

NO.5 YOUNG PEOPLE

England & Wales · Charity number 1171313

Details

Status Registered

Legal form CIO

Registered 2017-01-25

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

Contact

Address 101 Oxford Road
Reading
RG1 7UD

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Activities

Objects: TO PROVIDE EARLY INTERVENTION SERVICES TO PREVENT THE DEVELOPMENT OF MORE SERIOUS PROBLEMS CAUSED BY MENTAL OR PHYSICAL ILL HEALTH OR OTHER CHALLENGING CIRCUMSTANCES BY PROVIDING SUPPORT AND ADVICE (IN PARTICULAR, BUT NOT EXCLUSIVELY, BY PROVIDING PROFESSIONAL COUNSELLING SERVICES) TO CHILDREN AND YOUNG PEOPLE AND THEIR FAMILIES REGARDLESS OF DIFFERENCE IN BACKGROUND OR IDENTITY WHO LIVE, WORK, AND STUDY IN READING AND THE SURROUNDING AREA.

Activities: No 5 is a local charity, offering confidential listening to support children and young people and those around them, through a free counselling service for those aged 11 - 25, affected by mental or physical ill-health or by social and economic difficulties.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Human Rights/religious Or Racial Harmony/equality Or Diversity, Other Charitable Purposes
- **Who:** Children/young People

Geography

- Reading

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£716,459	£545,208	£480,712	13
2024-03-31	£578,888	£523,536	£309,461	10
2023-03-31	£408,560	£516,024	-	-
2022-03-31	£449,011	£421,988	-	-
2021-03-31	£429,441	£334,317	-	-

Trustees

Name	Role	Appointed
Benjamin McEwen	Chair	2016-11-04
Ben Alexander Stone		2023-01-01
Deborah Edwards		2019-09-03
ELIZABETH BARRY		2018-01-22
Joycee Rebelo		2024-10-22
Katie Steele		2025-06-17

NO.5 YOUNG PEOPLE

England & Wales - Charity number 1171313

Accounts

Charity registration number: 1171313

No.5 Young People

Annual Report and Financial Statements for
the Year Ended 31 March 2025

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No.5 Young People

Reference and Administrative Details

Chairman	Benjamin McEwen
Trustees	Elizabeth Barry Ben Alexander Stone Deborah Edwards Benjamin McEwen Joycee Rebelo Katie Steele Nelson Walters (resigned 18 May 2025)
Charity Registration Number	1171313
Principal Office	101 Oxford Road READING RG1 7UD
Independent Examiner	Xeinadin South East Limited Unit 4 City Limits Danehill Reading Berkshire RG6 4UP

No.5 Young People

Trustees' Report

No. 5 Young People is a Charitable Incorporated Organisation (CIO) and was incorporated on 4 November 2016. The trustees present the annual report together with the financial statements of the charity for the year ended 31 March 2025.

Objectives and activities

Objects and aims

Our mission is to provide mental health and emotional support to children, young people and those around them in Reading, by actively engaging with them, other service providers and community partners to deliver innovative mental health services. To ensure best practice by providing high quality training and continuous professional development to all staff, volunteers, young ambassadors, and other external organisations. No.5 is a charity providing free, confidential support, information and counselling to young people aged 11-25, affected by mental or physical ill health or by social and economic difficulties.

The No.5 Team

The No.5 team consists of a range of committed professionals, including specialist qualified counsellors and counsellors on placement as part of the final stages of their post qualification specialist training. During the year we have continued to work alongside young people, the local community and our partners to develop coproduced services. Every member of our team, whatever their role, brings not only their skills and knowledge, but also their lived experience. We believe these experiences are a strength, and we work to channel them in a way that is compassionate, constructive, and in service of the young people we support.

We work alongside young people and other professionals as equal partners, guided by the principles of co-production: listening deeply, valuing every voice, sharing power, and combining lived experience with professional expertise.

As a trauma-informed organisation, we focus on safety, trust, choice, collaboration, and empowerment. We challenge the idea of “the problem” as something fixed or owned by an individual, and instead work together to understand, adapt, and grow. We approach every interaction with open-mindedness, curiosity, and a willingness to learn- from our clients, from one another, and from the wider community.

Services Provided

No.5 has: provided a five-day week counselling service that is available to young people, affected by emotional and mental health difficulties

- maintained well established, safe clinical processes and procedures, ensuring we meet our safeguarding responsibilities and the confidentiality essential to supporting vulnerable young people
- developed opportunities, gained through building relationships with partners, businesses and independent funders to bridge the ever-widening gap in statutory service provision and funding

No.5 Young People

Trustees' Report (continued)

Public benefit

Activities undertaken to further public benefit

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Achievements and performance

No.5 generated income for the year of £716,459 (2024: £578,888). £135,000 of this is an endowment from the Edward Gostling Foundation which can be drawn down over a 5-year period. The socio-economic climate remains extremely challenging for organisations across the Voluntary, Community and Social Enterprise (VCSE) sector. Demand for counselling services continues to grow, with approximately 1,000 young people currently on our waiting list and an average of 100 new referrals each month. This is accompanied by a marked increase in the complexity and severity of the issues being presented, resulting in a greater need for intensive clinical work—including safeguarding measures, multi-agency collaboration, liaison, and reporting.

Over the last 12 months we have:

- Supported 801 young people through counselling
- Delivered 7,495 counselling sessions
- Consistently seen an average of a 4-point improvement in how young people feel at the end of their counselling versus the beginning (on a scale of 1-10)
- Continued provision of supervision to Designated Safeguarding Leads in 3 schools
 - Delivered mental health workshops, reaching 35 young people
- Delivered 3 Creative Expressive Wellbeing projects, supporting 31 young people
- Embedded the Intersectional Approach further within our service delivery
- Championed our presence and awareness with partners, parents and carers, and young people via our social media channels
- Young Voices has continued to grow and evolve over the past year. Notably, the group collaborated with the Community Safety Partnership at Reading Borough Council to make the annual survey more reachable and engaging for young people, resulting in improved response rates. Later in the year, Young Voices successfully led Reading's first Online Safety Summit, which attracted over 200 attendees and was widely praised.

Young Voices is a dynamic and ever-changing group of young people. While not fully representative of Reading's demographic, they serve as valuable connectors to wider youth communities. Looking ahead, we are committed to strengthening the core group and exploring new, theme-based approaches to amplify youth voices across Reading. Importantly, Young Voices is not just a project—it represents a way of working together that embodies coproduction. It begins by identifying areas of concern through data or community insight, and then engaging in meaningful dialogue to uncover and understand the deeper issues behind those concerns.

We are delighted to continue our long-term relationships with local businesses - Francis Construction, FINK Street Food, University College of Estate Management (UCEM), Blue Collar Food, Village Financial Services, and BNI.

No.5 Young People

Trustees' Report (continued)

These partnerships strengthen young voices in the community and help to bring together young people and adults. We maintained our Real Living Wage Employer Mark throughout 2024/25 ensuring that all paid staff receive the Real Living Wage and are proud to be continuing this into 2025/26.

Risk Management

The Trustees regularly review the major risks to which the Charity is exposed. A Risk Register which outlines the procedures to be taken in mitigation is maintained and reviewed at Trustee meetings.

Financial review

Policy on reserves

The reserves policy of the Charity can be summarised as follows:

Unrestricted reserves

In line with the Charity Commission Guidance, No5 holds 6 months of unrestricted reserves for normal overhead expenditure. It is considered important to hold sufficient resources to continue the charitable activities should income generation and fundraising activities fall short of the required target. This level of reserves would enable the Charity to administer an orderly wind-down should it be necessary to cease activities and close. The trustees re-assess the policy at the end of each financial year. Based on this policy an unrestricted reserves balance of £120,000 is considered appropriate.

Restricted reserves

Grants and donations received by the charity for specific purposes are accounted for in accordance with the restrictions imposed. Restricted reserves cannot be re-designated and are not part of the general reserves. The trustees consider that the reserves policy should ensure that there is an effective strategic planning mechanism where reserves can be maintained at an appropriate level.

Designated reserves

No5 holds £47,000 designated reserves to meet the need of relocating during 2025/26.

The Endowment Fund from the Edward Gostling Foundation (£135,000 total), can only be drawn down in the following way: Restricted to £27,000 per year for the years 2025/26, 2026/27, 2027/28, 2028/29 and 2029/30.

Principal funding sources

The principal funding sources during the year were the National Lottery Reaching Communities (£97,000), Henry Smith Charity (£70,000), Blagrave Trust (£32,000), The Considered Ask (£41,000), Edward Gostling Foundation (£25,000), and Buckinghamshire, Oxfordshire and Berkshire West Integrated Care Board £31,000).

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Trustees' Report (continued)

This year, we were grateful to receive our second multi-year funding, this time from The Henry Smith Charity (£210,000 over 3 years).

Once again, significant funding was achieved through match funding via The Big Give. This achievement requires considerable commitment of our partners, supporters and donors, along with the maintaining of our reciprocal relationships with them all. This year a total of £56,000 was achieved (£45,000 through the Christmas Challenge, and £10,000 through Kind2Mind).

Funding was also provided by the 29th May 1961 Charitable Trust, Peter Harrison Foundation, De La Rue Corporate Foundation, Berkshire Nurses and Relief in Need Trust, and Berkshire Community Foundation.

A summary of the year's Restricted Grants is set out in Note 14 of these Accounts.

The trustees would like to give special thanks to all the trusts, foundations, companies, community groups and individuals who have supported No5 during the year.

In particular, we would thank the following: Greenham Common Trust, UCEM, Rotary Club of Reading Matins, Francis Construction, St Laurence Church, FINK Street Food, Blue Collar Food, Village Financial Services, and our fellow BNI members.

Structure, governance and management

Organisational structure

Management Trustee meetings are held each month with senior management. The trustees provide their time free of charge. None of the trustees had a material interest in any contract of significance to which the Charity was party during the period of these accounts.

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Trustees' Report (continued)

Statement of Trustees' Responsibilities

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charities (Accounts and Reports) Regulations 2008, and the provisions of the constitution. 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 trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The annual report was approved by the trustees of the charity on 20th January 2026 and signed on its behalf by:



Benjamin McEwen
Chairman and trustee

No.5 Young People

Independent Examiner's Report to the trustees of No.5 Young People

I report to the trustees on my examination of the accounts of No.5 Young People for the year ended 31 March 2025.

Responsibilities and basis of report

As the charity trustees of No.5 Young People 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 No.5 Young People's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

Since No.5 Young People'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 ICAEW, 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 No.5 Young People 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 accounting 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.



Keith Westran
ICAEW

Unit 4 City Limits
Danehill
Reading
Berkshire
RG6 4UP

Date: 20/1/25

No.5 Young People

Statement of Financial Activities for the Year Ended 31 March 2025

	Note	Unrestricted funds £	Restricted funds £	Total 2025 £
Income and Endowments from:				
Donations and legacies		93,757	498,424	592,181
Charitable activities		123,836	-	123,836
Investment income	2	<u>442</u>	<u>-</u>	<u>442</u>
Total income		<u>218,035</u>	<u>498,424</u>	<u>716,459</u>
Expenditure on:				
Raising funds		(15,455)	-	(15,455)
Charitable activities	3	<u>(197,515)</u>	<u>(332,238)</u>	<u>(529,753)</u>
Total expenditure		<u>(212,970)</u>	<u>(332,238)</u>	<u>(545,208)</u>
Net income		<u>5,065</u>	<u>166,186</u>	<u>171,251</u>
Net movement in funds		5,065	166,186	171,251
Reconciliation of funds				
Total funds brought forward		<u>130,153</u>	<u>179,308</u>	<u>309,461</u>
Total funds carried forward	14	<u><u>135,218</u></u>	<u><u>345,494</u></u>	<u><u>480,712</u></u>

No.5 Young People

Statement of Financial Activities for the Year Ended 31 March 2025 (continued)

		Unrestricted funds £	Restricted funds £	Total 2024 £
Income and Endowments from:	Note			
Donations and legacies		69,938	405,585	475,523
Charitable activities		94,400	-	94,400
Other trading activities		7,983	-	7,983
Investment income	2	<u>982</u>	<u>-</u>	<u>982</u>
Total income		<u>173,303</u>	<u>405,585</u>	<u>578,888</u>
Expenditure on:				
Raising funds		(17,200)	-	(17,200)
Charitable activities	3	<u>(149,295)</u>	<u>(357,041)</u>	<u>(506,336)</u>
Total expenditure		<u>(166,495)</u>	<u>(357,041)</u>	<u>(523,536)</u>
		<u>6,808</u>	<u>48,544</u>	<u>55,352</u>
Net income				
Net movement in funds		6,808	48,544	55,352
Reconciliation of funds				
Total funds brought forward		<u>123,345</u>	<u>130,764</u>	<u>254,109</u>
Total funds carried forward	14	<u><u>130,153</u></u>	<u><u>179,308</u></u>	<u><u>309,461</u></u>

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for 2024 is shown in note 14.

