SELFA

England & Wales · Charity number 1169686

Details

Status	Registered
Legal form	CIO
Registered	2016-10-14
Register	View on the Charity Commission register

Contact

Address	1 Elliot Street Skipton North Yorkshire BD23 1PE
Phone	01756533110
Email	admin@selfa.org.uk
Website	www.selfa.org.uk

Activities

Objects: The relief of vulnerable, disadvantaged and disabled children and young people, their families and/or carers, in particular, but not exclusively, by the provision of health and wellbeing programmes, peer support groups, targeted holiday workshops and trips and residential breaks.

Activities: Amalgamated with Charity Number 1124020 31.03.17. SELFA supports children and families experiencing vulnerabilities, to build resilience, thrive and achieve through wellbeing programmes; peer support groups; targeted holiday workshops; trips and residential breaks. Service users live or go to school in North Yorkshire and are referred by a professional working with them or their family.

Classification

- **How:** Provides Services
- **What:** General Charitable Purposes, Disability
- **Who:** Children/young People, People With Disabilities

Geography

- North Yorkshire

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Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£664,021	£515,291	£464,014	10
2024-03-31	£420,256	£514,711	-	-
2023-03-31	£488,382	£455,863	-	-
2022-03-31	£363,101	£328,043	-	-
2021-03-31	£364,609	£199,710	-	-

Trustees

Name	Role	Appointed
JUDITH HOLLIDAY	Chair	2016-06-01
Caroline Kilvington		2025-11-18
Fiona Busfield		2024-10-24
Heather Margaret Tattersall		2024-01-24
Joanne Lisa Lloyd		2022-11-30
Laura Rowe		2026-06-02
Patricia Rose Lord		2021-02-02
SUSAN ELIZABETH BAILEY		2021-05-18
Timothy John Squire-Watt		2025-11-18

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SELFA

England & Wales - Charity number 1169686

Accounts

SELFA
YOUR LOCAL CHILDREN'S CHARITY

2025



Annual Report

SELFA

Charity Number: 1169686

admin@selfa.org.uk

Foreword



It has been another transformative year at SELFA, filled with progress and innovation as we continue to respond to the ever-evolving needs of the children and families we support. This year has seen the launch of several exciting initiatives, including the expansion of our provision for children with special educational needs and disabilities at weekends, which has allowed us to offer more tailored support to not just children and young people, but their parents and carers too, ensuring they are better equipped to navigate the challenges of daily life.

We've also made strides in growing our Youth Board, empowering young people to take on leadership roles and contribute directly to the shaping of our services. Input through youth voice has flourished, offering invaluable insight into how we can continue to engage and support the voices of young people in our community.

Partnerships have been at the heart of our achievements in 2024/25. Through our collaboration with local organisations, such as Pioneer Projects and Yorkshire Dales Millenium Trust, we've continued to expand access to creative and developmental opportunities for young people in the Craven district. Additionally, our ongoing work with the Safe Spaces partnership and the Youth in Mind collaborative has strengthened our ability to provide much-needed mental health and wellbeing services across the district, creating a stronger, more resilient network of support for those facing adversity.

In response to growing demand, we are proud to have increased the number of parents and children accessing our services by 15%, as we continue to ensure that SELFA remains a beacon of support for those who need it most. Our financial stability has also remained a priority, with significant progress made towards diversifying our funding streams to secure long-term sustainability.

As always, none of this would be possible without the generosity and dedication of our volunteers, funders, and supporters. Their commitment has been instrumental in making a lasting difference in the lives of the families we serve.

Emma Pears, Chief Officer

Our mission

To support children and families experiencing vulnerabilities, to build resilience, thrive and achieve.

Our vision

A community where all children and young people are celebrated and know they belong.

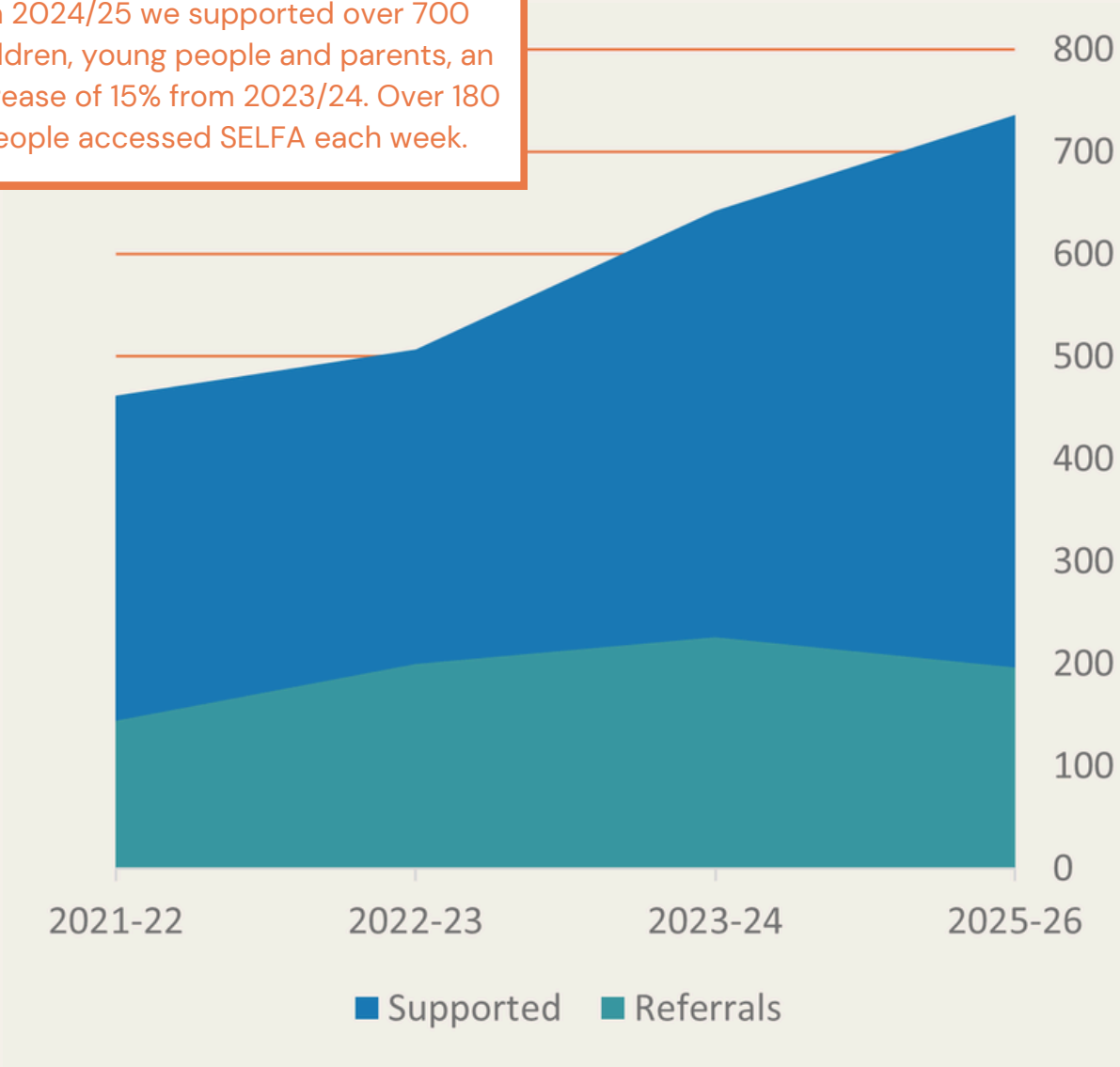
Our services

We support children, young people and parents through health and wellbeing programmes, mental health provision and targeted holiday activities.



Children, young people and parents supported

In 2024/25 we supported over 700 children, young people and parents, an increase of 15% from 2023/24. Over 180 people accessed SELFA each week.



95%

developed positive relationships and a sense of belonging

86%

saw an improvement in resilience

99%

became more independent

100%

showed an improvement in wellbeing

Health & wellbeing programmes

"The stories we've shared this year show why SELFA matters – belonging and support really do change lives. I'm proud to stand alongside children, young people and families in our community."

- Emma Pears, Chief Officer

868

sessions of our health and wellbeing programmes

7143

attendances at a health and wellbeing group

Projects	Details
Primary-age groups	Two in North Craven and five in Skipton
SEND weekend groups	Five groups for children and young people with profound and multiple disabilities where we provide a high level of support
Youth age groups	Two in North Craven and five in Skipton, including our Youth Board
SELFA Springboard	A supported volunteering programme for young people aged 19-25
Pathfinders	A 10-week programme for young people with Emotionally Based School Avoidance

Josie's story

Josie, 14, was referred to Pathfinders by her mum after her school attendance collapsed. Once a keen learner, she had stopped going to school following bullying that left her anxious and withdrawn. At home, her mum described life as "walking on eggshells," with Josie often shutting herself away or becoming verbally aggressive. Struggling to juggle work, her own wellbeing, and parenting alone after a separation, mum admitted, "I'm feeling defeated and deflated."

At first, Josie found the group overwhelming and needed constant reassurance. With patience, she moved from 1-1 sessions to staying for half days, then full days, attending 6 of the 10 sessions. Working towards personal goals helped her to engage, and gradually she gained the confidence to contribute — even speaking in front of the group on occasions, a huge step forward after months of isolation. She also came to realise she was not alone, and that others shared similar challenges, which gave her a sense of belonging.

Her mum also benefitted from weekly parent groups, where she explored self-care and boundaries. This support helped rebuild family communication and gave her confidence to seek an EHCP assessment for Josie.

Today, Josie is accessing tailored education and counselling. Mum proudly shares, "Her overall mood seems better, and she has the confidence to face new things. I'm really thankful for Pathfinders."



Mental health provision

"The Mighty Minds project gives our vulnerable students someone to talk to outside school staff. One young man has even built new friendships and is now having a much better experience of school."

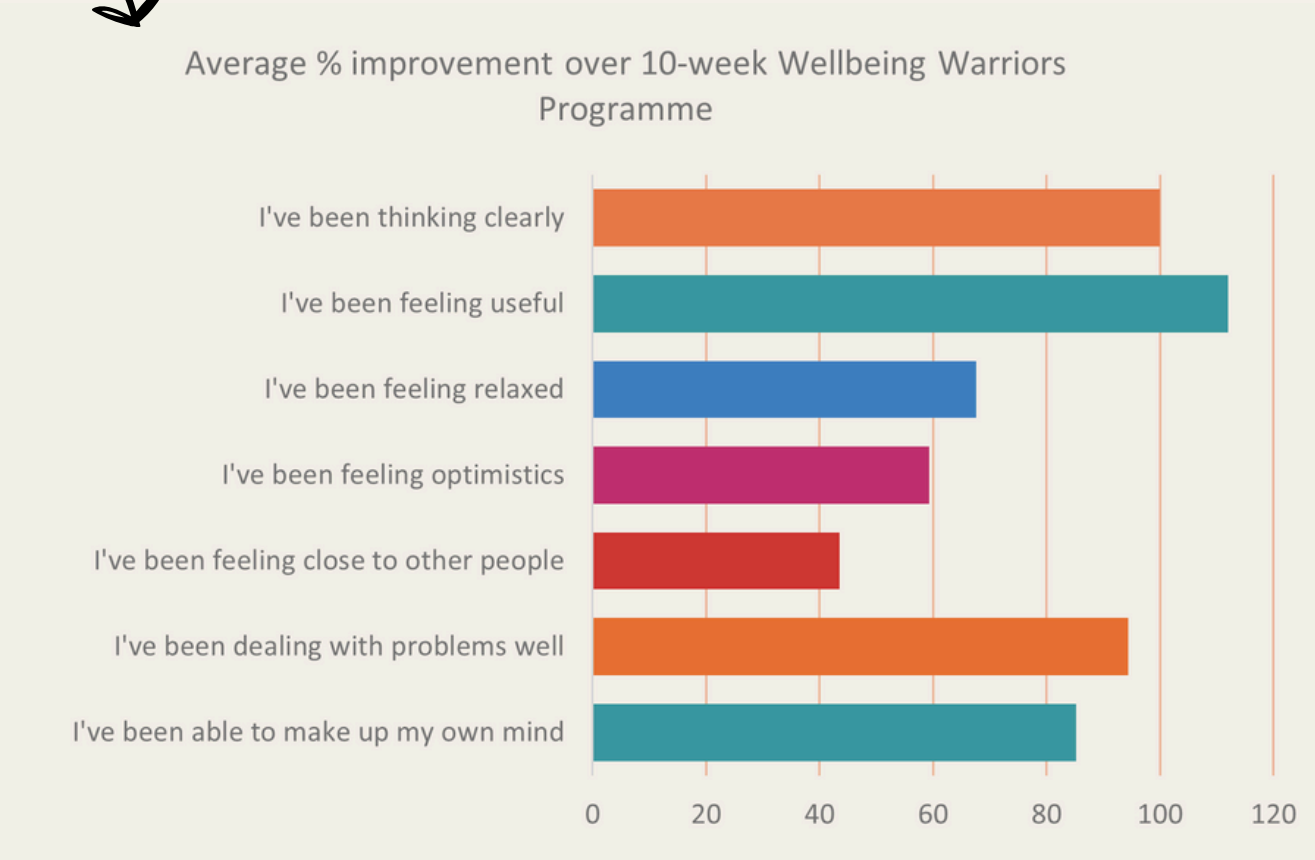
- Ermysted's School SENCO



SELFA has recently seen a huge increase in demand across our mental health provision. Over the year we have supported hundreds of children and young people with their mental health and wellbeing be means of mentoring support, wellbeing cafes and wellbeing programmes.

SELFA are a part of Bradford District and Craven Mind's 'Youth in Mind' programme. Youth in Mind provides early intervention mental health support in schools, hospitals and community settings. There are 8 different Youth in Mind services throughout the Bradford and Craven District – SELFA's service is called 'Mighty Minds'. Within Mighty Minds, we offer two different types of provision which are one-to-one mentoring and a small-group wellbeing programme.

In our one-to-one sessions, we follow a mentoring structure where the young person can explore their emotions and work with staff to set and plan their own goals that they would like to achieve. Our trained staff deliver the one-to-one support both in schools and in community settings across the Craven district. Last year, SELFA visited over 18 different schools to deliver mentoring support including schools in the most rural areas of Craven. In total, SELFA supported 51 children and young people last year through one-to-one mentoring. Our small-group wellbeing programme, called 'Wellbeing Warriors', aims to develop emotional intelligence and



support children to create their own positive coping strategies. It is a 10-week programme, delivered in primary schools across Craven, where the children participate in topics such as identifying emotions, worry, and self-care. Last year we delivered 12 Wellbeing Warrior programmes across 7 different primary schools to deliver the programme supporting over 80 children.

We are very excited to have the opportunity to expand our Mighty Minds service this year due to an uplift in funding. This year, we have increased our target from supporting 100 children and young people via Mighty Minds to 244. Our Children and Young People Workers are already out and about in schools across the district delivering both areas of provision to local children needing wellbeing support.

As well as the above, SELFA's Wellbeing Café's continued to run successfully last year. Weekly sessions continued in Skipton, for both primary and youth, and Settle as well as our monthly session in Bentham. The Wellbeing Cafes follow different topics depending on the needs of the young people attending. Examples of topics covered last year are: Anger, Self-Esteem, Exam Stress, Back To School Pressure and Self-Care. Depending on the age group, young people can choose to attend as and when they require, for a block of sessions or continuously.

Lucy Lang, Programme Manager (Mental Health)

Mark's story

Mark, aged five, was referred to the Mighty Minds programme by his school's Family Liaison Officer after a turbulent period at home. Recently removed from his mother's care, he now lives with his grandmother. School staff observed a decline in his wellbeing and emotional regulation, and sought support to provide him with a safe space to explore his emotions.

Mark was offered six mentoring sessions with a Support Worker, Skye, during school hours. Initially, he found it difficult to engage, staying only ten minutes in the first session and communicating mainly through nods and shrugs. To meet his needs, Skye introduced therapeutic play, using puppets, stories, Play-Doh, and mindful breathing with lava lamps. These activities helped Mark express himself more comfortably, often through role play or creative tasks rather than direct conversation.

Over time, Mark became more settled, participating fully in sessions and showing enthusiasm for activities. By the end, he was reluctant to leave, asked to stay longer, and gave "double thumbs up" when asked about his experience.

Both SELFA and school observed significant improvements: Mark is now able to identify and share his feelings, calms more quickly after distress, and engages more positively in restorative discussions. His teacher expressed delight at his progress and requested further information about SELFA support for other pupils.



Targeted holiday activities

"We hadn't left the house for three days before coming on this trip. Things are tough for Jake at the moment but I'm glad the promise of a SELFA trip got him up and out"

- Parent



School holidays can be a difficult time for children and young people, and we helped to combat isolation resulting from emotional/ behavioural issues and financial and geographical exclusion by giving access to enriching activities. These activities helped to support the emotional and physical wellbeing of children and young people during the school holidays and to avoid a deterioration in wellbeing away from the routine of school.

Our programme over the last year has included trips to Morecambe, South Lakes Zoo, Hesketh Farm, Studfold Adventure Trail, Cliffe Castle, Tree Top Nets and Stump Cross Caverns. We've also been swimming at Ingleton Lido, roller skating at The Fun House, paddleboarding on the Leeds Liverpool Canal, sailing on Lake Windermere and rock climbing in the Yorkshire Dales. We even had a specially performed pantomime for the children who came to our sessions over the Christmas holidays!

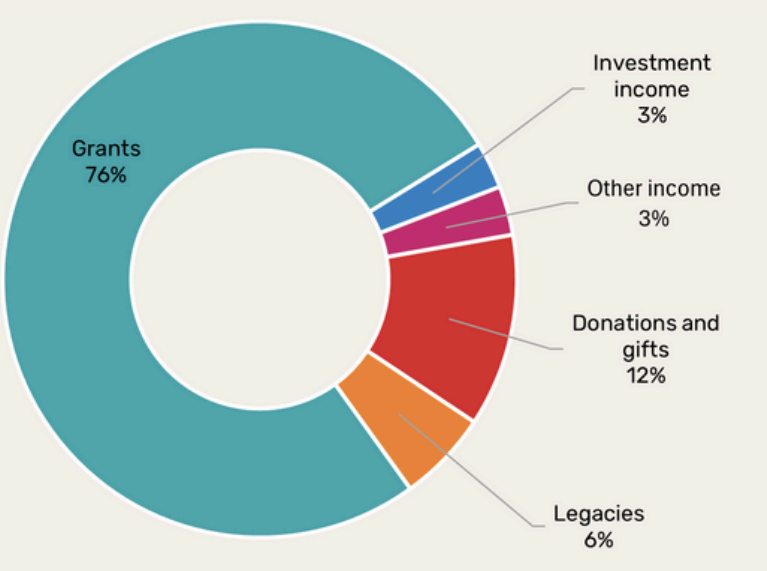
128
holiday activity sessions

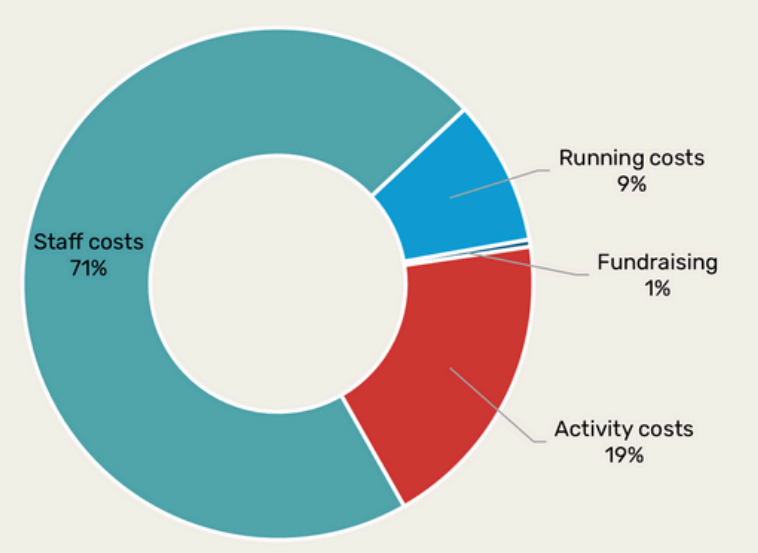
9
residential breaks

1087
hours of engaging and fun sessions

Finances

INCOME	£664,021
Donations and gifts	£80,295
Gift aid	£2,305
Legacies	£38,091
Grants	£505,902
Investment income	£19,368
Other income	£18,060





EXPENDITURE	£515,291
Fundraising	£2,358
Activity costs	£98,362
Staff costs	£367,324
Running costs	£47,247

Charity information

STRUCTURE & GOVERNANCE

The charity is governed by a constitution adopted on 2nd February 2021

The charity is a Charitable Incorporated Organisation (CIO) formed on 14th October 2016.

REGISTRATION

Reg. Number: 1169686
(Previously 1124020)

Address: Ings CP School
Broughton Road
Skipton
North Yorkshire
BD23 1TE

TRUSTEES

- Judith Holliday (Chair)
- Simon Collings (Vice Chair)
- Susan Bailey (Treasurer)
- Fiona Busfield (appointed Oct 24)
- George Garland
- Lauren Hopkins (resigned Feb 25)
- Joanne Lloyd
- Patricia Lord
- Nicky Shoesmith
- Heather Tattersall
- Claire Wood (resigned Jan 25)

INDEPENDENT EXAMINER

Jane Ascroft Accountancy Limited
Enterprise House
Harmire Enterprise Park
Barnard Castle
County Durham
DL12 8XT

BANKERS

CAF Bank
25 Kings Hill
West Maling
Kent
ME19 4JQ

Governance

OBJECTS OF THE CHARITY

The objects of the charity as included in the Constitution are:

The relief of vulnerable, disadvantaged and disabled children and young people, their families and/or carers, in particular, but not exclusively, by the provision of health and wellbeing programmes, peer support groups, targeted holiday workshops and trips and residential breaks.



POWERS AND DELEGATIONS

The Board of Trustees hold all the charity's powers and authorities. The Board is ultimately responsible for the overall control and strategic direction of the charity and the protection of its assets. The Board meets formally four times a year. Day-to-day running of the charity is the responsibility of the Chief Officer, Emma Pears.

The Trustees of the charity are appointed by the Board.

New Trustees attend an initial meeting where they are provided with a full report on the charity's activities and what their roles and responsibilities are as Trustees. Trustees are encouraged to call meetings of Trustees whenever they feel it is necessary to discuss any issues that arise. Ongoing training is available as needed.

RISK MANAGEMENT

SELFA maintains a risk register and the Board of Trustees ensure that all major risks to which the charity is exposed are reviewed on a regular basis and that the systems and procedures are in place to manage these risks.



STATEMENT OF RESPONSIBILITIES OF THE TRUSTEES

SELFA's Trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and regulations.

The Trustees review and agree financial statements for each financial year which give a true and fair view of the state of the affairs of the charity.

The Trustees are responsible for ensuring the employees of the charity maintain proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charity Commission's requirements.

The Trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The names of Trustees who served during the year are set out on page 12.

STATEMENT OF PUBLIC BENEFIT

The Trustees confirm that they have complied with the duty in the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'.

That guidance addresses the need for all charities' aims to be, demonstrably, for the public benefit.

SELFA addresses its objectives through the provision of out-of-school enrichment activities, and achievements over the year are highlighted in this report. We aim to help the most vulnerable and disadvantaged children and young people in our society, and no person is excluded on the grounds of race, religion, gender, sexual orientation or social position.

