

THE YOUTH COUNSELLING PROJECT

Registered Charity 1174102

Annual Report and Financial Statements for Year Ending 31 July 2023

Prepared by:
The Youth Counselling Project
19 Upper Belgrave Rd
SEAFORD
East Sussex
BN25 3SQ

The Youth Counselling Project

Contents

	Page
Cover	1
Contents	2
Reference and Administrative Details	3
Trustees' Report	4
Independent Examiners Report	6
Statement of Financial Activities	7
Balance Sheet	8
Notes to the financial statements	9

The Youth Counselling Project

Reference and Administrative Details

Charity Name: The Youth Counselling Project

Registered Number: 1174102

Registered Address: 19 Upper Belgrave Road
SEAFORD
East Sussex
BN25 3SQ

Phone: 07435 872231

E-mail Address office@tycp.org.uk

Website www.tycp.org.uk

Trustees:	Mrs Julia Hancock	Chair
	Mrs Josephine Stone	Treasurer
	Mrs Christine McAllen	
	Mrs Michele Findlay	Secretary from August 2022
	Mr Joseph Padfield	from August 2022
	Mr Paul Vaesen	from August 2022
	Mr David Bailey	September 2022 to 7 July 2023

Independent Examiner: Shoreline Accountants
25 Clinton Place
SEAFORD
East Sussex
BN25 1NP

The Youth Counselling Project

Trustees' Report - 1st August 2022 to 31st July 2023

The Youth Counselling Project was established in early 2017 and registered with the Charity Commission in August 2017. This is our 6th year of operation.

The charity is run by Trustees supported by a small Management Team, each with specific tasks, who are all volunteers. There is a wider group of local people who help mainly with fundraising.

We use the services of 5 independent self-employed therapists to work with the children. They are paid on a sessional basis and liaise with the schools, each other and the Trustees.

The Trustees ensure that the charity is run according to the Charity Commission guidelines. We have a Business Plan, budget, relevant insurance and all necessary policies including safeguarding and confidentiality. Agreements between the Youth Counselling Project and the schools, and the therapists and the children are renewed at least on an annual basis.

During this financial year, which corresponds with the academic year, we provided 870 one to one sessions benefiting 83 children. Most have 10 sessions, but this can vary.

Following on from a pilot scheme of group sessions at Seaford Head School which had been disrupted by the pandemic, we ran some more which were positively received by the children, school and therapists involved. At least 20 children were included in these groups.

We provide a counselling service to all 4 Primary schools in Seaford and Seaford Head Secondary school. Children present with a range of issues, including self-harm, bereavement, neglect, low mood, and anxiety, they have identified the effects of the pandemic, financial instability and the war in Ukraine as contributing to their anxiety. Because of the nature of our work, our counselling is carried out on a strictly confidential basis so we cannot comment on individual clients or casework.

We ask students for anonymous comments following their counselling, this is a typical response.

"I found counselling calming, a space where someone could look beyond my behaviour."

A teacher reported that after a child had finished their counselling that,

"they had grown in self-understanding and confidence, finding it easier, for example to share tricky things and be more decisive in class and at home".

During the year we raised £104,555, of which £28,265 was from grant applications, £72,455 from donations and £3,835 from fund raising activities.

We have been well supported by the local community in and around Seaford. They have been doing all sorts of things to raise money for us including swimming the channel, putting on a dance display, singing in retirement homes and organising raffles.

Thank you to everyone especially, Seaford Chamber of Commerce, Peacehaven Dance, Forresters Friendly Society, Seaford & Martello Rotary clubs Correlli Ensemble, Scoop and Weigh, other local churches, businesses and individuals, particularly to a very generous anonymous donor.

We ran a very successful fundraising event at Florence House in May with a Health Experience, (yoga, meditation and sound bath) during the day and a Film evening with fish and chip supper. It was very well attended and raised £2,600.

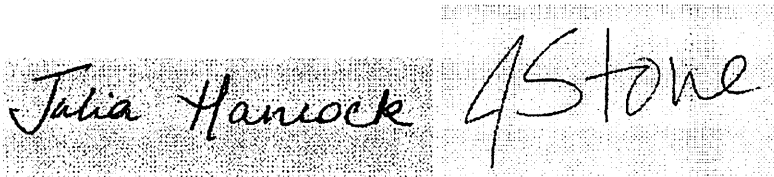
The Youth Counselling Project

Trustees' Report 31 July 2023continued

We use the services of a Grant Administer to whom we pay 20% of successful funding. She has submitted 11 applications of which 6 were successful.

Thank you to Sussex Community Fund, Ann Ryland Small Donations Programme of The Jules Thorne Trust, The Albert Trust The Edward Gostling Charitable Trust, Seaford Town Council & Ernest Kleinwort Charitable Trust.

Approved by the Trustees on 24 September 2023 and signed on their behalf by:

The image shows two handwritten signatures on a textured, dotted background. The signature on the left is 'Julia Hancock' in a cursive script. The signature on the right is 'JStone' in a more stylized, blocky cursive script.

Mrs Julia Hancock (Chair)

Mrs Josephine Stone (Treasurer)

The Youth Counselling Project

Independent Examiner's Report to the Trustees of The Youth Counselling Project

I report on the accounts of the Trust for the year ended 31 July 2023 which are set out on the following pages.

Respective responsibilities of trustee and examiner

The trustees are responsible for the preparation of the accounts.
They consider that an audit is not required for this financial year under section 144(2) of The Charities Act 2011 (the 2011 Act) but that an independent examination is needed.

It is my responsibility to:

- Examine the accounts under section 145 of the 2011 Act
- Follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act; and
- State whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions as given by the Charity Commission.

An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records.

It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters.