No.5 Young People
Balance Sheet as at 31 March 2025

	Note	2025 £	2024 £
Fixed assets			
Intangible assets	9	12,500	22,700
Tangible assets	10	<u>-</u>	<u>930</u>
		<u>12,500</u>	<u>23,630</u>
Current assets			
Debtors	11	28,508	23,498
Cash at bank and in hand		462,397	294,986
		<u>490,905</u>	<u>318,484</u>
Creditors: Amounts falling due within one year	12	<u>(22,693)</u>	<u>(32,653)</u>
Net current assets		<u>468,212</u>	<u>285,831</u>
Net assets		<u>480,712</u>	<u>309,461</u>
Funds of the charity:			
Restricted income funds			
Restricted funds		208,244	179,308
Edward Gostling endowment fund		137,250	-
Unrestricted income funds			
Unrestricted funds		<u>135,218</u>	<u>130,153</u>
Total funds	14	<u>480,712</u>	<u>309,461</u>

The financial statements on pages 8 to 18 were approved by the trustees, and authorised for issue on 20th January 2026 and signed on their behalf by:



Benjamin McEwen
Chairman and trustee

No.5 Young People
Notes to the Financial Statements for the Year Ended 31 March 2025

1 Accounting policies

Statement of compliance

The financial statements have been prepared in accordance with the second edition of the Charities Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation

No.5 Young People meets the definition of a public benefit entity under FRS 102. The accounts (financial statements) 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.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income and endowments

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured.

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Deferred income

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which, it has been received. Such income is only deferred when:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the charity has unconditional entitlement.

Investment income

Dividends are recognised once the dividend has been declared and notification has been received of the dividend due.

The notes on pages 11 to 18 form an integral part of these financial statements.

Expenditure

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.

The notes on pages 11 to 18 form an integral part of these financial statements.

No.5 Young People
Notes to the Financial Statements for the Year Ended 31 March 2025 (continued)

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

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.

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.

Government grants

Government grants are recognised based on the accrual model and are measured at the fair value of the asset received or receivable. Grants are classified as relating either to revenue or to assets. Grants relating to revenue are recognised in income over the period in which the related costs are recognised. Grants relating to assets are recognised over the expected useful life of the asset. Where part of a grant relating to an asset is deferred, it is recognised as deferred income.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Intangible assets

Intangible assets are stated in the Balance Sheet at cost less accumulated amortisation and impairment. They are amortised on a straight line basis over their estimated useful lives.

Tangible fixed assets

Individual fixed assets costing £1,000 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

The notes on pages 11 to 18 form an integral part of these financial statements.

Notes to the Financial Statements for the Year Ended 31 March 2025 (continued)

Amortisation

Amortisation is provided on intangible fixed assets so as to write off the cost, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Amortisation method and rate
Website development costs	3 years straight line

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Computer equipment	2 years straight line

Trade debtors

Trade debtors are amounts due from customers for merchandise sold or 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.

Cash and cash equivalents

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.

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 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. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Fund structure

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

Restricted funds - these are funds that can only be used for particular restricted purposes within the objects of the Charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes

The notes on pages 11 to 18 form an integral part of these financial statements.

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Notes to the Financial Statements for the Year Ended 31 March 2025 (continued)

2 Investment income

	Unrestricted funds General £	Total funds £
Interest receivable and similar income; Interest receivable on bank deposits	442	442
Total for 2025	<u>442</u>	<u>442</u>
Total for 2024	<u>982</u>	<u>982</u>

3 Expenditure on charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2025 £
Staff and related costs	81,424	182,523	263,947
Programme costs	-	149,715	149,715
Rent and office costs	32,159	-	32,159
Office administration costs	66,909	-	66,909
Governance costs	17,023	-	17,023
	<u>197,515</u>	<u>332,238</u>	<u>529,753</u>
	Unrestricted funds General £	Restricted funds £	Total 2024 £
Staff and related costs	35,477	205,382	240,859
Programme costs	-	151,659	151,659
Rent and office costs	32,372	-	32,372
Office administration costs	63,341	-	63,341
Governance costs	18,105	-	18,105
	<u>149,295</u>	<u>357,041</u>	<u>506,336</u>

The notes on pages 11 to 18 form an integral part of these financial statements.

No.5 Young People

Notes to the Financial Statements for the Year Ended 31 March 2025 (continued)

4 Net incoming/outgoing resources

Net incoming resources for the year include:

	2025	2024
	£	£
Depreciation of fixed assets	930	1,800
Amortisation of intangible fixed assets	10,200	10,200
	<u> </u>	<u> </u>

5 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

6 Staff costs

The aggregate payroll costs were as follows:

	2025	2024
	£	£
Staff costs during the year were:		
Wages and salaries	245,218	223,088
Social security costs	13,959	13,276
Pension costs	4,769	4,495
	<u> </u>	<u> </u>
	<u>263,946</u>	<u>240,859</u>

The monthly average number of persons (including senior management / leadership team) employed by the charity during the year expressed as full time equivalents was as follows:

	2025	2024
	No	No
Administration	4	4
Clinical	9	6
	<u> </u>	<u> </u>
	<u>13</u>	<u>10</u>

No employee received emoluments of more than £60,000 during the year

The notes on pages 11 to 18 form an integral part of these financial statements.

No.5 Young People

Notes to the Financial Statements for the Year Ended 31 March 2025 (continued)

7 Independent examiner's remuneration

	£	£
Other fees to examiners		
Examination-related assurance services	<u>3,200</u>	<u>3,000</u>

8 Taxation

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

9 Intangible fixed assets

	Research and development Total £	£
Cost		
At 1 April 2024	<u>33,750</u>	<u>33,750</u>
At 31 March 2025	<u>33,750</u>	<u>33,750</u>
Amortisation		
At 1 April 2024	11,050	11,050
Charge for the year	<u>10,200</u>	<u>10,200</u>
At 31 March 2025	<u>21,250</u>	<u>21,250</u>
Net book value		
At 31 March 2025	<u>12,500</u>	<u>12,500</u>
At 31 March 2024	<u>22,700</u>	<u>22,700</u>

The notes on pages 11 to 18 form an integral part of these financial statements.

No.5 Young People

Notes to the Financial Statements for the Year Ended 31 March 2025 (continued)

10 Tangible fixed assets

	Furniture and equipment £	Total £
Cost		
At 1 April 2024	3,180	3,180
At 31 March 2025	3,180	3,180
Amortisation		
At 1 April 2024	2,250	2,250
Charge for the year	930	930
At 31 March 2025	3,180	3,180
Net book value		
At 31 March 2025	-	-
At 31 March 2024	930	930

11 Debtors

	2025 £	2024 £
Trade debtors	16,100	12,200
Prepayments	12,408	11,298
	<u>28,508</u>	<u>23,498</u>

12 Creditors: amounts falling due within one year

	2025 £	2024 £
Trade creditors	9,105	11,213
Other taxation and social security	5,075	4,574
Other creditors	928	950
Accruals	3,200	11,769
Deferred income	4,385	4,147
	<u>22,693</u>	<u>32,653</u>

The notes on pages 11 to 18 form an integral part of these financial statements.

No.5 Young People

Notes to the Financial Statements for the Year Ended 31 March 2025 (continued)

13 Pension and other schemes Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the charity to the scheme and amounted to £4,769 (2024: £4,495).

Contributions totalling £928 (2024: £950) were payable to the scheme at the end of the and are included in creditors.

14 Funds

	Balance at 1 April 2024 £	Incoming resources £	Resources expended £	Balance at 31 March 2025 £
Unrestricted funds				
General	130,153	218,035	(212,970)	135,218
Restricted funds	179,308	498,424	(332,238)	345,494
Total funds	<u>309,461</u>	<u>716,459</u>	<u>(545,208)</u>	<u>480,712</u>
	Balance at 1 April 2023 £	Incoming resources £	Resources expended £	Balance at 31 March 2024 £
Unrestricted funds				
General	123,345	173,303	(166,495)	130,153
Restricted funds	130,764	405,585	(357,041)	179,308
Total funds	<u>254,109</u>	<u>578,888</u>	<u>(523,536)</u>	<u>309,461</u>

15 Related party transactions

There were no related party transactions in the year.

The notes on pages 11 to 18 form an integral part of these financial statements.

NO.5 YOUNG PEOPLE

England & Wales - Charity number 1171313

Accounts

Charity registration number: 1171313

No.5 Young People

Annual Report and Financial Statements

for the Year Ended 31 March 2024

No.5 Young People

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No.5 Young People

Reference and Administrative Details

Chairman	Benjamin McEwen
Trustees	Elizabeth Barry Ben Alexander Stone John Nelson Walters Deborah Edwards Benjamin McEwen
Charity Registration Number	1171313
Principal Office	101 Oxford Road READING RG1 7UD
Independent Examiner	WoodWhite Accountants Ltd Unit 4 City Limits Danehill Reading Berkshire RG6 4UP

No.5 Young People

Trustees' Report

No. 5 Young People is a Charitable Incorporated Organisation (CIO) and was incorporated on 4 November 2016.

The trustees present the annual report together with the financial statements of the charity for the year ended 31 March 2024.

Objectives and activities

Objects and aims

Our mission is to provide mental health and emotional support to children, young people and those around them in Reading, by actively engaging with them, other service providers and community partners to deliver innovative mental health services. To ensure best practice by providing high quality training and continuous professional development to all staff, volunteers, young ambassadors, and other external organisations.

No.5 is a charity providing free, confidential support, information and counselling to young people aged 11-25, affected by mental or physical ill health or by social and economic difficulties.

The No.5 Team

The No.5 team consists of a range of committed professionals, including specialist qualified counsellors and counsellors on placement as part of the final stages of their post qualification specialist training. Since 2018 we have employed and worked alongside young people to develop truly coproduced services.

This year we have continued to develop this way of working and recognise three levels of coproduction:

1. **one to one coproduced** working, where the young person and counsellor identify how they can work towards the young person's outcomes,
2. **community coproduction**, where a community of young people come together with No.5 and we work out how to achieve their ambitions for them as a community, and thirdly,
3. **Strategic Coproduction**, where everything we do is developed alongside young people

Services Provided

No.5 has:

- provided a five-day week counselling service that is available to young people, affected by emotional and mental health difficulties
- maintained well established, safe clinical processes and procedures, ensuring we meet our safeguarding responsibilities and the confidentiality essential to supporting vulnerable young people
- developed opportunities, gained through building relationships with partners, businesses and independent funders to bridge the ever widening gap in statutory service provision and funding

Public benefit

Activities undertaken to further public benefit

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

No.5 Young People

Trustees' Report (continued)

Achievements and performance

No.5 generated income for the year of £578,888 (2023: £408, 560).

The socio-economic environment continues to be highly challenging for all organisations within the Voluntary, Community and Social Enterprise sector (VCSE).

Demand for counselling continues to rise with around 1,000 young people on our waiting list for counselling and an average of 100 referrals per month. This rise comes with a significant increase in the severity of issues young people are coming to us with, which leads to an increase in clinical work required, such as, safeguarding, and inter-agency working, liaison and reporting. We are developing a Safeguarding Coordinator role, to work alongside our Clinical Lead, in response to this.

Multi-Year Funding

We secured multi-year funding from National Lottery Reaching Communities and The Henry Smith Charity to employ 7 of the 10 employed counsellors as part of our current strategy. In the coming year we will review our ways of working to ensure we are providing the right support in the right way.

Accreditation - British Association for Counselling & Psychotherapy (BACP)

In January 2024 No.5's counselling service was accredited by the BACP. We are extremely proud of the feedback we received. The Assessor wrote.

"There are so many points to congratulate you on: your clear policies and procedures; your welcoming counselling rooms; the way you have developed the service to respond to local need ... The extremely high numbers of clients on the waiting list are testament to the high level of support offered by this service, the service reputation, and the engagement with other agencies in this arena... We have no hesitation in recommending accreditation."

Most importantly they said.

"No5 is a place where people look after each other which makes it a lovely place where people want to work."