Financial review

The financial statements of the charity are prepared on an accruals basis and in accordance with Charity Commission regulations.

OVERVIEW

SELFA's income increased from £420,256 to £664,021. Local Authority Funding (from town councils and North Yorkshire County Council, including North Yorkshire Together) accounted for 12.4% of total income. The National Lottery Community Fund continued to be a key funder, and we received significant grants from Igen Trust and The Rank Foundation. We received funding for mental health support from Mind in Bradford, the VCS Alliance and Youth in Mind.

Expenditure was £515,291, a slight increase on £514,711 in 2023-24.

RESERVES POLICY

It is the policy of the Trustees to maintain the unrestricted funds, which are the free reserves of the charity, at a level of 3 to 12 months expenditure, ideally between 6 and 12 months. This level is required to:

- Meet contractual liabilities should SELFA have to close. This includes redundancy pay, amounts due to creditors and commitments under leases
- To ensure SELFA can continue to provide a stable and quality service, including minimising recruitment, staff training, staff induction and marketing costs by avoiding redundancies caused by financial crisis
- To meet unexpected costs like the breakdown of essential equipment, staff cover due to illness or periods of extended leave
- To replace equipment as it wears out
- To provide working capital when funding is paid in arrears

The current unrestricted reserves are £455,011, which equates to 10.6 months operating costs based on 2024/24 expenditure.

The Trustees' Report, incorporating the Financial Statement, was approved by the Board on 6th October 2025 and signed on its behalf by:

Emma Pears
Chief Officer

Judith Holliday
Chair of Trustees

Independent examiner's report

Report to the Trustees of SELFA Charitable Incorporated Organisation ("the CIO").

I report to the charity trustees on my examination of the accounts of the CIO for the year ended 31 March 2025, which are set out on pages 17 to 29.

RESPONSIBILITIES AND BASIS OF THE REPORT

As the charity trustees of the CIO 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 CIO's accounts as carried out under section 145 of the 2011 Act. 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

Since the Trust's gross income exceeded £250,000, your examiner must be a member of a body listed in Section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Accounting Technicians, which is one of the listed bodies.

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

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

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

Jane Ascroft Accountancy Limited
Enterprise House
Harmire Enterprise Park
Barnard Castle
County Durham
DL12 8XT

Signed: Jane Ascroft

Date: 3rd October 2025

Statement of Financial Activities for the year ending 31 March 2025

	Notes	2025 Unrestricted funds £	2025 Restricted funds £	2025 Total funds £	2024 Total funds £
Income and endowments					
Donations and legacies	3	120,691	505,902	626,593	396,154
Other trading activities	4	-	-	-	4,998
Investment income	5	19,368	-	19,368	1,954
Other income	6	8,119	9,941	18,060	17,149
Total income		**148,178**	**515,844**	**664,021**	**420,256**
Expenditure					
Expenditure on raising funds					
• Costs of raising donations and legacies	7	2,358	-	2,358	3,203
Expenditure on charitable activities	8-10	19,187	493,746	512,933	511,508
Total expenditure		**21,545**	**493,746**	**515,291**	**514,711**
Net income/ (expenditure)		126,633	22,098	148,730	(94,456)
Transfers between funds		13,094	(13,094)	-	-
Net movement in funds		139,727	9,003	148,730	(94,456)
Reconciliation of funds					
Total funds brought forward		315,284	-	315,284	409,740
Total funds carried forward		**455,011**	**9,003**	**464,015**	**315,284**

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

Balance sheet as at 31 March 2025

	Notes	2025 Unrestricted £	2025 Restricted £	2025 Total £	2024 Total £
Fixed assets					
Tangible assets	12	-	1,283	1,283	3,003
Total fixed assets		**-**	**1,283**	**1,283**	**3,003**
Current assets					
Debtors	13	413	5,745	6,158	3,824
Cash at bank and in hand	14	454,598	195,108	649,706	476,495
Total current assets		**455,011**	**200,853**	**655,864**	**480,319**
Liabilities					
Creditors: amounts falling due within one year	15	-	8,352	8,352	12,378
Deferred liabilities	16	-	184,780	184,780	155,660
Total current liabilities		**-**	**193,132**	**193,132**	**168,038**
Net current assets		**455,011**	**7,721**	**462,732**	**312,282**
Total assets less current liabilities		455,011	9,003	464,015	315,284
Total net assets or liabilities		**455,011**	**9,003**	**464,015**	**315,284**
Funds					
Unrestricted funds		455,011	-	455,011	315,284
Restricted funds		-	9,003	9,003	-
Total funds		**455,011**	**9,003**	**464,015**	**315,284**

Cash flow statement

	2025 £	2024 £
Cash flows from operating activities		
Net income/(expenditure)	148,730	(94,456)
Adjustments for:		
Depreciation of tangible fixed assets	415	608
Other interest receivable and similar income	(19,368)	(1,954)
Loss on disposal of tangible fixed assets	1,305	-
Changes for:		
Trade and other debtors	(2,334)	7,025
Trade and other creditors	(4,025)	9,406
Deferred income	29,120	155,660
Cash generated from operations	153,842	76,289
Interest received	19,368	1,954
Net cash from operating activities	173,211	78,243
Cash flows from investing activities		
Proceeds from sale of tangible assets	-	-
Purchases of tangible assets	-	(3,611)
Net cash from investing activities	-	(3,611)
Net increase in Cash and Cash Equivalents	173,211	74,632
Cash and Cash Equivalents at Beginning of Year	476,495	401,863
Cash and Cash Equivalents at End of Year	649,706	476,495

Analysis of Changes in Net Debt

	At 1 Apr 2024	Cash flows	At 31 Mar 2025
Cash at bank and in hand	476,495	173,211	649,706

3. DONATIONS AND LEGACIES

	2025 Unrestricted funds £	2025 Restricted funds £	2025 Total funds £	2024 Total funds £
Donations				
Donations and gifts	80,295	-	80,295	67,333
Gift aid	2,305	-	2,305	4,084
Legacies				
Legacies	38,091	-	38,091	-
Grants				
Beyondly	-	10,451	10,451	1,549
Children in Need	-	7,159	7,159	35,569
Co-op Local Community Fund	-	7,157	7,157	-
Garfield Weston Foundation	-	13,889	13,889	-
Hubbub	-	5,000	5,000	1,000
Igen Trust	-	53,587	53,587	11,625
Kentown Wizard Foundation	-	15,625	15,625	26,000
Mind in Bradford	-	21,160	21,160	14,525
Morrisons Foundation	-	-	-	5,785
National Lottery Community Fund	-	90,127	90,127	79,160
North Yorkshire Council	-	23,759	23,759	3,000
North Yorkshire Police	-	12,505	12,505	-
North Yorkshire Sport	-	8,029	8,029	-
North Yorkshire Together	-	57,212	57,212	25,315
Sport England	-	5,304	5,304	1,326
St. James's Place	-	7,569	7,569	2,431
The Donnelly Foundation	-	-	-	3,278

3. DONATIONS AND LEGACIES (CONT.)

	2025 Unrestricted funds £	2025 Restricted funds £	2025 Total funds £	2024 Total funds £
The Rank Foundation	-	30,000	30,000	42,557
Trusthouse Charitable Foundation	-	12,667	12,667	-
VCS Alliance	-	19,384	19,384	19,700
Yorkshire Dales Millenium Trust	-	6,010	6,010	-
Youth in Mind	-	31,499	31,499	32,551
Grants under £5,000	-	67,810	67,810	19,367
	120,691	505,902	626,593	396,154

4. OTHER TRADING ACTIVITIES

	2025 Unrestricted funds £	2025 Restricted funds £	2025 Total funds £	2024 Total funds £
Sports coaching	-	-	-	4,998

5. INVESTMENT INCOME

	2025 Unrestricted funds £	2025 Restricted funds £	2025 Total funds £	2024 Total funds £
Bank interest receivable	19,368	-	19,368	1,954

6. OTHER INCOME

	2025 Unrestricted funds £	2025 Restricted funds £	2025 Total funds £	2024 Total funds £
Salary cost recovery	3,262	9,941	13,203	16,850
Other income	831	-	831	201
Second-hand sale	4,026	-	4,026	98
	8,119	9,941	18,060	17,149

7. COST OF RAISING DONATIONS AND LEGACIES

	2025 Unrestricted funds £	2025 Restricted funds £	2025 Total funds £	2024 Total funds £
Costs of raising donations and legacies	2,358	-	2,358	3,203

8. EXPENDITURE ON CHARITABLE ACTIVITIES BY FUND TYPE

	2025 Unrestricted funds £	2025 Restricted funds £	2025 Total funds £	2024 Total funds £
Charitable expenditure	19,187	493,746	512,933	511,508

9. EXPENDITURE ON CHARITABLE ACTIVITIES BY ACTIVITY TYPE

	Activities undertaken directly £	2025 Total funds £	2024 Total funds £
Charitable expenditure	512,933	512,933	511,508

10. EXPENDITURE ON CHARITABLE ACTIVITIES

	2025 Unrestricted funds £	2025 Restricted funds £	2025 Total funds £	2024 Total funds £
Activity costs				
• Transport/travel	2,368	25,432	27,800	27,623
• Admission costs	3,431	14,677	18,108	14,079
• Equipment	-	40	40	747
• Food & drink	238	8,754	8,991	10,343
• Professional hire	250	21,631	21,881	21,948
• Resources/materials	(34)	5,673	5,640	8,896
• Venue hire	385	12,677	13,062	4,764
• Other costs	-	988	988	1,020

10. EXPENDITURE ON CHARITABLE ACTIVITIES (CONT.)

	2025 Unrestricted funds £	2025 Restricted funds £	2025 Total funds £	2024 Total funds £
• Community Fridge costs	-	1,852	1,852	10,183
Consultancy	950	4,628	5,578	8,563
Depreciation	1,720	-	1,720	608
Employee costs	8,368	358,955	367,324	362,258
IT Costs	-	12,322	12,322	2,921
Premises costs	-	10,170	10,170	19,940
Training	40	5,802	5,842	8,341
Transport/travel	759	1,650	2,409	2,906
Other costs	713	8,495	9,207	6,369
	19,187	493,746	512,933	511,508

11. STAFF COSTS AND NUMBERS

	2025 £	2024 £
Gross salaries	337,806	335,221
Social security costs	22,804	20,740
Pensions	6,713	6,028
	367,324	361,989

The average number of employees during the year was 22. The average full-time equivalent was 10.2.

Key Management Personnel

	2025 £	2024 £
Chief Officer	49,384	50,271

12. TANGIBLE FIXED ASSETS

	Fixtures, fittings and equipment £	Total £
Cost		
At 1 April 2024	3,611	3,611
Additions	-	-
Disposals	(1,533)	(1,533)
At 31 March 2025	2,078	2,078
Depreciation		
At 1 April 2024	608	608
Charge for the year	415	415
On disposals	(228)	(228)
At 31 March 2025	795	795
Net book value		
At 31st March 2024	3,003	3,003
At 31st March 2025	1,283	1,283

13. DEBTORS AND PREPAYMENTS

	2025 £	2024 £
Debtors	413	1,342
Prepayments	5,745	2,482
	6,158	3,824

14. CASH AT BANK AND IN HAND

	2025 £	2024 £
CAF Bank Current Account	179,228	175,118
Flagstone Deposits	470,363	301,345
Undeposited Receipts	-	(220)
Petty Cash	116	253
	649,706	476,495

15. CREDITORS AND ACCRUALS

	2025 £	2024 £
Creditors	8,352	12,378
Accruals	-	-
	8,352	12,378

16. DEFERRED LIABILITIES

	2025 £	2024 £
Balance at 1 April	155,660	-
Amounts deferred in year	184,780	155,660
Released to income	(155,660)	-
Balance at 31 March	184,780	155,660

17. UNRESTRICTED FUNDS

	At 1 April 2024 £	Income £	Expenditure £	Transfers £	At 31 March 2025 £
General funds	315,284	148,178	(21,545)	13,094	455,011
	315,284	148,178	(21,545)	13,094	455,011

	At 1 April 2023 £	Income £	Expenditure £	Transfers £	At 31 March 2024 £
General funds	245,989	81,073	(15,389)	3,611	315,284
	245,989	81,073	(15,389)	3,611	315,284

18. RESTRICTED FUNDS

	Balance b/f £	Incoming £	Outgoing £	Transfers £	Balance c/f £
29th May 1961 Charity	-	3,673	(3,673)	-	-
3R Foundation	-	464	(353)	-	111
Age UK North Craven	-	100	(100)	-	-
Anton Jurgens Charitable Trust	-	1,934	(1,934)	-	-
AWC Modality	-	14,546	(14,546)	-	-
Bentham Community Hub	-	2,000	(2,000)	-	-
Bentham Town Council	-	100	(100)	-	-
Beyondly	-	10,451	(10,451)	-	-
Cash For Kids	-	2,925	(2,925)	-	-
Children in Need	-	7,159	(7,159)	-	-
Co-op Local Community Fund	-	7,157	(2,766)	-	4,390
Craven Trust	-	600	(600)	-	-
David Solomons Charitable Trust	-	500	(500)	-	-
Garfield Weston Foundation	-	13,889	(13,889)	-	-
Gertrude Beasley Charitable Trust	-	416	(416)	-	-
Hargreaves Foundation	-	4,774	(4,774)	-	-
Hedley Foundation	-	2,500	(2,500)	-	-
Hillards Charitable Trust	-	1,000	(1,000)	-	-
Hubbub	-	5,000	(5,000)	-	-
Igen Trust	-	53,587	(53,587)	-	-
John Horseman Trust	-	1,598	(1,598)	-	-
Keith Howard Foundation	-	1,466	(1,466)	-	-
Kentown Wizard Foundation	-	15,625	(15,625)	-	-
Masonic Charitable Foundation	-	4,830	(4,830)	-	-
Metis Trust	-	428	(428)	-	-
Mind in Bradford	-	21,160	(21,440)	-	(280)
Morrisons Foundation	-	4,215	(4,215)	-	-
National Lottery Charitable Foundation	-	90,472	(90,472)	-	-
NatWest	-	2,400	(2,400)	-	-

18. RESTRICTED FUNDS (CONT.)

	Balance b/f £	Incoming £	Outgoing £	Transfers £	Balance c/f £
North Yorkshire Council	-	23,871	(22,506)	-	1,365
North Yorkshire Police	-	12,505	(12,505)	-	-
North Yorkshire Sport	-	8,029	(8,029)	-	-
North Yorkshire Together	-	57,212	(57,212)	-	-
Percy Bilton Charity	-	750	(750)	-	-
Pixel Fund	-	2,150	(2,150)	-	-
Rank Foundation	-	32,207	(31,079)	(28)	1,100
Rotary Club of Skipton	-	2,000	(2,000)	-	-
Rotary Club of Skipton & Craven	-	500	(500)	-	-
Skipton Mechanics' Institute	-	647	(647)	-	-
Skipton Temperance Hall	-	2,500	(1,638)	-	862
Skipton Town Council	-	1,250	(1,250)	-	-
Sovereign Health Care Charitable Trust	-	3,640	(3,640)	-	-
Sport England	-	5,304	(5,304)	-	-
St. James's Place Foundation	-	9,291	(9,291)	-	-
Tarn Moor Estate	-	2,892	(902)	-	1,990
The Donnelly Foundation	-	1,722	(1,722)	-	-
Toy Trust	-	44	(44)	-	-
Trusthouse Charitable Foundation	-	12,667	(12,667)	-	-
Two Ridings Community Foundation	-	2,953	(2,953)	-	-
VCS Alliance	-	20,528	(7,461)	(13,066)	-
Yorkshire Dales Millenium Trust	-	6,010	(6,545)	-	(535)
Young Achievers Foundation	-	708	(708)	-	-
Youth in Mind	-	31,499	(31,499)	-	-
	-	515,846	(493,748)	(13,094)	9,003

18. RESTRICTED FUNDS (CONT.)

Fund name	Purpose of restriction
29th May 1961 Charity	Holiday activities
3R Foundation	Forest school equipment
Age UK North Craven	Community Fridge
Anton Jurgens Charitable Trust	Community Fridge/provision of meals
AWC Modality	(1) Youth Active group (2) Secondment of SELFA staff
Bentham Community Hub	Youth residential trip
Bentham Town Council	Circus skills workshop
Beyondly	Environmental awareness residentials
Cash For Kids	Provision of meals
Children in Need	Holiday activities
Co-op Local Community Fund	Food insecurity
Craven Trust	Trustee and volunteer training
David Solomons Charitable Trust	SEND clubs
Garfield Weston Foundation	Core costs
Gertrude Beasley Charitable Trust	Services for children and young people
Hargreaves Foundation	Sports based activities for young people
Hedley Foundation	Residential trip
Hillards Charitable Trust	Holiday activities
Hubbub	Community Fridge
Igen Trust	(1) Pathfinders Project (2) North Craven mental health support
John Horseman Trust	SEND clubs
Keith Howard Foundation	Sports based activities for young people
Kentown Wizard Foundation	SEND clubs
Masonic Charitable Foundation	Core costs
Metis Trust	Services for children and young people
Mind in Bradford	Mental health support
Morrisons Foundation	Youth activities
National Lottery Charitable Foundation	(1) Springboard Project (2) SEND services
NatWest	Thrive project

18. RESTRICTED FUNDS (CONT.)

Fund name	Purpose of restriction
North Yorkshire Council	(1) Supported volunteering programme (2) Youth Board project
North Yorkshire Police	Wellness girls group
North Yorkshire Sport	Sports based activities for young people
North Yorkshire Together	Holiday activities
Percy Bilton Charity	Equipment purchase
Pixel Fund	Core costs
Rank Foundation	(1) Mental Health Worker costs (2) Training bursaries
Rotary Club of Skipton	SEND residential
Rotary Club of Skipton & Craven	Nell Bank Trip
Skipton Mechanics' Institute	Polar Express trip
Skipton Temperance Hall	Core costs
Skipton Town Council	Christmas pantomime
Sovereign Health Care Charitable Trust	Yorkshire Festival of Story workshops
Sport England	Sports based activities for young people
St. James's Place Foundation	Primary-aged clubs in North Craven
Tarn Moor Estate	Holiday activities
The Donnelly Foundation	Mindful project in schools
Toy Trust	Holiday activities
Trusthouse Charitable Foundation	Core costs
Two Ridings Community Foundation	Community Fridge/provision of meals
VCS Alliance	(1) Mental health support (2) Strategic development
Yorkshire Dales Millenium Trust	Outdoor activity costs
Young Achievers Foundation	Transport costs
Youth in Mind	Mighty Minds project

19. TRUSTEES REMUNERATION AND EXPENSES

Out-of pocket expenses were reimbursed to trustees totalling £26 for travel costs when supporting activities.

We'd like to thank all our donors for their *generous support*



29th May 1961 Charity

3R Foundation & Charity Shop

North Craven age UK

Anton Jurgens Charitable Trust

modality A Commitment to Care

The Bentham Hub

BEYONDLY

cashforkids

BBC Children in Need

co op

The Craven Trust

David Solomons Charitable Trust

Dechra

Gertrude Beasley Charitable Trust

Gay & Peter Hartley's HILLARDS Charitable Trust

Garfield Weston Foundation

The Hargreaves Foundation

The Hedley Foundation

A Grant Giving Charity

HUBBUB

WWW.HUBBUB.ORG.UK

Igen Trust

The John Horseman Trust

Metis Trust

THE KEITH HOWARD FOUNDATION

The Kentown Wizard Foundation

NatWest

mind Bradford District and Craven

The Oddfellows Since 1810

making friends, helping people



and a special thank you to ...

... all the individuals who donated to SELFA, undertook sponsored challenges; organised fundraising events; gave raffle prices, toys and resources; or volunteered their time at our activities.
SELFA wouldn't work without you!

SELFA

England & Wales - Charity number 1169686

Accounts



Annual Report

2023-24

SELFA
YOUR LOCAL CHILDREN'S CHARITY

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Welcome

It has been another busy year at SELFA, with continued growth to meet the challenges of the cost of living crisis and how this has impacted the children and families we support.

During this year we have welcomed 4 new trustees onto our board, strengthening our governance even further, and we have also established our Youth Board to support our vision of sharing power, building capability and co-production.

Collaboration has been key to our success this year: our award-winning partnership with Youth in Mind has enabled us to work with 5 other mental health and wellbeing services that provide one-to-one and group support to children and young people throughout the Bradford and Craven district. We are also part of the Wellbeing Network, an open access network of community organisations, locality-based Hubs and Out of Hours services, as well as the Safe Spaces partnership - all of which bring care closer to home for our Craven families through the provision they have funded at SELFA.

On a local level we've delivered joint projects with Settle Stories, Pioneer Projects and Skipton Step Into Action to further enhance the opportunities for children and young people in our rural communities, and



we work closely with Age UK North Craven and other groups addressing food insecurity through the Craven Food Partnership.

Financially we have continued to grow to meet the increased need, with a 27% more children and families accessing SELFA than last year. We've worked on diversifying our income streams so that we are less dependant on a small number of funders, and of course we are so thankful for all those who give their time to SELFA through fundraising and volunteering: we'd be lost without them.

Emma E Pears

Emma Pears
Chief Officer

About SELFA

OUR MISSION

To support children and families experiencing vulnerabilities, to build resilience, thrive and achieve.

OUR VISION

A community where all children and young people are celebrated and know they belong.

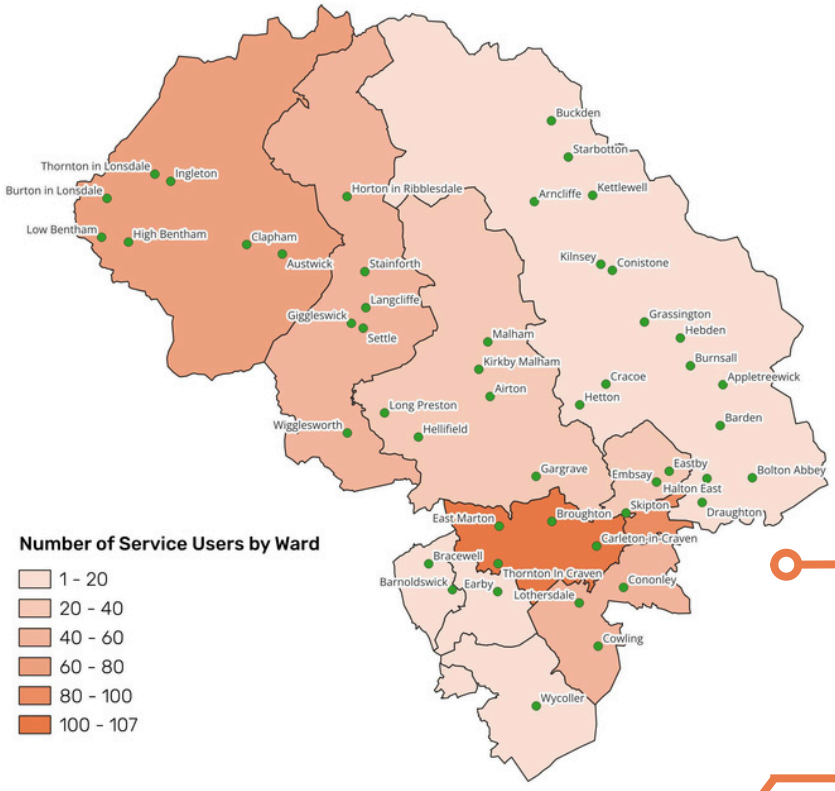
OUR SERVICES

We support children, young people and parents through health and wellbeing programmes, mental health provision and targeted holiday activities.



