activities including:
 - Five online cookery classes delivered by famous and not so famous chefs
 - Cocktail making, make-up and hairdressing demonstrations
 - Yoga classes
 - Fitness training classes

We have been determined to rise to the challenges presented by Covid 19 and with the support of all our partners and supporters have provided quality, transformational activities.

Staffing and volunteers

A range of successful bids, sponsorships, donations and fundraising activities have enabled us to continue to employ on a part-time basis a very experienced Chief Operating Officer, a part-time Referral and Keyworker Co-ordinator and sessional keyworkers. During this year our part-time Referral and Key worker Co-ordinator went on maternity leave and was replaced temporarily.

Trustees and the volunteer Fundraising Committee apply their skills, experience and time to support the charity’s work and are key to its success and growth. We are very grateful to those who have delivered our fundraising activities throughout this challenging year: the chefs, fitness-trainers, yoga teachers, hairdresser, beautician and tour guide.

Financial Review

Brief Statement of the Charity's Policy on Reserves

The trustees recognise that in order to maintain a continuity of support to our young people that a designated reserve be retained equivalent to the expenditure from the previous financial year.

Due to the continued year on year increase in charitable activity costs, and the uncertainty of sustained funding due to COVID-19, it was agreed by trustees that the reserve for 2021/22 would be reduced to the equivalent of 50% of the expenditure from the previous financial year.

Additional reserves may be held in pursuit of the longer-term objectives of the charity for example capital projects e.g. an US Centre.

Details of Any Funds Materially in Deficit

None

Statutory notes to the accounts

Particulars of Any Outstanding Guarantee Given by the CIO

None

Particulars of Any Outstanding Debt

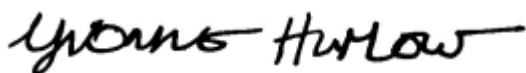
None

Declaration

The Trustees declare that they have approved the Trustees' Report above.

Signed on behalf of the Charity's Trustees

Signature(s):



Full Name(s): Yvonne Bernice Hurlow

Mary Jane Tacchi

Position(s): Trustee

Trustee

Date: 06/01/2022

06/01/2022

US Charity 1166464

Statement of Financial Activities (incorporating income and expenditure account)

Year to 31st March 2021

Income		Restricted Funds	Unrestricted Funds	Total Funds	Total Funds	Total Funds
	Note	2020/21 £	2020/21 £	2020/21	2019/20 £	2018/19 £
Donations	2	21,163.50	8,336.33	29,499.83	5,955.00	47,519.80
Other activities	3	4,902.24	10,733.75	15,635.99	22,056.41	13,373.75
Total Income		26,065.74	19,070.08	45,135.82	28,011.41	60,893.55
Expenditure						
Raising Funds	4	287.46	430.07	£717.53	2,192.74	2,481.88
Charitable activities	5	22,202.59	29,954.32	52,156.91	43,173.63	37,830.84
Governance	7	195.00	135.00	£330.00	355.00	125.00
Total Expenditure		22,685.05	30,519.39	53,204.44	45,721.37	40,437.72
Net Incoming resources		3,380.69	- 11,449.31	- 8,068.62	- 17,709.96	20,455.83
Total funds brought Forward		3,148.19	60,979.14	64,127.33	81,837.29	61,381.46
Total funds at 31 March 2021		6,528.88	49,529.83	56,058.71	64,127.33	81,837.29

		31-Mar-21			31-Mar-20		31-Mar-19
Fixed Assets	Note	£	£	£	£	£	£
Tangible assets	8		£0.00		£0.00		0.00
Current Assests							
Debtors	11	40.00		-	-	0.00	
Cash at bank and in hand	9	<u>63,906.06</u>		<u>67,381.85</u>		<u>85,117.29</u>	
		63,946.06		67,381.85		85,117.29	
Creditors: amounts falling due within 1 yr	10	<u>7,887.35</u>		<u>3,254.52</u>		<u>3,280.00</u>	
Net Assets			56,058.71		64,127.33		81,837.29
Net Assets			<u>£56,058.71</u>		<u>£64,127.33</u>		<u>81,837.29</u>
Charity funds							
Restricted funds	12		6,528.88		3,148.19		3,304.51
Unrestricted funds			49,529.83		60,979.14		78,532.78
Total Funds			<u>56,058.71</u>		<u>64,127.33</u>		<u>81,837.29</u>

1. Accounting Policies

The principal accounting policies are summarised below. The accounting policies have been consistently applied.

a) Basis of preparation of financial statements

The Financial Statements have been prepared under the historical cost convention and in accordance with the Statement of Recommended Practice "Accounting and Reporting by Charities (SORP 2015)" applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), effective 1 January 2015.

b) Fund Accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designed for other purposes.