Over the last 12 months we have:

- Supported 786 young people through counselling
- Delivered 7,495 counselling sessions
- Consistently seen an average of a 4-point improvement in how young people feel at the end of their counselling versus the beginning (on a scale of 1-10)
- Following a successful pilot we provide supervision to Designated Safeguarding Leads in 3 schools
- Supported 25 young people at Permanent Risk of Exclusion from School
- Delivered 8 mental health workshops, reaching 213 young people
- Delivered 3 Creative Expressive Wellbeing projects, supporting 31 young people
- Embedded the Intersectional Approach further within our service delivery
- Increased our presence and awareness with partners, parents and carers, and young people via our social media channels
- Supported The Young Voices project, which we collaborated with two of our VCSE partners (Starting Point and Reading FC Community Trust), which has contributed to 3 statutory projects shaping thinking and moving the coproduction agenda forward in Reading.

No.5 Young People

Trustees' Report (continued)

We are delighted to continue our long-term relationships with local businesses - Francis Construction, FINK Street Food, Village Financial Services, University College of Estate Management (UCEM) and Healthy Buildings International (HBI). We have begun working with Blue Collar Food, Virgo Beauty and Business Network International (BNI) this year and look forward to developing our relationship with them.

These partnerships strengthen young voices in the community and help to bring together young people and adults.

We maintained our Real Living Wage Employer Mark throughout 2023/24 ensuring that all paid staff receive the Real Living Wage and are proud to be continuing this into 2024/25.

Risk Management

The Trustees regularly review the major risks to which the Charity is exposed. A risk register is maintained which outlines the procedures to be taken in mitigation.

Financial review

For the year ended 31 March 2024, No5 recorded an operating surplus of £6,808, compared with a deficit of £38,738 for the previous year. Restricted reserve balances at the year-end were £179,308 (2023: £130,764). Total reserves at the Balance Sheet date were £309,461 (2023 £254,109).

The Charity continues to develop marketing strategies to sustain the level of counselling services required to tackle the waiting list. The multi-year funding achieved enables us to develop our long-term strategic plans. The Trustees are of the opinion that the Charity currently has the financial resources to settle liabilities as they fall due and is able to deliver counselling services for the foreseeable future.

Policy on reserves

Reserves Policy

The reserves policy of the Charity can be summarised as follows:

Unrestricted reserves

The Trustees consider that the appropriate level of unrestricted reserves to be 6 months of normal overhead expenditure. It is considered important to hold sufficient resources to continue the charitable activities should income generation and fundraising activities fall short of the required target. This level of reserves would enable the Charity to administer an orderly wind-down should it be necessary to cease activities and close. The trustees re-assess the policy at the end of each financial year. Based on this policy an unrestricted reserves balance of £120,000 is considered appropriate.

Restricted reserves

Grants and donations received by the charity for specific purposes are accounted for in accordance with the restrictions imposed. Restricted reserves cannot be re-designated and are not part of the general reserves.

The trustees consider that the reserves policy should ensure that there is an effective strategic planning mechanism where reserves can be maintained at an appropriate level.

No.5 Young People

Trustees' Report (continued)

Principal funding sources

The principal funding sources during the year were the National Lottery Reaching Communities (£97,000), Blagrove Trust (£32,000), The Considered Ask (£41,000), Edward Gostling Foundation (£25,000), and Buckinghamshire, Oxfordshire and Berkshire West Integrated Care Board £31,000).

The multi-year funding by The Big Lottery Reaching Communities Fund (£390,000 over 4 years) Significant funding was provided by the Shanly Group, Berkshire Community Foundation, Reading Borough Council and Thames Valley Police.

The trustees would like to give special thanks to all the trusts, foundations, companies, community groups and individuals who have supported No5 during the year. In particular, we would thank the following:

Greenham Common Trust
UCEM
Rotary Club of Reading Matins
Berkshire Nurses Relief in Need Trust
Francis Construction
St Laurence Church Reading
National Lottery Community Fund
East West Organisation
FINK Street Food
Berkshire Community Foundation
Blue Collar Food
Village Financial Services
BNI
Virgo Beauty

Structure, governance and management

Organisational structure

Management

Trustee meetings are held each month with senior management. The trustees provide their time free of charge.

None of the trustees had a material interest in any contract of significance to which the Charity was party during the period of these accounts.

No.5 Young People

Trustees' Report (continued)

Statement of Trustees' Responsibilities

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charities (Accounts and Reports) Regulations 2008, and the provisions of the constitution. 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 trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The annual report was approved by the trustees of the charity on 22nd October 2024 and signed on its behalf by:



.....
Benjamin McEwen
Chairman and trustee

No.5 Young People

Independent Examiner's Report to the trustees of No.5 Young People

I report to the trustees on my examination of the accounts of No.5 Young People for the year ended 31 March 2024.

Responsibilities and basis of report

As the charity trustees of No.5 Young People 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 No.5 Young People's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

Since No.5 Young People'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 ICAEW, 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 No.5 Young People 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 accounting 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.



Keith Westran
ICAEW

Unit 4 City Limits
Danehill
Reading
Berkshire
RG6 4UP

Date: 22/10/24

No.5 Young People

Statement of Financial Activities for the Year Ended 31 March 2024

	Note	Unrestricted funds £	Restricted funds £	Total 2024 £
Income and Endowments from:				
Donations and legacies		69,938	405,585	475,523
Charitable activities		94,400	-	94,400
Other trading activities		7,983	-	7,983
Investment income	2	982	-	982
Total income		173,303	405,585	578,888
Expenditure on:				
Raising funds		(17,200)	-	(17,200)
Charitable activities	3	(149,295)	(357,041)	(506,336)
Total expenditure		(166,495)	(357,041)	(523,536)
Net income		6,808	48,544	55,352
Net movement in funds		6,808	48,544	55,352
Reconciliation of funds				
Total funds brought forward		123,345	130,764	254,109
Total funds carried forward	14	130,153	179,308	309,461
	Note	Unrestricted funds £	Restricted funds £	Total 2023 £
Income and Endowments from:				
Donations and legacies		95,779	212,443	308,222
Charitable activities		99,146	-	99,146
Investment income	2	1,192	-	1,192
Total income		196,117	212,443	408,560
Expenditure on:				
Raising funds		(13,500)	-	(13,500)
Charitable activities	3	(221,355)	(281,169)	(502,524)
Total expenditure		(234,855)	(281,169)	(516,024)
Net expenditure		(38,738)	(68,726)	(107,464)
Net movement in funds		(38,738)	(68,726)	(107,464)
Reconciliation of funds				
Total funds brought forward		162,083	199,490	361,573
Total funds carried forward	14	123,345	130,764	254,109

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for 2023 is shown in note 14.

The notes on pages 10 to 17 form an integral part of these financial statements.

No.5 Young People

(Registration number: 1171313) Balance Sheet as at 31 March 2024

	Note	2024 £	2023 £
Fixed assets			
Intangible assets	9	22,700	29,525
Tangible assets	10	930	2,730
		<u>23,630</u>	<u>32,255</u>
Current assets			
Debtors	11	23,498	30,680
Cash at bank and in hand		294,986	220,079
		318,484	250,759
Creditors: Amounts falling due within one year	12	(32,653)	(28,905)
Net current assets		<u>285,831</u>	<u>221,854</u>
Net assets		<u>309,461</u>	<u>254,109</u>
Funds of the charity:			
Restricted income funds			
Restricted funds		179,308	130,764
Unrestricted income funds			
Unrestricted funds		<u>130,153</u>	<u>123,345</u>
Total funds	14	<u>309,461</u>	<u>254,109</u>

The financial statements on pages 8 to 17 were approved by the trustees, and authorised for issue on 22nd October 2024 and signed on their behalf by:



 Benjamin McEwen
 Chairman and trustee

The notes on pages 10 to 17 form an integral part of these financial statements.

No.5 Young People

Notes to the Financial Statements for the Year Ended 31 March 2024

1 Accounting policies

Statement of compliance

The financial statements have been prepared in accordance with the second edition of the Charities Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation

No.5 Young People meets the definition of a public benefit entity under FRS 102. The accounts (financial statements) 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.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income and endowments

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured.

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Deferred income

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which, it has been received. Such income is only deferred when:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the charity has unconditional entitlement.

Investment income

Dividends are recognised once the dividend has been declared and notification has been received of the dividend due.

No.5 Young People

Notes to the Financial Statements for the Year Ended 31 March 2024 (continued)

Expenditure

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.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

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.

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.

Government grants

Government grants are recognised based on the accrual model and are measured at the fair value of the asset received or receivable. Grants are classified as relating either to revenue or to assets. Grants relating to revenue are recognised in income over the period in which the related costs are recognised. Grants relating to assets are recognised over the expected useful life of the asset. Where part of a grant relating to an asset is deferred, it is recognised as deferred income.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Intangible assets

Intangible assets are stated in the Balance Sheet at cost less accumulated amortisation and impairment. They are amortised on a straight line basis over their estimated useful lives.

Tangible fixed assets

Individual fixed assets costing £1,000 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Amortisation

Amortisation is provided on intangible fixed assets so as to write off the cost, less any estimated residual value, over their expected useful economic life as follows:

No.5 Young People

Notes to the Financial Statements for the Year Ended 31 March 2024 (continued)

Asset class	Amortisation method and rate
Website development costs	3 years straight line

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Computer equipment	2 years straight line

Trade debtors

Trade debtors are amounts due from customers for merchandise sold or 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.

Cash and cash equivalents

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.

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 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. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Fund structure

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

Restricted funds - these are funds that can only be used for particular restricted purposes within the objects of the Charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes

No.5 Young People

Notes to the Financial Statements for the Year Ended 31 March 2024 (continued)

2 Investment income

	Unrestricted funds General £	Total funds £
Interest receivable and similar income; Interest receivable on bank deposits	982	982
Total for 2024	<u>982</u>	<u>982</u>
Total for 2023	<u>1,192</u>	<u>1,192</u>

3 Expenditure on charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2024 £
Staff and related costs	35,477	205,382	240,859
Programme costs	-	151,659	151,659
Rent and office costs	32,372	-	32,372
Office administration costs	63,341	-	63,341
Governance costs	18,105	-	18,105
	<u>149,295</u>	<u>357,041</u>	<u>506,336</u>
	Unrestricted funds General £	Restricted funds £	Total 2023 £
Staff and related costs	128,194	118,778	246,972
Programme costs	-	162,391	162,391
Rent and office costs	44,181	-	44,181
Office administration costs	37,651	-	37,651
Governance costs	11,329	-	11,329
	<u>221,355</u>	<u>281,169</u>	<u>502,524</u>

4 Net incoming/outgoing resources

Net incoming/(outgoing) resources for the year include:

	2024 £	2023 £
Depreciation of fixed assets	1,800	450
Amortisation of intangible fixed assets	<u>10,200</u>	<u>850</u>

No.5 Young People

Notes to the Financial Statements for the Year Ended 31 March 2024 (continued)

5 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

6 Staff costs

The aggregate payroll costs were as follows:

	2024 £	2023 £
Staff costs during the year were:		
Wages and salaries	223,088	228,749
Social security costs	13,276	13,762
Pension costs	4,495	4,461
	<u>240,859</u>	<u>246,972</u>

The monthly average number of persons (including senior management / leadership team) employed by the charity during the year expressed as full time equivalents was as follows:

	2024 No	2023 No
Administration	4	5
Clinical	<u>6</u>	<u>6</u>
	<u>10</u>	<u>11</u>

No employee received emoluments of more than £60,000 during the year

7 Independent examiner's remuneration

	2024 £	2023 £
Other fees to examiners		
Examination-related assurance services	<u>3,000</u>	<u>2,160</u>

No.5 Young People

Notes to the Financial Statements for the Year Ended 31 March 2024 (continued)

8 Taxation

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

9 Intangible fixed assets

	Research and development £	Total £
Cost		
At 1 April 2023	30,375	30,375
Additions	3,375	3,375
At 31 March 2024	33,750	33,750
Amortisation		
At 1 April 2023	850	850
Charge for the year	10,200	10,200
At 31 March 2024	11,050	11,050
Net book value		
At 31 March 2024	22,700	22,700
At 31 March 2023	29,525	29,525

10 Tangible fixed assets

	Furniture and equipment £	Total £
Cost		
At 1 April 2023	3,180	3,180
At 31 March 2024	3,180	3,180
Depreciation		
At 1 April 2023	450	450
Charge for the year	1,800	1,800
At 31 March 2024	2,250	2,250
Net book value		
At 31 March 2024	930	930
At 31 March 2023	2,730	2,730

No.5 Young People

Notes to the Financial Statements for the Year Ended 31 March 2024 (continued)

11 Debtors

	2024 £	2023 £
Trade debtors	12,200	-
Prepayments	11,298	14,120
Other debtors	-	16,560
	<u>23,498</u>	<u>30,680</u>

12 Creditors: amounts falling due within one year

	2024 £	2023 £
Trade creditors	11,213	-
Other taxation and social security	4,574	6,311
Other creditors	950	1,236
Accruals	11,769	12,271
Deferred income	4,147	9,087
	<u>32,653</u>	<u>28,905</u>

13 Pension and other schemes

Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the charity to the scheme and amounted to £4,495 (2023: £4,461).

