



Annual Report 2022/23

**EMPOWERING
YOUNG
WOMEN AND
GIRLS TO
DEVELOP
HIGHER
CONFIDENCE
AND SELF-
ESTEEM, STAY
IN EDUCATION,
AND CREATE A
BRIGHT FUTURE**



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OVERVIEW

FOUNDER:

Ali Golds

FOUNDING PROPOSALS:

To advance in life young women of school age who have experienced significant challenges

BUSINESS LOCATION:

12 New Broadway, Worthing BN11 4HP

LEGAL FORM:

The Juno Project, Charity number 1176628

CEO:

Sanchia Ryan

START OF CHARITABLE ACTIVITY:

January 2017

FINANCING:

Funded through donations from grant funders, foundations, and private individuals

FUTURE PLANS:

The Juno Project has already supported over 500 girls in West Sussex since inception, and intends to take operations nationally over the next two years.



WHO WE ARE

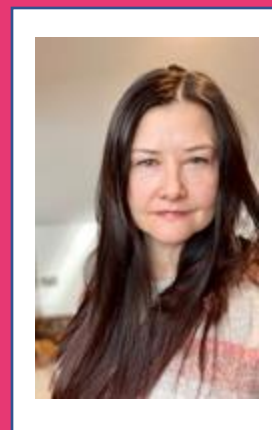
Our board of trustees



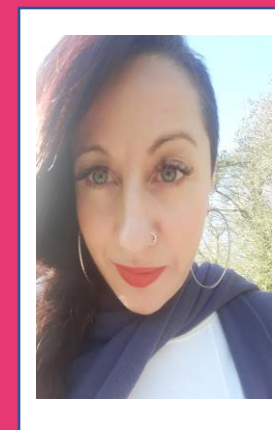
Alex Gray
Appointed 3/12/21



Geoff Cherrill
Appointed 6/6/22



Emma Banks
Appointed 4/2/22



Sanchia Ryan
Appointed 4/1/22



OUR CEO

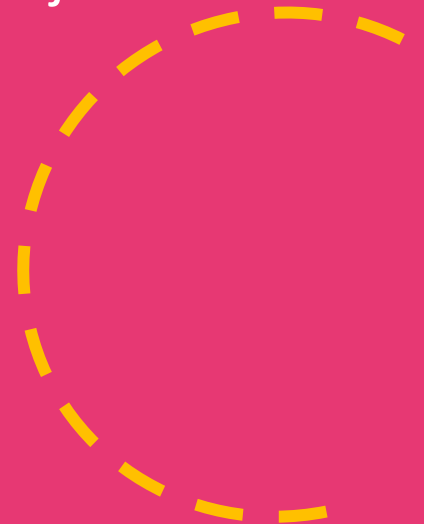


TRUSTEE SUMMARY

This year has seen The Juno Project continue to deliver its programmes successfully to a large number of young women. The feedback makes it clear that these programmes are having a very positive impact on their lives and it is a pleasure to have the opportunity to support them.

There has been an increase in the stability and sustainability of the organisation and this has ensured that we are in a position to drive things forward and develop our programmes further. We are very excited about the future of The Juno Project!

Alex, Geoff and Emma



WHO WE SUPPORT

We support girls and young women aged 10- 16, with unmet emotional needs, and untapped potential, who are at risk of leaving school without the environment or tools they need to grow beyond their trauma and challenge, nurture their self-worth and recognise their abilities and aspirations. This issue has huge implications for the life outcomes of all these young women, along with the family unit and society at large, placing strain on social institutions, health, wellbeing, and community resources.

Current research shows that that young women make up the highest risk group for mental health issues. A quarter of young women self-harm – more than twice the rate for young men, and this figure is growing. Young women are 3 times more likely to have common mental health issues, and PTSD, than young males. They are also 75% more likely to consider, or attempt suicide, than their male counterparts. Numerous studies acknowledge that being able to manage emotions is critical for achievement, as without the ability to regulate emotions, it is hard for young women to establish positive relationships, and dysregulation due to Adverse Childhood Experiences (ACE) can impact negatively on executive function.

There is a strong correlation between poor mental health and ACE, which are now widely acknowledged as being detrimental across a range of on-going and diverse life outcomes, including physical health and longevity.

WHAT WE DO

We believe that early intervention with young women who are struggling with the impact of ACE and/or mental health issues is key, because young women deserve fulfilling, happy lives and have untapped abilities, gifts, and talents, that our communities need. Our mission is to enthuse, encourage and empower young women whose vulnerabilities may lead to challenging life outcomes.