“Staff understand our family dynamics and my children's needs. It is the only place where I can leave my children and know their needs will be met and understood, so they feel confident and happy being there”

Who, what and where



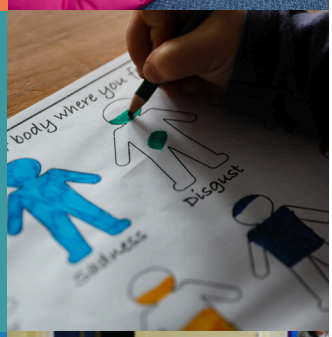
Over 35% of our services users live in or around the town of Skipton

The majority of our service users are primary-school age, with 55% aged 4 to 10

Health & wellbeing programmes

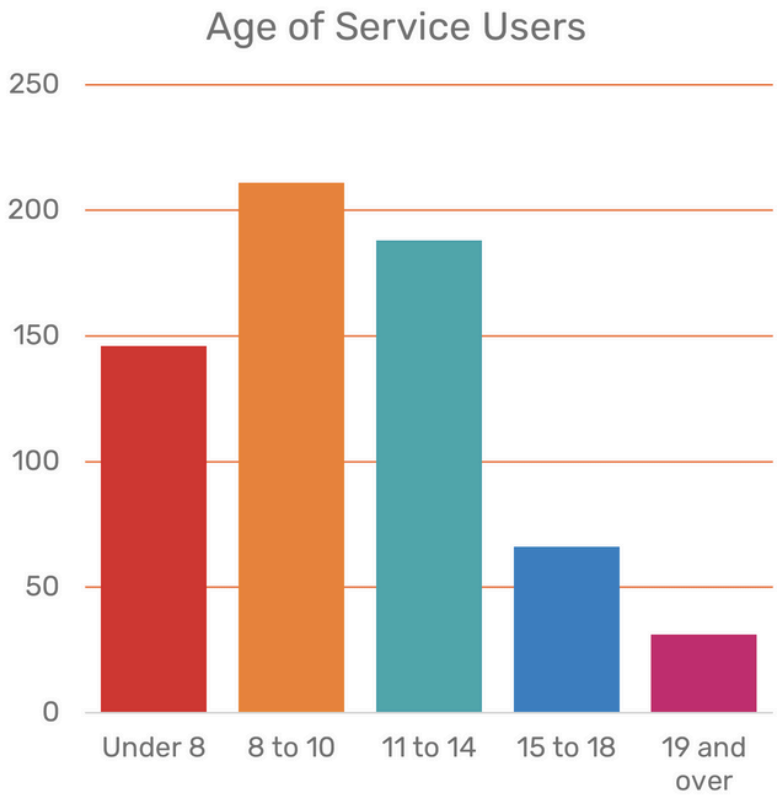


Mental health provision



Targetted holiday activities

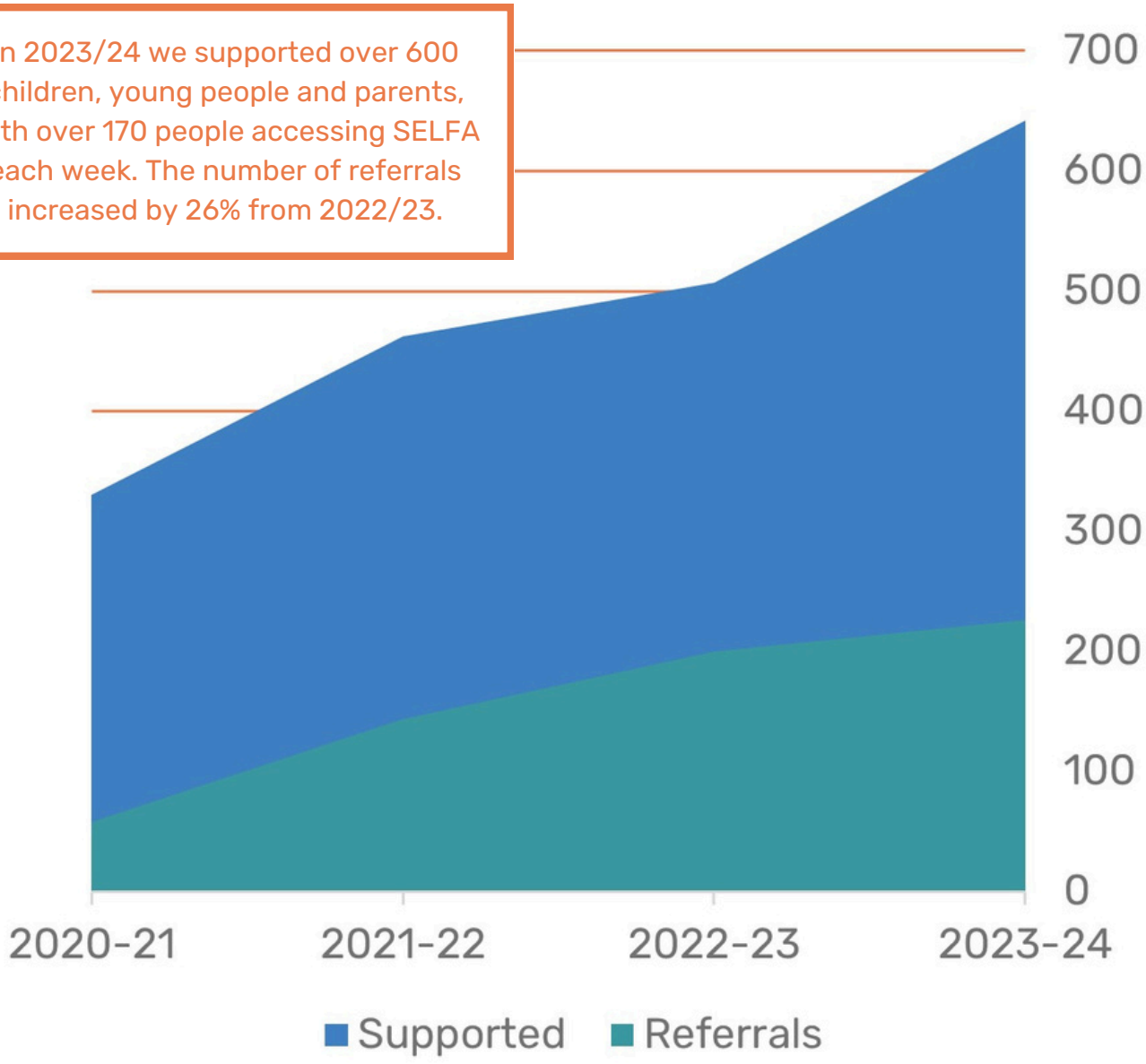




“SELFA help vulnerable people thrive in a society that wasn’t built for them” - parent

CHILDREN, YOUNG PEOPLE AND PARENTS SUPPORTED

In 2023/24 we supported over 600 children, young people and parents, with over 170 people accessing SELFA each week. The number of referrals increased by 26% from 2022/23.



93% developed positive relationships and a sense of belonging

89% saw an improvement in resilience

99% became more independent

91% showed an improvement in wellbeing

Health & wellbeing programmes

- Five groups in North Craven (two primary age, two youth age and one for parents/carers
- Five primary school age groups in Skipton
- Five weekend groups for children and young people with profound and multiple disabilities, where we provide a high level of support
- SELFA Springboard, our supported volunteering programme for young people aged 19-25
- Pathfinders, a 10-week rolling programme for young people with Emotional Based School Avoidance

676

sessions of our health and wellbeing programmes

- Four youth groups in Skipton, including our newly launched Youth Board

FOCUS ON ... PATHFINDERS

The Pathfinders programme is aimed at young people who have school phobia/refusal and anxiety- related absence as well as those experiencing academic pressure, bullying & friendship challenges and difficulties outside of school such as bereavement, parental illness, young carer etc. The aim of the programme is to positively help to re-integrate young people back into school with increased self- esteem, independence, less isolation and positive relationships with the intention for school to see improved attendance as a result.

Over the past year we've run the programme with four cohorts. Our impact measurement found that 90% of participants said the programme had helped them to make positive friendships, 70% said it it made them feel more able to deal with challenges and tricky situations and 60% said it helped them have more goals and dreams for the future.

One participant was home schooled due to anxiety about travelling to school on public transport. Having taken part in the programme, they have built independence and the confidence to travel by themselves, and have now enrolled at a new school, ready to begin in the new term. She said: "I've been bored at home and want routine and structure to my week. It's taken doing Pathfinders for me to realise this. It's helped me to think clearer and come out of my shell." Her parent added "It's so good to see her smiling again and making friends."

KARTHIK'S STORY

Karthik aged 7 has a diagnosis of autism and learning disabilities with multiple and complex needs. Karthik is of Indian heritage and only recently moved to the UK, his family have experienced loneliness and isolation in difficult circumstances.

Karthik attends SELFA's weekly Sunday group where he was initially playing in quite an isolated way preferring to be alone than to interact with anyone. Through the inclusion of a professional musician delivering sessions here at SELFA Karthik's engagement has completely changed. The musician met Karthik on his level, using the trains he was playing with as a way of engaging him in music and using the words Karthik can say to create a song with a repetitive rhythm – Karthik loved it! Feeling safe in the repetition of the music he began to access the session fully.

Karthik will now arrive to sessions and can communicate the box of toys he'd like to play with, he can play along a staff member and gets so much more interaction within sessions than he did previously. He now takes part in Rebound Therapy, music, baking and free play. It has been fantastic to see his growth.



Karthik's sister, Srividya, is now accessing her own weekly group at SELFA, providing a break from caring responsibilities and an opportunity to build positive relationships with peers and staff.

The family join in our trips and stay & play sessions in the holidays. Here his parents receive support, build up their support network, and develop their confidence in visiting new places to visit with Karthik. The sessions give them all something inclusive to look forward to in the school holidays which would otherwise be a very daunting and isolating time for the family.

Mental health provision

Last year, SELFA's mental health provision went from strength to strength. We provided hundreds of children and young people free, mental health and wellbeing support in a safe, supportive environment with very minimal waiting times.

We've seen increasing demand for our one-to-one support. At SELFA, we follow a mentoring structure where the young person can explore their emotions and work with staff to set and plan their own goals that they would like to achieve. Our trained staff deliver the one-to-one support both in schools and in community settings across the Craven district. Last year, SELFA visited over 15 different schools to deliver mentoring support including schools in the most rural areas of Craven. Sessions were also delivered at our bases in Skipton, Settle and Bentham where families were offered the opportunity to organise scheduled sessions for their child at a time that works best for them. As well as this, we embedded additional staff within our health and wellbeing programmes and holiday provision to offer in-the-moment support for young people struggling to manage their emotions or in need of a supportive adult to lend a listening ear.

167

children, young people and parents accessed one-to-one support



"It's actually been refreshing to have someone come and see me that actually listens."
- young person, aged 14.

“My daughter has been attending the Mindful programme that Lucy from SELFA ran on Thursday afternoons. I just wanted to pass on my thanks as she has really enjoyed the sessions and I believe has benefitted significantly from attending.” - parent

SELFA delivered 12 ‘Mindful’ programmes in primary schools. Mindful is a 10-week wellbeing programme that aims to develop emotional intelligence and devise positive coping strategies to help participants manage their emotions. Schools identify students who would benefit from some early intervention and encouragement to talk about their emotions and wellbeing.

Children finished the programme with several strategies to use to manage difficult emotions such as gratitude journals, worry jars and anger stress squishes. Impact of the programme was measured using the SWEMWBS (Short Warwick-Edinburgh Mental Wellbeing Scale). The results from last year are shown below.

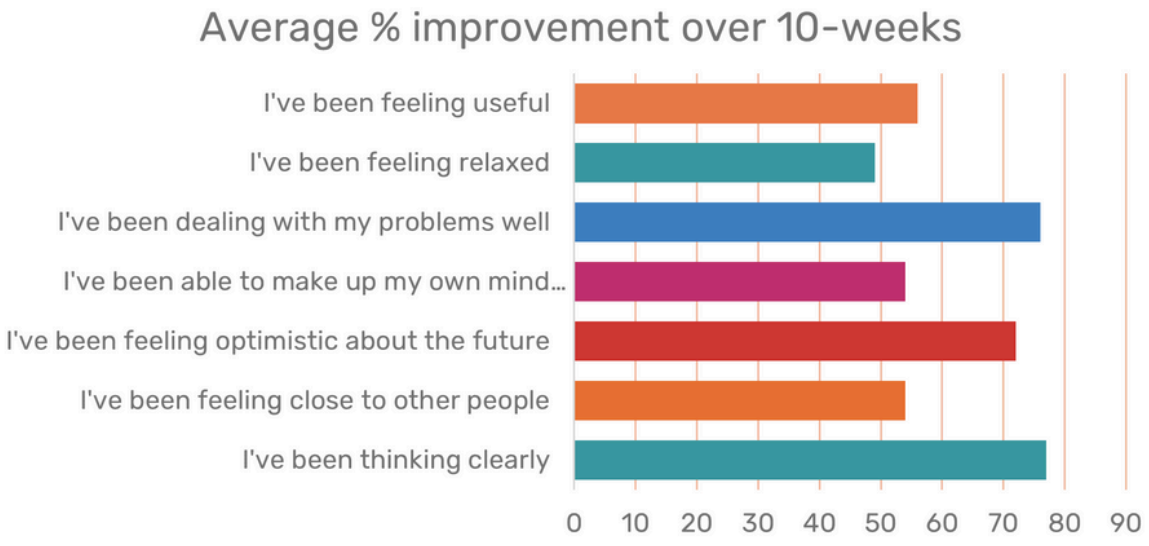
104

wellbeing cafés supporting 88 children and young people



We’ve also offered group support outside of schools with our wellbeing cafés. Throughout the year, we delivered 3 different weekly wellbeing cafés and 1 monthly wellbeing café. Young people aged 7-19 in Skipton, Settle and Bentham had the opportunity to attend the sessions as either a one-off or to attend on a more regular basis. The wellbeing cafés had different themes and topics based on the needs of the young people accessing the service. Examples include: managing anger, young carer’s wellbeing, worries and anxiety, and friendships.

“I know how to talk about my feelings now. I used to not like talking about them but I can do it now.” – child, aged 8



Targeted holiday activities 11

School holidays can be a difficult time for children and young people, and we helped to combat isolation resulting from emotional/ behavioural issues and financial and geographical exclusion by giving access to enriching activities.

These activities helped to support the emotional and physical wellbeing of children and young people during the school holidays and to avoid a deterioration in wellbeing away from the routine of school.



174

holiday activity sessions

2

residentials breaks in the Yorkshire Dales

420

children and young people supported

"My child has had a fantastic time at SELFA, thanks so much for supporting him to make new friendships. It can be really tricky when in foster placements to find friendship groups in a new place but with SELFA's support he has made friends very quickly." - parent

We've been on trips to Carlisle Castle, Morecambe, the Butterfly House in Lancaster, Ingleborough Caves, the Royal Armouries in Leeds and Thornton Hall Farm.

Is this the beach? I have never been, am I going to see an octopus? - J, age 12

We've even had the farm come to SELFA, with visits from HART Animals and over Christmas had our very own pantomime performed at our base in Skipton.

I look forward to coming to SELFA every week in the summer, it gives me something to do away from my brothers and sisters - T, age 17

The children and young people have also enjoyed getting creative with Easter crafts, tie-dye and pumpkin carving; developed their skills at cooking and baking and burnt off some energy with trampolining, swimming pony trekking, treetop climbing and woodland walks.

We've had a fantastic day film making and I can't wait to see the film when it's been edited - I'm going to show all of my family - C, age 14









TRACY'S STORY

Tracy is mum to Harry and Edward. Ed is 9. His younger brother Harry (6) has Downs Syndrome. Edward is classed as a young carer for Harry. Ed attends Community Champs. We asked Tracy how the family got involved with SELFA:

'"His SENCO suggested SELFA. Edward was having problems with one of his long term friends so he was worried whether he'd be accepted. But from the start he's never ever anything other than happy! As a family we try to give our children different experiences but our choices are limited and there are things we can't do or take Harry to, so Ed misses out.

He's had different experiences we would have dismissed or not thought of. He went on a picnic, I mean we go on picnics but he could paddle, and go swimming as well. My husband works long hours so it's just me most of the time with the two boys. I feel fearful and anxious – I feel restricted on what I can do – I couldn't let him paddle in the river as I need to hold on to Harry.

He had a weekend where he went on a residential – his first "resi" – it's not something we could have done. He was so enthusiastic about it.

You always feel a guilt as a mum – sometimes his perception might be that we don't love him as much as Harry, don't spend as much time with him. At SELFA Ed is doing something just for him and getting a lot out of it. I don't have to feel that guilt on that day, during the session for that hour or so."Tracy went on to talk about community and connection; 'He's learned a lot about food, where food comes fromthrough going to the allotment. It's the thought process but it's also the being alongside other children. He starts to mix with older children with disability. He is learning that lots of families have children

"Ed's built up a good relationship with the staff and he and I feel like we can talk to them. They get a grasp of how Ed is – quickly got to grips with him.

I am over protective as a mum but I don't even think about it when I leave him – he's good in hands, I trust them completely to take care of him"

with all sorts of differences. He's seeing that. He has always been proud of Harry but its good for him to see lots of other families like that.

It's just the enrichment that these experiences give Ed – the self-worth it gives him. He beats himself up sometimes but he comes out bubbling. He's shattered! He shows that different side of his personality – he's happy, content – you can tell he has been interacting with friends – with friendly people. He's accepted, he's not back in his shell. He can chat freely. If we didn't have that outlet it wouldn't be the same – enrichment of meeting children of different backgrounds – getting to know Skipton and other parts of the Dales.

Food insecurity

“I appreciate everything you and your volunteers do. I couldn’t say it in person as I’d have probably cried because literally no one has ever helped me before. You guys are amazing, and you’ll never know truly how grateful I am. So, thank you so much”.

346

children, young people and parents supported by our Community Fridge

7000+

meals provided for children and young people attending our activities

The children and young people we work with often have low self-esteem, lack confidence and are socially isolated and come from low-income homes. They are from the families who have been most affected by the cost-of-living crisis.

In response to growing problems with food insecurity, we run a Community Fridge providing fresh, long life and frozen food along with essentials to children and families impacted by rising prices. We also offer a cooked meal to all children attending our activities. This service is vital as we recognise that we cannot support children and families to build resilience, thrive and achieve if their basic needs are not met.

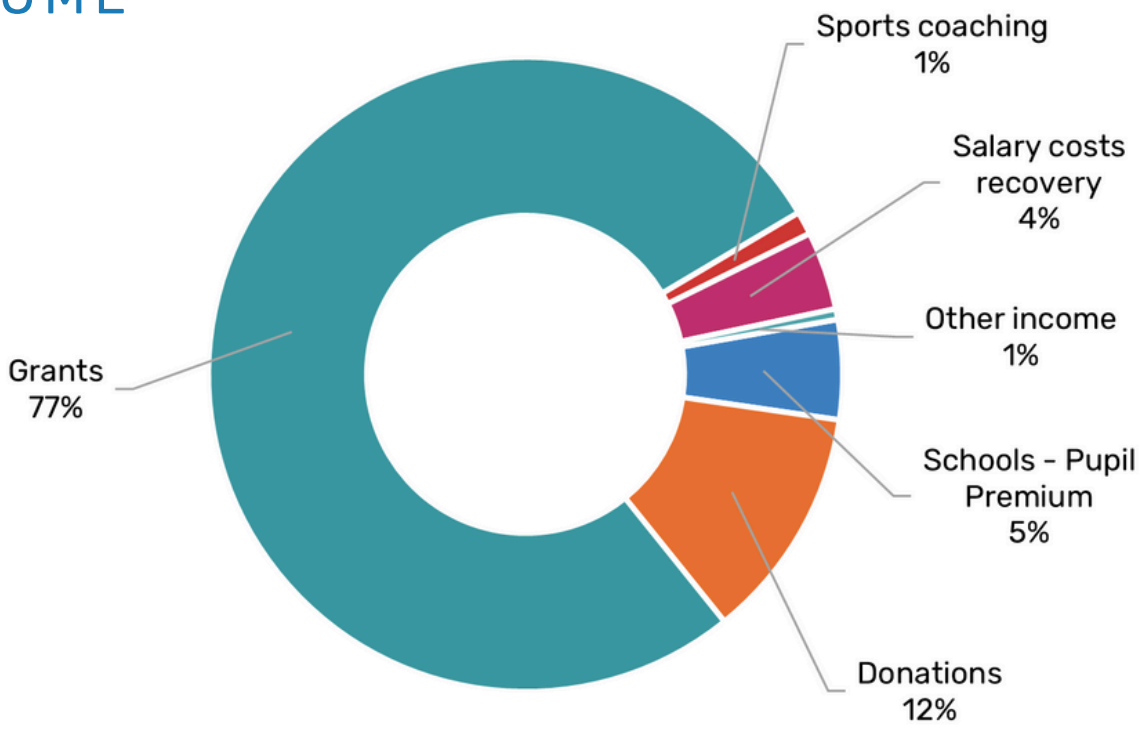


“Did you know it’s all homemade? The best thing is eating the food and seeing friends”

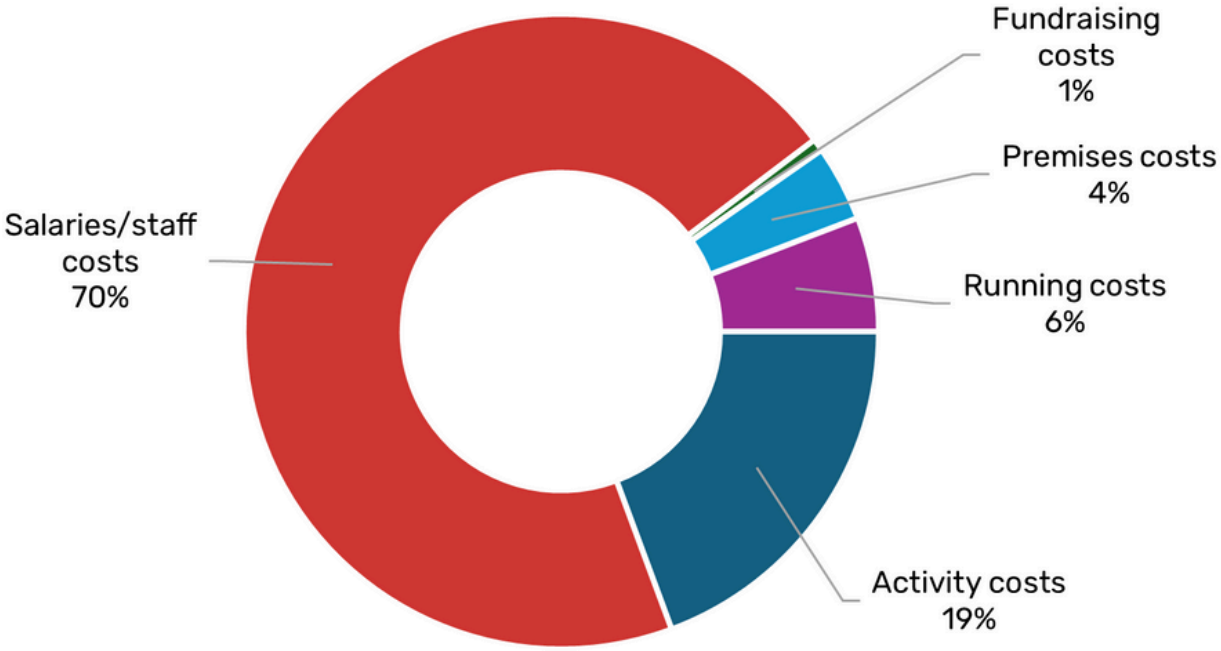
Those families we support have been increasingly struggling to make ends meet, with children and young people coming to activities having not eaten, or without an adequate packed lunch in the holidays. The Community Fridge and provision of meals helps ease the pressure on family budgets. We are increasingly finding parents mental health is being detrimentally affected by the stress and worry of putting food on the table whilst costs are rising, and this has a knock-on effect on children's physical and emotional health. Knowing that they can access support at SELFA helps to ease this anxiety, having a positive impact on wellbeing.