Contributions totalling £950 (2023: £1,236) were payable to the scheme at the end of the year and are included in creditors.

14 Funds

	Balance at 1 April 2023 £	Incoming resources £	Resources expended £	Balance at 31 March 2024 £
Unrestricted funds				
General	123,345	173,303	(166,495)	130,153
Restricted funds	<u>130,764</u>	<u>405,585</u>	<u>(357,041)</u>	<u>179,308</u>
Total funds	<u>254,109</u>	<u>578,888</u>	<u>(523,536)</u>	<u>309,461</u>

No.5 Young People

Notes to the Financial Statements for the Year Ended 31 March 2024 (continued)

	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Balance at 31 March 2023 £
Unrestricted funds				
General	162,083	196,117	(234,855)	123,345
Restricted funds	<u>199,490</u>	<u>212,443</u>	<u>(281,169)</u>	<u>130,764</u>
Total funds	<u><u>361,573</u></u>	<u><u>408,560</u></u>	<u><u>(516,024)</u></u>	<u><u>254,109</u></u>

15 Related party transactions

There were no related party transactions in the year.

NO.5 YOUNG PEOPLE

England & Wales - Charity number 1171313

Accounts

Charity registration number: 1171313

No.5 Young People

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

No.5 Young People

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No.5 Young People

Reference and Administrative Details

Chairman	Benjamin McEwen
Trustees	Elizabeth Barry Ben Alexander Stone John Nelson Walters Deborah Edwards Benjamin McEwen Susan Meyers
Charity Registration Number	1171313
Principal Office	101 Oxford Road READING RG1 7UD
Independent Examiner	WoodWhite Accountants Ltd Unit 4 City Limits Danehill Reading Berkshire RG6 4UP

No.5 Young People

Trustees' Report

No. 5 Young People is a Charitable Incorporated Organisation (CIO) and was incorporated on 4 November 2016.

The trustees present the annual report together with the financial statements of the charity for the year ended 31 March 2023.

Objectives and activities

Objects and aims

Our mission is to provide mental health and emotional support to children, young people and those around them in Reading, by actively engaging with them, other service providers and community partners to deliver innovative mental health services. To ensure best practice by providing high quality training and continuous professional development to all staff, volunteers, young ambassadors, and other external organisations.

No.5 is a charity providing free, confidential support, information and counselling to young people aged 11-25, affected by mental or physical ill health or by social and economic difficulties.

We are an organisational member of the British Association for Counselling & Psychotherapy. The team consists of a range of committed professionals, including specialist qualified counsellors and counsellors on placement as part of the final stages of their post qualification specialist training. Since 2018 we have employed Lived Experience Young Leaders in professional roles, to promote young voices at the centre of planning and strategic decision making. These three young leaders also support a dedicated group of Young Ambassadors to ensure No5's core values (written by young people) are embedded in all our behaviours, actions and decisions.

No.5 has:

- provided a five-day week counselling service that is available to young people, who have been affected by emotional and mental health difficulties.
- Maintained well established, safe clinical processes and procedures, ensuring we meet our safeguarding responsibilities and the confidentiality essential to supporting vulnerable young people.
- developed opportunities, gained through partnership working, that provide coherent, timely and appropriate responses to young people who need support.

Public benefit

Activities undertaken to further public benefit

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

No.5 Young People

Trustees' Report (continued)

Achievements and performance

No.5 generated income for the year of £408,560 (2022: £449, 011).

In 2022/23 demand for mental health support, including one to one counselling, continued to rise at a rate that outstripped the level we can offer. Despite increasing the number of sessions offered by a further 46% in 2022/23 compared to 2021/22 (on top of the 75% increase in 2020/21 compared to 2019/20), our waiting list grew month on month.

We responded in two broad ways; increased our preventative outreach programs and the clinical teams' ad hoc conversations with parents and carers, and planned a restructure of our counselling provision, taking the first step in this by gaining funding to employ three counsellors.

The traditional reliance on counsellors working pro bono is unsustainable; over 100 volunteer counsellors would be needed to meet the ever-rising need. This is not clinically responsible. One employed counsellor equates to 3 volunteer counsellors. With employed counsellors becoming a more consistent and embedded part of the core team we can gather collaborative, evidence informed intelligence directly from the counselling room, while maintaining confidentiality.

We can't meet the increasing need with counselling alone, or in isolation, so we stepped up our collaborative work with young people and our partners in the statutory and voluntary sector. We developed projects to support young people at key transition points and provided the types of support they told us they want. We still needed to do more and crucially, do things differently.

We built on the 'Lived Experience Young Leadership' program by employing a third young person; a counsellor who we trained, via our Diploma in Counselling Young People, to see young people. We also began consolidating our consultation with young people, first enacted by our Restart Youth! Report published last year.

The intelligence gained via the counselling room will sit alongside the deep and enriched voice of young people we gather through our collaborations with them, and partner service provides contributing to the development of services that are truly co-produced and designed.

No.5 Young People

Trustees' Report (continued)

One thing came through loud and clear from the consultative conversations we undertook; young people want and need safe spaces. We held focus groups with young people to really thrash out a clear blueprint of an ambitious plan to open a Hub in Reading. This plan will be developed over the next few years until we can gain the resources to see it become a reality.

In the meantime, we have:

- Developed an intersectional approach to everything we do
- Developed work in schools to include a pilot program of supervision to support teachers who are also Designated Safeguarding Officers
- Begun consultation on young person devised outcome measures
- Gathered young people's experiences to begin a longer-term case study to support the development of a Hub in Reading

We are delighted to continue our long-term relationships with local businesses - Shoosmiths, Covea Insurance, Francis Construction, FINK Street Food, Village Financial Services and Gifted Boutique and have developed new ones with University College of Estate Management (UCEM) and Healthy Buildings International (HBI). These partnerships strengthen young voices in the community and help to bring together young people and adults.

We maintained our Real Living Wage Employer Mark throughout 2022/23 ensuring that all paid staff receive the Real Living Wage, and are proud to be continuing this into 2023/24.

Risk Management

The Trustees regularly review the major risks to which the Charity is exposed. A risk register is maintained which outlines the procedures to be taken in mitigation.

Financial review

For the year ended 31 March 2023 No.5 recorded a deficit of £38,738 compared with a deficit of £42,099 for the previous year. Restricted reserve balances at the year-end were £130,764 (2022: £199,490). Total reserves at the Balance Sheet date were £254,109 (2022 £361,573).

The Charity continues to develop marketing strategies to sustain the level of counselling services required to tackle the waiting list. Additional counsellors are being recruited and the website is being re-designed. The Trustees are of the opinion that the Charity currently has the financial resources to settle liabilities as they fall due and is in a position to deliver counselling services for the foreseeable future.

No.5 Young People

Trustees' Report (continued)

Policy on reserves

Reserves Policy

The reserves policy of the Charity can be summarised as follows:

Unrestricted reserves

The Trustees consider that the appropriate level of unrestricted reserves to be 6 months of normal overhead expenditure. It is considered important to hold sufficient resources to continue the charitable activities should income generation and fund raising activities fall short of the required target. This level of reserves would enable the Charity to administer an orderly wind-down should it be necessary to cease activities and close. The trustees re-assess the policy at the end of each financial year. Based on this policy an unrestricted reserves balance of £150,000 is considered appropriate.

Restricted reserves

Grants and donations received by the charity for specific purposes are accounted for in accordance with the restrictions imposed. Restricted reserves cannot be re-designated and are not part of the general reserves.

The trustees consider that the reserves policy should ensure that there is an effective strategic planning mechanism where reserves can be maintained at an appropriate level.

Principal funding sources

The principal funding sources during the year were NHS Berkshire West CCG £30,937, The Considered Ask £40,000, Post Code Community Trust £23,794, Blagrove Trust £32,000 and Health Watch Reading £20,000.

Significant funding was provided by the Shanly Group, Berkshire Community Foundation, Reading Borough Council and Thames Valley Police. A summary of the year's Restricted Grants is set out in Note 9 on pages 20 and 21 of these Accounts.

The trustees would like to give special thanks to all the trusts, foundations, companies, community groups and individuals who have supported No5 during the year. In particular, we would thank the following:

- Greyfriars Church Reading
- Greenham Common Trust
- Rotary Club of Reading Matins
- Shoosmiths LLP Reading
- Covea Insurance
- Francis Construction
- St Laurence Church Reading
- National Lottery Community Fund

Structure, governance and management

Organisational structure

Management

Trustee meetings are held each month with senior management. The trustees provide their time free of charge.

None of the trustees had a material interest in any contract of significance to which the Charity was party during the period of these accounts.

No.5 Young People

Trustees' Report (continued)

Statement of Trustees' Responsibilities

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

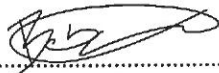
The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charities (Accounts and Reports) Regulations 2008, and the provisions of the constitution. 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 trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The annual report was approved by the trustees of the charity on 10/1/20 and signed on its behalf by:



Benjamin McEwen
Chairman and trustee

No.5 Young People

Independent Examiner's Report to the trustees of No.5 Young People

I report to the trustees on my examination of the accounts of No.5 Young People for the year ended 31 March 2023.

Responsibilities and basis of report

As the charity trustees of No.5 Young People 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 No.5 Young People's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

Since No.5 Young People'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 ICAEW, 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 No.5 Young People 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 accounting 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.



Keith Westran
ICAEW

Unit 4 City Limits
Danehill
Reading
Berkshire
RG6 4UP

Date: 10/1/24

No.5 Young People

Statement of Financial Activities for the Year Ended 31 March 2023

	Note	Unrestricted funds £	Restricted funds £	Total 2023 £
Income and Endowments from:				
Donations and legacies		95,779	212,443	308,222
Charitable activities		99,146	-	99,146
Investment income	2	1,192	-	1,192
Total income		196,117	212,443	408,560
Expenditure on:				
Raising funds		(13,500)	-	(13,500)
Charitable activities	3	(221,355)	(281,169)	(502,524)
Total expenditure		(234,855)	(281,169)	(516,024)
Net expenditure		(38,738)	(68,726)	(107,464)
Net movement in funds		(38,738)	(68,726)	(107,464)
Reconciliation of funds				
Total funds brought forward		162,083	199,490	361,573
Total funds carried forward	14	123,345	130,764	254,109
	Note	Unrestricted funds £	Restricted funds £	Total 2022 £
Income and Endowments from:				
Donations and legacies		119,070	234,374	353,444
Charitable activities		94,988	-	94,988
Investment income	2	579	-	579
Total income		214,637	234,374	449,011
Expenditure on:				
Raising funds		(20,746)	-	(20,746)
Charitable activities	3	(235,990)	(165,252)	(401,242)
Total expenditure		(256,736)	(165,252)	(421,988)
Net (expenditure)/income		(42,099)	69,122	27,023
Net movement in funds		(42,099)	69,122	27,023
Reconciliation of funds				
Total funds brought forward		204,182	130,368	334,550
Total funds carried forward	14	162,083	199,490	361,573

All of the charity's activities derive from continuing operations during the above two periods.
The funds breakdown for 2022 is shown in note 14.

No.5 Young People

(Registration number: 1171313)
Balance Sheet as at 31 March 2023

	Note	2023 £	2022 £
Fixed assets			
Intangible assets	9	29,525	-
Tangible assets	10	<u>2,730</u>	<u>-</u>
		<u>32,255</u>	<u>-</u>
Current assets			
Debtors	11	30,680	8,745
Cash at bank and in hand		<u>220,079</u>	<u>366,119</u>
		250,759	374,864
Creditors: Amounts falling due within one year	12	<u>(28,905)</u>	<u>(13,291)</u>
Net current assets		<u>221,854</u>	<u>361,573</u>
Net assets		<u>254,109</u>	<u>361,573</u>
Funds of the charity:			
Restricted income funds			
Restricted funds		130,764	199,490
Unrestricted income funds			
Unrestricted funds		<u>123,345</u>	<u>162,083</u>
Total funds	14	<u>254,109</u>	<u>361,573</u>

The financial statements on pages 8 to 16 were approved by the trustees, and authorised for issue on 10/1/24 and signed on their behalf by:



.....
Benjamin McEwen
Chairman and trustee

No.5 Young People

Notes to the Financial Statements for the Year Ended 31 March 2023

1 Accounting policies

Statement of compliance

The financial statements have been prepared in accordance with the second edition of the Charities Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation

No.5 Young People meets the definition of a public benefit entity under FRS 102. The accounts (financial statements) 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.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income and endowments

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured.