Our programmes provide positive female role models, generate trust, and create a safe and reflective environment in which young women can begin to explore their experiences, behaviours and core beliefs along with learning tools to support emotional regulation and resilience. We encourage young women to explore their own agency and create powerful, positive stories about what they have survived, who they are and what they can achieve: all our work is framed by the question, 'What are your gifts and how will you use them?'



OUR YEAR

The Juno Project worked with 168 young women this year across schools in West Sussex.

We made links with new schools and demand for our programme continued to increase.

We were successful in finding our first corporate sponsor, Out-standard, London.

We have 3 new facilitators who bring a wealth of skill and experience in working with young people. Our new website has gone live and we have made great progress as a new board in generating a long term strategy for the charity's continued success and growth.

We have begun planning for our new Youth Advisory Board and are working on our new 3 year strategy.

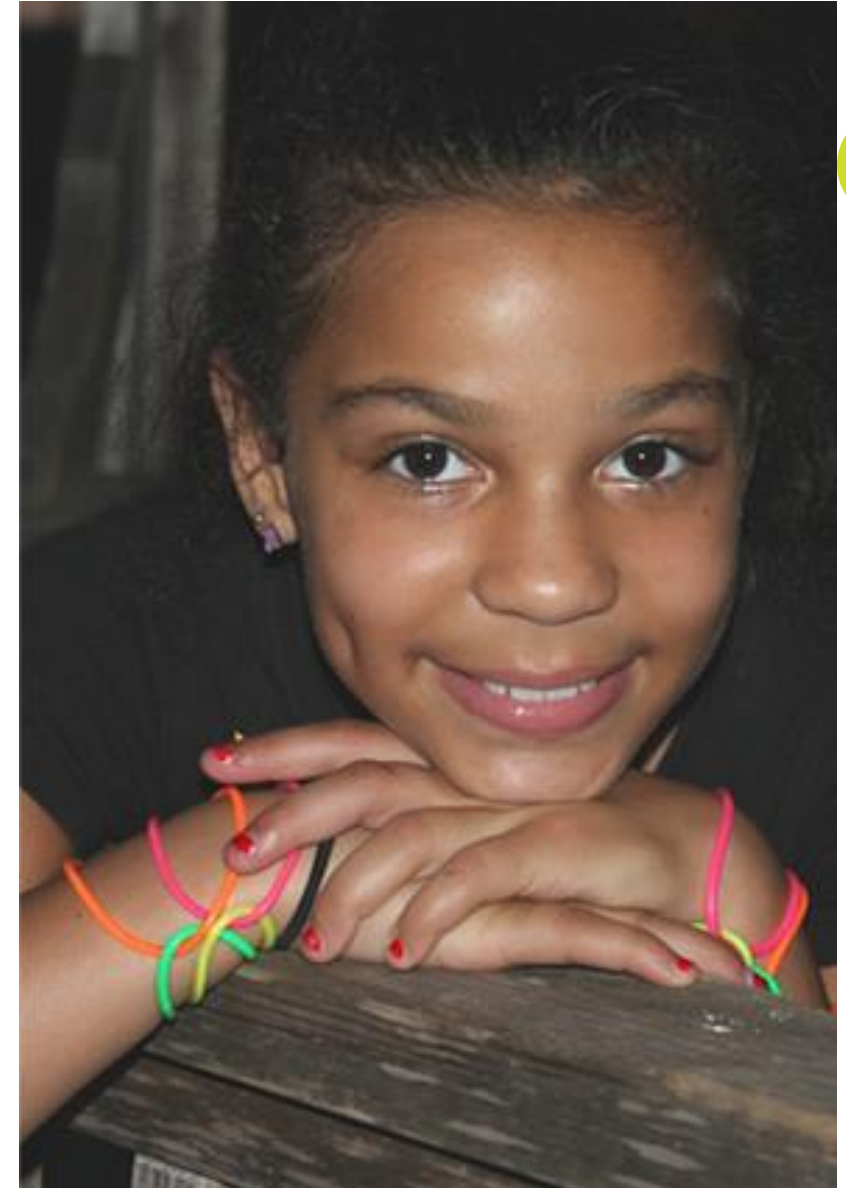


OUR YEAR

Our programmes are written for the young women we support, and therefore it's vital that they have continuous input into the work we do.

