

Trustees' Annual Report for the period

From 1 April 2022

To 31st March 2023

Charity name: Youth Arts & Health Trust

Charity registration number: 1170692

Objectives and Activities:

The Objects of the Youth Arts and Health Trust (YAHT) are: The relief of sickness and the protection and promotion of good health of children and young people aged 5 to 25 years who are experiencing, at risk of, or recovering from mental health difficulties, through the provision of arts therapies and the provision of opportunities to take part in creative arts activities.

Our vision is that every child and young person has the opportunity to live a healthy, happy and fulfilling life.

Our mission is to provide high quality arts therapies and creative arts activities so children, young people and their families can develop their skills, confidence and resilience.

We aim to increase opportunities for those who are most in need, and in particular (but not exclusively) for children, young people and families experiencing disadvantage due to mental health difficulties.

Our main activities and achievements this year:

Our main activity continues as an Arts Therapy Service for children and young people and we have expanded our team of qualified and registered therapists to include Music Therapy and Dance Movement Psychotherapy. We have also had new Drama and Art Therapists join our team.

We remain child/young person centred and this, together with feedback from our communities, has also guided us to reflect on how we can contribute to whole family health in order to meet our charitable objectives. We have piloted our first parent support groups this year and are looking forward to evaluating and considering how we may continue to focus on the health children in the context of families going forward.

We have been pleased to be continuing to reach children and young people through post-adoption services and also with an increasing number of schools and local authorities. This ability to trade also continues to aid our financial stability as we are less dependent on grants to meet our fixed costs and are able to keep grant funded places for families on the lowest incomes.

A focus for the year recently completed has been on how we can also work with other charities and local VSCE sector organisations who work with children and young people to improve partnership working, address local needs and strengthen our collective workforce. This has led to the establishment of the Like Minds Network which has brought local leaders, practitioners and community members together for continuous professional development workshops and to consider how we can better work together.

We have continued to see increases in the number of enquiries and referrals received over the last year, noting an increase in younger referrals and also in the complexity of cases. This has led us to reflect on how we can practically and sustainably extend our reach and into more rural parts of Devon and we intend to focus on this in the coming years.

We have provided arts and health activities, including mindful photography workshops for young people experiencing, or at risk of mental health difficulties, working closely with the local museum to also increase access to cultural activities.

We are looking forward to continuing to strive to ensure our charity is sustainable through both grant funded service offers for those on lower incomes as well as offering purchasable interventions. We hope our closer partnership working in other parts of our county will offer opportunity to consult with our communities and consider an expansion in the coming years.

Our strategy going forward:

As a Board, we continue to work closely with our senior management and operational staff and work towards the aims as outlined on our 5 year plan. Our body of evidence continues to grow and we review this regularly. As outlined above we are pleased we are becoming more financially stable and able to grow. Feedback from beneficiaries remains positive and highlights the excellent work our professional arts therapists do, as well as the resilience of the children and young people we work with.

Financial Review:

Please see the attached statement of accounts for the period in question. We are continuing to work towards increasing our reserves in the year ahead.

Structure, Governance and Management:

This year our Board and senior leadership has remained stable and we have benefited from our newer Board members from last year establishing their roles in the group and adding significant support to our financial planning and monitoring. We have also successfully implemented our electronic records systems which is offering more secure storage and an effective method for quality assurance of our work.

Reference and Administrative details:

Charity name: Youth Arts & Health Trust

Other name the charity uses: YAHT

Registered charity number: 1170692

Charity's principal addresses Our registered address is: Exeter Phoenix, Gandy Street, EXETER, EX4 3LS

We main operating address for our arts therapy service during this year: YES Centre, 39 George Street, EXETER, EX1 1DA

Declarations: The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees Signature(s) Full name(s) Dr Paul Lucas Gray
Position (eg Secretary, Chair, etc) Board Chair Date xx/xx/xx