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Deferred income

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which, it has been received. Such income is only deferred when:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the charity has unconditional entitlement.

Investment income

Dividends are recognised once the dividend has been declared and notification has been received of the dividend due.

No.5 Young People

Notes to the Financial Statements for the Year Ended 31 March 2023 (continued)

Expenditure

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.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

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.

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.

Government grants

Government grants are recognised based on the accrual model and are measured at the fair value of the asset received or receivable. Grants are classified as relating either to revenue or to assets. Grants relating to revenue are recognised in income over the period in which the related costs are recognised. Grants relating to assets are recognised over the expected useful life of the asset. Where part of a grant relating to an asset is deferred, it is recognised as deferred income.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Intangible assets

Intangible assets are stated in the Balance Sheet at cost less accumulated amortisation and impairment. They are amortised on a straight line basis over their estimated useful lives.

Tangible fixed assets

Individual fixed assets costing £1,000 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Amortisation

Amortisation is provided on intangible fixed assets so as to write off the cost, less any estimated residual value, over their expected useful economic life as follows:

No.5 Young People

Notes to the Financial Statements for the Year Ended 31 March 2023 (continued)

Asset class	Amortisation method and rate
Website development costs	3 years straight line

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Computer equipment	2 years straight line

Trade debtors

Trade debtors are amounts due from customers for merchandise sold or 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.

Cash and cash equivalents

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.

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 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. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Fund structure

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

Restricted funds - these are funds that can only be used for particular restricted purposes within the objects of the Charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes

No.5 Young People

Notes to the Financial Statements for the Year Ended 31 March 2023 (continued)

2 Investment income

	Unrestricted funds General £	Total funds £
Interest receivable and similar income; Interest receivable on bank deposits	1,192	1,192
Total for 2023	1,192	1,192
Total for 2022	579	579

3 Expenditure on charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2023 £
Staff and related costs	128,194	118,778	246,972
Programme costs	-	162,391	162,391
Rent and office costs	44,181	-	44,181
Office administration costs	37,651	-	37,651
Governance costs	11,329	-	11,329
	221,355	281,169	502,524
	Unrestricted funds General £	Restricted funds £	Total 2022 £
Staff and related costs	145,273	43,107	188,380
Programme costs	-	122,145	122,145
Rent and office costs	50,544	-	50,544
Office administration costs	35,255	-	35,255
Governance costs	4,918	-	4,918
	235,990	165,252	401,242

4 Net incoming/outgoing resources

Net (outgoing)/incoming resources for the year include:

	2023 £
Depreciation of fixed assets	450
Amortisation of intangible fixed assets	850

No.5 Young People

Notes to the Financial Statements for the Year Ended 31 March 2023 (continued)

5 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

6 Staff costs

The aggregate payroll costs were as follows:

	2023 £	2022 £
Staff costs during the year were:		
Wages and salaries	228,749	175,335
Social security costs	13,762	9,387
Pension costs	4,461	3,658
	<u>246,972</u>	<u>188,380</u>

The monthly average number of persons (including senior management / leadership team) employed by the charity during the year expressed as full time equivalents was as follows:

	2023 No	2022 No
Administration	5	5
Clinical	<u>6</u>	<u>3</u>
	<u>11</u>	<u>8</u>

No employee received emoluments of more than £60,000 during the year

7 Independent examiner's remuneration

	2023 £	2022 £
Other fees to examiners		
Examination-related assurance services	<u>2,160</u>	<u>864</u>

No.5 Young People

Notes to the Financial Statements for the Year Ended 31 March 2023 (continued)

8 Taxation

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

9 Intangible fixed assets

	Research and development £	Total £
Cost		
Additions	30,375	30,375
At 31 March 2023	30,375	30,375
Amortisation		
Charge for the year	850	850
At 31 March 2023	850	850
Net book value		
At 31 March 2023	29,525	29,525

10 Tangible fixed assets

	Furniture and equipment £	Total £
Cost		
Additions	3,180	3,180
At 31 March 2023	3,180	3,180
Depreciation		
Charge for the year	450	450
At 31 March 2023	450	450
Net book value		
At 31 March 2023	2,730	2,730

11 Debtors

	2023 £	2022 £
Prepayments	14,120	8,745
Other debtors	16,560	-
	30,680	8,745

No.5 Young People

Notes to the Financial Statements for the Year Ended 31 March 2023 (continued)

12 Creditors: amounts falling due within one year

	2023 £	2022 £
Other taxation and social security	6,311	-
Other creditors	1,236	-
Accruals	12,271	13,291
Deferred income	9,087	-
	<u>28,905</u>	<u>13,291</u>

13 Pension and other schemes

Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the charity to the scheme and amounted to £4,461 (2022: £3,658).

Contributions totalling £1,236 (2022: £852) were payable to the scheme at the end of the and are included in creditors.

14 Funds

	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Balance at 31 March 2023 £
Unrestricted funds				
General	162,083	196,117	(234,855)	123,345
Restricted funds	<u>199,490</u>	<u>212,443</u>	<u>(281,169)</u>	<u>130,764</u>
Total funds	<u>361,573</u>	<u>408,560</u>	<u>(516,024)</u>	<u>254,109</u>
	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Balance at 31 March 2022 £
Unrestricted funds				
General	204,182	214,637	(256,736)	162,083
Restricted funds	<u>130,368</u>	<u>234,374</u>	<u>(165,252)</u>	<u>199,490</u>
Total funds	<u>334,550</u>	<u>449,011</u>	<u>(421,988)</u>	<u>361,573</u>

15 Related party transactions

There were no related party transactions in the year.

NO.5 YOUNG PEOPLE

England & Wales - Charity number 1171313

Accounts

Charity number 1171313

No. 5 YOUNG PEOPLE

Report of the Trustees and Unaudited Financial Statements

For the year ended 31 March 2022

No. 5 YOUNG PEOPLE

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No. 5 YOUNG PEOPLE

Legal and Administrative Information For the year ended 31 March 2022

Trustees:

Ben McEwen (Chair)
Nelson Walters (Treasurer)
Liz Barry
Susan Meyers
Debs Edwards

Registered office:

101 Oxford Road
Reading
Berkshire
RG1 7UD

**Independent
Examiner:**

Catherine Ng, FCCA
29 Porton Court
Portsmouth Road
Surbiton
Surrey
KT6 4HZ

Bankers:

The Co-operative Bank
1 Balloon Street
Manchester
M60 4EP

No. 5 YOUNG PEOPLE

Trustees' report for the year ended 31 March 2022

No. 5 Young People is a Charitable Incorporated Organisation (CIO) and was incorporated on 4 November 2016.

The Trustees present their report together with the unaudited financial statements of No 5 Young People (No. 5) for the year ended 31 March 2022.

Mission Statement

Our mission is to provide mental health and emotional support to children, young people and those around them in Reading, by actively engaging with them, other service providers and community partners to deliver innovative mental health services. To ensure best practice by providing high quality training and continuous professional development to all staff, volunteers, young ambassadors, and other external organisations.

Principal activities and objectives

No.5 is a charity providing free, confidential support, information and counselling to young people aged 11-25, affected by mental or physical ill health or by social and economic difficulties.

We are an organisational member of the British Association for Counselling & Psychotherapy. The team consists of a range of committed professionals, including specialist qualified counsellors and counsellors on placement as part of the final stages of their post qualification specialist training. Since 2018 we have employed Lived Experience Young Leaders in professional roles, to promote young voices at the centre of planning and strategic decision making. These three young leaders also support a dedicated group of Young Ambassadors to ensure No5's core values (written by young people) are embedded in all our behaviours, actions and decisions.

No.5 has:

- provided a five-day week counselling service that is available to young people, who have been affected by emotional and mental health difficulties.
- Maintained well established, safe clinical processes and procedures, ensuring we meet our safeguarding responsibilities and the confidentiality essential to supporting vulnerable young people.
- developed opportunities, gained through partnership working, that provide coherent, timely and appropriate responses to young people who need support.

Achievements and performance

No.5 generated income for the year of £449,011 (2021: £429, 440).

As we enter the 'post-pandemic' world, conversations with young people and our local delivery partners, along with our referral data indicates the rise in the demand over the pandemic is set to continue.

Young people, along with all of us are now facing 2 further concerning situations – The war in Ukraine and the Cost-of-Living crisis.

Over the last 2 years, we have successfully stepped up our support in terms of the range of services, and number of young people reached, supported and seen for counselling.

We remain positive, bold and innovative. We continue to respond to the changing needs of young people and maintain hope on their behalf and for our local community and our team.

We supported 689 young people through counselling and over 500 parent / carers through ad hoc support from our Clinical Team.

We have;

- delivered over 4,700 counselling sessions
- delivered 220 school inclusion support sessions as part of our 'Preventing Permanent School Exclusion Project'
- supported 24 young people through Creative Expressive Wellbeing programmes
- reached over 1,000 young people via social media resources and support, created by our Young Ambassadors
- published our 'Restart Youth!' report detailing the support and services young people say they need post-covid
- established long-term partnerships with local statutory and community organisations to meet some of the needs identified in the report

We continue to provide counselling services in 6 local secondary schools in 2021/22 and have increased the number of young people seen within school this year. Schools are highly appreciative of the service we provide to their students and recommend our services to their colleagues. Our service is rated 'Excellent' by school staff with an average score 4.6 out of 5. One head teacher said that we provide our service in a 'discreet and modest way' and that the service has 'a positive impact on our students' wellbeing'. Teachers said, *"The students who attend No5 counselling become more resilient and independent post counselling"* and *"No 5 are an amazing service and so much more than just counselling with additional activities available to refer to students."*

We have successfully maintained our relationship with our corporate partners and expanded our partnership working with both the voluntary and statutory sector, including the delivery of new projects to support young people.

We continue to drive forward the Reading-wide Trauma Informed approach within the Voluntary and Community Sector in partnership with OneReading to enable Reading to become a Trauma Informed Town.

Corporate Partners

We have successfully maintained our relationship with our key corporate partners, Shoosmiths LLP, Covea Insurance, Francis Construction and FINK Street Food throughout the year and we look forward to continuing to be their 'Charity of the Year' in to 2022/23.

We also continued our partnership with Gifted Boutique CIC and are so grateful to be continuing our relationship as one of their chosen charities into next year.

In 2021, the year of our 50th anniversary, we were delighted to have been chosen as 'Charity of the Year' by Reading FC, who have been celebrating their own 150th anniversary in 2021.

We were also pleased to welcome our new supporter, Village Financial Services, this year.

We are so grateful for the ongoing support shown to us by these local businesses, and our long-standing partners such as Reading Scientific Services Ltd (RSSL) who were the main sponsor for our hugely successful 50th Anniversary Gala in November 2021, helping us to raise over £13,000.

Working with our corporate partners provides us with the opportunity to work directly with parents of local young people, hear their concerns and work to address them in the development of new services, whilst also working alongside them to raise vital funds to support our work. We are proud to have been able to maintain this throughout the pandemic, with our Young Ambassadors delivering online workshops whilst in lockdown.

We maintained our Real Living Wage Employer Mark throughout 2021/22 ensuring that all paid staff receive the Real Living Wage, and are proud to be continuing this into 2022/23.

This year, we have made significant steps in our transition towards recognising the professionalism of our specialist, highly qualified counsellors. We have been successful in achieving funding to pay counsellors working with 11-17 year olds, and secure funding to employ 3 counsellors in 2022/23. These counsellors will make a significant difference to the amount of time each young person waits for counselling support. This marks the beginning of the transformation of how we work with, and understand, young people and their current mental health concerns.

Awards and Nominations

We were delighted to be awarded the 'Queen's Award for Voluntary Service' this year, with special recognition for our work during the pandemic. We thank the Mayor of Reading, Councillor David Stevens, and Tracy Trussler, a parent of a young person previously supported by No.5, for their nominations. This award, the organisational equivalent to an MBE, recognises the hard work and dedication of all our volunteers, counsellors and Young Ambassadors throughout the Charity's history.

