

THE YOUTH COUNSELLING PROJECT

Registered Charity 1174102

Annual Report and Financial Statements for Year Ending 31 July 2024

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 Michele Findlay	Secretary	
	Mr Paul Vaesen		
	Mr Alistair Campbell	From	25/01/24
	Ms Myriam Otoide	From	11/07/24
	Ms Diane Locke	From	11/07/24
	Mrs Christine McAllen	Stood down	31/07/24
	Mr Joseph Padfield	Stood down	09/05/24
	Mr David Bailey	Stood down	07/09/23

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

The Youth Counselling Project

Trustees' Report - 1st August 2023 to 31st July 2024

The Youth Counselling Project was established in early 2017 and registered with the Charity Commission in August 2017. This is our 7th year of operation.

The charity is run by volunteer Trustees, each with specific tasks. There is a wider group of local people who help mainly with fund-raising activities. There has been some movement of Trustees with 3 stepping down and 3 joining the team.

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 985 one to one sessions benefiting 80 children. Over the last two years we have had more complex cases referred for counselling. This is due to a growing number of young people suffering from severe and complex mental health issues and the lack of resources within CAMHS. Our usual allocation of 10 sessions per child is very often not enough to address the presenting issues and many children require considerably more time.

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, climate change and world unrest 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, these are responses from two children in primary school;

"I feel I love myself more and learnt to be kinder to myself which has made me so much happier. I have made some new friends and I'm feeling more confident in school"

"I found her (the counsellor) easy to talk to, she helped me understand my thoughts and feelings more. I was able to work with intrusive thoughts and found some coping techniques."

A parent commented;

"The counselling has been extremely helpful, his behaviour is slowly improving and he is showing much more empathy and understanding with his younger siblings. He is happier to attend school and staff have commented on his increased engagement in class"

During the year we raised £26,366, of which £10,000 was from grant applications, £13,803 from donations and £2,559 from fund raising activities.

Along with most charities fundraising has been more difficult this year due to the financial crisis and competition has been fierce. We use the services of a Grant Administrator to whom we pay 20% of successful bids. This year we have only been awarded with one grant out of eight applications. Thank you to the David Riddell Memorial CIO.

The Youth Counselling Project

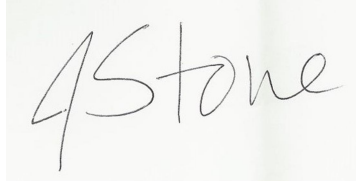
Trustees' Report 31 July 2024continued

We have been well supported by the local community in and around Seaford.
Thank you to everyone, especially, Elizabeth and Prince Zaiger Trust, Salt Edge Arts, Ocean Adventures, Correlli Ensemble and Seaford Choral Society amongst others.

Approved by the Trustees on 6th August 2024 and signed on their behalf by:

A handwritten signature in black ink on a light grey background. The signature reads "Julia Hancock" in a cursive script.

Mrs Julia Hancock (Chair)

A handwritten signature in black ink on a light yellow background. The signature reads "J Stone" in a cursive script.

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 2024 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:



For Shoreline Accountants

Date:

16TH AUGUST 2024

The Youth Counselling Project

Statement of Financial Activities for Year Ended 31 July 2024

	Unrestricted funds	Restricted funds	Total funds	Prior year funds
	£	£	£	£
<u>Incoming Resources (Note 3)</u>				
Donations and legacies	13,803	10,000	23,803	38,220
Charitable activities	4		4	
Other trading activities	2,559		2,559	3,835
Investments				
Separate material item of income				62,500
Other				
Total	16,366	10,000	26,366	104,555
<u>Resources expended (Note 6)</u>				
Raising funds	2,730		2,730	6,764
Charitable activities	4	49,937	49,941	44,728
Separate material item of expense				
Other	19		19	29
Total	2,753	49,937	52,690	51,521
Other gains/(losses) (Note 19)				180
Net movement in funds	13,613	-39,937	-26,305	53,215
Reconciliation of funds:				
Total funds brought forward	37,168	76,354	113,523	60,308
Total funds carried forward	50,781	36,417	87,198	113,523

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 2024

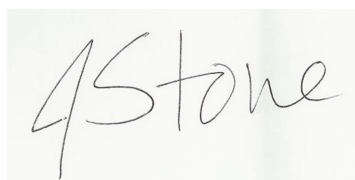
	Unrestricted Funds £	Restricted Funds £	Total Funds £	Prior year £
Stocks (Note 18)				-
Debtors (Note 19)				
Cash at bank and in hand (Note 24)	52,681.	34,638	87,318	113,643
Total current assets	52,681	34,638	87,318	113,643
Creditors: amounts falling due within one year (Note 20)		120.	120	120
Net current assets/(liabilities)	52,681	34,518	87,198	113,523
Total assets less current liabilities	52,681	34,518	87,198	113,523
Total net assets or liabilities	52,681.	34,518	87,198	113,523
Funds of the Charity				
Restricted income funds (Note 27)		36,417	36,417	76,354
Unrestricted funds	50,781		50,801	37,168
TOTAL FUNDS	50,781	36,417	87,198	113,523

Signed on behalf of the Trustees by:

Date: 6th August 2024



Mrs Julia Hancock (Chair)



Mrs Josephine Stone (Treasurer)

The Youth Counselling Project

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

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 2024 cont'd

Note 3: Analysis of Income	Unrestricted funds £	Restricted funds £	Total funds £	Prior year £
Donations and gifts	13,178		13,178	59,955
Gift Aid	625		625	12,500
Legacies				
General grants provided by government/other charities		10,000	10,000	28,265
Other				
Total	13,803	10,000	23,803	100,720
<u>Charitable activities:</u>				
Other	4		4	0
Total	4		4	0
<u>Other Trading Activities</u>				
Fundraising Events organised by charity	2,559		2,559	3,836
Other				
Total	2,559		2,559	3,836
TOTAL INCOME	16,366	10,000	26,366	104,555

All income in the prior year was unrestricted except for:

Grant Awards: £28,265 &
£50,000 Restricted
Donation

Note 4: Receipts of government grants	This year £	Last year £
.	0	0
Total	0	0

The Youth Counselling Project

Notes to the Financial Statements for the Year Ended 31 July 2024 cont'd

Note 6: Analysis of Expenditure

<u>Expenditure on raising funds:</u>	Unrestricted funds	Restricted funds	Total funds	<i>Prior year</i>
	£	£	£	£
Incurred seeking grants	2,000.		2,000	5,658
Staging fundraising events	668		668	917
Fudraising agents	62		62	189
Advertising, marketing, direct mail and publicity				
Total	2,730		2,730	6,764
<u>Expenditure on charitable activities</u>				
Direct counselling costs		48,626	48,626	43,782
Office Expenses	4		4	48
Governance - insurance, IE, charity mobile phone, Web		1,311	1,311	898
Total	4	49,937	49,941	44,728
<u>Other</u>				
Other	19		19	29
Total	19	0	19	29
Total Resources Expended	2,753	49,937	52,690	51,521

Note 10.1 Fees for examination of the accounts

This Year	<i>Last Year</i>
120	120

The Youth Counselling Project

Notes to the Financial Statements for the Year Ended 31 July 2024 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	0	180
Total	0	180

Note 20: Creditors & Accruals

20.1 Analysis of creditors	Amounts falling due within one year	
	This year £	Last year £
Trade creditors	120	120
Other Creditors		
Total	120	120

Note 24

Cash at bank and in hand

	This year £	Last year £
Short term deposits		
Cash at bank and on hand	87,318	113,643
Other		
Total	87,318	113,643

The Youth Counselling Project