Financial summary

INCOME



EXPENDITURE



Charity information

STRUCTURE & GOVERNANCE

The charity is governed by a constitution adopted on 2nd February 2021

The charity is a Charitable Incorporated Organisation (CIO) formed on 14th October 2016.

REGISTRATION

Reg. Number: 1169686
(Previously 1124020)

Address: Ings CP School
Broughton Road
Skipton
North Yorkshire
BD23 1TE

TRUSTEES

- Judith Holliday (Chair)
- Simon Collings (Vice Chair)
- Susan Bailey (Treasurer)
- George Garland
- Lauren Hopkins (appointed Jan 24)
- Joanne Lloyd
- Patricia Lord
- Nicky Shoesmith (appointed Jan 24)
- Heather Tattersall (appointed Jan 24)
- Claire Wood (appointed Jan 24)

KEY PERSONNEL

- Emma Pears - Chief Officer
- Karen Martin - Service Manager

INDEPENDENT EXAMINER

Mrs S Curran
Pinnacle Bookkeeping
1 Vincent Avenue
Grange Road
Eastburn
BD20 8UD

BANKERS

CAF Bank
25 Kings Hill
West Maling
Kent
ME19 4JQ

Governance

OBJECTS OF THE CHARITY

The objects of the charity as included in the Constitution are:

The relief of vulnerable, disadvantaged and disabled children and young people, their families and/or carers, in particular, but not exclusively, by the provision of health and wellbeing programmes, peer support groups, targeted holiday workshops and trips and residential breaks.



POWERS AND DELEGATIONS

The Board of Trustees hold all the charity's powers and authorities. The Board is ultimately responsible for the overall control and strategic direction of the charity and the protection of its assets. The Board meets formally four times a year. Day-to-day running of the charity is the responsibility of the Chief Officer, Emma Pears.

The Trustees of the charity are appointed by the Board.

New Trustees attend an initial meeting where they are provided with a full report on the charity's activities and what their roles and responsibilities are as Trustees. Trustees are encouraged to call meetings of Trustees whenever they feel it is necessary to discuss any issues that arise. Ongoing training is available as needed.

RISK MANAGEMENT

SELFA maintains a risk register and the Board of Trustees ensure that all major risks to which the charity is exposed are reviewed on a regular basis and that the systems and procedures are in place to manage these risks.

STATEMENT OF RESPONSIBILITIES OF THE TRUSTEES

SELFA's Trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and regulations.

The Trustees review and agree financial statements for each financial year which give a true and fair view of the state of the affairs of the charity.

The Trustees are responsible for ensuring the employees of the charity maintain proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charity Commission's requirements.

The Trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The names of Trustees who served during the year are set out on page 16.

STATEMENT OF PUBLIC BENEFIT

The Trustees confirm that they have complied with the duty in the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'.

That guidance addresses the need for all charities' aims to be, demonstrably, for the public benefit.

SELFA addresses its objectives through the provision of out-of-school enrichment activities, and achievements over the year are highlighted in this report.



Financial review

The financial statements of the charity are prepared on an accruals basis and in accordance with Charity Commission regulations.

OVERVIEW

SELFA's income decreased from £488,382 to £420,256, although grants of £155,660 were deferred to 2024/25. Local Authority Funding (from Craven District Council and North Yorkshire County Council, including North Yorkshire Together) accounted for 6.9% of total income. The National Lottery Community Fund and Children in Need continued to be key funders, and we received significant grants from Igen Trust and The Rank Foundation. We received funding for mental health support from The VCS Alliance and Mind in Bradford.

Expenditure increased from £455,863 to £514,711, largely due to an increase in staffing to deliver new services, and restricted funding for specific projects.

RESERVES POLICY

It is the policy of the Trustees to maintain the unrestricted funds, which are the free reserves of the charity, at a level of 3 to 12 months expenditure, ideally between 6 and 12 months. This level is required to:

- Meet contractual liabilities should SELFA have to close. This includes redundancy pay, amounts due to creditors and commitments under leases
- To ensure SELFA can continue to provide a stable and quality service, including minimising recruitment, staff training, staff induction and marketing costs by avoiding redundancies caused by financial crisis
- To meet unexpected costs like the breakdown of essential equipment, staff cover due to illness or periods of extended leave
- To replace equipment as it wears out
- To provide working capital when funding is paid in arrears

The current unrestricted reserves are £315,284, which equates to seven months operating costs based on 2023/24 expenditure.

The charity does not make investments.

The Trustees' Report, incorporating the Financial Statement, was approved by the Board on 24th September 2024 and signed on its behalf by:



Emma Pears
Chief Officer

Judith Holliday
Chair of Trustees

Independent examiner's report

Report to the Trustees of SELFA Charitable Incorporated Organisation ("the CIO").

I report to the charity trustees on my examination of the accounts of the CIO for the year ended 31 March 2024, which are set out on pages 21 to 30.

RESPONSIBILITIES AND BASIS OF REPORT

As the charity trustees of the CIO 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 CIO's accounts as carried out under section 145 of the 2011 Act. 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

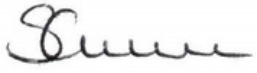
Since the Trust's gross income exceeded £250,000, your examiner must be a member of a body listed in Section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Accounting Technicians, which is one of the listed bodies.

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

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

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

Sarah Curran
Pinnacle Bookkeeping
1 Vincent Avenue
Grange Road
Eastburn
West Yorkshire
BD20 8UD

Signed: 

Member of the Association of Accounting Technicians (MAAT)

Date: 19th September 2024

Statement of Financial Activities for the year ending 31 March 2024

	Notes	2024 Unrestricted funds £	2024 Restricted funds £	2024 Total funds £	2023 Total funds £
Income from:					
Schools - Pupil Premium		21,334	-	21,334	18,487
Donations		50,083	-	50,083	29,158
Grants	2	-	324,737	324,737	418,153
Sports coaching		4,998	-	4,998	1,775
Administration fees	3	155	-	155	2,100
Salary costs recovery	3	2,404	14,446	16,850	16,633
Other income		2,098	-	2,098	2,077
Total income		**81,073**	**339,183**	**420,256**	**488,382**
Expenditure on:					
Activity costs		3,748	95,854	99,602	111,173
Salaries/staff costs	4	7,220	354,769	361,989	314,545
Fundraising costs		3,104	99	3,203	113
Premises costs		-	19,940	19,940	11,472
Running costs		1,317	28,661	29,978	18,560
Total expenditure		**15,389**	**499,323**	**514,711**	**455,863**
Net income/ (expenditure)		65,684	(160,140)	(94,456)	32,519
Transfers between funds		3,611	(3,611)	-	-
Net movement in funds		69,295	(163,751)	(94,456)	32,519
Fund balances brought forward		245,989	163,751	409,740	377,221
Fund balances carried forward	**5**	**315,284**	**-**	**315,284**	**409,740**

Balance sheet as at 31 March 2024

	Notes	2024 Unrestricted £	2024 Restricted £	2024 Total £	2023 Total £
Tangible assets					
Fixtures & Fittings		-	3,611	3,611	-
Fixtures & Fittings Depreciation		-	(608)	(608)	-
Total tangible assets		-	3,003	3,003	-
Current assets					
Debtors and prepayments	6	138	3,686	3,824	5,093
Cash at bank and in hand	7	322,893	153,602	476,495	376,673
Total current assets		323,031	157,289	480,319	381,766
Current liabilities					
amounts falling due within one year					
Creditors and accruals	8	7,747	4,631	12,378	4,545
Deferred income		-	155,660	155,660	-
Total current liabilities		7,747	160,291	168,038	4,545
Total assets less current liabilities		315,284	-	315,284	377,221
Net assets		315,284	-	315,284	377,221
Funds					
Unrestricted funds		315,284	-	315,284	221,081
Restricted funds		-	-	-	156,140
Total funds		315,284	-	315,284	377,221

Notes to the accounts for the year ending 31 March 2024

1 Accounting Policies

BASIS OF ACCOUNTING

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

RECONCILIATION WITH PREVIOUSLY GENERALLY ACCEPTED ACCOUNTING PRACTICE

The trustees have considered whether in applying the accounting policies required by FRS 102 and the Charities SORP FRS 102 the restatement of comparative items was required. They have determined that no such restatement is required.

As a consequence, there has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

GOING CONCERN

The trustees are satisfied that there are no material uncertainties about the charity's ability to continue.

INCOMING RESOURCES

The trustees are satisfied that there are no material uncertainties about the charity's ability to continue.

GRANTS AND DONATIONS

Grants and donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Where grants are related to performance and specific deliverables, they are accounted for as the charity earns the right to consideration by its performance.

EXPENDITURE AND LIABILITIES

Expenditure is recognised on an accrual basis as a liability is incurred. Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out the resources and the amount of the obligation can be measured with reasonable certainty.

GRANTS PAYABLE WITH PERFORMANCE CONDITIONS

Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SOFA once the recipient of the grant has provided the specified service or output.

TAXATION

As a charity the organisation is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

TANGIBLE FIXED ASSETS

Tangible fixed assets costing more than £1,000 are capitalised and included at cost including any incidental expenses of acquisition. Gifted assets are shown at the value to the charity on receipt.

Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost on a straight line basis over their expected useful economic lives as follows:

- Freehold land: nil
- Freehold buildings: over 50 years
- Project and office equipment: over 5 years
- Computer equipment: over 3 years
- Motor vehicles: over 4 years
- Equipment held under finance leases: over the life of the lease

PENSIONS

The charity operates a defined contribution scheme for the benefit of its employees. The costs of contributions are recognised in the year they are payable.

FUND ACCOUNTING

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

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

2 Grants and donations

	2024 Unrestricted funds £	2024 Restricted funds £	2024 Total funds £	2023 Total funds £
Age UK	-	-	-	6,482
AWC Community Health	-	7,507	7,507	7,468
Barbara Ward Children's Foundation	-	-	-	7,500
Beyondly	-	12,000	12,000	-
Brathay	-	-	-	7,000
Children in Need	-	42,728	42,728	20,080
Garfield Weston Foundation	-	-	-	15,000
Hubbub	-	6,000	6,000	-
Igen Trust	-	35,000	35,000	57,976
Julia & Hans Rausing Trust	-	-	-	7,000
Kentown Wizard Foundation	-	26,000	26,000	-
Masonic Charitable Foundation	-	5,000	5,000	5,000
Mind in Bradford	-	21,184	21,184	12,830
Morrisons Foundation	-	10,000	10,000	-
National Lottery Community Fund	-	122,058	122,058	86,311
North Yorkshire Police	-	-	-	16,242
North Yorkshire Sport	-	-	-	6,977
North Yorkshire Together	-	28,137	28,137	23,563
Sport England	-	6,630	6,630	-
St. James's Place	-	10,000	10,000	-
The Donnelly Foundation	-	5,000	5,000	5,000
The Rank Foundation	-	43,464	43,464	43,063
Two Ridings Charitable Foundation	-	5,000	5,000	14,100
VCS Alliance	-	25,750	25,750	38,500
Youth in Mind	-	32,551	32,551	5,734
Grants under £5,000 (22)	-	36,388	36,388	32,326
Confest 2022	-	-	-	4,229.00
Skipton Building Society	10,000	-	10,000	-
Charities Trust (Payroll Giving)	5,900		5,900	
Yorkshire Dales Millenium Trust	4,000	-	4,000	
The Cares Family	2,000	-	2,000	-
Donations under £2,000	28,183	-	28,183	24,928.88
	50,083	480,397	530,480	

3 Income

Administration Fees comprises payments to SELFA for administration of Craven Communities Together funds.

Salary Cost Recovery includes: Payments from AWC Modality for employee secondment, and payment for backfill of time attending meetings and events.

4 Staff costs and numbers

	2024	2023
	£	£
Gross salaries	335,221	299,038
Social security costs	20,740	17,702
Pensions	6,028	5,385
	361,989	322,124

The average number employees during the year was 25, being an average of 11.6 full time equivalent.

There were no employees with emoluments above £60,000.

Defined contribution pension scheme

	2024	2023
	£	£
Costs of the scheme to the charity for the year	6,028	5,385
Amount of any contributions outstanding at the year end	-	-
Amount of any contributions prepaid at the year end	-	-

5 Restricted funds

	Balance b/f	Incoming	Outgoing	Transfers	Balance c/f
	£		£	£	£
Age UK	-	2,630	(2,630)	-	-
Anton Jurgens Charitable Trust	-	3,000	(1,066)	-	1,934
Asda Foundation	-	600	(600)	-	-
AWC Modality	4,933	21,952	(21,077)	-	5,809
Barbara Shuttleworth	-	350	(350)	-	-
Barbara Ward CF	7,046	-	(7,046)	-	-
Barclays Community Football	110	-	(110)	-	-
Bentham Community Hub	-	2,000	-	-	2,000
Beyondly	-	12,000	(1,549)	-	10,451
Boshier-Hinton Foundation	660	-	(660)	-	-
Brathay Trust	31	-	(31)	-	-
Brelms Trust	2,400	-	(2,400)	-	-
Children in Need	(9,622)	42,728	(25,947)	-	7,159

5 Restricted funds (continued)

	Balance b/f	Incoming	Outgoing	Transfers	Balance c/f
	£		£	£	£
Co-op Local Community Fund	-	2,708	-	-	2,708
Craven District Council	-	600	(600)	-	-
David Solomons Charitable Trust	-	500	-	-	500
DWF Foundation	540	-	(540)	-	-
Garfield Weston Foundation	15,000	-	(15,000)	-	-
Gertrude Beasley Foundation	-	1,000	(585)	-	415
Hedley Foundation	-	2,500	-	-	2,500
Hubbub	(1,000)	6,000	-	-	5,000
Igen Trust	36,953	35,000	(48,578)	-	23,375
Julia & Hans Rausing Trust	5,026	-	(5,026)	-	-
Kentown Wizard Foundation	-	26,000	(26,000)	-	-
MCF	1,252	5,000	(3,332)	-	2,920
Metis Trust	-	1,000	(1,000)	-	-
Mind in Bradford	1,283	21,184	(15,808)	-	6,659
Morrisons Foundation	-	10,000	(5,785)	-	4,215
NatWest Thrive	-	400	-	-	400
NLCF	41,168	122,058	(118,251)	(2,078)	42,898
North Yorkshire Council	-	3,000	(1,467)	(1,533)	-
North Yorkshire Police	16,225	-	(16,225)	-	-
North Yorkshire Sport	1,876	-	(1,876)	-	-
North Yorkshire Together	3,750	28,137	(29,065)	-	2,822
Pixel Fund	-	4,300	(2,150)	-	2,150
Rank Foundation	11,894	43,464	(54,451)	-	907
Rotary Club of Settle	-	160	(160)	-	-
Rotary Club of Skipton	-	1,000	(1,000)	-	-
Rotary Club of Skipton Craven	936	-	(936)	-	-
Skipton Mechanics Institute	-	1,000	(1,000)	-	-
Sovereign Healthcare	-	3,640	-	-	3,640
Sport England	-	6,630	(1,326)	-	5,304
St. James's Place Foundation	-	10,000	(2,431)	-	7,569
Tarn Moor	-	3,000	(108)	-	2,892
Temperance Hall Trustees	1,500	2,000	(3,500)	-	-
The Donnelly Foundation	2,026	5,000	(5,304)	-	1,722
Two Ridings CF	9,858	5,000	(11,905)	-	2,953
VCS Alliance	9,905	25,750	(29,605)	-	6,050
Young Achievers Foundation	-	1,000	(292)	-	708
Youth in Mind	-	32,551	(32,551)	-	-
	163,751	494,843	(499,323)	(3,611)	155,660

5 Restricted funds (continued)

Fund name	Purpose of restriction
Age UK	Community Fridge
Anton Jurgens Charitable Trust	Community Fridge/provision of meals
Asda Foundation	Community Fridge
AWC Modality	(1) Secondment of SELFA staff (2) Youth Active group
Barbara Shuttleworth	Christmas pantomime
Barbara Ward CF	Holiday activities
Barclays Community Football	Sports activities for children with SEND
Bentham Community Hub	North Craven services
Beyondly	Environmental awareness residentials
Boshier-Hinton Foundation	Trips to Nell Bank
Brathay Trust	Mentoring
Brelms Trust	Premises rental
Children in Need	Holiday activities
Co-op Local Community Fund	Community Fridge
Craven District Council	New flooring
David Solomons Charitable Trust	SEND clubs
DWF Foundation	Arts project
Garfield Weston Foundation	Core costs
Gertrude Beasley Foundation	Services for children and young people
Hedley Foundation	Camping residential
Hubbub	Community Fridge
Igen Trust	(1) North Craven mental health support (2) Pathfinders project
Julia & Hans Rausing Trust	Community Fridge
Kentown Wizard Foundation	SEND rebound clubs
MCF	Core costs
Metis Trust	Services for children and young people
Mind in Bradford	Mental health support
Morrisons Foundation	Youth activities
NatWest	Thrive project
NLCF	(1) Springboard Project (2) Smile intergenerational project (3) Cost of living support
North Yorkshire Council	(1) Arts project (2) Furniture
North Yorkshire Police	Wellness girls group
North Yorkshire Sport	After-school groups
North Yorkshire Together	Holiday activities
Pixel Fund	Senior Children & Young People's Worker costs
Rank Foundation	(1) Time to Shine Programme (2) Environmental project (3) Mental health worker costs
Rotary Club of Settle	Holiday activities

5 Restricted funds (continued)

Fund name	Purpose of restriction
Rotary Club of Skipton	Holiday activities
Rotary Club of Skipton Craven	Trips to Nell Bank
Skipton Mechanics Institute	Christmas pantomime and fancy dress
Sovereign Healthcare	Settle Stories project
Sport England	SELFA Active
St. James's Place Foundation	Primary clubs in North Craven
Tarn Moor	Holiday activities
Temperance Hall Trustees	Core costs
The Donnelly Foundation	Mindful project in schools
Two Ridings Charitable Foundation	(1) Plant to Plate project (2) Community Fridge/meal provision
VCS Alliance	(1) Mental health support (2) Volunteer Coordinator costs
Young Achievers Foundation	Transport costs
Youth in Mind	Mighty Minds project

6 Debtors and prepayments

	2024	2023
	£	£
Debtors	1,342	8,811
Prepayments	2,482	2,038
	3,824	10,849

7 Cash in bank and in hand

	2024	2023
	£	£
CAF Bank Current Account	175,118	401,783
Flagstone Deposits	301,345	-
Undeposited Receipts	-220	-
Petty Cash	253	80
	476,495	401,863

8 Creditors and accruals

	2024	2023
	£	£
Creditors	12,378	2,972
Accruals	-	-
	12,378	2,972

9 Key management personnel

	2024	2023
	£	£
Chief Officer	50,271	47,188

Thank you to ...







































































































AND A SPECIAL THANK YOU ...

... to all the individuals who donated to SELFA, undertook sponsored challenges; organised fundraising events; gave raffle prizes, toys and resources; or volunteered their time at our activities. SELFA wouldn't work without you.

SELFA

England & Wales - Charity number 1169686

Accounts



Annual Report

2022 - 2023

SELFA
YOUR LOCAL CHILDREN'S CHARITY

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Welcome

Welcome to our 2022/2023 report where we celebrate yet another year of growth at SELFA.

We have continued to meet the needs of our children and families through the cost-of-living crisis, although this has at times been a challenge as we see thresholds for statutory services rising higher than ever.

During this year we've made quite a few appearances in the media, with Luke's Story being featured on BBC Children in Need's Appeal Night show and our Youth Council interviewed by BBC Radio York for Children's Mental Health Week. Having a regional and national platform for our work has been invaluable in terms of increasing not only our reach but highlighting some of the biggest challenges our children and young people face.

We have continued to expand our services in North Craven, ensuring that those who live in rural communities have access to support closer to home from those they know and trust. We've done this by building partnerships at a community level, working with those who share the belief that we are stronger together.

Financially we have continued to bring in new income, with new job roles to support our mental health work and youth voice; ensuring that children and young people are at the centre of everything we do.

Thank you to everyone who has supported us over the last 12 months, I am continually amazed by those who volunteer their time to SELFA – whether that is feeding our children through the Community Fridge or helping paint and decorate our building. I feel so humbled to be part of the ever-growing SELFA Family!

Emma Pears
Chief Officer

I am inspired by our team who have risen to the unprecedented challenges of this past year. They have demonstrated resilience and a dedication to the children and young people we serve.



What we do

SELFA is a local children's charity working in the Craven District of North Yorkshire, supporting children and young people aged 4 to 25 together with their parents and carers.



Vision

A community where all children and young people are celebrated and know they belong.



Mission

To support children and families experiencing vulnerabilities, to build resilience, thrive and achieve.



Services

We support children, young people and parents through health and wellbeing programmes, peer support groups, one-to-one mentoring, targeted holiday workshops and trips and residential breaks.

Our goals

1 ENCOURAGE INDEPENDENCE





2 SUPPORT POSITIVE RELATIONSHIPS



3 BUILD SELF-ESTEEM



4 IMPROVE WELLBEING



5 GIVE A SENSE OF BELONGING





6 BUILD RESILIENCE



7 PROMOTE ASPIRATIONS



Highlights

Members of our team share some of their highlights from the year.



My highlight of the last year is the significant increase in the one-to-one support we've been able to provide. Children and young people with low-moderate mental health issues have been able to access mentoring within the school day in a safe and supportive environment. These opportunities have also allowed SELFA to develop much stronger relationships with schools and their staff, leading to more vulnerable children being referred to us and accessing ongoing support with their mental wellbeing.

Lucy Short - Senior Children & Young People's Worker



My highlight of the year was our residential which saw families with children and young people with multiple and complex needs come together, reducing isolation in a beautiful setting! The families took part in lots of activities which pushed their boundaries outside their comfort zone, gave the children and young people a real sense of achievement and the parents/carers a sense of pride seeing their young people at times achieve things they never thought possible.

Katie Hoggarth - Senior Children & Young People's Worker



My highlight of the year was Skipton Pride in July. The children worked together to come up with a dance, which they practised over a 6-week period. They learnt new skills, built confidence and thrived in what were fun and inclusive sessions. On the day the children were excited but nervous. Some didn't think they could get on stage, but they supported each other and in the end every single child got on stage and danced their hearts out. Proud doesn't even come close to describing how myself, staff and volunteers and the families felt.

