

CARDIGAN YOUTH PROJECT

ANNUAL REPORT AND ACCOUNTS

YEAR ENDED 31 MARCH 2022

CHARITY COMMISSION NUMBER 1181959

CARDIGAN YOUTH PROJECT

TRUSTEES' REPORT

The trustees present their report and accounts for the year ended 31 March 2022.

This year has been an exciting and challenging one for Area 43. Coming out of a pandemic and enforced services changes was always going to be difficult, however, the organisation decided to take the opportunity to take stock of its position and its services.

We used the time to consult with young people, our stakeholders and the wider community to decide upon a new strategy for the organisation's future, and this year was our first year delivering against this.

Area 43's new mission and vision looks to empower and support young people to access local, high-quality, evidence-informed advice, counselling, and other services to help improve their life opportunities.

We work to collaborate with young people and network with other organisations to promote and develop free, young person-centred, needs-led services. Because we believe every person deserves the opportunity to realise their potential, whatever their life circumstances.

We wanted to ensure that all young people should have somewhere to turn to and someone to talk to, wherever and whenever they are in need.

This vision is now underpinned by a set of values, an ethos in which all of our work is founded and placing our clients at the heart of all we do.

We pride ourselves on delivering the best services we can by being:

- Trustworthy
- Inspiring
- Supportive and non-judgmental
- Committed
- Reliable
- Dynamic
- Innovative
- Sustainable

Building Better Futures – The Challenge

The Centre at Pontycleifion provided drop-in information and counselling support to many vulnerable young people in our community over the past twenty years or so and we are proud of our achievements, but the world has changed recently. Even before the pandemic, young people experienced increased mental health issues, suicide, isolation, and a support system that didn't meet their needs.

One in eight young people suffers from a mental health issue.

30% live in poverty, and more than a third have self-harmed.

We also know that young people are experiencing a lack of employment opportunities, issues related to body image and materialism. Pressures from social media and negative stereotyping. As well as the age-old problems of poverty, domestic abuse, other family issues, substance misuse, and crime.

Add to that a year or so out of school, isolated from friends, family and support systems, and the crisis is at breaking point.

The Dropin at Pontycleifion had been operating on an appointment only service throughout the pandemic and we were aware that this was ineffective and engagement from young people was dwindling. There has been negative stigma attached to the dropin in the past, with comments like "you have to have a problem to go there"

The centre only opened Monday to Friday 10:00 – 16:45 and this wasn't meeting the increasing needs of young people. We felt that our focus should be on prevention as well as intervention, and we knew

we must do something about it.

So, we used the opportunity of lockdown to do an online consultation, and we asked young people what they needed from Area 43...

They told us they needed a safe, relaxed, friendly, inclusive, and tolerant meeting space

That we needed to support a wider age range to include younger people

They wanted us to embrace diversity and offer support to all young people regardless of social or cultural backgrounds

They needed to engage with their peers in a safe and supportive drug and alcohol-free environment

They needed to be allowed to be in a space, simply for relaxation, recreation, and entertainment. Not being pushed to 'do something' was important for them

They recognised a need for appropriate information and signposting to specialist services when necessary and wanted support with that.

A place where young people could develop good quality relationships with their peers and with adults

And for opportunities to learn life skills and improve their employment opportunities in an informal space, just for young people.

Most importantly, they want autonomy and involvement in what happens in that space.

So, with that in mind, we looked at the possibility of finding a venue for a youth café that would provide a safe, dedicated, quality meeting space for young people aged 14 to 25 to do all those things.

We were fortunate that the old Pendre Art Building became available around this time as a fully equipped cafe space.

Thanks to our Trustees and funding through WCVA's Social Business Growth Fund, we were able to purchase the building in August 2021. Subsequent to the building purchase and following some very vigorous Grant Funding applications we received support and funding from the Lottery, Welsh Governments Community Facilities Grant, UK Governments Community Renewal Fund managed through Cyngor Sir Ceredigion better known as the Levelling Up Fund, EUT Food Poverty Grant and Transforming Towns Placemaking Grant Mid Wales to carry out extensive refurbishment works to bring the space from a single skin warehouse to the beautiful building needed to make young people's vision come true. These refurbishment works straddle this and next financial years.

Our aim is to continue supporting young people by removing barriers to our services.

Securing positive outcomes by being flexible and responsive in our approach to unlocking their potential, even in the face of adversity.

