



**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
			-		
<b>Total Income</b>		<b>33,073.00</b>	<b>63,879.05</b>	<b>96,952.05</b>	<b>82,104.28</b>
<b>Expenditure</b>					
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
			-		
<b>Total Expenditure</b>		<b>20,897.59</b>	<b>72,425.80</b>	<b>93,323.39</b>	<b>91,284.88</b>
<b>Net Incoming resources</b>		<b>12,175.41</b>	<b>(8,546.75)</b>	<b>3,628.66</b>	<b>(9,180.60)</b>
<b>Total funds brought Forward</b>		<b>6,797.50</b>	<b>66,859.14</b>	<b>73,656.64</b>	<b>82,837.24</b>
<b>Total funds at 31 March 2024</b>		<b>18,972.91</b>	<b>58,312.39</b>	<b>77,285.30</b>	<b>73,656.64</b>

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				-
<b>Total Expenditure</b>	<b>-</b>	<b>80.00</b>	<b>80.00</b>	<b>80.00</b>

## 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
<b>Total Expenditure</b>	<b>-</b>	<b>261.75</b>	<b>261.75</b>	<b>211.88</b>

## 9. Tangible Assets

	Computer Equipment £
<b>Cost</b>	
At 1st April 2024	1,047.00
Additions	-
At 31st March 2025	<u>1,047.00</u>
<b>Depreciation</b>	
At 1st April 2024	360.79
Charge for the Year	<u>261.75</u>
At 31st March 2025	<u>622.54</u>
<b>Net Book Value</b>	
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	<b>0.00</b>

**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.

--