We ask all participants to complete a questionnaire at the beginning and end of each programme. This helps us to ensure that we have the information we need to support them and that we are listening to young women and meeting their needs.

So far in this school year, 75% of the young women we worked with told us that their contribution to school life and their community had improved and 70% told us that there have been improvements in aspiration and goal setting. Attendance data demonstrates that school attendance has improved for more than half of the young women on programme.



OUR YEAR

When asked what changes the parents and teachers saw in the girls, comments included:

More confidence with managing anxieties and judgement of themselves and others.

Students seem more positive about engaging with school.
Gave students an understanding of how to tackle issues in a different way

An increased ability to ask for help from adults.
Some of the students have been able to stay calm for longer during times of confrontation or challenge.

Attendance increased, especially to lessons they previously did not like. Some students engage more with completing coursework tasks as they saw a point to them.

Students now recognise the importance of walking away to calm down, especially when dealing with social issues.
Some have got better at identifying and reaching out to key trusted adults in school.

OUR YEAR – A SMALL SELECTION OF WHAT SOME OF OUR PARTICIPANTS SAID THEY LEARNED:

I have learned I deserve to be somewhere safe. I told school what happened at home...now I am going to a foster family.

I have learned to hide my feelings less and might go to counselling.

I need to appreciate the good things in my life. I need to be willing to change for my life to change.

Anxiety doesn't define me. It is not forever. I am going to counselling to challenge my anxiety now.

I am just as worthy as other people. I take care of myself more.

I have 6 new friends and someone likes me.



**OUR
FUTURE IS
POSITIVE!**



OUR FUTURE

We are committed to empowering vulnerable and marginalised young girls to improve their self-esteem and confidence, overcome their challenges and achieve their potential.

We are still seeing an increasing number of referrals from schools and external agencies wanting to refer to our programmes, year on year, and we are keen to work closely with our referral partners to further develop our programmes to meet demand and respond to gaps in service.

We are in the process of developing a Youth Advisory Board to oversee our work and looking at expanding our service offer to include social action, and a greater focus on youth voice. We are now working with a child and adolescent mental health expert to further develop our programmes.



We are also increasing the age range of the young women we work with, by growing the support available for KS 3 young women and our programme for younger girls in Year 6, Horizons, to support the transition to secondary school.

We are keen to increase our reach in supporting young people nationwide.





THANK YOU

We want to thank **all** of our donators, funders and sponsors, for the support and help you have offered us this year.

Special thanks to Out-standard, London, our corporate sponsors, who pledge us monthly financial support and have generously offered their time and encouragement to the young women on programme with us.

More about them here - <https://out-standard.com/>

OUT/STANDARD

Ernest Kleinwort Charitable Trust

SUPPORTED BY



**CHILDREN
IN NEED**

**The
Henry Smith
Charity**
founded in 1628





CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
The Juno Project CIO

No (if any)
1176628

Receipts and payments accounts

CC16a

For the period
from

Period start date
01.04.2022


To

Period end date
31.03.2023

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Grant income	41,343	23,929	-	65,272	18,500
Donations	7,000	-	-	7,000	-
Other income	749	-	-	749	521
Bank interest	279	-	-	279	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	49,371	23,929	-	73,300	19,021
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	49,371	23,929	-	73,300	19,021
A3 Payments					
Facilitators	24,106	12,493	-	36,599	28,472
Support services	6,867	-	-	6,867	3,434
Office costs	2,026	-	-	2,026	888
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	32,999	12,493	-	45,492	32,794
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	32,999	12,493	-	45,492	32,794
Net of receipts/(payments)	16,372	11,436	-	27,808	- 13,773
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	9,979	-	-	9,979	-
Cash funds this year end	26,351	11,436	-	37,787	- 13,773

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank account	26,351	11,436	-
		-	-	-
		-	-	-
	Total cash funds	26,351	11,436	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Emma Banks	3/5/23	



Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
The Juno Project CIO

On accounts for the year
ended

31 March 2023

Charity no
(if any)

1176628

Set out on pages

1-2

Remember to include the page numbers of additional sheets

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 March 2023.

Responsibilities and
basis of report

As the charity trustees of the Trust, 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 Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

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

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

Signed:

M Hazell

Date:

13 April 2023

Name:

Mark Hazell

Relevant professional
qualification(s) or body
(if any):

FCA (ICAEW)

Address:

Sovereign Accountancy Limited

43b Exeter Road

Exmouth EX8 1PX