Impact of Covid – 19

A surge in the demand for our services began in September 2020, as young people returned to school. This demand has not abated, and we have received 937 referrals this year. This represents 60% more than in 2020/21 (576).

After successfully applying for funding for air purifiers, we were able to maintain a limited in-person offer where possible and where restrictions allowed. This was in addition to counsellors continuing to offer remote sessions, and sessions continuing in-person in schools where they could.

Our Continued Response to COVID-19

We continued to;

- Offer our telephone support line to all young people in the community
- Offer a blend of in-person and remote counselling sessions
- Step up our preventative work via social media with our Young Ambassador created blogs, videos and resources. These continue to receive very high engagements.
- Build on our Young Ambassadors' 'Impact of COVID-19: The Voice of Young People' report which has been well received within the local community by our statutory partners.
- Successfully completed our '*Certificate in Counselling Young People*' training programme online and gained CPCAB Level 5 Accreditation.
- Secure funding to pay all fully qualified specialist young people counsellors so they can deliver more sessions as demand increases, whilst also securing funding to employ counsellors.
- **We also:**
- Offered 2 Creative Expressive Wellbeing group programmes which were designed, devised and delivered by one of our Young Ambassadors, who through covid, graduated from her Creative Expressive Therapies degree.
- Offered our Creative Art Museum Wellbeing project – local artist and YA co-designed and delivered and helped us to showcase and celebrate our 50th anniversary in a display at Reading Museum.
- Successfully completed our 'Restart Youth!' project which saw the publication of our young person-produced report detailing the support and services young people are asking for post-covid.

Celebrating our 50th Anniversary

Since the Charity's inception in January 1971, No5 have supported over 25,000 young people and their families.

The celebrations to mark this anniversary included a display at Reading Museum which housed artwork devised by local young people, and our hugely successful Anniversary Fundraising Gala which raised £13,000.

We express our sincere thanks to all the individuals and groups who have been involved in No.5's history either as a counsellor, staff member, Trustee, donor or supporter.

Reading Young People's Hub

In response to the escalating numbers of local young people needing mental health and wellbeing support at the same time as statutory budgets coming under increasing strain it is clear that a different way forward is needed. Following many collaborative meetings, over recent months, No5 has agreed to lead on the development and delivery of a Young People's Hub in Reading.

Reading Young People's Hub will be the vital safe place local young people are asking us for. A place where young people can meet, speak, share experiences, and shape the activities and services that they want and need. The Hub will deliver early intervention, which is both preventative and responsive, and bring together young voices alongside experienced professionals. In collaboration with other interested parties work will take place over the next few months in devising and delivering best practice that is truly informed and driven by young people's evolving concerns and needs. A Reading Young People's Hub will align strategy, leadership and professionals to deliver services with the voice of young lived experience.

The Charity is currently engaged in the planning stages of this initiative and the development of a Business Plan. An amount of £50,000 has been added to the Designated Reserves balance to reflect the commitment to the Hub.

No. 5 YOUNG PEOPLE

Trustees' report for the year ended 31 March 2022 (continued)

Risk Management

The Trustees regularly review the major risks to which the Charity is exposed. A risk register is maintained which outlines the procedures to be taken in mitigation.

Financial Review

For the year ended 31 March 2022 No.5 recorded a deficit of £42,099 compared with a surplus of £42,127 for the previous year. Restricted reserve balances at the year-end were £199,490 (2021: £130,368). Total reserves at the Balance Sheet date were £361,573 (2021 £334,550).

The Charity continues to develop marketing strategies to sustain the level of counselling services required to tackle the waiting list. Additional counsellors are being recruited and the website is being re-designed. The Trustees are of the opinion that the Charity currently has the financial resources to settle liabilities as they fall due and is in a position to deliver counselling services for the foreseeable future.

Principal Funding Sources

The principal funding sources during the year were NHS Berkshire West CCG £103,296, Edward Gostling Foundation £25,000, Berkeley Foundation £28,066, Blagrove Trust £21,000 and Henry Laithwaite £19,800.

Significant funding was provided by the Payne Gallwey Charitable Trust, Berkshire Community Foundation, Good Exchange, Rotary Club of Reading, Big Lottery and Reading Borough Council.

A summary of the year's Restricted Grants is set out in Note 9 on pages 20 and 21 of these Accounts.

The trustees would like to give special thanks to all the trusts, foundations, companies, community groups and individuals who have supported No5 during the year. In particular, we would thank the following:

- Greyfriars Church Reading
- Greenham Common Trust
- Rotary Club of Reading Matins
- Shoosmiths LLP Reading
- Covea Insurance
- Francis Construction
- St Laurence Church Reading
- National Lottery Community Fund

No. 5 YOUNG PEOPLE

Trustees' report for the year ended 31 March 2022 (continued)

Reserves Policy

The reserves policy of the Charity can be summarised as follows:

Unrestricted reserves

The Trustees consider that the appropriate level of unrestricted reserves to be 6 months of normal overhead expenditure. It is considered important to hold sufficient resources to continue the charitable activities should income generation and fund raising activities fall short of the required target. This level of reserves would enable the Charity to administer an orderly wind-down should it be necessary to cease activities and close. The trustees re-assess the policy at the end of each financial year. Based on this policy an unrestricted reserves balance of £150,000 is considered appropriate.

Designated reserves

Designated reserves have been set aside in respect of the leasing of the premises occupied by No5 Young People. A designated reserves balance of £12,000 should provide funds for the cost of any dilapidations required upon the termination of the lease.

Restricted reserves

Grants and donations received by the charity for specific purposes are accounted for in accordance with the restrictions imposed. Restricted reserves cannot be re-designated and are not part of the general reserves.

The trustees consider that the reserves policy should ensure that there is an effective strategic planning mechanism where reserves can be maintained at an appropriate level.

Management

Trustee meetings are held each month with senior management. The trustees provide their time free of charge.

None of the trustees had a material interest in any contract of significance to which the Charity was party during the period of these accounts.

Trustees' responsibilities in relation to the Financial Statements

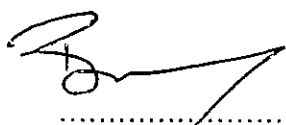
The Trustees are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards.

Under the Charities Act 2011, the Trustees are required to prepare financial statements for each financial year, and of the incoming resources and application of resources, including the income and expenditure for that period, which gives a true and fair view of the state of the charity. Accounts must be prepared in accordance with the provisions of any Statement of Recommended Practice issued by the Commission, unless trustees are required to prepare accounts in accordance with the provisions of such a Statement prepared by another body. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and apply them consistently
- observe the methods and principles in the Statement of Recommended Practice issued by the Commission
- make judgements and estimates that are reasonable and prudent
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of No.5 Young People. They are also responsible for safeguarding the assets of No. 5 and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Trustees on 23rd November 2022 and signed on its behalf by:



.....
Ben McEwen (Chair)

No. 5 YOUNG PEOPLE

Independent Examiner's Report for the year ended 31 March 2022

We report on the accounts of No. 5 Young People for the year ended 31 March 2022 which are set out on pages 12 to 21.

This report is made solely to the trustees in accordance with sections 145 of the Charities Act 2011. Our work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an Independent Examiner's report and for no other purpose. To the fullest extent permitted by law we do not accept or assume responsibility other than to the charity and the charity's trustees for our examination work.

Respective responsibilities of Trustees and Examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is our responsibility to:

- examine the accounts under section 145 of the Charities Act;
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the Charities Act); and
- to state whether particular matters have come to my attention.

Basis of Independent Examiner's report

Our examination was carried out in accordance with 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 the 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 our examination, no matter has come to our attention:

1. which gives us reasonable cause to believe that in any material respect the requirements
 - to keep accounting records in accordance with Section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Acthave not been met; or
2. to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Dated: 23rd November 2022

Catherine Ng, FCCA
29 Porton Court
Portsmouth Road
Surbiton
Surrey KT6 4HZ
United Kingdom

NO 5 YOUNG PEOPLE

Statement of Financial Activities including Income and Expenditure Account

For the year ended 31 March 2022

Total Incoming Resources

	Notes	Unrestricted funds	Restricted funds	Total funds 2022	Total funds 2021
Donations		90,499		90,499	71,836

Charitable activities

From public authorities			113,046	113,046	29,345
Grants		28,571	121,328	149,899	275,290
Fundraising events		-		-	-
Training courses		27,963		27,963	23,300
Schools counselling		56,045		56,045	20,025
Supervision fees		10,980		10,980	9,000

Other Income

Investment income	2	579		579	644
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Total income		214,637	234,374	449,011	429,440
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Total Resources Expended

Raising funds		33,898		33,898	34,174
Charitable activities	2	222,839	165,252	388,090	300,143

Total expenditure

256,737	165,252	421,988	334,317
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Net Income

(42,099)	69,122	27,023	95,123
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Net Movement in Funds

(42,099)	69,122	27,023	95,123
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Reconciliation of Funds

Total funds brought forward	204,182	130,368	334,550	239,427
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Total Funds Carried Forward

162,083	199,490	361,573	334,550
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The notes form part of these financial statements.

NO 5 YOUNG PEOPLE

Balance Sheet as at 31 March 2022

		2022	2021
	Notes	£	£
Current assets			
Debtors and prepayments	6	8,745	9,096
Cash at bank and in hand		336,119	340,159
		374,864	349,255
Current liabilities			
Creditors: amounts falling due within one year	7	(13,291)	(14,705)
Current assets less current liabilities		361,573	334,550
Total assets less current liabilities		361,573	334,550
Represented by:			
Total Funds	8	361,573	334,550

The notes form part of these financial statements.

The Trustees acknowledge their responsibilities for complying with the requirements of the Charity Act with respect to accounting records and the preparation of accounts.

The financial statements were approved by the Board on 23rd November 2022.

Signed on behalf of the board by:



Ben McEwen (Chair)

No. 5 YOUNG PEOPLE

Notes to financial statements

For the year ended 31 March 2022

1 Accounting policies

1.1 Accounting convention

The Financial Statements are prepared under the historical cost convention and in accordance with the Charities Act 2011. They have been prepared in accordance with the "Accounting and Reporting by Charities: Statement of Recommended Practice.

1.2 Incoming resources

Income from donations and grants is included in incoming resources when these are receivable, except as follows:-

when donors specify that the donations and grants must be used in future accounting periods.

when donors impose conditions which have to be fulfilled before the charity becomes entitled to such income, the income is deferred and is not included until the preconditions for use have been met.

when donors specify that donations and grants are for particular restricted purposes, which do not amount to preconditions regarding entitlement, this income is included in incoming resources of restricted funds when receivable.

1.3 Resources expended

All expenditure is included on an accruals basis and is recognised when there is a legal or constructive obligation to pay for expenditure. All costs have been directly attributed to one of the functional categories of resources expended in the Statement of Financial Activities.

The Charity is not registered for VAT purposes and accordingly expenditure is shown gross of irrecoverable VAT.

Charitable activities comprise activities undertaken to further the purposes of the Charity. Governance costs represent the costs of the management of the Charity and complying with constitutional and statutory requirements.

1.4 Tax Status

The Charity is entitled to exemption from taxation on income or capital gains to the extent that its funds are applied for the purpose of community interest.

1.5 Fund Accounting

Funds held by the Charity are either:-

Unrestricted funds – these are funds which can be used in accordance with the charitable objects at the discretion of the trustees.

Restricted funds - these are funds that can only be used for particular restricted purposes within the objects of the Charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes

No. 5 YOUNG PEOPLE

Notes to financial statements (continued)

For the year ended 31 March 2022

2. CHARITABLE ACTIVITIES - 2022

	Direct Costs £	Support Costs £	Total 2022 £	Total 2021 £
Staff and related costs	133,105	42,123	175,228	171,763
Programme costs	122,145		122,145	54,092
Rent and office costs		50,544	50,544	41,162
Office administrative costs		35,255	35,255	28,244
Governance costs		4,918	4,918	4,882
	255,250	132,840	388,090	300,143

CHARITABLE ACTIVITIES - 2021

	Direct Costs £	Support Costs £	Total 2021 £	Total 2020 £
Staff and related costs	133,969	37,794	171,763	143,644
Programme costs	54,092		54,092	49,619
Rent and office costs		41,162	41,162	38,461
Office administrative costs		28,244	28,244	13,227
Governance costs		4,882	4,882	1,384
	188,061	112,082	300,143	246,335

The notes form part of these financial statements

o. 5 YOUNG PEOPLE

Notes to financial statements (continued)

For the year ended 31 March 2022

3. STAFF COSTS	2022	2021
	£	£
Staff costs were as follows:		
Wages and salaries	175,335	164,136
Social security costs	9,387	10,245
Other pension costs	3,658	3,220
	188,380	177,601
	No.	No.
Average monthly number of employees	8	8

The key management personnel of the charity are considered to be the Director and the Operations and Relationships Manager.