Nicole Morgan - Children & Young People's Worker

The year in numbers

507

children, young people and parents accessed our services

2852

hours of groups, holiday activities and counselling





170

workshops, trips and residentials

664

after-school and weekend project sessions

469

one-to-one mentoring and therapy sessions





81%

saw an improvement in resilience and self-esteem

88%

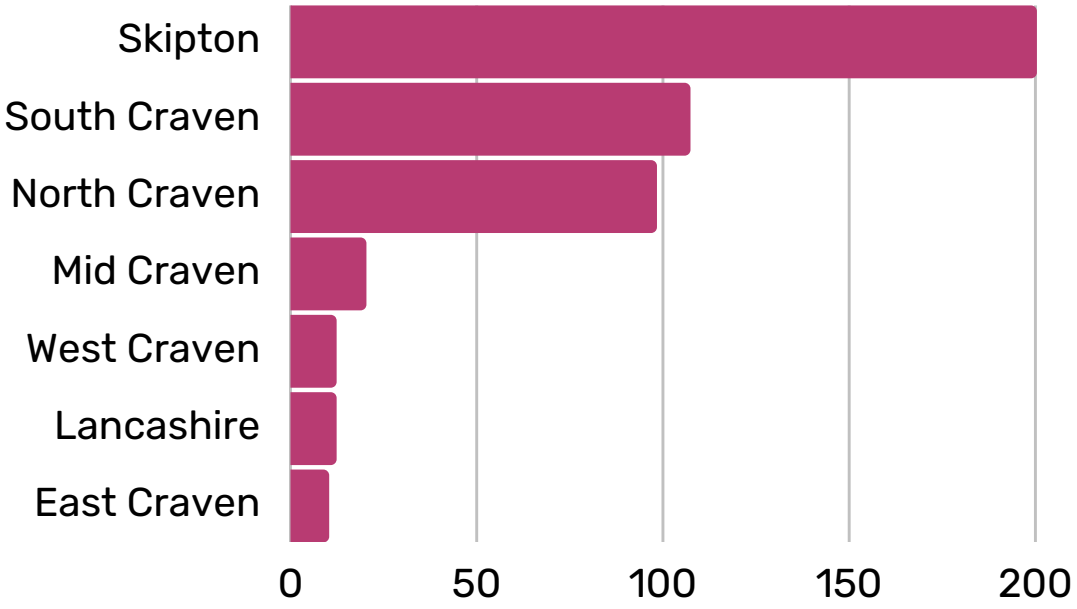
developed positive relationships and a sense of belonging

86%

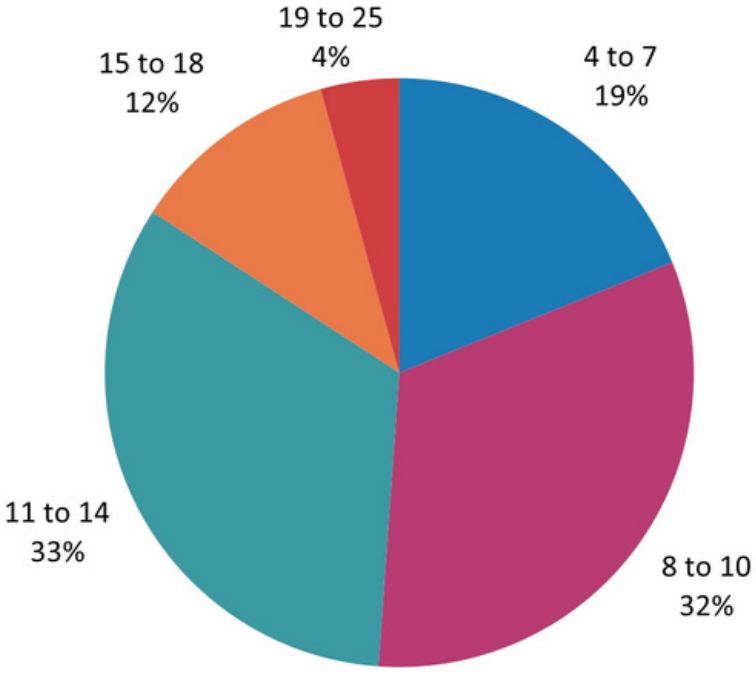
became significantly more independent

Who we support

Where beneficiaries live



Age of children



Who we support

Jack* was referred to SELFA after experiencing some ongoing bowel issues which lead to some unfortunate toileting incidents at school. This had a series effect on Jack's confidence and self-esteem amongst his peers. He began to withdraw from socialising with children his age including stopping extra-curricular activities. Mum became increasingly concerned about Jac's wellbeing as he was displaying a severe lack of self-esteem. Since his referral in November 2022, and with the support from SELFA staff, Jack now attends a weekly term-time groups, accesses our primary wellbeing café when needed and participates in our holiday clubs. Within these sessions, Jack now feels confident enough to not only interact with his peers but, accept his differences and be himself. The significant increase in his self-esteem has had a huge impact on his overall wellbeing.

Jack now feels confident enough to not only interact with his peers but, accept his differences and be himself.



*Names have been changed

Who we support

Charlie's* mum struggles with her mental health and wellbeing which massively impacts her energy levels. During term-time, this doesn't really affect Charlie as he is at school but mum finds it hard to manage this throughout the school holidays when Charlie is at home. Charlie began getting upset when school would start back up again after the holidays after hearing the exciting activities his peers had been up to and comparing this to his experience. Charlie would stay at home all day, every day watching television. Now that Charlie attends SELFA, we are able to provide him with lots of new and fun activities to keep him engaged away from school. Mum has told us that this really benefits the whole family and has had a positive impact on everyone's mental health.

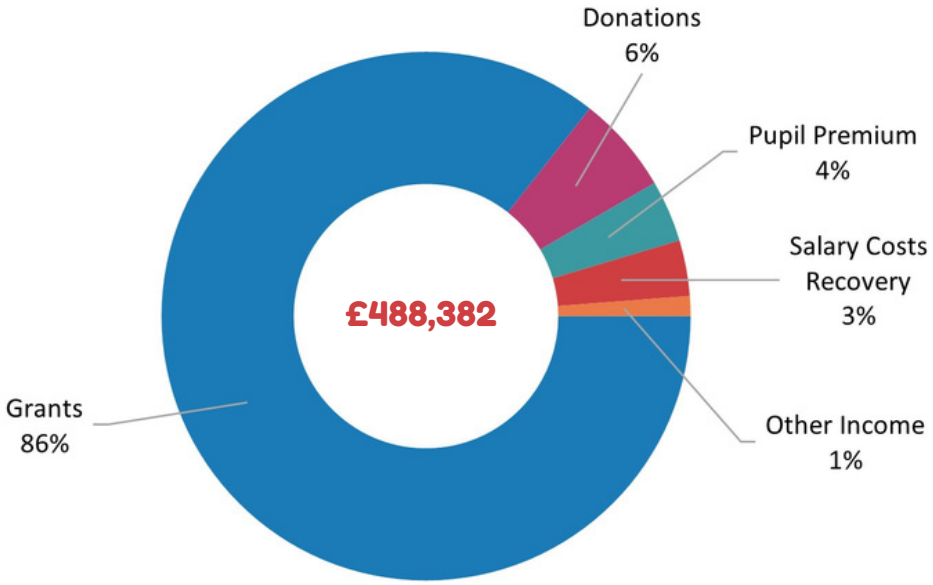
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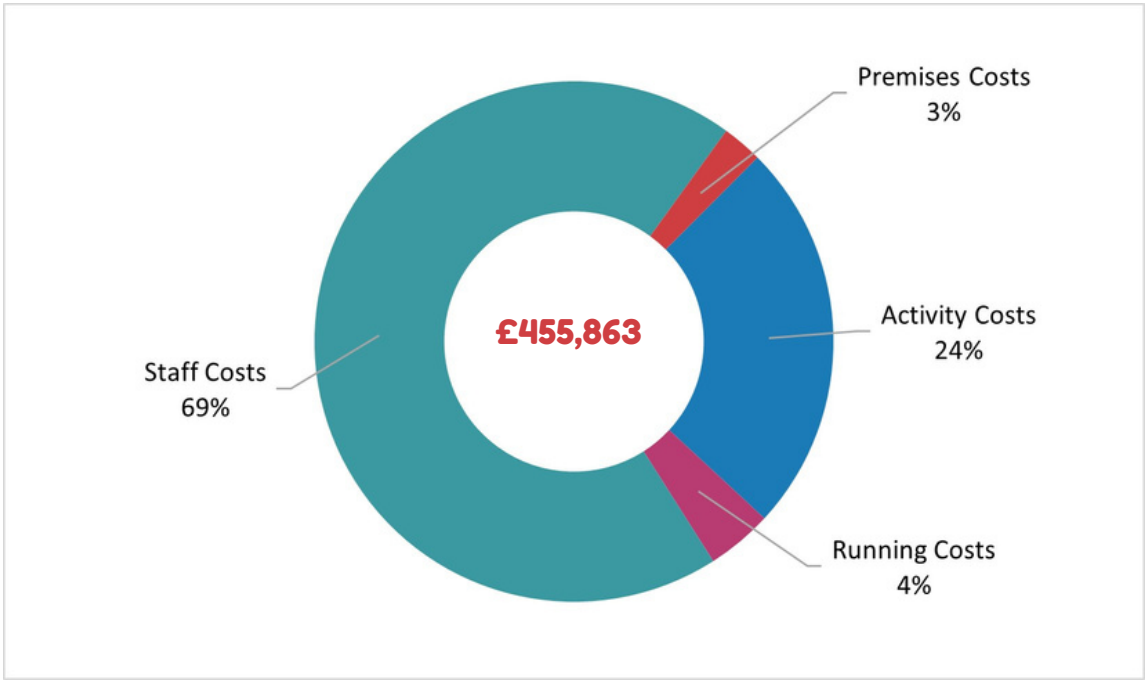
*Names have been changed

Financial summary

Income



Expenditure



Charity information

Structure & governance

The charity is governed by a constitution adopted on 2nd February 2021

The charity is a Charitable Incorporated Organisation (CIO) formed on 14th October 2016.

Registration

Reg. Number: 1169686
(Previously 1124020)

Address: Ings CP School
Broughton Road
Skipton
North Yorkshire
BD23 1TE

Trustees

Judith Holliday (Chair)
Simon Collings (Vice Chair)
Susan Bailey (Treasurer)
George Garland
Joanne Lloyd (appointed Nov 22)
Patricia Lord
Robert Marchant (resigned Jan 23)

Chief Officer

Emma Pears

Independent Examiner

Mrs S Curran
Pinnacle Bookkeeping
1 Vincent Avenue
Grange Road
Eastburn
BD20 8UD

Bankers

CAF Bank
25 Kings Hill
West Maling
Kent
ME19 4JQ

Governance

Objects of the charity

The objects of the charity as included in the Constitution are:

The relief of vulnerable, disadvantaged and disabled children and young people, their families and/or carers, in particular, but not exclusively, by the provision of health and wellbeing programmes, peer support groups, targeted holiday workshops and trips and residential breaks.

Powers and delegations

The Board of Trustees hold all the charity's powers and authorities. The Board is ultimately responsible for the overall control and strategic direction of the charity and the protection of its assets. The Board meets formally four times a year. Day-to-day running of the charity is the responsibility of the Chief Officer, Emma Pears.

The Trustees of the charity are appointed by the Board.

New Trustees attend an initial meeting where they are provided with a full report on the charity's activities and what their roles and responsibilities are as Trustees. Trustees are encouraged to call meetings of Trustees whenever they feel it is necessary to discuss any issues that arise. Ongoing training is available as needed.

Risk management

SELFA maintains a risk register and the Board of Trustees ensure that all major risks to which the charity is exposed are reviewed on a regular basis and that the systems and procedures are in place to manage these risks.

Statement of responsibilities of the Trustees

SELFA's Trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and regulations.

The Trustees review and agree financial statements for each financial year which give a true and fair view of the state of the affairs of the charity.

The Trustees are responsible for ensuring the employees of the charity maintain proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charity Commission's requirements.

The Trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The names of Trustees who served during the year are set out on page 12.

Statement of Public Benefit

The Trustees confirm that they have complied with the duty in the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'.

That guidance addresses the need for all charities' aims to be, demonstrably, for the public benefit.

SELFA addresses its objectives through the provision of out-of-school enrichment activities, and achievements over the year are highlighted in this report.

We aim to help the most vulnerable and disadvantaged children and young people in our society, and no person is excluded on the grounds of race, religion, gender, sexual orientation or social position.

Financial review

The financial statements of the charity are prepared on an accruals basis and in accordance with Charity Commission regulations.

Overview

SELFA's income increased from £363,101 to £488,382. We saw an increase in income from grants. Local Authority Funding (from Craven District Council and North Yorkshire County Council, including North Yorkshire Together) accounted for 5.7% of total income. The National Lottery Community Fund and Children in Need continued to be key funders, and we received significant grants from Igen Trust and The Rank Foundation. We received new funding for out-of-hours mental health support from The VCS Alliance and Mind in Bradford.

Expenditure increased from £328,043 to £455,863, largely due to an increase in staffing to deliver new services, and restricted funding for specific projects.

Reserves policy

It is the policy of the Trustees to maintain the unrestricted funds, which are the free reserves of the charity, at a level of 3 to 12 months expenditure, ideally between 6 and 12 months. This level is required to:

- Meet contractual liabilities should SELFA have to close. This includes redundancy pay, amounts due to creditors and commitments under leases
- To ensure SELFA can continue to provide a stable and quality service, including minimising recruitment, staff training, staff induction and marketing costs by avoiding redundancies caused by financial crisis
- To meet unexpected costs like the breakdown of essential equipment, staff cover due to illness or periods of extended leave
- To replace equipment as it wears out
- To provide working capital when funding is paid in arrears

The current unrestricted reserves are £245,989, which equates to six months operating costs based on 2022/23 expenditure.

The charity does not make investments.

The Trustees' Report, incorporating the Financial Statement, was approved by the Board on 3rd September 2023 and signed on its behalf by:



Emma Pears
Chief Officer



Judith Holliday
Chair of Trustees

Independent Examiner's Report

Report to the Trustees of SELFA Charitable Incorporated Organisation ("the CIO").

I report to the charity trustees on my examination of the accounts of the CIO for the year ended 31 March 2023, which are set out on pages 16 to 26.

Responsibilities and basis of report

As the charity trustees of the CIO 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 CIO's accounts as carried out under section 145 of the 2011 Act. 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

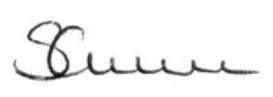
Since the Trust's gross income exceeded £250,000, your examiner must be a member of a body listed in Section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Accounting Technicians, which is one of the listed bodies.

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

1. Accounting records were not kept in respect of the CIO as required by section 130 of the Act; or
2. The accounts do not accord with those records; or
3. The accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

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

Sarah Curran
Pinnacle Bookkeeping
1 Vincent Avenue
Grange Road
Eastburn
West Yorkshire
BD20 8UD

Signed: 

Member of the Association of Accounting Technicians (MAAT)

Date: 11th August 2023

Statement of Financial Activities for the year ending 31 March 2023

	Notes	2023 Unrestricted funds £	2023 Restricted funds £	2023 Total funds £	2022 Total funds £
Income from:					
Schools - Pupil Premium		18,487	-	18,487	19,348
Donations		28,820	338	29,158	29,885
Grants	2	-	418,153	418,153	277,257
Sports coaching		1,775	-	1,775	1,779
Administration fees	3	2,100	-	2,100	4,640
Salary costs recovery	3	1,471	15,162	16,633	30,192
Other income		2,077	-	2,077	-
Total income		**54,728**	**433,654**	**488,382**	**363,101**
Expenditure on:					
Activity costs		6,378	104,795	111,173	61,963
Salaries/staff costs	4	22,735	291,811	314,545	244,620
Fundraising costs		10	103	113	2,209
Premises costs		-	11,472	11,472	8,018
Running costs		698	17,862	18,560	11,233
Total expenditure		**29,820**	**426,043**	**455,863**	**328,043**
Net income/ (expenditure)		24,908	7,611	32,519	35,059
Transfers between funds		-	-	-	-
Net movement in funds		24,908	7,611	32,519	35,059
Fund balances brought forward		221,081	156,140	377,221	342,162
Fund balances carried forward	**5**	**245,989**	**163,751**	**409,740**	**377,221**

Balance sheet as at 31 March 2023

	Notes	2023 Unrestricted £	2023 Restricted £	2023 Total £	2022 Total £
Current assets					
Debtors and prepayments	6	338	10,511	10,849	5,093
Cash at bank and in hand	7	245,744	156,119	401,863	376,673
Total current assets		246,082	166,630	412,712	381,766
Current liabilities:					
amounts falling due within one year					
Creditors and accruals	8	93	2,879	2,972	4,545
Total current liabilities		93	2,879	2,972	4,545
Total assets less current liabilities		245,989	163,751	409,740	377,221
Net assets		245,989	163,751	409,740	377,221
Funds					
Unrestricted funds		245,989		245,989	221,081
Restricted funds			163,751	163,751	156,140
Total funds		245,989	163,751	409,740	377,221

Notes to the accounts for the year ending 31 March 2023

1 Accounting Policies

BASIS OF ACCOUNTING

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

RECONCILIATION WITH PREVIOUS GENERALLY ACCEPTED ACCOUNTING PRACTICE

The trustees have considered whether in applying the accounting policies required by FRS 102 and the Charities SORP FRS 102 the restatement of comparative items was required. They have determined that no such restatement is required.

As a consequence, there has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

GOING CONCERN

The trustees are satisfied that there are no material uncertainties about the charity's ability to continue.

INCOMING RESOURCES

All incoming resources are included in the Statement of Financial Activities (SOFA) when the charity becomes entitled to the resources, it is more likely than not that the trustees will receive the resources and the monetary value can be measured with sufficient reliability.

GRANTS AND DONATIONS

Grants and donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Where grants are related to performance and specific deliverables, they are accounted for as the charity earns the right to consideration by its performance.

EXPENDITURE AND LIABILITIES

Expenditure is recognised on an accrual basis as a liability is incurred. Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out the resources and the amount of the obligation can be measured with reasonable certainty.

GRANTS PAYABLE WITH PERFORMANCE CONDITIONS

Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SOFA once the recipient of the grant has provided the specified service or output.

TAXATION

As a charity the organisation is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

TANGIBLE FIXED ASSETS

Tangible fixed assets costing more than £1000 are capitalised and included at cost including any incidental expenses of acquisition. Gifted assets are shown at the value to the charity on receipt.

Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost on a straight line basis over their expected useful economic lives as follows:

- Freehold land: nil
- Freehold buildings: over 50 years
- Project and office equipment: over 5 years
- Computer equipment: over 3 years
- Motor vehicles: over 4 years
- Equipment held under finance leases: over the life of the lease

PENSIONS

The charity operates a defined contribution scheme for the benefit of its employees. The costs of contributions are recognised in the year they are payable.

FUND ACCOUNTING

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

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

2 Grants and donations

	2023 Unrestricted funds £	2023 Restricted funds £	2023 Total funds £	2022 Total funds £
National Lottery Community Fund	-	86,311	86,311	80,362
Igen Trust	-	57,976	57,976	38,820
The Rank Foundation	-	43,063	43,063	17,565
VCS Alliance	-	38,500	38,500	-
North Yorkshire Together	-	23,563	23,563	-
Children in Need	-	20,080	20,080	22,073
North Yorkshire Police	-	16,242	16,242	-
Garfield Weston Foundation	-	15,000	15,000	15,000
Two Ridings Community Foundation	-	14,100	14,100	-
Mind in Bradford	-	12,831	12,831	-
Barbara Ward Children's Foundation	-	7,500	7,500	7,500
AWC Community Health	-	7,468	7,468	-
Brathay	-	7,000	7,000	-
Julia & Hans Rausing Trust	-	7,000	7,000	-
North Yorkshire Sport	-	6,977	6,977	8,126
Age UK	-	6,482	6,482	-
Youth in Mind	-	5,734	5,734	-
Masonic Charitable Foundation	-	5,000	5,000	-
The Donnelly Foundation	-	5,000	5,000	-
Grants under £5,000 (20)	-	32,326	32,326	35,110
Confest 2022	4,229		4,229	-
Donations under £2,000	23,244	1,685	24,929	25,097
	27,473	419,839	447,311	

3 Income

Administration Fees comprises payments to SELFA for administration of Craven Communities Together funds.

Salary Cost Recovery includes: Kickstart Scheme payments, payments from AWC Modality for employee secondment, and payment for backfill of time attending meetings and events.

4 Staff costs and numbers

	2023 £	2022 £
Gross salaries	291,458	229,006
Social security costs	17,702	12,079
Pensions	5,385	3,535
	314,545	244,620

The average number employees during the year was 21, being an average of 12.5 full time equivalent.

There were no employees with emoluments above £60,000.