We would like to help young people to contribute to legislation that affects them and to empower them to become involved in their communities and challenge issues that affect them directly.

Our work is underpinned by developing a robust organisation where client participation is central to all our activities, and we use our strengths to maximise our impact by maintaining and developing Area 43 and Depot to continually meet young people's needs.

The Youth Cafe allows us to meet these outcomes.

We created Team 43 a group of young people that use our services or are employed on a supported placement, and they help to shape service delivery and provision and feed into all aspects of Depot.

We created a team of therapy dogs led by Maisy who has been with us for about 18 months, she is joined by new recruits Sundae and Spot. As you can imagine, Maisy and her team are a big draw with young people. Therapy Dogs help put the clients at ease by providing a cute and cuddly distraction. As they are focussed on petting the dog, they don't need to look at a support worker, which can make it easier for them to offload their troubles.

We have been fortunate over the past year or so that we have attracted the attention and support of the UK Youth Mental Health Ambassador, Dr Alex, and he has visited us several times.

Dr Alex attended our opening week with a film crew looking at Mental Health Services and was amazed at Depot's provision. He has since featured the service on his social media on numerous occasions and mentioned us several times when he has appeared on Lorraine Kelly's morning TV show. He also uses us as an example of what services should look like when talking to UK Government and has encouraged MPs to attend to see what services should be funded.

We continue to offer our Independent Schools Based Counselling Services (ISBCS).

Our main contract is to deliver counselling across Carmarthenshire schools for children and young

people from reception to year 13. This means counselling support is available throughout Carmarthenshire's entire school age range. We also provide schools counselling services in Ysgol Uwchradd Aberteifi, Ysgol Bro Pedr and Ysgol Bro Preseli.

Additionally, we offer fully professional and confidential counselling services online, supported by Hywel Dda University Health Board, throughout Ceredigion and at POINT in Fishguard. 14 - 25-year-olds can still access counselling through Depot.

We saw a total of 2026 young people for counselling during last academic year across the whole service.

A total of 10,636 sessions were delivered across all our services over the last academic year of 21/22.

We track presenting and predominant issues for each client, as you may expect following the pandemic, Anxiety is the main presenting issue for young people with almost a quarter of them citing this as their main concern.

This is closely followed by family issues which has historically been the biggest concern.

We are also seeing high levels of stress, anger, self-worth, suicidal ideation and self-harm.

So, we hope you can see the need for early intervention/prevention services and safe spaces for our young people to access the support that they need.

Area 43 – Into the future

Area 43 over the next year will be looking to build on the foundation it has built providing youth led services. We will continue to deliver high quality, free at point of access services to young people, and will look to address further need in conjunction with young people.

We will be introducing focus groups looking at ensuring the ISBCS is meeting need, and introducing new promotional media based on young people's input.

We have learnt a lot through the introduction of a truly youth-led ethos, and we hope to share our learning with others, demonstrating what young people can achieve with the right opportunities and support. They can design and shape services that meet their needs.

The coming year will see Area 43 have opportunities to share our learning as we get ready to lead on a county wide youth led partnership for The National Lottery Community Fund and it's Mind Our Future project.

We will also be focussing on ensuring stability in the organisation given its recent growth and consolidating our current position. This will ensure we have the infrastructure required to continue to deliver against the organisational strategy.

Type of governing document

Constitution

How is the charity constituted?

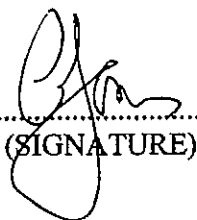
Charitable incorporated organisation

Trustee selection methods

Via election at AGM and by Trustee co-option

Approved by the trustees on

and signed on their behalf by:


.....
(SIGNATURE)

G. JAMES
.....
(NAME) (TRUSTEE)

CARDIGAN YOUTH PROJECT**SIGNIFICANT INFORMATION**

The organisation was established under a trust deed dated 26 June 1996 (and subsequently converted to a CIO in February 2019) in order to promote the benefit of the young inhabitants of Cardigan and the surrounding area aged predominately 16 to 25, without distinction of gender, sexual orientation, religion or other opinions by the provision of facilities to advance education and provide facilities in the interests of health and social welfare, counselling and advice, recreation and leisure time occupation.