The procedures undertaken do not provide all the evidence that would be required in an audit and consequently, no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

Independent Examiner's statement

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

- 1) Which gives me reasonable cause to believe that in any material aspect the requirements:
 - to keep accounting records in accordance with section 130 of the 2011 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

Have not been met; or

- 2) To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



Date:

25/10/2023

The Youth Counselling Project

Statement of Financial Activities for Year Ended 31 July 2023

	Unrestricted funds	Restricted funds	Total funds	Prior year funds
	£	£	£	£
<u>Incoming Resources (Note 3)</u>				
Donations and legacies	9,955	28,265	38,220	57,374
Charitable activities			-	80
Other trading activities	3,836		3,836	1,139
Investments			-	
Separate material item of income	12,500	50,000	62,500	
Other			-	
Total	26,290	78,265	104,555	58,593
<u>Resources expended (Note 6)</u>				
Raising funds	6,764		6,764	11,499
Charitable activities		44,728	44,728	45,605
Separate material item of expense				
Other	29		29	20
Total	6,793	44,728	51,521	57,124
Other gains/(losses) (Note 19)		180	180	
Net movement in funds	19,497	33,717	53,215	1,469
Reconciliation of funds:				
Total funds brought forward	17,671	42,637	60,308	58,839
Total funds carried forward	37,168	76,354	113,523	60,308

All incoming resources and resources expended derive from continuing activities

The charity has no recognised gains or losses for the year other than the results above.

The Youth Counselling Project

Balance Sheet at 31 July 2023


	Unrestricted Funds £	Restricted Funds £	Total Funds £	Prior year £
Stocks (Note 18)				-
Debtors (Note 19)				
Cash at bank and in hand (Note 24)	39,119	74,524	113,643	62,363
Total current assets	39,119	74,524	113,643	62,363
Creditors: amounts falling due within one year (Note 20)		120	120	2,055
Net current assets/(liabilities)	39,119	74,404	113,523	60,308
Total assets less current liabilities	39,119	74,404	113,523	60,308
Total net assets or liabilities	39,119	74,404	113,523	60,308
Funds of the Charity				
Restricted income funds (Note 27)		76,354	76,354	42,637
Unrestricted funds	37,168		37,168	17,671
TOTAL FUNDS	37,168	76,354	113,523	60,308

Signed on behalf of the Trustees by:

Date: 24 September 2023



Mrs Julia Hancock (Chair)



Mrs Josephine Stone (Treasurer)

The Youth Counselling Project

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

Note 1: Accounting Policies

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

And with:

the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Fund Accounting Policy

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

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Note 2: Incoming resources

Donations and grants are recognised when there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

The charity has received government grants during the period.

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.

The charity has incurred expenditure on support costs.

Note 2: Resources Expended

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice including examination of accounts, insurance, trustee meetings, legal advice.

These include central functions and have been allocated to activity cost categories and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating staff costs by the time spent.

Stocks: The charity does not normally need to hold any stocks but if it ever do so, it would be held at the lower of cost and net realisable value.

Debtors: (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

The Youth Counselling Project

Notes to the Financial Statements for the Year Ended 31 July 2023 cont'd

Note 3: Analysis of Income	Unrestricted funds	Restricted funds	Total funds	Prior year
	£	£	£	£
Donations and gifts	9,955	50,000	59,955	10,136
Gift Aid	12,500		12,500	307
Legacies				
General grants provided by government/other charities		28,265	28,265	46,930
Other				
Total	22,455	78,265	100,720	57,374
<u>Charitable activities:</u>				
Other				80
Total				80
<u>Other Trading Activities</u>				
Fundraising Events organised by charity	3,836		3,836	1,139
Other				
Total	3,836		3,836	1,139
TOTAL INCOME	26,290	78,265	104,555	58,593

All income in the prior year was unrestricted except for:

Grant Awards: £28,265 and a Restricted Donation: £50,000

Note 4: Receipts of government grants	This year	Last year
	£	£
National Lottery Community Fund		10,000
Total	-	10,000

The Youth Counselling Project

Notes to the Financial Statements for the Year Ended 31 July 2023 cont'd

Note 6: Analysis of Expenditure

<u>Expenditure on raising funds:</u>	Unrestricted funds	Restricted funds	Total funds	Prior year
	£	£	£	£
Incurred seeking grants	5,657		5,657	11,336
Staging fundraising events	917		917	163
Fundraising agents	189		189	
Advertising, marketing, direct mail and publicity				
Total	6,764	-	6,764	11,499
<u>Expenditure on charitable activities</u>				
Direct counselling costs		43,782	43,782	44,460
Office Expenses		48	48	150
Governance - insurance, IE, charity mobile phone, Web		898	898	995
Total		44,728	44,728	45,605
<u>Other</u>				
Goodwill gifts	29		29	20
Total	29		29	20
Total Resources Expended	6,793	44,728	51,521	57,124

	This year	Last year
Note 10.1 Fees for examination of the accounts	£	£
Independent examiner's fees	120	0

The Youth Counselling Project

Notes to the Financial Statements for the Year Ended 31 July 2023 cont'd

Note 18: Stock

The charity does not normally hold any stock. Any therapy or publicity materials ordered are distributed for use immediately.

Note 19: Debtors and Prepayments

19.1 Analysis of debtors	This year £	Last year £
Trade debtors		
Prepayments and accrued income		
Other debtors - Therapist fees less than accrual	180	
Total	180	

Note 20: Creditors & Accruals

20.1 Analysis of creditors

Amounts falling due within one year

	This year £	Last year £
Trade creditors	120	2,055
Other creditors		
Total	120	2,055

Note 24

Cash at bank and in hand

	This year £	Last year £
Short term deposits		
Cash at bank and on hand	113,643	62,363
Other		
Total	113,643	62,363

The Youth Counselling Project