The notes form part of these financial statements

No. 5 YOUNG PEOPLE

Notes to financial statements (continued)

For the year ended 31 March 2022

4	Governance costs	2022	2021
	Accountancy fees	3,175	3,175

5 Trustees' remuneration

The trustees received no remuneration during the period.
There were no expense reimbursements to any of the trustees.

6	Debtors and prepayments	2022	2021
		£	£
	Prepayments	8,745	9,096
		8,745	9,096

7	Creditors and accruals	2022	2021
		£	£
	Trade creditors and accruals	13,291	14,705
		13,291	14,705

The notes form part of these financial statements

No. 5 YOUNG PEOPLE

Notes to financial statements (continued)

For the year ended 31 March 2022

8	Statement of Funds	At 1 April 2021	Income	Expenditure	Transfers	At March 2022 £	31
	Unrestricted funds						
	Deficit for the year		214,445	-256,544		(42,099)	
	Unrestricted funds	192,182	-	-	-50,000	142,182	
	Designated property reserve	12,000			50,000	62,000	
	Restricted funds (Note 11)	130,368	234,374	-165,252		199,490	
	Total	334,550	448,819	-421,796	0	361,573	

The notes form part of these financial statements.

Funder	Project	Balance 1.4.21	Incoming Resources	Resources Expended	Balance 31.3.22
		£	£	£	£
First Growth	Clinical Salaries	15,795	-	15,795	-
NHS Berkshire West CCG	Provision of counselling sessions	-	30,420	30,420	-
NHS Berkshire West CCG	Employment of 3 specialist counsellors for 12 months	-	72,876		72,876
Berkeley Foundation	Reducing the risk of permanent exclusion from school in Reading	45,250	28,066	45,250	28,066
Blagrave Trust	Promoting the voices of young people	22,673	21,000	28,673	15,000
Postcode Community Trust – People's Postcode Lottery	Outreach – Mental Health workshops and resources in Reading schools	19,540	-	19,540	-
First Growth	Provision of counselling sessions	4,360	-	4,360	-
CHK Foundation	Parent Ambassadors, workshops and group work	5,000	-	-	5,000
Payne Gallwey Charitable Trust	Core funding	-	5,000	-	5,000
Berkshire Community Foundation	Provision of counselling sessions	-	4,214	4,214	-
Good Exchange	Provision of counselling sessions	-	6,000	6,000	-
Rotary Club of Reading	Creative Expressive Wellbeing projects	-	2,270	-	2,270
Big Lottery	Covid support	-	9,978	-	9,978
Reading Borough Council	Covid support	-	9,750	-	9,750

Edward Gostling Foundation	Creative Expressive Wellbeing projects	3,000	-	-	3,000
Edward Gostling Foundation	Core funding	-	25,000	-	25,000
Englefield Charitable Trust	Creative Expressive Wellbeing projects	2,500	-	-	2,500
CAF Resilience Fund	Overheads	5,000	-	5,000	-
Henry Laithwaite	Employment of Outreach and Wellbeing Support Counsellor - 12 months	0	19,800		19,800
Covea	Overheads	6,000	-	6,000	-
Shanly Group	Creative Expressive Wellbeing projects	1,250	-	-	1,250
TOTAL		130,368	234,374	165,252	199,490

The notes form part of these financial statements.

NO.5 YOUNG PEOPLE

England & Wales - Charity number 1171313

Accounts

Charity number 1171313

No. 5 YOUNG PEOPLE

Report of the Trustees and Unaudited Financial Statements

For the year ended 31 March 2021

No. 5 YOUNG PEOPLE

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No. 5 YOUNG PEOPLE

Legal and Administrative Information For the year ended 31 March 2021

Trustees:

Ben McEwen (Chair)
Nelson Walters (Treasurer)
Birgit Hove Lundgren
Liz Barry
Susan Meyers
Debs Edwards

Registered office:

101 Oxford Road
Reading
Berkshire
RG1 7UD

**Accountants/Independent
Examiner:**

BV Accountancy
Chartered Certified Accountants
29 Porton Court
Portsmouth Road
Surbiton
Surrey
KT6 4HZ

Bankers:

The Co-operative Bank
1 Balloon Street
Manchester
M60 4EP

No. 5 YOUNG PEOPLE

Trustees' report for the year ended 31 March 2021

No. 5 Young People is a Charitable Incorporated Organisation (CIO) and was incorporated on 4 November 2016.

The Trustees present their report together with the unaudited financial statements of No 5 Young People (No. 5) for the year ended 31 March 2021.

Mission Statement

Our mission is to provide mental health and emotional support to children, young people and those around them in Reading, by actively engaging with them, other service providers and community partners to deliver innovative mental health services. To ensure best practice by providing high quality training and continuous professional development to all staff, volunteers, young ambassadors, and other external organisations.

Principal activities and objectives

No.5 is a charity providing free, confidential support, information and counselling to young people aged 11-25, affected by mental or physical ill health or by social and economic difficulties.

We are an organisational member of the British Association for Counselling & Psychotherapy. The team consists of a range of committed professionals, including specialist qualified counsellors and counsellors on placement as part of the final stages of their post qualification specialist training. Our team also includes a dedicated group of Young Ambassadors to ensure the voice of young people remains central to everything we do.

No.5 has:

- provided a five-day week counselling service that is available to young people, who have been affected by emotional and mental health difficulties.
- Maintained well established, safe clinical processes and procedures, ensuring we meet our safeguarding responsibilities and the confidentiality essential to supporting vulnerable young people.
- developed opportunities, gained through partnership working, that provide coherent, timely and appropriate responses to young people who need support.

Achievements and performance

No.5 generated income for the year of £429,440 (2020: £291,333).

In this unprecedented year of turmoil, we needed to both step up and flex our support to young people and the community. We have supported 698 young people through counselling and over 500 parent / carers through ad hoc support from our Clinical Team.

We continue to provide counselling services in 7 local secondary schools in 2020/21 and have increased the number of young people seen within school this year. Schools are highly appreciative of the service we provide to their students and recommend our services to their colleagues. Feedback includes that we provide an 'excellent service' in a 'discreet

and modest way' providing 'effective counselling' and that our counsellors do 'an amazing job' and that our service 'is really appreciated'.

We have successfully maintained our relationship with our corporate partners and expanded our partnership working with the statutory sector to include new projects to support young people within the community. We are driving the Reading wide Trauma Informed approach within the Voluntary and Community Sector in partnership with Brighter Futures for Children to enable Reading to become a Trauma Informed Town.

Corporate Partners

We have successfully maintained our relationship with our three key corporate partners, Shoosmiths LLP, Covea Insurance and Francis Construction throughout 2020/21 and we look forward to continuing to be their 'Charity of the Year' in to 2021/22.

We formed a new partnership with FINK Street Food this year. The local street food Social Enterprise seeking to break down the stigma of mental health 'one bite at a time' and we are delighted to share this journey with a local business whose mission is so aligned to our own.

We also continued our partnership with Gifted Boutique CIC and are so grateful to be continuing our relationship as one of their chosen charities into 2021/22.

We are so grateful for the ongoing support shown to us by these local businesses, and our long-standing partners such as Reading Scientific Services Ltd (RSSL).

Working with our corporate partners provides us with the opportunity to work directly with parents of local young people, hear their concerns and work to address them in the development of new services. We are proud to have been able to maintain this throughout the pandemic, with our Young Ambassadors delivering online workshops whilst in lockdown.

No.5 became an accredited Living Wage Employer in July 2019 and has maintained this Living Wage Employer Mark throughout 2020/21 ensuring that all paid staff receive the Real Living Wage.

Awards and Nominations

We were delighted to be nominated by the Mayor of Reading, Councillor David Stevens, and Tracy Trussler, a parent of a young person previously supported by No.5, for the 'Queen's Award for Voluntary Service' this year. This award, the organisational equivalent to an MBE, recognises the hard work and dedication of all our volunteers, counsellors and Young Ambassadors throughout our 50-year history and especially throughout this pandemic year. We look forward to hearing the outcome of this nomination in June this year.

Impact of Covid – 19

In response to COVID-19 and the national lockdown, we had to cease all of our face-to-face work and communicate this to the 175 young people we were supporting at the time, as well as the young people waiting for support. Our counselling services in some schools continued un-interrupted due to the school's ability to immediately facilitate safe, online and telephone support.

Following an initial drop in referrals during the first 3 months of this financial year we experienced a surge of requests for counselling which is continuing at the present time. The current percentage increase is 126% on the same period last year. This surge looks set to continue into the next financial year prompting us to undertake a 5-year restructure of the agency to ensure we are able to meet the demand and maintain our clinical standards.

What we did in response to COVID-19

To meet the current surge in demand, which is expected to continue into 2021/22, we have expanded our preventative outreach work during this period. In the first months of the pandemic we;

- Set up a telephone support line available to all young people who had been receiving face-to-face counselling. This was extended in response to two critical incidents to offer support to all young people in the local community.
- Transferred all counselling to remote services
- Stepped up our preventative work via social media with our Young Ambassadors who came up with key projects to help young people support themselves and each other during lockdown. These received very high engagements.
- Listened to young people and supported them to write the ~~well-received~~ 'Impact of COVID-19 The Voice of Young People' report which has been well received within the local community by our statutory partners.
- Adapted our 'Certificate in Counselling Young People' training programme to be delivered online and began the next training cohort online and will have gained CPCAB Accredited status for this course within the coming year.
- We have begun a recruitment drive and are paying all fully qualified specialist young people counsellors so they can deliver more sessions as demand increases.

Plans for to meet the impact of the pandemic into the future

We intend to resume face-to-face services as soon as possible and will continue to run a remote service alongside a resumption of face-to-face delivery. Running both formats of service delivery will mean we can increase the number of young people we see, and both reduce the wait time, and mitigate the expected surge in demand during 2021/22.

We are prioritising seeking funding to support the adaptations to service delivery to ensure we can continue to meet the needs of young people as soon as they arise. Our aim is to restore the early intervention so crucial in mitigating the long-term impact of early onset mental health challenges experienced by young people.

Celebrating our 50th Anniversary

This year marks 50 years of No.5 supporting local young people's mental health and since opening our doors in January 1971, have supported over 25,000 young people and their families.

During this celebratory year we are thanking all the individuals who have been involved in No.5's history either as a counsellor, staff member, Trustee, or supporter.

To mark and celebrate our Anniversary, we have launched our 'Anniversary Stories' campaign which seeks to hear from all of those who have been involved with, or benefited from, No.5's services.

Individuals can share their stories via <https://anniversary.No.5.org.uk/> and these stories will contribute to a long-term research project, in collaboration with Winchester University, that seeks to explore the life-long benefits of counselling and mental health support in adolescence.

No5 at Reading Museum

With thanks to funding from Berkshire Community Foundation and John Sykes Foundation, as part of our alternative and preventative service provision, we will be running 4 creative art workshops for local young people on our waiting list in collaboration with local artist, Carla Conte, and Young Ambassador, Elii Daly. These workshops will give young people the opportunity to work with a range of creative mediums to explore and express their mental health stories and journeys.

The resulting artwork, along with archival material, will be on display in Reading Museum's Community Cabinet from August – November 2021.

Anniversary Fundraising Gala

In November 2021, No.5 will host a Fundraising Gala to celebrate our anniversary and raise vital funds to ensure we can continue to deliver more sessions each week and see even more young people in need as quickly as possible.

The Gala will be held at the Hilton Hotel, Reading and details can be found at <https://No.5.org.uk/2021/09/22/No.5s-50th-anniversary-fundraising-gala/>.

No. 5 YOUNG PEOPLE

Trustees' report for the year ended 31 March 2021 (continued)

Risk Management

The Trustees regularly review the major risks to which the Charity is exposed. A risk register is maintained which outlines the procedures to be taken in mitigation.

Financial Review

For the year ended 31 March 2021 No.5 recorded a surplus of £42,127 compared with a surplus of £11,882 for the previous year. Restricted reserve balances at the year-end were £130,368 (2020: £77,371). Total reserves at the Balance Sheet date were £334,551 (2020 £239,427).