OFFICERS:

Chairman/Trustee: Geoffrey Jones

Secretary/Trustee: Jaqui Lyne

TRUSTEES: Alan Lewis
Alun Rhys Williams
Geoffrey Summers
Mark Taylor
Robert Gee

ADVISERS

Bankers: Barclays Bank Plc, Cardigan Business Centre, Ceredigion Group of Branches,
PO Box 16, Cardigan, Ceredigion, SA43 1LR.

Accountants: D M B Davies Limited, Broyan House, Priory Street, Cardigan, SA43 1BZ.

Solicitors: Colin Taylor, Solicitor, Bingham House, Pendre, Cardigan, Ceredigion, SA43 1JU.

Office: 1 Pontycleifion, Cardigan, SA43 1DW.

Telephone: 01239 614566.

THE CARDIGAN YOUTH PROJECT

TRUSTEES' RESPONSIBILITY FOR THE ACCOUNTS

Charity Law requires the trustees to prepare statements of account for each financial year which give a true and fair view of the state of affairs of the charity and of its incoming resources and application of resources for that period. In preparing those financial statements, the trustees are required to:

- * select suitable accounting policies and apply them consistently;
- * 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 operation;
- * to value assets and liabilities in accordance with the Statement of Recommended Practice Accounting by Charities.

The trustees are responsible for keeping proper accounting records which are sufficient to show and explain the charity's transactions and to disclose with reasonable accuracy at any time the financial position of the organisation, and to enable them to ensure that any statements of account comply with the requirements of the Charities Act 2011. They 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.

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES
OF THE CARDIGAN YOUTH PROJECT**

I report on the accounts of the Trust for the year ended 31 March 2022, which are set out on pages 5 to 10.

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 my 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 Commission (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

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from 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.

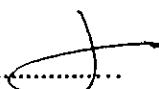
Independent examiner's statement

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

1) which gives me reasonable cause to believe that in any material respect the requirements

- * to keep accounting records in accordance with section 130 of the Charities Act; and
- * to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities 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.

.....

D M B DAVIES LIMITED
 Accountants
 Broyan House
 Priory Street
 CARDIGAN
 Ceredigion
 SA43 1BZ

DATE... 7 December 2022

THE CARDIGAN YOUTH PROJECT

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2022

	NOTES	GENERAL FUND	RESTRICTED FUNDS	RESERVES FUND	REVALUATION RESERVE	2022	TOTAL 2021
		£	£	£	£	£	£
INCOMING RESOURCES							
Sundry Income	2	2,966	-	-	-	2,966	16,595
Contracts and Services	10	706,934	319,152	-	-	1,026,086	632,599
Bank Interest		-	-	-	-	-	853
Investment Income		14,878	-	-	-	14,878	9,810
Government Grants		-	-	-	-	-	43,435
Depot Sales		1,769	-	-	-	1,769	-
TOTAL INCOMING RESOURCES		726,547	319,152	-	-	1,045,699	703,292
RESOURCES EXPENDED							
Expenditure costs, including Head Office and Counselling Services	3	629,399	-	-	-	629,399	543,910
Depreciation/(Profit on Sale)		18,613	-	-	-	18,613	2,795
Governance Costs	4	1,080	-	-	-	1,080	1,080
Reduction in closing stock of jewellery		1,000	-	-	-	1,000	500
TOTAL EXPENDITURE		650,092	-	-	-	650,092	548,285
Net Incoming(Outgoing) resources before transfers		76,455	319,152	-	-	395,607	155,007
Gross transfers between funds		(30,000)	-	30,000	-	-	-
Other recognised gains/(losses):							
Gains and losses on revaluation of assets		(513)	-	-	-	(513)	60,013
Funds brought forward		776,786	-	120,000	87,489	984,275	769,255
TOTAL FUNDS CARRIED FORWARD		822,728	319,152	150,000	87,489	1,379,369	984,275

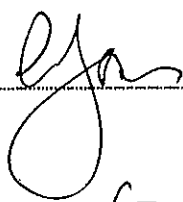
The Notes on pages 7 to 10 form an integral part of these Accounts.