Defined contribution pension scheme

	2023 £	2022 £
Costs of the scheme to the charity for the year	5,385	3,535
Amount of any contributions outstanding at the year end	-	-
Amount of any contributions prepaid at the year end	-	-

5 Restricted funds

	Balance b/f £	Incoming £	Outgoing £	Transfers £	Balance c/f £
Age UK	-	6,482	(6,482)	-	-
Alpkit Foundation	-	225	(225)	-	-
AWC Modality	3,525	21,914	(20,505)	-	4,933
Barbara Ward CF	6,673	7,500	(7,126)	-	7,046
Barclays Community Football	-	500	(390)	-	110
Big Give	5,979	3,159	(9,138)	-	-
Boshier-Hinton Foundation	-	660	-	-	660
Brathay Trust	-	7,000	(6,969)	-	31
Brelms Trust	-	4,800	(2,400)	-	2,400
Bupa Foundation	-	2,000	(2,000)	-	-
Cash For Kids	-	2,500	(2,500)	-	-
Children in Need	(1,230)	20,080	(28,472)	-	(9,622)
Clothworkers Foundation	-	2,800	(2,800)	-	-
Craven Communities Together	1,000	-	(1,000)	-	-
Craven District Council	-	3,400	(3,400)	-	-
Denton Charitable Trust	1,000	-	(1,000)	-	-
D'Oyly Carte Charitable Trust	285	-	(285)	-	-
DWF Foundation	-	1,500	(960)	-	540
Evan Cornish Foundation	2,300	-	(2,300)	-	-
Garfield Weston Foundation	15,000	15,000	(15,000)	-	15,000
Happy Days	250	264	(514)	-	-
Hillards Charitable Trust	600	-	(600)	-	-
Hubbub	824	595	(2,419)	-	(1,000)
Igen Trust	21,035	57,976	(42,058)	-	36,953
Julia & Hans Rausing Trust	-	7,000	(1,974)	-	5,026
Kentown Wizard Foundation	13,437	-	(13,437)	-	-

5 Restricted funds (cont.)

	Balance b/f £	Incoming £	Outgoing £	Transfers £	Balance c/f £
MCF	-	5,000	(3,749)	-	1,252
Metis Trust	-	1,000	(1,000)	-	-
Mind in Bradford	-	18,565	(17,282)	-	1,283
Morrisons Foundation	21,934	-	(21,934)	-	-
NLCF	46,101	86,311	(91,243)	-	41,168
North Yorkshire County Council	1,084	716	(1,800)	-	-
North Yorkshire Police	2,888	16,242	(2,906)	-	16,225
North Yorkshire Sport	-	6,977	(5,101)	-	1,876
North Yorkshire Together	-	23,563	(19,813)	-	3,750
NYMAZ	616	-	(616)	-	-
Postcode Neighbourhood Trust	2,450	-	(2,450)	-	-
Rank Foundation	7,509	43,063	(38,678)	-	11,894
Rotary Club of Skipton	-	1,000	(1,000)	-	-
Rotary Club of Skipton Craven	-	936	-	-	936
Skipton Mechanics Institute	800	-	(800)	-	-
Skipton Step into Action		1,325	(1,325)	-	-
Sovereign Healthcare	410	3,000	(3,410)	-	-
Sported Foundation	200	-	(200)	-	-
Temperance Hall Trustees	-	1,500	-	-	1,500
The Donnelly Foundation	1,469	5,000	(4,443)	-	2,026
Toy Trust	-	1,000	(1,000)	-	-
Two Ridings CF	-	14,100	(4,242)	-	9,858
VCS Alliance	-	38,500	(28,595)	-	9,905
Yorkshire Housing	-	500	(500)	-	-
	156,140	433,654	(426,043)	-	163,751

5 Restricted funds (cont.)

Fund name	Purpose of restriction
Age UK	Community Fridge
Alpkit Foundation	Residential trip
AWC Modality	(1) Secondment of SELFA staff (2) Youth Active group
Barbara Ward CF	Holiday activities
Barclays Community Football	Sports activities for children with SEND
Big Give	(1) SEND Activities (2) Wellness girls' group
Boshier-Hinton Foundation	Trips to Nell Bank
Brathay Trust	Mentoring
Brelms Trust	Premises rental
Bupa Foundation	Holiday activities
Cash For Kids	CREST award for SEND
Children in Need	Holiday activities
Clothworkers Foundation	Fridge and freezer for community fridge
Craven Communities Together	Skipton Pride
Craven District Council	(1) Bus shelter project (2) Meal provision
Denton Charitable Trust	Residential trip
D'Oyly Carte Charitable Trust	Family music sessions
DWF Foundation	Arts project
Evan Cornish Foundation	Mentoring
Garfield Weston Foundation	Core costs
Happy Days	Residential trip
Hillards Charitable Trust	Term-time activities
Hubbub	Community Fridge
Igen Trust	(1) Mental health support (2) Pathfinders project
Julia & Hans Rausing Trust	Community Fridge
Kentown Wizard Foundation	SEND residential
MCF	Core costs

5 Restricted funds (cont.)

Fund name	Purpose of restriction
Metis Trust	Core costs
Mind in Bradford	Mental health support
Morrisons Foundation	Youth activities
NLCF	(1) Springboard Project (2) Smile intergenerational project
North Yorkshire County Council	(1) Kickstart programme (2) Eureka trip
North Yorkshire Police	Wellness girls group
North Yorkshire Sport	Sports activities
North Yorkshire Together	Holiday activities
NYMAZ	Music projects
Postcode Neighbourhood Trust	Youth worker
Rank Foundation	(1) Time to Shine Programme (2) Environmental project
Rotary Club of Skipton	Bikeability project
Rotary Club of Skipton Craven	Trips to Nell Bank
Skipton Mechanics Institute	Mental health courses for young people
Skipton Step into Action	Diabetes Awareness project
Sovereign Healthcare	(1) SEND Activities (2) Settle Stories project
Sported Foundation	Sports project
Temperance Hall Trustees	Core costs
The Donnelly Foundation	SELFA Mindful
Toy Trust	Holiday activities
Two Ridings CF	(1) Youth Council (2) Community Fridge (3) Plant to Plate project
VCS Alliance	Mental health support
Yorkshire Housing	SELFA Active
The Donnelly Foundation	SELFA Mindful
Two Ridings CF	Youth Council

6 Debtors and prepayments

	2023 £	2022 £
Debtors	8,811	1,357
Prepayments	2,038	3,736
	10,849	5,093

7 Cash at bank and in hand

	2023 £	2022 £
CAF Bank Current Account	401,783	376,656
Petty Cash	80	18
	401,863	376,673

8 Creditors and accruals

	2023 £	2022 £
Creditors	2,972	4,545
Accruals	-	-
	2,972	4,545

9 Key management personnel

	2023 £	2022 £
Chief Officer	47,188	37,599

Thank you to ...



























































































And a special thank you ...

... to all the individuals who donated to SELFA, undertook sponsored challenges; organised fundraising events; gave raffle prizes, toys and resources; or volunteered their time at our activities. SELFA wouldn't work without you.

SELFA

England & Wales - Charity number 1169686

Accounts



SELFA
YOUR LOCAL CHILDREN'S CHARITY

Annual Report 2021-2022

About SELFA

Registration

Charity Registration Number: 1169686
(Previously 1124020)

Address: Ings CP School
Broughton Road
Skipton
North Yorkshire
BD23 1TE

Trustees

Judith Holliday (Chair)
Sue Bailey (Treasurer—appointed May 2021)
Simon Collings
George Garland
Patricia Lord
Robert Marchant

Chief Officer

Emma Pears

Independent Examiner

Mrs S Curran
Pinnacle Bookkeeping
1 Vincent Avenue
Grange Road
Eastburn
BD20 8UD

Bankers

The Co-operative Bank p.l.c
1 Balloon Street
Manchester
M60 4EP

Structure, governance and management

The charity is governed by a constitution adopted on 2nd February 2021

The charity is a Charitable Incorporated Organisation (CIO) formed on 14th October 2016.

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Welcome

Welcome to our 2021-22 report, what a remarkable year we have had at SELFA!

We worked with 462 children, young people and parents/carers this year, helping them to navigate the end of the pandemic and the uncertainty that has surrounded their ever-changing world.

The year has been one of challenges and opportunities. We have expanded our services in North Craven and set up new groups in Bentham and Settle to meet the needs of our rurally isolated children and families. We have also now firmly established the mentoring and coaching offer, through our existing programmes and in schools, to ensure we can provide support wherever and whenever it is needed.

Operationally we have continued to change and adapt in the wake of the pandemic, working with new and existing funders to ensure that the services we deliver are meeting the ever-changing requirements of our children and families.

We have continued to make progress against our strategic objectives: 68% of those accessing services saw a significant improvement in resilience and self-esteem, 99% developed positive relationships and a sense of belonging, and 84% became significantly more independent, showing that what we do is really making a difference to the lives of those we touch.



Emma Pears
Chief Officer and Founder



Judith Holliday
Chair of Trustees

Whilst we cannot predict what the future will bring, we know that the demand for SELFA's services will continue and we will strive to be there for our community. A parent of a young carer summed it up for me when she said "[SELFA] know him now and they accept him for who he is. SELFA is like his extended family who actually care; he never cries when he is dropped off because he feels safe there. He goes on trips and is really happy trying new things and getting involved and he definitely understands his sister's disability better because he can see that she's just normal there".

Thank you to everyone who has supported us over the last year including our trustees, staff, volunteers, fundraisers, donors, our partners and families who all make the SELFA family a place where children thrive and achieve.

Emma E Pears

J. Holliday









What we do

Our mission

To support children and families experiencing vulnerabilities, to build resilience, thrive and achieve.

Our services



Health and wellbeing pro-grammes



Peer support groups



Targeted holiday workshops



Trips and residential breaks

Our objectives



Encourage independence



Support positive relationships



Build self-esteem



Improve wellbeing



Give children a sense of belonging



Build Resilience



Promote Aspirations

"We are very lucky to have SELFA in Craven. It is an important organisation which supports a wide range of families with additional needs, in ways that are enjoyable, empowering and helpful to the children and families alike.

There is a strong emphasis on being a positive part of our local community, valuing and welcoming people through the doors."

Jim Lambourn, Social Worker, Disabled Children and Young People's Service

Our vision

A community where all children and young people are celebrated and know they belong.

Scott

Scott, 15, came to SELFA after moving to the area to live with his grandmother following his mother's mental health crisis. The family do not know how long it will be until Scott and his siblings can be reunited with their mum and return home. His social worker was looking for services to support Scott whilst he waits for a school place. He has autistic spectrum disorder and was very nervous and anxious attending his first session at SELFA Youth. However, after the group he told his grandmother 'everyone's so nice' and Scott became keen to join in. His independence and resilience has strengthened. Scott now talks about his peers when he goes home and is not negative about them as he might once have been, a clear indicator that he is increasingly engaged with his new environment and developing a real sense of belonging.

Scott now shares things that are bothering him and what he feels strongly about, and feels safe to do so having developed a genuine trust in his peer and adult relationships at SELFA. As he thrives in a supportive environment, he has recently decided to join the SELFA's Youth Council where he can make his voice heard, shaping the organisation and taking part in social action.

Billy

Billy, 9, was referred to SELFA as a sibling and 'young carer' of his older sister, who is learning disabled, epileptic and has ASD. The family had very little wider support from extended family and their friendships had diminished as a result of the challenges they faced, impacting terribly on Billy who was refusing school and would not be with left with any adult his except parents.



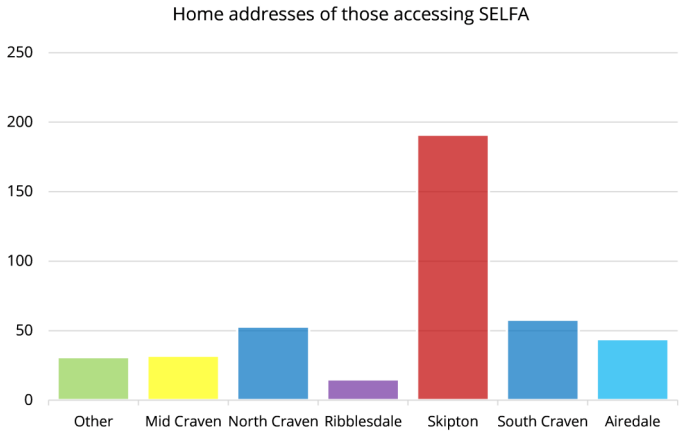
Through attending sessions at SELFA, Billy has grown to trust the staff and he will go to any of them if he has a problem which, his mum Helen explains, is because they are knowledgeable of the whole family situation. During sessions, when they ask Billy about his current mood and the impact of school stress and relationships, it is motivated by genuine interest and concern. Billy is now "friends with all sorts of people", Helen told us. "They know him now and they accept him for who he is. SELFA is like his extended family who actually care; he never cries when he is dropped off because he feels safe there. He goes on trips and is really happy trying new things and getting involved and he definitely understands his sister better because he can see that she's just normal there".

The year in numbers

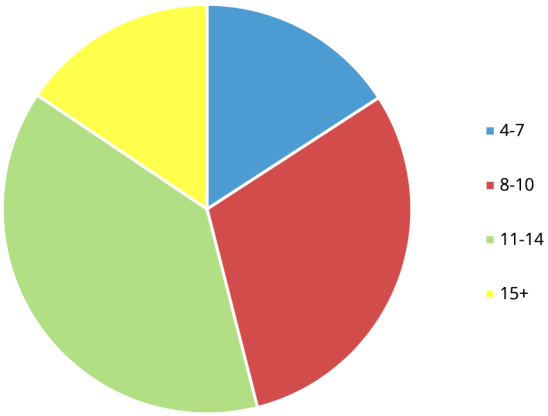
462 children, young people and parents accessed our services

> 'SELFA is kind of like a safe place for me because I can actually talk about my feelings here whereas the rest of places there's a lot of people out there that can judge for what you're feeling or what you like'
> Elly, 15

Where beneficiaries live



Age of children











2183 hours of groups, holiday activities and counselling

163 Workshops, trips and residentials

582 after-school and weekend project sessions

226 one-to-one mentoring and therapy sessions

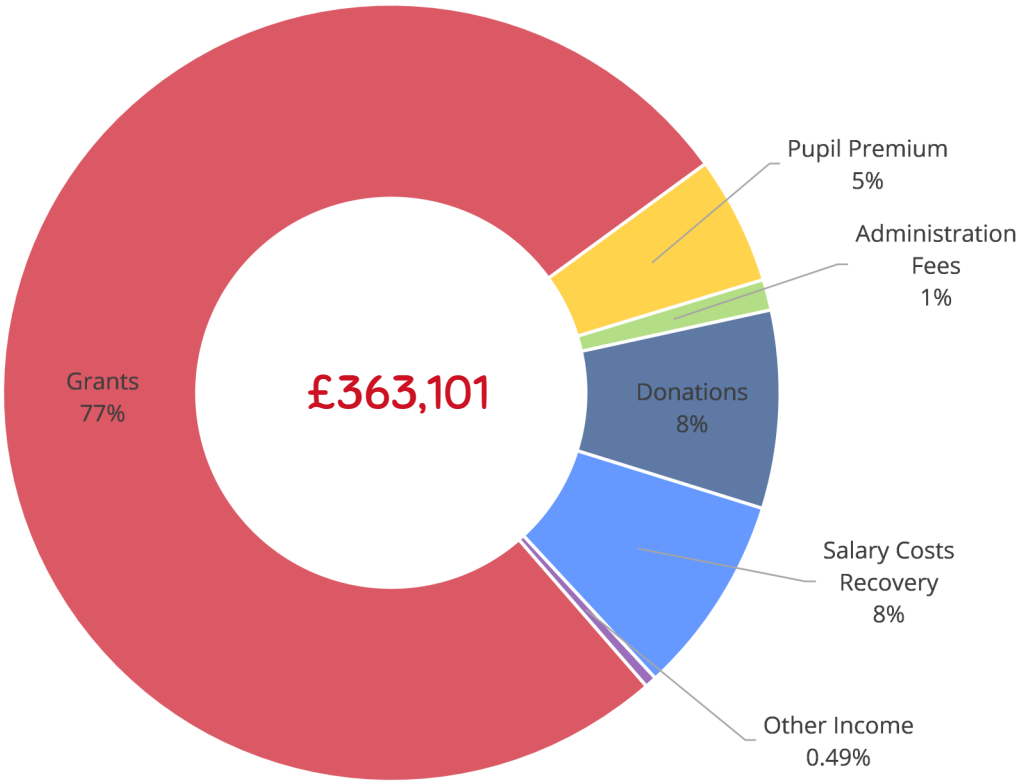
68% saw a significant improvement in resilience and self-esteem

99% developed positive relationships and a sense of belonging

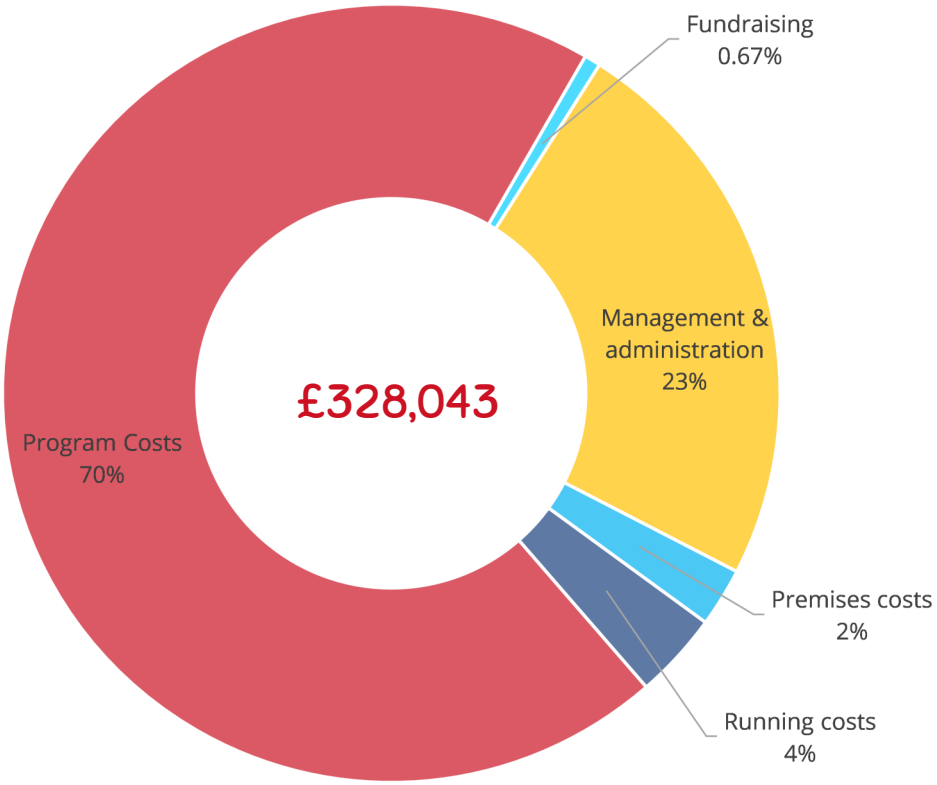
84% became significantly more independent

Income and expenditure

Income



Expenditure



Highlights from 2021-22



A highlight for me has been continuing to provide our 'Mindful' programme to primary schools all over Craven. The last couple of years, due to the pandemic, has really impacted children's mental health and wellbeing and, for some, school has been a challenging environment. I have loved having the opportunity to visit children in their school and providing them with a safe, calming space where they can explore their emotions. It's been great to meet new children and offer some support that is not normally within their reach. Some of the children that have accessed our 'Mindful' programme have consequently been referred to SELFA and are now able to access SELFA's continuous provision both after school and within the school holidays.

Lucy Short
Activity Co-ordinator & Mentoring Lead



The main highlight has to be seeing SELFA go from strength to strength, particularly over the last two years. The increase in demand has meant we have been able to increase our core team and deliver more hours of support to children/young people than ever before.

I feel extremely privileged to be Operations Manager of such a successful charity and have also been fortunate enough to be allocated a place on a Leadership Wellbeing coaching programme. The programme combines practical coaching techniques/approaches in a nature based environment and has enabled me to identify priorities and resources for individual and team wellbeing.

Karen Roberts
Quality & Operations Manager



Implementing rebound therapy trampolining into our offer of services has been a highlight for me this year! Being able to provide the opportunity of regular rebound therapy sessions has enabled us to support a variety of children & young people, from those who experience long term health conditions, disabilities and have additional needs to those who had previous negative experiences of physical activity and lack of self-esteem. Rebound therapy has lots of proven benefits – mentally, socially and physically and is a new, exciting way to exercise. Interacting and creating bespoke sessions for individuals, allowing them to build independence and set personal targets, so they can achieve and accomplish goals is a real positive experience for both staff and participant. And obviously seeing the smiles on the children's faces whilst confidently jumping and bouncing around is really rewarding. As well as promoting physical activity, the rebound therapy sessions allow participants to build a trusting relationship and provide them with a safe space where they are able to express themselves, become more socially aware and increase communication, giving them a voice.

Sam Pickard
Activity Co-ordinator: Sports & Workshops



The launch of the community fridge at SELFA has also been a fantastic addition to the provision we offer, being able to provide food to families has been incredibly beneficial and we've been able to help more people.
The Bentham Youth group have had a fantastic year, a particular project that we incredibly rewarding was the art project we did with Lana Grindley - we explored our own identities and everyone contributed towards an exhibition which was displayed in the museum at Skipton Town Hall. The exhibition was called 'I just wanna tell you how I'm feeling' inspired by Rick Astley and the young people travelled to Skipton to see their work in exhibition and were so proud to see their work displayed so professionally for all to celebrate. The group also worked incredibly hard towards the John Muir Award which involved attending a fantastic residential which created some lifelong memories raving around the campfire and they spent a day working together to plant 100 trees.

Katie Hoggarth
Activity Co-ordinator: Youth and SEND



My highlight of the last 12 months would have to be securing a further 3 year's funding from the National Lottery Community fund. The stability that long-term funders provide to SELFA has helped us plan more efficiently and effectively, ensuring that we can continue to meet the needs of our children and families for years to come. The Lottery-funded "SELFA Springboard" project has enabled us to increase the voice, participation and social action opportunities of 252 vulnerable, disadvantaged and disabled young people living in Craven. We have widened the reach of our Youth Council and expanded our volunteer programme to include vulnerable, disadvantaged and disabled young adults aged 19-25 years .

Emma Pears
Chief Officer

Objects of the charity

The objects of the charity as included in the Constitution are:

The relief of vulnerable, disadvantaged and disabled children and young people, their families and/or carers, in particular, but not exclusively, by the provision of health and wellbeing programmes, peer support groups, targeted holiday workshops and trips and residential breaks.

Powers and delegations

The Board of Trustees hold all the charity's powers and authorities. The Board is ultimately responsible for the overall control and strategic direction of the charity and the protection of its assets. The Board meets formally four times a year. Day-to-day running of the charity is the responsibility of the Chief Officer, Emma Pears.

The Trustees of the charity are appointed by the Board.

New Trustees attend an initial meeting where they are provided with a full report on the charity's activities and what their roles and responsibilities are as Trustees. Trustees are encouraged to call meetings of Trustees whenever they feel it is necessary to discuss any issues that arise. Ongoing training is available as needed.

Risk management

SELFA maintains a risk register and the Board of Trustees ensure that all major risks to which the charity is exposed are reviewed on a regular basis and that the systems and procedures are in place to manage these risks.

Statement of responsibilities of the Trustees

SELFA's Trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and regulations.

The Trustees review and agree financial statements for each financial year which give a true and fair view of the state of the affairs of the charity.

The Trustees are responsible for ensuring the employees of the charity maintain proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charity Commission's requirements.

The Trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The names of Trustees who served during the year are set out on page 2.

Statement of Public Benefit

The Trustees confirm that they have complied with the duty in the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'.

That guidance addresses the need for all charities' aims to be, demonstrably, for the public benefit.

SELFA addresses its objectives through the provision of out-of-school enrichment activities, and achievements over the year are highlighted in this report.

We aim to help the most vulnerable and disadvantaged children and young people in our society, and no person is excluded on the grounds of race, religion, gender, sexual orientation or social position.

Financial review

The financial statements of the charity are prepared on an accruals basis and in accordance with Charity Commission regulations.

Overview

SELFA's income decreased slightly from £364,609 to £363,101. We saw an increase in income from grants. Local Authority Funding (from Craven District Council and North Yorkshire County Council) accounted for 3.9% of total income. The National Lottery Community Fund and Children in Need continued to be key funders, but we also received significant grants from Igen Trust, Morrisons Foundation and The Rank Foundation. New funding came from The Kentown Wizard Foundation for a planned SEND residential later this year.

Expenditure increased from £199,710 to £328,043, largely due to a return to full-scale operations following COVID-19. We also received specific funding to cover employing two staff under the government's Kickstart scheme and for secondment of a member of sessional staff, all of which increased staff costs.

Reserves policy

It is the policy of the Trustees to maintain the unrestricted funds, which are the free reserves of the charity, at a level of 3 to 12 months expenditure, ideally between 6 and 12 months. This level is required to:

- Meet contractual liabilities should SELFA have to close. This includes redundancy pay, amounts due to creditors and commitments under leases
- To ensure SELFA can continue to provide a stable and quality service, including minimising recruitment, staff training, staff induction and marketing costs by avoiding redundancies caused by financial crisis
- To meet unexpected costs like the breakdown of essential equipment, staff cover due to illness or periods of extended leave
- To replace equipment as it wears out
- To provide working capital when funding is paid in arrears

The current unrestricted reserves are £211,081, which equates to eight months operating costs based on 2021/22 expenditure.

The charity does not make investments.

The Trustees' Report, incorporating the Financial Statement, was approved by the Board on 25th July 2022 and signed on its behalf by:



Judith Holliday
Chair of Trustees



Emma Pears
Chief Officer

Independent Examiner's Report

Report to the Trustees of SELFA Charitable Incorporated Organisation ("the CIO").

I report to the charity trustees on my examination of the accounts of the CIO for the year ended 31 March 2022, which are set out on pages 12 to 19.