The current situation means that there is a need to enhance bid-writing capabilities and develop a marketing strategy for the next 3 years in order to provide a sustainable basis for the development of the Charity. With a growing waiting list there is a need to recruit additional counsellors and to strengthen the presence in the community the website is being re-designed. The Trustees are of the opinion that the Charity currently has the financial resources to settle liabilities as they fall due and is in a position to deliver counselling services for the foreseeable future.

Principal Funding Sources

The principal funding sources during the year were NHS Berkshire West CCG £29,345, First Growth £52,955, Berkeley Foundation £38,066, Blagrove Trust £27,673, Postcode Community Trust £19,540, Global Make Some Noise £35,000, CAF Resilience Fund £34,326 Other significant funding was provided by the Co-Op Community Fund, Covea and Invesco.

A summary of the year's Restricted Grants is set out in Note 11 on page 18 of these Accounts.

The trustees would like to give special thanks to all the trusts, foundations, companies, community groups and individuals who have supported No5 during the year. In particular, we would thank the following:

- Greyfriars Church Reading
- Greenham Common Trust
- Rotary Club of Reading Matins
- Shoosmiths LLP Reading
- Covea Insurance
- Francis Construction
- St Laurence Church Reading
- National Lottery Community Fund

No. 5 YOUNG PEOPLE

Trustees' report for the year ended 31 March 2021 (continued)

Reserves Policy

The reserves policy of the Charity can be summarised as follows:

Unrestricted reserves

The Trustees consider that the appropriate level of unrestricted reserves to be 6 months of normal overhead expenditure. It is considered important to hold sufficient resources to continue the charitable activities should income generation and fund raising activities fall short of the required target. This level of reserves would enable the Charity to administer an orderly wind-down should it be necessary to cease activities and close. The trustees will re-assess the policy at the end of the financial year. Based on this policy an unrestricted reserves balance of £155,000 is considered appropriate.

Designated reserves

Designated reserves have been set aside in respect of the leasing of the premises occupied by No5 Young People. The Trustees have re-assessed the appropriateness of the level of designated reserves required and a transfer from the designated funds balance to unrestricted reserves has been made in these accounts. A designated reserves balance of £12,000 should provide funds for the cost of any dilapidations required upon the termination of the lease.

Restricted reserves

Grants and donations received by the charity for specific purposes are accounted for in accordance with the restrictions imposed. Restricted reserves cannot be re-designated and are not part of the general reserves.

The trustees consider that the reserves policy should ensure that there is an effective strategic planning mechanism where reserves can be maintained at an appropriate level.

Management

Trustee meetings are held each month with senior management. The trustees provide their time free of charge.

None of the trustees had a material interest in any contract of significance to which the Charity was party during the period of these accounts.

Trustees' responsibilities in relation to the Financial Statements

The Trustees are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards.

Under the Charities Act 2011, the Trustees are required to prepare financial statements for each financial year, and of the incoming resources and application of resources, including the income and expenditure for that period, which gives a true and fair view of the state of the charity. Accounts must be prepared in accordance with the provisions of any Statement of Recommended Practice issued by the Commission, unless trustees are required to prepare accounts in accordance with the provisions of such a Statement prepared by another body. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and apply them consistently
- observe the methods and principles in the Statement of Recommended Practice issued by the Commission
- make judgements and estimates that are reasonable and prudent
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of No.5 Young People. They are also responsible for safeguarding the assets of No. 5 and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Trustees on 24th November 2021 and signed on its behalf by:



.....
Ben McEwen (Chair)

No. 5 YOUNG PEOPLE

Independent Examiner's Report for the year ended 31 March 2021

We report on the accounts of No. 5 Young People for the year ended 31 March 2021 which are set out on pages 11 to 19.

This report is made solely to the trustees in accordance with sections 145 of the Charities Act 2011. Our work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an Independent Examiner's report and for no other purpose. To the fullest extent permitted by law we do not accept or assume responsibility other than to the charity and the charity's trustees for our examination work.

Respective responsibilities of Trustees and Examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is our responsibility to:

- examine the accounts under section 145 of the Charities Act;
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the Charities Act); and
- to state whether particular matters have come to my attention.

Basis of Independent Examiner's report

Our examination was carried out in accordance with 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 the 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 our examination, no matter has come to our attention:

1. which gives us reasonable cause to believe that in any material respect the requirements
 - to keep accounting records in accordance with Section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Acthave not been met; or
2. to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Dated: 24th November 2021

BV Accountancy
Chartered Certified Accountants
29 Porton Court
Portsmouth Road
Surbiton
Surrey KT6 4HZ
United Kingdom

NO 5 YOUNG PEOPLE

Statement of Financial Activities including Income and Expenditure Account For the year ended 31 March 2021

Total Incoming Resources

	Notes	Unrestricted funds	Restricted funds	Total funds 2021	Total funds 2020
Donations		71,836		71,836	46,403

Charitable activities

From public authorities			29,345	29,345	29,995
Grants		16,321	258,969	275,290	163,764
Fundraising events		-		-	425
Training courses		23,300		23,300	5,910
Schools counselling		20,025		20,025	34,900
Supervision fees		9,000		9,000	9,055

Other Income

Investment income	2	644		644	881
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Total income		141,126	288,314	429,440	291,333
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Total Resources Expended

Raising funds		34,174		34,174	33,116
Charitable activities	3	61,651	235,317	296,968	245,269
Governance	6	3,175		3,175	1,066

Total expenditure

99,000	235,317	334,317	279,451
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Net Income

42,126	52,997	95,123	11,882
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Net Movement in Funds

42,126	52,997	95,123	11,882
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Reconciliation of Funds

Total funds brought forward	162,056	77,371	239,427	227,545
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Total Funds Carried Forward

204,182	130,368	334,550	239,427
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The notes form part of these financial statements.

NO 5 YOUNG PEOPLE

Balance Sheet as at 31 March 2021

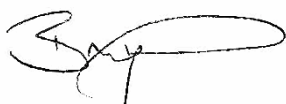
		2021	2020
	Notes	£	£
Current assets			
Debtors and prepayments	8	9,096	9,139
Cash at bank and in hand		340,159	235,544
		349,255	244,683
Current liabilities			
Creditors: amounts falling due within one year	9	(14,705)	(5,256)
Current assets less current liabilities		334,550	239,427
Total assets less current liabilities		334,550	239,427
Represented by:			
Total Funds	10	334,550	239,427

The notes form part of these financial statements.

The Trustees acknowledge their responsibilities for complying with the requirements of the Charity Act with respect to accounting records and the preparation of accounts.

The financial statements were approved by the Board on 24th November 2021.

Signed on behalf of the board by:



Ben McEwen (Chair)

No. 5 YOUNG PEOPLE

Notes to financial statements

For the year ended 31 March 2021

1 Accounting policies

1.1 Accounting convention

The Financial Statements are prepared under the historical cost convention and in accordance with the Charities Act 2011. They have been prepared in accordance with the "Accounting and Reporting by Charities: Statement of Recommended Practice.

1.2 Incoming resources

Income from donations and grants is included in incoming resources when these are receivable, except as follows:-

when donors specify that the donations and grants must be used in future accounting periods.

when donors impose conditions which have to be fulfilled before the charity becomes entitled to such income, the income is deferred and is not included until the preconditions for use have been met.

when donors specify that donations and grants are for particular restricted purposes, which do not amount to preconditions regarding entitlement, this income is included in incoming resources of restricted funds when receivable.

1.3 Resources expended

All expenditure is included on an accruals basis and is recognised when there is a legal or constructive obligation to pay for expenditure. All costs have been directly attributed to one of the functional categories of resources expended in the Statement of Financial Activities.

The Charity is not registered for VAT purposes and accordingly expenditure is shown gross of irrecoverable VAT.

Charitable activities comprise activities undertaken to further the purposes of the Charity. Governance costs represent the costs of the management of the Charity and complying with constitutional and statutory requirements.

1.4 Tax Status

The Charity is entitled to exemption from taxation on income or capital gains to the extent that its funds are applied for the purpose of community interest.

1.5 Fund Accounting

Funds held by the Charity are either:-

Unrestricted funds – these are funds which can be used in accordance with the charitable objects at the discretion of the trustees.

Restricted funds - these are funds that can only be used for particular restricted purposes within the objects of the Charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes

No. 5 YOUNG PEOPLE

Notes to financial statements (continued)

For the year ended 31 March 2021

2	Investment Income	2021 £	2020 £
	Bank interest	644	881
		644	881

£

3	Charitable Activities Costs	Staff costs	Support Overheads	& TOTAL
		2021 £	2021 £	2021 £
	Raising Funds	5,838	28,336	34,174
	Charitable Activities	171,763	125,205	296,968
	Total Resources Expended	177,601	153,541	331,142

The comparative figures for 2020 were:

Staff costs £10,986 and £145,811, totalling £156,797.

Support and overheads £22,130 and £99,458, totalling £121,588.

Total Raising Funds £33,116 and Charitable Activities £245,269.

Grand total £278,385.

The notes form part of these financial statements

No. 5 YOUNG PEOPLE

Notes to financial statements (continued)

For the year ended 31 March 2021

4 Allocation of Support Costs Raising Funds and Overheads	2021 £	Charitable Activities 2021 £	TOTAL 2021 £
Premises	-	41,162	41,162
Communications and IT	-	16,853	16,853
Professional support costs	-	1,708	1,708
Marketing and promotion costs	28,336	-	28,336
Printing, postage and stationery	-	360	360
Employee related costs	-	11,031	11,031
Total Support Costs	28,336	71,114	99,450

The comparative figures for 2020 were – Raising Funds £22,130 and Charitable Activities £99,458, totalling £121,588.

5 Staff Costs	2021 £
Wages and salaries	161,224
Social security costs	13,157
Pension costs	3,220
Total	177,601

The average number of employees during the period was 9.

Management	2
Clinical	4
Support Staff	2
Total Staff	8

The 2020 comparative figures are 2,4 and 3 respectively. Two employees are employed on a full time basis.

The notes form part of these financial statements

No. 5 YOUNG PEOPLE

Notes to financial statements (continued)

For the year ended 31 March 2021

6	Governance costs	2021	2020
	Accountancy fees	3,175	1,066

7 Trustees' remuneration

The trustees received no remuneration during the period.
There were no expense reimbursements to any of the trustees.

8 Debtors and prepayments

	2021	2020
	£	£
Prepayments	9,096	9,139
	9,096	9,139

9 Creditors and accruals

	2021	2020
	£	£
Trade creditors and accruals	14,705	5,256
	14,705	5,256

The notes form part of these financial statements

No. 5 YOUNG PEOPLE

Notes to financial statements (continued)

For the year ended 31 March 2021

10	Statement of Funds	At 1 April 2020	Income	Expenditure	Transfers	At March 2021 £	31
	Unrestricted funds						
	Surplus for the year		141,126	-99,000		42,126	
	Unrestricted funds	150,056	-	-	-	150,056	
	Designated property lease reserve	12,000			-	12,000	
	Restricted funds (Note 11)	77,371	288,314	-235,317		130,368	
	Total	239,427	429,440	-334,317	0	334,550	

The notes form part of these financial statements.

11 Restricted Funds

Funder	Project	Balance 1.4.20	Incoming Resources	Resources Expended	Balance at 31.3.21
First Growth	Clinical Salaries	-	46,795	31,000	15,795
NHS Berkshire West CCG	Supervision and training	-	29,345	29,345	-
Berkeley Foundation	Reducing the risk of permanent exclusion from school in Reading	29,085	38,066	21,901	45,250
First Growth	Capacity Building	15,000	-	15,000	-
Blagrave Trust	Hearing the voices of young people	15,000	27,673	20,000	22,673
Postcode Community Trust – People's Postcode Lottery	Outreach – Mental Health workshops in Reading schools	6,536	19,540	6,536	19,540
First Growth	Early Response sessions	-	6,160	1,800	4,360
CHK Foundation	Parent Ambassadors, workshops and group work	5,000	-	-	5,000
Berkshire Community Fund	Zoom counselling	-	10,000	10,000	-
Global Make Some Noise	Covid support	-	35,000	35,000	-
Edward Gostling Foundation	Performing Arts Concert 2020 (Postponed to 2021)	3,000	-	-	3,000
Englefield Charitable Trust	Performing Arts Concert 2020 (Postponed to 2021)	2,500	-	-	2,500
CAF Resilience Fund	Overheads	-	34,326	29,326	5,000
Shanly Group	Performing Arts Concert 2020 (Postponed to 2021)	1,250	-	-	1,250
TOTAL		77,371	288,314	235,317	130,368

The notes form part of these financial statements.