Designated Funds are general funds which have been set aside by the trustees for a specific purpose

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes.

c) Incoming resources

All incoming resources are included in the financial activities when the charity has entitlement to the funds, certainty of receipt and the amount can be measured with sufficient reliability.

Income tax recoverable in relation to donations received under Gift Aid is recognised at the time of actual receipt of funds.

d) Resources expended

Expenditure is recognised on an accrual basis and has been included under expense categories that aggregate all costs for allocation to activities. Where costs can not be directly attributed to particular activities they have allocated on a basis consistent with the use of the resources.

Governance costs are those incurred in connection with the administration of the charity and compliance with constitutional and statutory requirements.

All resources expended are inclusive of irrecoverable VAT.

e) Going concern basis

The financial statements have been prepared on a going concern basis. The trustees consider this to be appropriate as they project the level of donations and event profits to be sufficient to exceed operating costs.

2. Donations	Restricted Funds	Unrestricted Funds	Total Funds	Total Funds	Total Funds
	2020/21	2020/21	2020/21	2019/20	2018/19
	£	£	£	£	£
Donations	-	2,336.33	2,336.33	2,485.00	3,510.80
Grants Received	21,163.50	6,000.00	27,163.50	3,470.00	44,009.00
Total Income	21,163.50	8,336.33	29,499.83	5,955.00	47,519.80

Grants received in year:

Sport Tyne and Wear -	1,901.50	
Sport Newcastle	1,000.00	
Tesco COVID Emergency Appeal	500.00	
CF COVID Fund	8,167.00	
PCC Violence Reduction	6,268.00	
North of Tyne Authority - GOGA	3,327.00	
Barbour Foundation		£5,000.00
CF - Squires Foundation		£1,000.00
	21,163.50	6,000.00

3. Other Activities	Restricted Funds	Unrestricted Funds	Total Funds	Total Funds	Total Funds
	2020/21	2020/21	2020/21	2019/20	2018/19
	£	£	£	£	£
Fundraising	869.59	9,103.23	9,972.82	19,064.32	12,431.00
Gift Aid	-	1,496.50	1,496.50	2,992.09	942.75
HMRC Statutory Payments	4,032.65	134.02	4,166.67		
Total Income	4,902.24	10,733.75	15,635.99	22,056.41	13,373.75

In year Fundraising Restricted funds breakdown to £1080 refunded for May Charity ball / £1949.59 raised through crowdfunding for GOGA project
HMRC Statutory payments relate to up-front payment of Statutory Maternity Pay for Referral and Keyworker Co-ordinator

4. Expenditure on raising Funds	Restricted Funds	Unrestricted Funds	Total Funds	Total Funds	Total Funds
	2020/21	2020/21	2020/21	2019/20	2018/19
	£	£	£	£	£
Online Payment Processing fees	287.46	395.12	682.58	549.78	283.13
Event costs	-	34.95	34.95	1,642.96	2,198.75
			-		
Total Expenditure	287.46	430.07	717.53	2,192.74	2,481.88

5. Expenditure on charitable activities	Restricted Funds	Unrestricted Funds	Total Funds	Total Funds	Total Funds
	2020/21	2020/21	2020/21	2019/20	2018/19
	£	£	£	£	£
Staffing	20,007.04	£27,818.47	£47,825.51	£37,070.50	33,603.33
Activity related costs	-	£14.00	£14.00	£937.37	616.70
Venue hire	75.00	£390.00	£465.00	£700.00	1,070.80
Insurance	-	£538.72	£538.72	£498.40	498.40
Phone	64.50	£288.49	£352.99	£257.00	207.47
Website and Social Media	1,607.19	£300.37	£1,907.56	£632.50	195.00
Events, Marketing and Promotion	362.56	£0.00	£362.56	£1,175.17	571.38
Postage, Print, Stationery	-	£297.00	£297.00	£657.79	374.45
Travel Expenses	-	£0.00	£0.00	£0.00	136.21
Memberships	-	£84.00	£84.00	£854.00	167.50
Training / CPD	£31.50	£67.50	£99.00	£179.90	-
Recruitment / safer recruitment	54.80	£155.77	210.57	211.00	389.60
			-		
Total Expenditure	22,202.59	29,954.32	£52,156.91	£43,173.63	37,830.84