Responsibilities and basis of report

As the charity trustees of the CIO 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 CIO's accounts as carried out under section 145 of the 2011 Act. 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 confirm that I am qualified to undertake the examination because I am a member of the Association of Accounting Technicians which is one of the listed bodies.

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

1. Accounting records were not kept in respect of the CIO as required by section 130 of the Act; or
2. The accounts do not accord with those records; or
3. The accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

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

Sarah Curran
Pinnacle Bookkeeping
1 Vincent Avenue
Grange Road
Eastburn
West Yorkshire
BD20 8UD

Signed: 

Relevant professional qualification or body: AAT

Date: 25th July 2022

Statement of Financial Activities for the year ending 31 March 2022

	Notes	2022 Unrestricted funds	2022 Restricted funds	2022 Total funds	2021 Total funds
		£	£	£	£
Income from:					
Schools - Pupil Premium		19,348	-	19,348	19,345
Donations		25,143	4,743	29,885	30,577
Grants	2	-	277,257	277,257	229,356
Sports Coaching		1,779	-	1,779	1,433
Administration Fees	3	4,640	-	4,640	18,000
Contracts		-	-	-	52,880
Salary Costs Recovery		7,369	22,823	30,192	11,388
Other Income		-	-	-	1,630
Total income		**58,278**	**304,823**	**363,101**	**364,609**
Expenditure on:					
Activity Costs				228,694	25,019
Primary Provision		614	16,781	17,396	2,431
Youth Provision		322	10,533	10,855	3,093
SEND Activities		-	8,584	8,584	1,179
Families Together		-	5,689	5,689	1,072
Community Fridge		678	975	1,653	-
Other Activities & Shared Costs		1,643	16,143	17,786	17,244
Salaries and NIC	4	17,312	149,419	166,731	-
Fundraising Costs		2,109	100	2,209	2,520
Premises Costs		309	7,709	8,018	-
Running Costs					
Salaries and NIC	4	10,307	67,031	77,339	160,867
Transport & Travel		307	622	929	535
Insurance		34	449	484	407
Printing & Stationery		-	490	490	165
Office Equipment & Software		1,312	3,242	4,554	1,696
Telephone & Internet		(8)	1,356	1,349	1,216
Postage		-	80	80	23
Training		(2,274)	2,880	606	1,078
Recruitment/Staff Costs		18	532	551	380
Consultancy		1,442	296	1,737	5,440
Volunteer expenses		20	314	334	-
Miscellaneous		628	43	670	363
Total expenditure		**34,775**	**293,268**	**328,043**	**199,710**
Net income / (expenditure)		**23,504**	**11,555**	**35,059**	**164,898**
Transfers Between Funds		-	-	-	-
Net movement in funds		**23,504**	**11,555**	**35,059**	**164,898**
Fund balances brought forward		**197,577**	**144,585**	**342,162**	**177,264**
Fund balances carried forward	**5**	**221,081**	**156,140**	**377,221**	**342,162**

All incoming resources and resources expended derive from continuing activities.

Balance Sheet as at 31 March 2022

	Notes	2022 Unrestricted £	2022 Restricted £	2022 Total £	2021 Total £
Current assets					
Debtors and prepayments	6	280	4,813	5,093	19,962
Cash at bank and in hand	7	221,114	155,559	376,673	322,593
Total current assets		221,394	160,372	381,766	342,555
Current liabilities: amounts falling due within one year					
Creditors and accruals	8	313	4,232	4,545	393
Total current liabilities		313	4,232	4,545	393
Total assets less current liabilities		221,081	156,140	377,221	342,162
Net assets		221,081	156,140	377,221	342,162
Funds					
Unrestricted funds		221,081		221,081	197,577
Restricted funds			156,140	156,140	144,585
Total funds		221,081	156,140	377,221	342,162

1. Accounting Policies

BASIS OF ACCOUNTING

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

RECONCILIATION WITH PREVIOUS GENERALLY ACCEPTED ACCOUNTING PRACTICE

The trustees have considered whether in applying the accounting policies required by FRS 102 and the Charities SORP FRS 102 the restatement of comparative items was required. They have determined that no such restatement is required.

As a consequence, there has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

GOING CONCERN

The trustees are satisfied that there are no material uncertainties about the charity's ability to continue.

INCOMING RESOURCES

All incoming resources are included in the Statement of Financial Activities (SOFA) when the charity becomes entitled to the resources, it is more likely than not that the trustees will receive the resources and the monetary value can be measured with sufficient reliability.

GRANTS AND DONATIONS

Grants and donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Where grants are related to performance and specific deliverables, they are accounted for as the charity earns the right to consideration by its performance.

EXPENDITURE AND LIABILITIES

Expenditure is recognised on an accrual basis as a liability is incurred. Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out the resources and the amount of the obligation can be measured with reasonable certainty.

GRANTS PAYABLE WITH PERFORMANCE CONDITIONS

Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SOFA once the recipient of the grant has provided the specified service or output.

TAXATION

As a charity the organisation is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

TANGIBLE FIXED ASSETS

Tangible fixed assets costing more than £1000 are capitalised and included at cost including any incidental expenses of acquisition. Gifted assets are shown at the value to the charity on receipt.

Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost on a straight line basis over their expected useful economic lives as follows:

- Freehold land: nil
- Freehold buildings: over 50 years
- Project and office equipment: over 5 years
- Computer equipment: over 3 years
- Motor vehicles: over 4 years
- Equipment held under finance leases: over the life of the lease

PENSIONS

The charity operates a defined contribution scheme for the benefit of its employees. The costs of contributions are recognised in the year they are payable.

FUND ACCOUNTING

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

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

2. Grants and donations

	2022 Unrestricted funds £	2022 Restricted funds £	2022 Total funds £	2021 Total funds £
NLCF Reaching Communities	-	80,362	80,362	51,742
Igen Trust	-	38,820	38,820	5,260
Morrisons Foundation	-	25,000	25,000	
Children in Need	-	22,073	22,073	16,002
The Rank Foundation	-	17,565	17,565	32,287
Garfield Weston Foundation	-	15,000	15,000	15,000
Kentown Wizard Foundation	-	13,437	13,437	
North Yorkshire Sport	-	8,126	8,126	13,966
Barbara Ward Children's Foundation	-	7,500	7,500	7,500
People's Postcode Lottery	-	7,350	7,350	
NYMAZ	-	6,000	6,000	
North Yorkshire County Council	-	5,660	5,660	
Two Ridings Community Foundation	7,868		-	22,000
North Yorkshire Police	4,186		-	15,953
Mind	18,523		-	9,000

(cont.)

	2022 Unrestricted funds £	2022 Restricted funds £	2022 Total funds £	2021 Total funds £
St. James's Place Charitable Foundation			-	7,500
Grants under £5,000 (24)		35,110	35,110	33,147
Craven District Council Discretionary Grants			-	7,868
Food Inequality Fundraising	44		44	4,186
Donations under £2,000	25,097		25,097	18,523
	25,141	282,002	307,143	

3. Income

Administration Fees comprises payments to SELFA for administration of Craven Communities Together funds.

Salary Cost Recovery includes: Kickstart Scheme payments, payments from AWC Modality for employee secondment, and payment for backfill of time attending the Craven Community Leadership Group.

4. Staff costs and numbers

	2022 £	2021 £
Gross salaries	228,456	152,024
Social security costs	12,079	6,506
Pensions	3,535	2,338
Other employee benefits		
	244,070	160,867

The average number employees during the year was 20, being an average of 9 full time equivalent.

There were no employees with emoluments above £60,000.

Defined contribution pension scheme

	2022 £	2021 £
Costs of the scheme to the charity for the year	3,535	2,338
Amount of any contributions outstanding at the year end	-	-
Amount of any contributions prepaid at the year end	-	-

5. Restricted funds

	Balance b/f	Incoming	Outgoing	Transfers	Balance c/f
	£	£	£	£	£
Arnold Clark CF	-	1,000.00	(1,000.00)	-	-
AWC Modality	-	11,074.20	(7,549.50)	-	3,524.70
Barbara Ward CF	7,500.00	7,500.00	(8,327.35)	-	6,672.65
Big Give	-	6,804.72	(825.93)		5,978.79
Boshier-Hinton Foundation	57.33	-	(57.33)	-	-
Brelms Trust	2,400.00	-	(2,400.00)	-	-
British Science Association	278.27	-	(278.27)	-	-
Cash For Kids	-	1,680.00	(1,680.00)	-	-
Charles & Elsie Sykes Trust	1,000.00	-	(1,000.00)	-	-
Children in Need	546.10	22,072.80	(23,848.87)	-	(1,229.97)
Comic Relief	1,978.50	1,978.50	(3,957.00)	-	-
Craven Communities Together	-	1,000.00	-	-	1,000.00
Craven Trust	-	798.00	(798.00)	-	-
Denton Charitable Trust	-	1,000.00	-	-	1,000.00
D'Oyly Carte Charitable Trust	2,920.00	-	(2,634.51)	-	285.49
Evan Cornish Foundation	4,000.00	-	(1,700.00)	-	2,300.00
Freemasons	-	3,800.00	(3,800.00)	-	-
Garfield Weston Foundation	15,000.00	15,000.00	(15,000.00)	-	15,000.00
Gertrude Beasley Charitable Trust	-	1,000.00	(1,000.00)	-	-
Happy Days	-	250.00	-	-	250.00
Hedley Foundation	1,000.00	-	(1,000.00)	-	-
Hillards Charitable Trust	-	1,000.00	(400.00)	-	600.00
Hubbub	-	3,000.00	(2,175.52)	-	824.48
Igen Trust	10,054.05	38,820.00	(27,838.76)	-	21,035.29
Jessie's Fund	3,372.00	-	(3,372.00)	-	-
Julia & Hans Rausing Trust	1,041.38	-	(1,041.38)	-	-
Kentown Wizard Foundation	-	13,437.00	-	-	13,437.00
Leeds Building Society	-	1,000.00	(1,000.00)	-	-
Lloyd's Bank	-	3,896.40	(3,896.40)	-	-
Metis Trust	1,000.00	-	(1,000.00)	-	-
Mind	9,000.00	-	(9,000.00)	-	-
Morrisons Foundation		25,000.00	(3,065.63)	-	21,934.37
NLCF	30,626.25	80,362.00	(64,887.66)	-	46,100.59
North Yorkshire County Council	454.25	14,048.91	(13,419.56)	-	1,083.60
North Yorkshire Police	12,704.92	-	(9,816.63)	-	2,888.29
North Yorkshire Sport	9,097.29	11,485.50	(20,582.79)	-	-
NYMAZ	-	6,000.00	(5,384.00)	-	616.00
Postcode Neighbourhood Trust	-	7,350.00	(4,900.00)	-	2,450.00
Rank Foundation	6,917.80	17,565.11	(16,973.63)	-	7,509.28
Rotary Club of Skipton	640.00	-	(640.00)	-	-
Rotary Club of Skipton Craven	-	1,000.00	(1,000.00)	-	-
Skipton Mechanics Institute	-	800.00	-	-	800.00
Sobell Foundation	3,194.62	-	(3,194.62)	-	-
Souter Charitable Trust	1,000.00	-	(1,000.00)	-	-
Sovereign Healthcare	-	2,300.00	(1,889.69)	-	410.31
Sport England (Toyota)	115.40	-	(115.40)	-	-
Sported Foundation	-	200.00	-	-	200.00
St. James's Place Foundation	7,114.36	-	(7,114.36)	-	-

(cont.)	Balance b/f	Incoming	Outgoing	Transfers	Balance c/f
	£	£	£	£	£
Tampon Tax	6,092.12	-	(6,092.12)	-	-
Temperance Hall Trustees	1,000.00	1,100.00	(2,100.00)	-	-
The Donnelly Foundation	-	1,500.00	(30.60)	-	1,469.40
Two Ridings CF	4,480.68	-	(4,480.68)	-	-
	144,585	304,823	(293,268)	-	156,140

Fund name	Purpose of restriction
Arnold Clark CF	Core costs
AWC Modality	Secondment of SELFA staff
Barbara Ward CF	Holiday Activities
Big Give	(1) SEND Activities (2) Wellness girls' group
Boshier-Hinton Foundation	Disabled changing equipment
Brelms Trust	Premises rental
British Science Association	CREST award for SEND
Cash For Kids	Financial support for children and families
Charles & Elsie Sykes Trust	Holiday Activities
Children in Need	Holiday Activities
Comic Relief	SELFA Mindful
Craven Communities Together	Skipton Pride
Craven Trust	Office equipment
Denton Charitable Trust	Primary residential
D'Oyly Carte Charitable Trust	Family music sessions
Evan Cornish Foundation	Mentoring sessions
Freemasons	Playground equipment
Garfield Weston Foundation	Core costs
Gertrude Beasley Charitable Trust	YDMT residential
Happy Days	Primary residential
Hedley Foundation	Outdoor activities
Hillards Charitable Trust	Term-time activities
Hubbub	Community Fridge
Igen Trust	Families Together Programme
Jessie's Fund	iMuse music therapy
Julia & Hans Rausing Trust	Core costs
Kentown Wizard Foundation	SEND residential
Leeds Building Society	Playground equipment
Lloyd's Bank	Kitchen and playground equipment
Metis Trust	Activity costs
Mind	Mental health support
Morrisons Foundation	Youth groups
NLCF	(1) Playground equipment (2) Community Champs project (3) SELFA Leaders (4) SELFA Springboard
North Yorkshire County Council	(1) SELFA Engage (2) Primary trips (3) Mental health support (4) Kickstart programme
North Yorkshire Police	SELFA Thrive project
North Yorkshire Sport	(1) Sports activities (2) North Yorkshire Feast
NYMAZ	Music projects
Postcode Neighbourhood Trust	Youth worker
Rank Foundation	(1) Time to Shine Programme (2) Term-time activities

(cont.)

(cont.)

Fund name	Purpose of restriction
Rank Foundation	(1) Time to Shine Programme (2) Term-time activities
Rotary Club of Skipton	Nell Bank activity day
Rotary Club of Skipton Craven	Sensory area
Skipton Mechanics Institute	Mental health courses for young people
Sobell Foundation	Holiday Activities
Souter Charitable Trust	Core costs
Sovereign Healthcare	SEND activities
Sport England (Toyota)	Rebound therapy equipment and training
Sported Foundation	Boxercise
St. James's Place Foundation	SEND activities
Tampon Tax	Wellness girls' group
Temperance Hall Trustees	Activity costs
The Donnelly Foundation	SELFA Mindful
Two Ridings CF	Youth Council

6. Debtors and prepayments

	2022	2021
	£	£
Debtors	1,357	19,822
Prepayments	3,736	140
	5,093	19,962

7. Cash at bank and in hand

	2022	2021
	£	£
Co-operative Bank Current Account	376,656	322,593
Petty Cash	18	-
	376,673	135,474

8. Creditors and accruals

	2022	2021
	£	£
Creditors	4,545	393
Accruals		
	4,545	393

9. Key management personnel

	2022	2021
	£	£
Chief Officer	37,599	25,861

Thank you to our supporters

Craven Communities Together
Denton Charitable Trust
Freemasons Skipton
Gertrude Beasley Charitable Trust
Igen Trust
Skipton Temperance Hall Trustees
The Donnelly Foundation

And a special thank you ...

... to all the individuals who donated to SELFA, undertook sponsored challenges; organised fundraising events; gave raffle prizes, toys and resources; or volunteered their time at our activities. SELFA wouldn't work without you.

SELFA

England & Wales - Charity number 1169686

Accounts



SELFA
YOUR LOCAL CHILDREN'S CHARITY

Annual Report 2020-2021

About SELFA

Registration

Charity Registration Number: 1169686
(Previously 1124020)

Address: Ings CP School
Broughton Road
Skipton
North Yorkshire
BD23 1TE

Trustees

Judith Holliday (Chair)
Rachel Clarke (Treasurer)
Simon Collings
George Garland (from Nov 2020)
Patricia Lord (from Feb 2021)
Robert Marchant

Chief Officer

Emma Pears

Independent Examiner

Mrs S Curran
Pinnacle Bookkeeping
1 Vincent Avenue
Grange Road
Eastburn
BD20 8UD

Bankers

The Co-operative Bank p.l.c
1 Balloon Street
Manchester
M60 4EP

Structure, governance and management

The charity is governed by a constitution adopted on 2nd February 2021

The charity is a Charitable Incorporated Organisation (CIO) formed on 14th October 2016.

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Welcome



Emma Pears
Chief Officer and Founder



Judith Holliday
Chair of Trustees

Welcome to our 2020-21 report which strongly reflects how we responded to COVID-19, and the support we gave to our children and families during the pandemic.

It has been an unprecedented year not only for SELFA but for our entire community and we're so very proud of how our children and young people have adapted through these times.

Many were already dealing with complex and multiple issues on a daily basis and COVID-19 brought with it an array of new challenges.

As an organisation, we continued to provide a service to our families throughout the last year, initially online, and then we returned to face-to-face in July 2020 where we navigated the ever-changing restrictions in our 'bubbles'.

At one point we calculated that we'd had to redesign our services 10 times during the pandemic as government guidelines changed in response to the virus - but one thing we never did was stop! We adapted and served throughout it all.

I think one parent summed it up when they said "SELFA has become a key support to our family, especially through the pandemic when so many other people, public bodies and organisations were unable to help or adapt in the way SELFA did. Thank you so much again for all you and your colleagues do for us."

We've had new opportunities over the last year, acting as a Community Support Organisation during the pandemic was a completely new venture and showed that we were there to meet the needs of our community in a time of great uncertainty. We also secured funding to support the mental health and wellbeing of children and young people at this time and we were very proud to be one of only 70 national partners for the Barnardo's: See, Hear, Respond programme.

Thank you so much to all our supporters; we couldn't do what we do without you. We hope you enjoy reading our annual report and celebrating with us all that our children and families have achieved.

Emma & Pears

J. Holliday









What we do

Our mission

To support children and families experiencing vulnerabilities, to build resilience, thrive and achieve.

Our services



Health and wellbeing pro-grammes



Peer support groups



Targeted holiday workshops



Trips and residential breaks

Our objectives



Encourage independence



Support positive relationships



Build self-esteem



Improve wellbeing



Give children a sense of belonging



Build Resilience



Promote Aspirations

> *SELFA has become a key support to our family, especially through the pandemic when so many other people, public bodies and organisations were unable to help or adapt in the way SELFA did*
> *Anon*

Our vision

A community where all children and young people are celebrated and know they belong.

Dotty and Esme

Dotty has been coming to SELFA for over two years. When she first started, the other children struggled to understand her as she was close to non-verbal. Because of this, Dotty found it difficult to make friends. Although Dotty's speech started to develop, she often chose to play independently as her communication skills were not as strong as the other children and they still struggled to understand her.



However, this summer, a new girl of similar age to Dotty started at SELFA. Esme was put into Dotty's bubble and they met for the first time at the beginning of the summer holidays. As soon as she arrived, Esme introduced herself to the group including Dotty and since then they have become inseparable at SELFA.

The girls wait for each other at the door until the other one arrives and the excitement on their faces when they see each other is amazing. Esme is very patient with Dotty and will ask her to repeat herself if she doesn't understand. They will both go out of their way to find one another to include them in their play. Dotty has more opportunities to develop her communication as well as building relationships and learning how to be the lovely friend that she is. The friendship welcomed Esme to SELFA in such a lovely way. She has settled in really well and her confidence grew over the summer. She looked forward to coming to each session and was sad when the summer was over.

Harmony and Jayden

Harmony was referred to SELFA in 2018. However, due to a change of circumstances Harmony stopped attending SELFA until recently. When her younger brother was referred to SELFA we were able to reconnect with the family and offer support. The family had moved, and without access to a vehicle it was hard for mum to get the children to activities. We were able to provide the family with transport so the siblings didn't miss out.



Throughout the summer they got involved in different activities including arts and crafts, sports and games and baking, as well as playing with different toys such as Lego, Play-Doh and jigsaws. Jaden said "The best thing about SELFA is the Lego. I made a new friend called Cody and he shares with me."

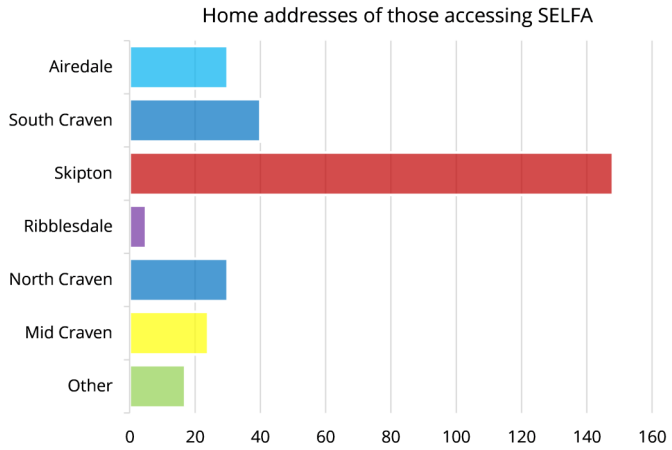
As well as indoor activities, Harmony and Jaden spent a lot of time playing outside and getting fresh air. They both enjoyed using the outdoor equipment including the bikes and scooters. Harmony said "I love playing outside in the playground. My favourite is the pink bike with the basket. I have learned that there is happiness and friendship at SELFA". Over the summer, both children built relationships and made friends with the other children . They really came out of their shell and their confidence to approach new people increased significantly.