YOUTH ARTS & HEALTH TRUST

Charitable Incorporated Organisation

1170692

Annual Report and Financial Statements
for the Year Ending 31 March 2023

Unaudited Accounts

**YOUTH ARTS & HEALTH TRUST
CHARITABLE INCORPORATED ORGANISATION
INFORMATION**

Charity Address:	Exeter Phoenix Gandy Street Exeter EX4 3LS
CIO Number	1170692
Trustees	Dr Paul Gray (Chair) Vikram Mohan Ralph Hayward Sue Shaw Roisin McCay-Hines Hugh Charles Groves Matthew Owen Daniel
Registered Office	as above
Independent Examiner	Exeter Community Accounting
Bankers:	Lloyds Bank PO Box 1000 Andover BX1 1LT

INDEPENDENT EXAMINATION REPORT
For the period ended 31st March 2023

Basis of independent examiner's report

My examination was carried out in accordance with the general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
- to keep accounting records in accordance with section 386 of the Companies Act 2006; and
 - to prepare accounts with accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met; or
- (2) to which, in my opinion, of the accounts to be reached.



05-Oct-23

..... Date

Exeter Community Accounting

YOUTH ARTS AND HEALTH TRUST

Charitable Incorporated Organisation No: 1170692

**Statement of Financial Activities for
Year Ended 31 March 2023**

	2022/2023			2021/2022	
Income from:	2	Unrestricted	Designated	Restricted	Total
		£	£	£	£
Donations		2,053	-	-	2,053
Grants Received		-	-	39,355	39,355
Charitable Activities		29,457	12,690	-	42,147
Total Income		31,510	12,690	39,355	83,555
Expenditure on:					
Charitable Activities		25,857	-	17,233	43,090
Governance		2,654	-	-	2,654
Staff & Operational Costs		8,213	-	31,436	39,649
Total Expenditure		36,724	-	48,669	85,393
Net Income		(5,214)	12,690	(9,314)	(1,838)
Transfers		459	-	(459)	-
Net movement of funds		(4,755)	12,690	(9,773)	(1,838)
Reconciliation of funds:					
Total of funds brought forward		10,380	-	23,017	33,397
Total funds carried forward		5,625	12,690	13,244	31,559

YOUTH ARTS AND HEALTH TRUST

Charitable Incorporated Organisation No: 1170692

BALANCE SHEET

as at 31 March 2023

	Note	2022/2023		2021/2022	
		£	£	£	£
FIXED ASSETS					
Tangible		399		532	
CURRENT ASSETS					
Cash at bank and in hand		24,833		38,279	
Debtors	7	<u>10,075</u>		<u>1,224</u>	
			35,307		40,035
CURRENT LIABILITIES					
Creditors: amounts falling due within one year	8	3,207			
Current Liabilities		541			
			<u>3,748</u>	6,638	<u>6,638</u>
Net Current liabilities/assets			31,559		33,397
TOTAL ASSETS LESS CURRENT LIABILITIES			<u><u>31,559</u></u>		<u><u>33,397</u></u>
FUNDS OF THE CHARITY					
Unrestricted Funds		5,625		10,380	
Designated Fund		12,690		-	
Restricted Funds		13,244		23,017	
Total funds			<u><u>31,559</u></u>		<u><u>33,397</u></u>

Signed on behalf of all the trustees

Print Name

Date

YOUTH ARTS & HEALTH TRUST

Charitable Incorporated Organisation No: 1170692

NOTES TO THE FINANCIAL STATEMENTS

Year Ended 31 March 2023

Accounting Policies Statement of Compliance The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011. The Charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Going Concern The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Income All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

Resources Expended All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable Activities Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Support Costs Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Governance costs These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees' meetings and reimbursed expenses.

Tangible Fixed Assets Individual fixed assets are initially recorded at cost. Depreciation is calculated so as to write off the cost of valuation of an asset, less its residual value, over the useful economic life of that asset as follows:
Fixtures & Fittings 25% pa straight line

Trade debtors Trade debtors are amounts due from customers for services performed in the ordinary course of business. Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the Charity will not be able to collect all amounts due according to the original terms of the receivables.