6. Staffing

Staffing costs include management and admin, Referrals and Keyworker Co-ordinator, keyworker, coach/trainer costs

At the end of November 2020, our Referrals and Keyworker Co-ordinator commenced maternity leave, expected return due August 2021

Maternity leave is being covered by one of our keyworkers on a self-employed, fixed-term contract

All other staff are engaged on a self employed basis

No individual received remuneration in excess of £60,000

No trustee received any remuneration

Voluntary hours

No amounts are included in the financial statements for services donated by volunteers.

The fundraising committee, whose members all undertake activities voluntarily, met regularly throughout 2020/21 (virtually)

7. Expenditure on Governance

	Restricted Fur 2020/21 £	Unrestricted Funds 2020/21 £	Total Funds 2020/21 £	Total Funds 2019/20 £	Total Funds 2018/19 £
Licensing / Registration	35.00	40.00	75.00	55.00	75.00
External Examination of Accounts	-	25.00	25.00	25.00	50.00
External HR	160.00	70.00	230.00	275.00	
Total Expenditure	195.00	135.00	330.00	355.00	125.00

8. Tangible Assets

The charity has no tangible assets

9. Cash in bank and in-hand

	31st March 2021 £	31st March 2020 £	31st March 2019 £	31st March 2018 £
Bank Statement	63,905.56	67,362.85	83,140.36	63,935.46
Cash in hand	0.50	19.00	1,976.93	-
	63,906.06	67,381.85	85,117.29	63,935.46
Cash in hand	0.50			
Petty cash	0.50			

In 2020/21 all funds were held in the charity's Barclays Bank Community Account

The trustees recognise that in order to maintain a continuity of support to our young people that a designated reserve be retained equivalent to the expenditure from the previous financial year. Due to the continued year on year increase in charitable activity costs, and the uncertainty of sustained funding due to COVID-19, it was agreed by trustees that the reserve for 2021/22 would be reduced to the equivalent of 50% of the expenditure from the previous financial year *

Additional reserves may be held in pursuit of the longer term objectives of the charity for example capital projects. The trustees may choose to utilise alternative investment or interest accruing accounts for holding such funds.

The funds of the charity	31st March 2021 £	31st March 2020 £
Bal. of creditors/debtors falling due in 1 Year (10,11)	7,847.35	
Restricted Income Funds	6,528.88	3,148.19
General Unrestricted Income Funds	23,451.38	21,060.03
Designated Unrestricted Income Funds *	26,078.46	43,173.63
	63,906.06	67,381.85

Total of General Unrestricted Income Funds and Designated Unrestricted Income Funds is £49,529.83

10. Creditors - amounts falling due within one year

	31st March 2021 £	31st March 2020 £	31st March 2019 £	31st March 2018 £
Creditors	5,990.60	3,229.52	3,255.00	2,544.00
Accruals	1,896.75	25.00	25.00	-
	<u>7,887.35</u>	<u>3,254.52</u>	<u>3,280.00</u>	<u>2,544.00</u>

11. Debtors - amounts falling due within one year

	31st March 2021 £	31st March 2020 £	31st March 2019 £	31st March 2018 £
Debtors	-	-	-	-
Accruals*	40.00	-	-	-
	<u>40.00</u>	<u>-</u>	<u>-</u>	<u>-</u>

* Justgiving Gift Aid invoice, 31/3/2021

12. Restricted Funds

Breakdown of Restricted funds @ 31st March 2020

£
Sport Newcastle
GOGA
HMRC Statutory Payments
May Ball Ticket payments held
<u>1,000.00</u>
<u>6,528.88</u>



CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/
members of

US

On accounts for the year
ended

31/3/2021

Charity no
(if any)

1166464

Set out on pages

1-6

(Remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/3/2021.

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 (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

* Please delete the words in the brackets if they do not apply.

Signed:

Joanne Towart

Date:

7.12.21

Name:

JOANNE TOWART

Relevant professional
qualification(s) or body
(if any):

CIMA.

Address:

9 CARLINGTON WALK,
NEWCASTLE UPON TYNE
NE13 9AN.

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.