The year in numbers

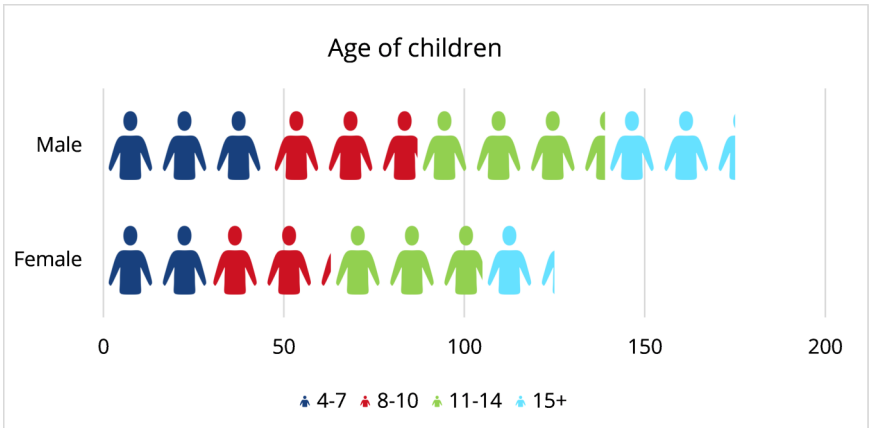
330 children, young people and parents accessed our services

> *It's made me actually believe in myself. I can actually do stuff. It made me brave about standing up for myself.*
> *Mya, 8*

Where beneficiaries live



Age and gender





1607 hours of groups, holiday activities and counselling



139 Workshops and trips



390 after-school and weekend project sessions



416 one-to-one mentoring and therapy sessions



74% saw a significant improvement in mental health



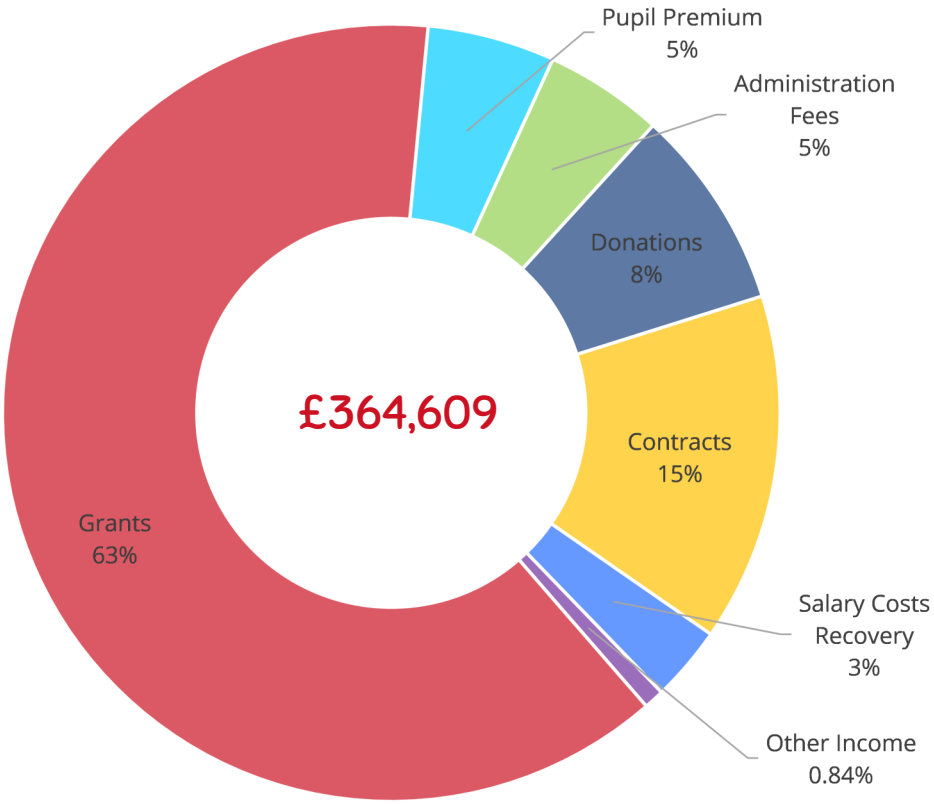
98% developed positive relationships and a sense of belonging



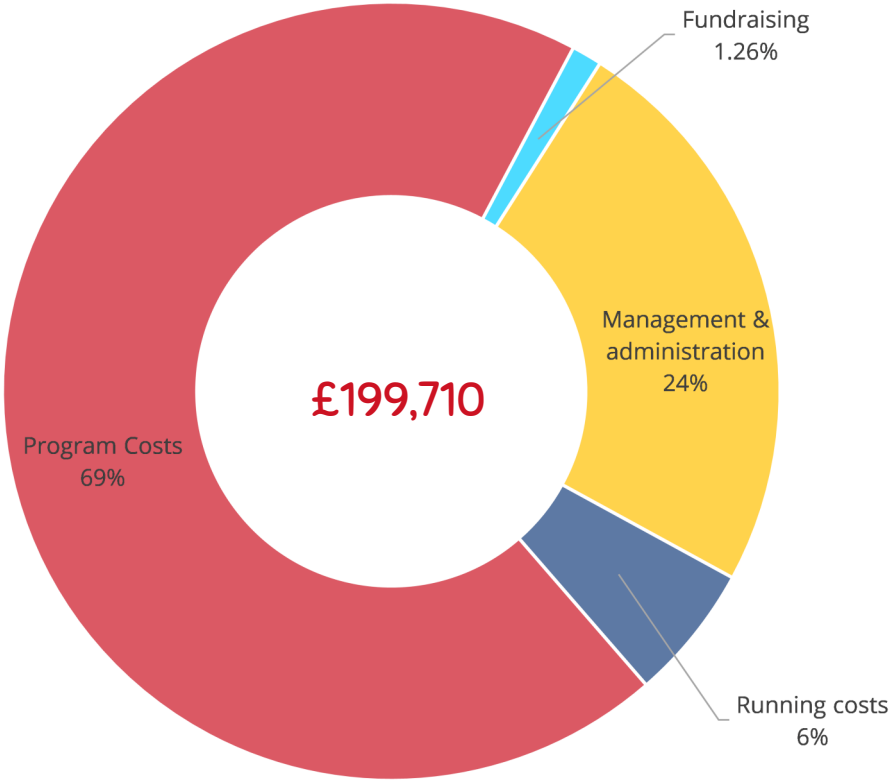
81% became significantly more independent

Income and expenditure

Income



Expenditure



Highlights from 2020-21



A highlight of the past year, for me, was our online provision in the May half-term holidays. After our Easter activities had been cancelled, it became clear that the May holidays were going to look different too. I'm really proud of how we were able to quickly plan an exciting and inclusive online programme for the young people to join throughout the week. We had a wide range of video calls including magicians, yoga classes, farm tours and escape rooms. It was great to see so many smiley and happy faces during a really tough time for all.

Lucy Short
Activity Coordinator and PR/Fundraising Lead



My highlight over the last year was working with Barnardo's to deliver the 'See Hear Respond' project. We provided targeted support for children and young people whose mental health was negatively impacted by the pandemic. Within the sessions, whether 1:1 or in a group, we offered a consistent safe space where participants could explore and understand their emotions, as well building resilience through learning strategies to cope with them. Feedback from those accessing the support was extremely positive and made me feel very proud to have worked on the project.

Karen Roberts
Quality & Operations Manager



My highlight of the year has to be everyone reuniting for the summer holidays. After 4 months of lockdown, from March-July, and no face-face contact with the children and young people it felt amazing to welcome the children back in bubbles of 15 for a summer of socialising. The children and staff were glad to be back in a safe, secure environment where the groups could catch up on lost interaction and enjoy a full 9-5pm day at SELFA. Through accessing new activities and having new experiences the children regained a sense of belonging and showed resilience, which boosted their self-esteem.

Sam Pickard
Activity Co-ordinator: Sports & Workshops



Increasing our SEND provision has been a big highlight for me - growing from what was a monthly two-hour session to fortnightly three-hour sessions as well as SELFA Explorers. This has meant we've been able to create stronger relationships with the children and their families. Services continued during lockdown when some families had no other support networks available. We also got funding to provide accessible changing facilities at Ings School so we can offer a dignified environment for all.

I'm excited to have completed Rebound Therapy training and I'm enjoying incorporating this hugely beneficial therapy into the sessions.

Katie Hoggarth
Activity Co-ordinator: Youth and SEND



Back in August - on Yorkshire Day to be precise - I had the privilege of taking some children from SELFA to meet a very special man at the Coniston Hotel.

Captain Tom was such a humble man who led a remarkable life. I told him I was truly inspired by what he had done and he replied "Oh but I'm inspired by people like you, who spend their lives serving the community".

I feel so very fortunate to have met him on behalf of SELFA and it was an amazing opportunity for our children and young people to spend time with the man who became the nation's hero during the coronavirus pandemic.

Emma Pears
Chief Officer

Objects of the charity

The objects of the charity as included in the Constitution are:

The relief of vulnerable, disadvantaged and disabled children and young people, their families and/or carers, in particular, but not exclusively, by the provision of health and wellbeing programmes, peer support groups, targeted holiday workshops and trips and residential breaks.

Powers and delegations

The Board of Trustees hold all the charity's powers and authorities. The Board is ultimately responsible for the overall control and strategic direction of the charity and the protection of its assets. The Board meets formally four times a year. Day-to-day running of the charity is the responsibility of the Chief Officer, Emma Pears.

The Trustees of the charity are appointed by the Board.

New Trustees attend an initial meeting where they are provided with a full report on the charity's activities and what their roles and responsibilities are as Trustees. Trustees are encouraged to call meetings of Trustees whenever they feel it is necessary to discuss any issues that arise. Ongoing training is available as needed.

Risk management

SELFA maintains a risk register and the Board of Trustees ensure that all major risks to which the charity is exposed are reviewed on a regular basis and that the systems and procedures are in place to manage these risks.

Statement of responsibilities of the Trustees

SELFA's Trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and regulations.

The Trustees review and agree financial statements for each financial year which give a true and fair view of the state of the affairs of the charity.

The Trustees are responsible for ensuring the employees of the charity maintain proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charity Commission's requirements.

The Trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The names of Trustees who served during the year are set out on page 2.

Statement of Public Benefit

The Trustees confirm that they have complied with the duty in the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'.

That guidance addresses the need for all charities' aims to be, demonstrably, for the public benefit.

SELFA addresses its objectives through the provision of out-of-school enrichment activities, and achievements over the year are highlighted in this report.

We aim to help the most vulnerable and disadvantaged children and young people in our society, and no person is excluded on the grounds of race, religion, gender, sexual orientation or social position.

Financial review

The financial statements of the charity are prepared on an accruals basis and in accordance with Charity Commission regulations.

Overview

SELFA's income increased over the year from £261,219 to £364,609. We saw an increase in income from grants. Local Authority Funding (from Craven District Council and North Yorkshire County Council) accounted for 8.1% of total income. The National Lottery Community Fund and Children in Need continued to be key funders, but we also received significant grants for our services during the pandemic from The Rank Foundation and the Two Ridings Community Foundation. New funding came from Barnardo's for the See, Hear, Respond project and from North Yorkshire County Council to act as a Community Support Organisation during first part of the year.

Expenditure decreased from £219,292 to £199,710, largely due to a decrease in activity costs as our delivery model changed during COVID-19 pandemic. Office rental was not incurred when unable to access the premises. There was an overall surplus of £164,898, but a significant proportion of this total is grant funding for projects that will take place in 2021/22. A number of grant-funded projects were postponed due to lockdown restrictions. Temporary services were funded by emergency grants.

Reserves policy

It is the policy of the Trustees to maintain the unrestricted funds, which are the free reserves of the charity, at a level of 3 to 12 months expenditure, ideally between 6 and 12 months. This level is required to:

- Meet contractual liabilities should SELFA have to close. This includes redundancy pay, amounts due to creditors and commitments under leases
- To ensure SELFA can continue to provide a stable and quality service, including minimising recruitment, staff training, staff induction and marketing costs by avoiding redundancies caused by financial crisis
- To meet unexpected costs like the breakdown of essential equipment, staff cover due to illness or periods of extended leave
- To replace equipment as it wears out
- To provide working capital when funding is paid in arrears

The current unrestricted reserves are £197,577, which equates to nine months operating costs based on 2021/22 budgets.

The charity does not make investments.

The Trustees' Report, incorporating the Financial Statement, was approved by the Board on **18th October 2021** and signed on its behalf by:



Judith Holliday
Chair of Trustees



Emma Pears
Chief Officer

Independent Examiner's Report

Report to the Trustees of SELFA Charitable Incorporated Organisation ("the CIO").

I report to the charity trustees on my examination of the accounts of the CIO for the year ended 31 March 2021, which are set out on pages 12 to 19.

Responsibilities and basis of report

As the charity trustees of the CIO 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 CIO's accounts as carried out under section 145 of the 2011 Act. 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 confirm that I am qualified to undertake the examination because I am a member of the Association of Accounting Technicians which is one of the listed bodies.

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

1. Accounting records were not kept in respect of the CIO as required by section 130 of the Act; or
2. The accounts do not accord with those records; or
3. The accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

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

Sarah Curran
Pinnacle Bookkeeping
1 Vincent Avenue
Grange Road
Eastburn
West Yorkshire
BD20 8UD

Signed: 

Relevant professional qualification or body: AAT

Date: 14th October 2021

Statement of Financial Activities for the year ending 31 March 2021

	Notes	2021 Unrestricted funds £	2021 Restricted funds £	2021 Total funds £	2020 Total funds £
Income from:					
Schools - Pupil Premium		19,345		19,345	19,281
Donations		30,577		30,577	33,695
Grants	2	-	229,356	229,356	200,134
Sports Coaching		1,433		1,433	1,580
Administration Fees	3	18,000		18,000	5,000
Contracts		52,880		52,880	-
COVID Salary Costs Recovery		11,388		11,388	-
Other Income		1,630		1,630	1,530
Total income		**135,253**	**229,356**	**364,609**	**261,219**
Expenditure on:					
Activity Costs					
Primary Provision		42	2,389	2,431	15,707
Youth Provision		18	3,075	3,093	9,529
SEND Activities			1,179	1,179	6,807
Families Together			1,072	1,072	5,116
Other Activity Costs		290	16,954	17,244	12,590
Fundraising Costs			2,520	2,520	139
Running Costs					
Salaries and NIC	4	13,941	146,927	160,867	151,710
Transport & Travel		198	337	535	1,439
Rental Costs		-	-	-	4,500
Insurance		-	407	407	592
Printing & Stationery		-	165	165	292
Office Equipment		9	1,687	1,696	1,506
Telephone & Internet		175	1,041	1,216	1,579
Postage		-	23	23	87
Training		30	1,048	1,078	6,037
Recruitment/Staff Costs		-	380	380	518
Consultancy		-	5,440	5,440	750
Volunteer expenses		-	-	-	26
Miscellaneous		284	79	363	369
Total expenditure		**14,987**	**184,723**	**199,710**	**219,292**
Net income / (expenditure)		**120,265**	**44,633**	**164,898**	**41,927**
Transfers Between Funds		-	-	-	-
Net movement in funds		**120,265**	**44,633**	**164,898**	**41,927**
Fund balances brought forward		**77,312**	**99,952**	**177,264**	**135,337**
Fund balances carried forward	5	**197,577**	**144,585**	**342,162**	**177,264**

All incoming resources and resources expended derive from continuing activities.

Balance Sheet as at 31 March 2021

	Notes	2021 Unrestricted £	2021 Restricted £	2021 Total £	2020 Total £
Current assets					
Debtors and prepayments	6	19,822	140	19,962	956
Cash at bank and in hand	7	177,755	144,838	322,593	176,541
Total current assets		197,577	144,978	342,555	177,496
Current liabilities: amounts falling due within one year					
Creditors and accruals	8	60	332	393	232
Total current liabilities		60	332	393	232
Total assets less current liabilities		197,517	144,646	342,162	177,264
Net assets		197,517	144,646	342,162	177,264
Funds					
Unrestricted funds		197,577	-	197,577	77,312
Restricted funds		-	144,585	144,585	99,952
Total funds		197,577	144,585	342,162	177,264

1. Accounting Policies

BASIS OF ACCOUNTING

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

RECONCILIATION WITH PREVIOUS GENERALLY ACCEPTED ACCOUNTING PRACTICE

The trustees have considered whether in applying the accounting policies required by FRS 102 and the Charities SORP FRS 102 the restatement of comparative items was required. They have determined that no such restatement is required.

As a consequence, there has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

GOING CONCERN

The trustees are satisfied that there are no material uncertainties about the charity's ability to continue.

INCOMING RESOURCES

All incoming resources are included in the Statement of Financial Activities (SOFA) when the charity becomes entitled to the resources, it is more likely than not that the trustees will receive the resources and the monetary value can be measured with sufficient reliability.

GRANTS AND DONATIONS

Grants and donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Where grants are related to performance and specific deliverables, they are accounted for as the charity earns the right to consideration by its performance.

EXPENDITURE AND LIABILITIES

Expenditure is recognised on an accrual basis as a liability is incurred. Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out the resources and the amount of the obligation can be measured with reasonable certainty.

GRANTS PAYABLE WITH PERFORMANCE CONDITIONS

Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SOFA once the recipient of the grant has provided the specified service or output.

TAXATION

As a charity the organisation is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

TANGIBLE FIXED ASSETS

Tangible fixed assets costing more than £1000 are capitalised and included at cost including any incidental expenses of acquisition. Gifted assets are shown at the value to the charity on receipt.

Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost on a straight line basis over their expected useful economic lives as follows:

- Freehold land: nil
- Freehold buildings: over 50 years
- Project and office equipment: over 5 years
- Computer equipment: over 3 years
- Motor vehicles: over 4 years
- Equipment held under finance leases: over the life of the lease

PENSIONS

The charity operates a defined contribution scheme for the benefit of its employees. The costs of contributions are recognised in the year they are payable.

FUND ACCOUNTING

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

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

2. Grants and donations

	2021 Unrestricted funds £	2021 Restricted funds £	2021 Total funds £	2020 Total funds £
NLCF Reaching Communities	-	51,742	51,742	61,646
The Rank Foundation	-	32,287	32,287	-
Two Ridings Community Foundation	-	22,000	22,000	-
Children in Need	-	16,002	16,002	25,978
North Yorkshire Police	-	15,953	15,953	-
Garfield Weston Foundation	-	15,000	15,000	-
North Yorkshire Sport	-	13,966	13,966	-
Mind	-	9,000	9,000	-
Barbara Ward Children's Foundation	-	7,500	7,500	-
St. James's Place Charitable Foundation	-	7,500	7,500	-
Igen Trust	-	5,260	5,260	41,790
Grants under £5,000 (16)	-	33,147	33,147	-
Craven District Council Discretionary Grants	7,868	-	7,868	-
Food Inequality Fundraising	4,186	-	4,186	-
Donations under £2,000	18,523	-	18,523	25,083
	30,577	229,356	259,933	

3. Income

Administration Fees comprises payments to SELFA from North Yorkshire County Council to operate as a Community Support Organisation from April to September 2020.

Contracts comprises two Contracts with Barnardo's under the See, Hear, Respond Project.

Other income comprises expenses and payment for backfill of time attending the Craven Community Leadership Group.

4. Staff costs and numbers

	2021	2020
	£	£
Gross salaries	152,024	142,824
Social security costs	6,506	6,828
Pensions	2,338	2,058
Other employee benefits		
	160,867	151,710

The average number of employees during the year was 13, being an average of 6 full time equivalent

There were no employees with emoluments above £60,000.

Defined contribution pension scheme

	2021	2020
	£	£
Costs of the scheme to the charity for the year	2,338	2,058
Amount of any contributions outstanding at the year end	-	-
Amount of any contributions prepaid at the year end	-	-

5. Restricted funds

	Balance b/f	Incoming	Outgoing	Transfers	Balance c/f
	£	£	£	£	£
Albert Hunt Charitable Trust	1,000	-	(1,000)	-	-
Barbara A Shuttleworth	330		(330)	-	-
Barbara Ward Children's Foundation		7,500	-	-	7,500
Boshier-Hinton Foundation	-	2,370	(2,313)	-	57
Brelms Trust	-	2,400	-	-	2,400
British Science Association	-	300	(22)	-	278
Charles & Elsie Sykes Trust	1,000	-	-	-	1,000
Children in Need	6,565	16,002	(22,021)	-	546
Comic Relief	-	1,979	-	-	1,979
D'Oyly Carte Charitable Trust	-	2,920	-	-	2,920
Evan Cornish Foundation	-	4,000		-	4,000
Garfield Weston Foundation	11,250	15,000	(11,250)	-	15,000
Green Hall Foundation	1,850	-	(1,850)	-	-
Hedley Foundation	-	1,000	-	-	1,000
Igen Trust	17,602	5,260	(12,808)	-	10,054
Jessie's Fund	3,372	-	-	-	3,372
Julia & Hans Rausing Trust	-	3,000	(1,959)	-	1,041
Metis Trust	-	1,000	-	-	1,000
Mind	-	9,000	-	-	9,000
NLCF Awards for All	10,764	-	(3,055)	-	7,709
NLCF Reaching Communities	22,565	51,742	(51,390)	-	22,917
North Yorkshire County Council	1,203	3,500	(4,249)	-	454
North Yorkshire Police	-	15,953	(3,248)	-	12,705
North Yorkshire Sport	1,549	13,966	(6,418)	-	9,097
Rank Foundation	250	32,287	(25,619)	-	6,918
Rotary Club of Skipton	150	640	(150)	-	640
Sobell Foundation	4,087	-	(892)	-	3,195
Souter Charitable Trust	544	1,000	(544)	-	1,000
Sovereign Healthcare	795	-	(795)	-	-
Sport England (Toyota)	-	4,288	(4,173)	-	115
St. James's Place Foundation	-	7,500	(386)	-	7,114
Sylvia & Colin Shepherd CT	500	-	(500)	-	-
Tampon Tax	7,326	-	(1,234)	-	6,092
Temperance Hall Trustees	-	1,000	-	-	1,000
Tesco Charity Trust	-	500	(500)	-	-
Two Ridings CF	-	22,000	(17,519)	-	4,481
UK Youth Fund	7,000	-	(7,000)	-	-
Warburtons Foundation	250	-	(250)	-	-
Yorkshire Dales Millenium Trust	-	3,250	(3,250)	-	-
	99,952	229,356	(184,723)	-	144,585

Fund name	Purpose of restriction
Albert Hunt Charitable Trust	Core costs
Barbara A Shuttleworth	Trips for disabled children
Barbara Ward Children's Foundation	Holiday activities
Boshier-Hinton Foundation	Disabled changing equipment
Brelms Trust	Premises rental
British Science Association	CREST award for SEND
Charles & Elsie Sykes Trust	Holiday workshops
Children in Need	Holiday workshops
Comic Relief	SELFA Mindful
D'Oyly Carte Charitable Trust	Family music sessions
Evan Cornish Foundation	Mentoring sessions
Garfield Weston Foundation	Core costs
Green Hall Foundation	SELFA Mindful
Hedley Foundation	Outdoor activities
Igen Trust	(1) Families Together project (2) Creative Youth Project (3) Summer resources (4) Therapy room
Jessie's Fund	Music therapy sessions
Julia & Hans Rausing Trust	Core costs and overheads
Metis Trust	Activity costs
Mind	Mental health support
NLCF Awards for All	(1) Activities for disabled children (2) Community Champs project
NLCF Reaching Communities	SELFA Leaders project
North Yorkshire Police	SELFA Thrive project
North Yorkshire Sport	Sports activities
NYCC	(1) SELFA Engage (2) Premises costs (3) Activity packs (4) SELFA Starters (5) Online services (6) Focus groups
Rank Foundation	(1) Term-time activities (2) Core costs (3) Time to Shine programme
Rotary Club of Skipton	Trips for disabled children
Sobell Foundation	Holiday workshops
Souter Charitable Trust	Core costs
Sovereign Health Care	Youth clubs
Sport England	Rebound therapy equipment and training
St. James's Place Foundation	Activities for disabled children
Sylvia & Colin Shepherd	Core costs
Tampon Tax	Girls Rock
Temperance Hall Trustees	Activity costs
Tesco Charity Trust	Activity packs
Two Ridings	(1) Core costs (2) Online services (3) Youth project
UK Youth Fund	Youth activities
Warburton's Foundation	Healthy cooking workshops
Yorkshire Dales Millennium Trust	(1) Online services (2) Weekly clubs

6. Debtors and prepayments

	2021	2020
	£	£
Debtors	19,822	17
Prepayments	140	939
	19,962	956

7. Cash at bank and in hand

	2021	2020
	£	£
Co-operative Bank Current Account	322,593	176,293
Petty Cash	-	247
	322,593	135,474

8. Creditors and accruals

	2021	2020
	£	£
Creditors	393	232
Accruals		
	393	232

9. Key management personnel

	2021	2020
	£	£
Chief Officer	25,861	26,205

Thank you to our supporters

Barbara A Shuttleworth Memorial Trust

The Metis Trust

Igen Trust

Sylvia & Colin Shepherd Charitable Trust

Temperance Hall Trustees

And a special thank you …

… to all the individuals who donated to SELFA, undertook sponsored challenges; organised fundraising events; gave raffle prizes, toys and resources; or volunteered their time at our activities. SELFA wouldn't work without you.