Trade Creditors Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date.

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

Designated funds are unrestricted funds set aside for specific purposes at the discretion of the trustees. Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Cash and Cash Equivalent Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value

Depreciation

Depreciation is calculated so as to write off the cost of valuation of an asset, less its residual value, over the useful life of that asset as follows:

Fixtures and fittings	25% straight line
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YOUTH ARTS HEALTH TRUST

Charitable Incorporated Organisation No: 1170692

NOTES TO THE FINANCIAL STATEMENTS**Year ended 31st March 2023****Note 2**

	2022/2023			2021/2022	
	Unrestricted Funds	Designated fund	Restricted Funds	Total	Total
Income					
Grants Received	-	-	39,355	39,355	64,208
Donations	2,053	-	-	2,053	286
Other Sales	29,457	12,690	-	42,147	26,220
Total Income	31,510	12,690	39,355	83,555	90,714
Expenditure					
Arts Therapists	20,130	-	12,480	32,610	35,022
Art Materials	54	-	1,878	1,932	517
Travel & Subsistence	119	-	-	119	196
Financial Administration	3,929	-	50	3,979	4,404
Project Administration	510	-	3,134	3,644	2,023
Project Management	360	-	23,580	23,940	24,132
Charity management	5,560	-	300	5,860	1,500
Employer Pension Costs	560	-	-	560	-
Supervision	143	-	2,520	2,663	-
Organisational & Admin costs	792	-	36	829	1,062
Staff training	-	-	2,360	2,360	1,100
Advertising & Publicity	65	-	55	120	5,565
Printing Postage & Stationery	277	-	126	403	1,415
Computer costs	538	-	350	889	268
Rent/Lease on Building	357	-	1,800	2,157	2,140
Insurance	543	-	-	543	533
Professional services (HR)	1,554	-	-	1,554	678
Accountancy Services	1,100	-	-	1,100	500
Depreciation	133	-	-	133	177
Total Expenditure	36,724	-	48,669	85,393	81,232
Surplus/Deficit for the year	(5,214)	12,690	(9,314)	(1,838)	9,482

YOUTH ARTS & HEALTH TRUST**Charitable Incorporated Organisation No: 1170692****NOTES TO THE FINANCIAL STATEMENTS cont.d****Year ended 31 March 2023****3 Independent examination fees****2022/23 2021/22**

Fees payable to the independent examiner for:

Independent examination of the financial statements

Other accountancy services

100	100
500	400
<u>600</u>	<u>500</u>

4 Staff Numbers

Charitable activities

Governance

Administration

0.7	0.7
0	0
0.1	0.1
<u>0.8</u>	<u>0.8</u>

No employees received employee benefits for the reporting period of more than £60,000

5 Taxation

The charity is a registered charity and is therefore exempt from taxation.

6 Tangible Fixed Assets

	Fixtures & Fittings
Cost	£
As at 1 April 2022	710
As at 31st March 2023	<u>710</u>
	<u>710</u>
Depreciation	
As at 1 April 2022	532
Charge for the period	<u>133</u>
As at 31st March 2023	665
Net Book Value	
As at 31st March 2023	<u><u>399</u></u>

YOUTH ARTS & HEALTH TRUST

NOTES TO THE FINANCIAL STATEMENTS cont.d

Year Ended 31 March 2023

7 Debtors

2022/23	2021/22
£	£
10,074	1,223
<u>10,074</u>	<u>1,223</u>

Trade Debtors

8 Creditors

Amounts falling due within one year

£	£
	5,829
3,207	
119	809
422	-
<u>3,749</u>	<u>6,638</u>

Trade creditors

Pension Liabilities

Tax and NI

Other Creditors

9 Trustees Remuneration & Benefits

During the year no trustees received any remuneration, or travel expenses (2022 - £0)

