



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.

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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 in a cursive style.

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

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		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>67,381.85</u>
		77,443.23	88,334.87	93,587.87	67,381.85
Creditors: amounts falling due within 1 y	11	<u>4,472.80</u>	<u>5,996.72</u>	<u>5,283.98</u>	<u>3,254.52</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

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

8. Expenditure on Supporting Costs

	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
	£	£	£	£	£	£	£
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>						

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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 *	45,679.10	35,306.94	27,590.16	26,078.46	43,173.63
	<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 Premiarn 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	25.00	25.00	445.00	1,896.75	25.00	25.00	-
	<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			244.99	40.00	-	-	-
	<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.