There were no related party transactions with trustees in the year

YOUTH ARTS AND HEALTH TRUST

Charitable Incorporated Organisation No: 1170692

NOTES TO THE FINANCIAL STATEMENTS

Year ended 31st March 2023

Income & Expenditure by Fund

	Unrestricted Funds	Designated Fund	Restricted Funds											Total	
				Awards for All	Children In Need	Community Grants	DCF Feel Good Grant R2	DYS Space 2	Enterprise Development Fund	Feel Good Grant	Like Minds Project	Parenting Group (Awards for All)	SW Foundation	Self Heal	
Income															
Donations	2,053	-	-	-	-	-	-	-	-	-	-	-	-	-	2,053
Grants	-	-	-	10,490	795	7,496	1,315	9,300	-	-	-	9,759	-	200	39,355
Sales	29,457	12,690	-	-	-	-	-	-	-	-	-	-	-	-	42,147
Total Income	31,510	12,690	-	10,490	795	7,496	1,315	9,300	-	-	-	9,759	-	200	83,555
Expenditure															
Charitable Activities	25,857	-	536	7,478	1,010	5,689	-	450	140	30	1,056	-	-	843	43,090
Governance	2,654	-	-	-	-	-	-	-	-	-	-	-	-	-	2,654
Staff costs	5,620	-	-	2,250	1,320	1,050	735	11,565	-	8,933	3,270	-	-	-	34,744
Operational costs	2,593	-	280	520	83	171	-	206	-	12	40	1,000	-	-	4,905
Total Expenditure	36,724	-	816	10,248	2,413	6,910	735	12,222	140	8,975	4,366	1,000	-	843	85,393
Surplus/Deficit for the year	(5,214)	12,690	(816)	242	(1,618)	586	580	(2,922)	(140)	(8,975)	5,393	(1,000)	(643)	(1,838)	
Balance b/f 01.04.2022	10,380	-	830	2,900	2,078	-	-	3,310	125	11,931	-	1,000	843	33,397	
Transfers	459		(14)		(460)				15						-
Balance c/f 31.3.2023	5,625	12,690	-	3,142	-	586	580	388	-	2,956	5,393	-	200	31,559	

YOUTH ARTS & HEALTH TRUST

Charitable Incorporated Organisation

1170692

Annual Report and Financial Statements
for the Year Ending 31 March 2023

Unaudited Accounts

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INFORMATION**

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05-Oct-23

..... Date

Exeter Community Accounting

YOUTH ARTS AND HEALTH TRUST

Charitable Incorporated Organisation No: 1170692

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Year Ended 31 March 2023**

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YOUTH ARTS AND HEALTH TRUST

Charitable Incorporated Organisation No: 1170692

BALANCE SHEET

as at 31 March 2023

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Signed on behalf of all the trustees

Print Name

Date

YOUTH ARTS & HEALTH TRUST

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NOTES TO THE FINANCIAL STATEMENTS

Year Ended 31 March 2023

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YOUTH ARTS HEALTH TRUST

Charitable Incorporated Organisation No: 1170692

NOTES TO THE FINANCIAL STATEMENTS**Year ended 31st March 2023****Note 2**

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Project Management	360	-	23,580	23,940	24,132
Charity management	5,560	-	300	5,860	1,500
Employer Pension Costs	560	-	-	560	-
Supervision	143	-	2,520	2,663	-
Organisational & Admin costs	792	-	36	829	1,062
Staff training	-	-	2,360	2,360	1,100
Advertising & Publicity	65	-	55	120	5,565
Printing Postage & Stationery	277	-	126	403	1,415
Computer costs	538	-	350	889	268
Rent/Lease on Building	357	-	1,800	2,157	2,140
Insurance	543	-	-	543	533
Professional services (HR)	1,554	-	-	1,554	678
Accountancy Services	1,100	-	-	1,100	500
Depreciation	133	-	-	133	177
Total Expenditure	36,724	-	48,669	85,393	81,232
Surplus/Deficit for the year	(5,214)	12,690	(9,314)	(1,838)	9,482

YOUTH ARTS & HEALTH TRUST**Charitable Incorporated Organisation No: 1170692****NOTES TO THE FINANCIAL STATEMENTS cont.d****Year ended 31 March 2023****3 Independent examination fees****2022/23 2021/22**

Fees payable to the independent examiner for:

Independent examination of the financial statements

Other accountancy services

100	100
500	400
<u>600</u>	<u>500</u>

4 Staff Numbers

Charitable activities

Governance

Administration

0.7	0.7
0	0
0.1	0.1
<u>0.8</u>	<u>0.8</u>

No employees received employee benefits for the reporting period of more than £60,000

5 Taxation

The charity is a registered charity and is therefore exempt from taxation.

6 Tangible Fixed Assets

	Fixtures & Fittings
Cost	£
As at 1 April 2022	710
As at 31st March 2023	<u>710</u>
	<u>710</u>
Depreciation	
As at 1 April 2022	532
Charge for the period	<u>133</u>
As at 31st March 2023	665
Net Book Value	
As at 31st March 2023	<u><u>399</u></u>

YOUTH ARTS & HEALTH TRUST

NOTES TO THE FINANCIAL STATEMENTS cont.d

Year Ended 31 March 2023

7 Debtors

2022/23	2021/22
£	£
10,074	1,223
<u>10,074</u>	<u>1,223</u>

Trade Debtors

8 Creditors

Amounts falling due within one year

£	£
	5,829
3,207	
119	809
422	-
<u>3,749</u>	<u>6,638</u>

Trade creditors

Pension Liabilities

Tax and NI

Other Creditors

9 Trustees Remuneration & Benefits

During the year no trustees received any remuneration, or travel expenses (2022 - £0)

There were no related party transactions with trustees in the year

YOUTH ARTS AND HEALTH TRUST

Charitable Incorporated Organisation No: 1170692

NOTES TO THE FINANCIAL STATEMENTS

Year ended 31st March 2023

Income & Expenditure by Fund

	Unrestricted Funds	Designated Fund	Restricted Funds											Total	
				Awards for All	Children In Need	Community Grants	DCF Feel Good Grant R2	DYS Space 2	Enterprise Development Fund	Feel Good Grant	Like Minds Project	Parenting Group (Awards for All)	SW Foundation	Self Heal	
Income															
Donations	2,053	-	-	-	-	-	-	-	-	-	-	-	-	-	2,053
Grants	-	-	-	10,490	795	7,496	1,315	9,300	-	-	-	9,759	-	200	39,355
Sales	29,457	12,690	-	-	-	-	-	-	-	-	-	-	-	-	42,147
Total Income	31,510	12,690	-	10,490	795	7,496	1,315	9,300	-	-	-	9,759	-	200	83,555
Expenditure															
Charitable Activities	25,857	-	536	7,478	1,010	5,689	-	450	140	30	1,056	-	-	843	43,090
Governance	2,654	-	-	-	-	-	-	-	-	-	-	-	-	-	2,654
Staff costs	5,620	-	-	2,250	1,320	1,050	735	11,565	-	8,933	3,270	-	-	-	34,744
Operational costs	2,593	-	280	520	83	171	-	206	-	12	40	1,000	-	-	4,905
Total Expenditure	36,724	-	816	10,248	2,413	6,910	735	12,222	140	8,975	4,366	1,000	-	843	85,393
Surplus/Deficit for the year	(5,214)	12,690	(816)	242	(1,618)	586	580	(2,922)	(140)	(8,975)	5,393	(1,000)	(643)	(1,838)	
Balance b/f 01.04.2022	10,380	-	830	2,900	2,078	-	-	3,310	125	11,931	-	1,000	843	33,397	
Transfers	459		(14)		(460)				15						-
Balance c/f 31.3.2023	5,625	12,690	-	3,142	-	586	580	388	-	2,956	5,393	-	200	31,559	