THE CARDIGAN YOUTH PROJECT
BALANCE SHEET AS AT 31 MARCH 2022

		<u>2022</u>	<u>2021</u>
		£	£
<u>FIXED ASSETS</u>			
Tangible Assets	5	647,672	167,267
Investments	6	<u>346,756</u>	<u>332,965</u>
		994,428	500,232
<u>CURRENT ASSETS</u>			
Jewellery stocks		2,500	3,500
Cash at Bank and in Hand		202,476	266,600
Debtors and Prepayments		<u>331,838</u>	<u>258,150</u>
		536,814	528,250
<u>CREDITORS</u>			
Amounts Falling due within one year	7	<u>151,873</u>	<u>44,207</u>
<u>NET CURRENT ASSETS</u>		384,941	484,043
<u>TOTAL ASSETS LESS CURRENT LIABILITIES</u>		£ <u><u>1,379,369</u></u>	£ <u><u>984,275</u></u>
 <u>FUNDS</u>			
General Fund		822,728	776,786
Restricted Funds	10	319,152	-
Reserves Fund	11	150,000	120,000
Revaluation Reserve		87,489	87,489
		£ <u><u>1,379,369</u></u>	£ <u><u>984,275</u></u>

Approved by the Trustees on

and signed on their behalf by:


 _____ Trustee
 G. JONES Name

The Notes on Pages 7 to 10 form an integral part of these accounts.

THE CARDIGAN YOUTH PROJECT
NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2022

1) ACCOUNTING POLICIES

Basis of Accounting

These Accounts have been prepared on the basis of historic costs in accordance with Accounting and Reporting by Charities - Statement of Recommended Practice (SORP), with Accounting Standards, and with the Charities Act 2011.

Income

Donations and legacies are accounted for when received by the Charity. Other Income is accounted for on an accruals basis as far as it is prudent to do so. Income includes income tax recoverable.

Gifts in Kind

The Charity receives the benefit of work carried out by volunteers and receives the use of facilities and equipment without charge. No value is placed on these items, where the benefit extends over several periods, in which case they are valued and included in the balance sheet at a reasonable valuation.

Grants

Revenue Grants are credited to the income and expenditure account as received, unless related to a specific period, when it is placed in a restricted funds until used.

Depreciation

Depreciation of Tangible fixed assets is provided at the following annual rates in order to write off each asset over its estimated useful life:

Land and Buildings 2% on a straight line basis.

Fixtures, fittings and equipment 15% on written down value.

Motor vehicles 20% on written down value.

Computer Equipment 30% on written down value

2) <u>SUNDRY INCOME</u>	<u>2022</u>	<u>2021</u>
Gifts and Donations	2,588	15,914
Jewellery sales	97	632
Rental Income	-	40
Miscellaneous	281	9
	<u>£ 2,966</u>	<u>£ 16,595</u>

THE CARDIGAN YOUTH PROJECT
NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2022

<u>3) EXPENDITURE COSTS, INCLUDING HEAD OFFICE AND COUNSELLING SERVICES</u>	<u>2022</u> <u>£</u>	<u>2021</u> <u>£</u>
Insurances	4,312	3,992
Telephone Charges	3,380	1,190
Heat & Light	3,658	1,505
Water rates and Rent	971	389
Computer costs	6,573	4,924
Project Expenditure	4,579	1,339
Room Hire	120	2,188
Subscriptions, Licenses and fees	515	703
Contractors	47,859	38,780
DBS Checks	1,552	1,049
Advertising and promotion	391	8,676
Stationery	2,328	1,902
Wages and National Insurance	524,839	435,232
Pension Contributions	12,720	21,415
Travel and Motoring	2,292	584
Training Costs (including volunteers)	3,893	5,952
Cleaning costs & maintenance	5,046	7,112
Sundry Expenses	101	2,643
Professional Fees	3,400	-
Repairs to Property	140	3,544
Bank Charges	157	191
Investment Management Fees	573	600
	<u>629,399</u>	<u>543,910</u>
<u>4) GOVERNANCE COSTS</u>	<u>2022</u>	<u>2021</u>
Accountancy	<u>1,080</u>	<u>1,080</u>

<u>5) FIXED ASSETS</u>	<u>LAND & BUILDINGS</u>	<u>FIXTURES, FITTINGS & EQUIPMENT</u>	<u>COMPUTER EQUIPMENT</u>	<u>TOTAL</u>
<u>Cost or Valuation</u>				
At 31 March 2021	160,000	38,422	21,300	219,722
Additions	486,725	-	12,293	499,018
Disposals	-	-	-	-
At 31 March 2022	<u>646,725</u>	<u>38,422</u>	<u>33,593</u>	<u>718,740</u>
<u>Depreciation</u>				
At 31 March 2021	-	37,157	15,298	52,455
Charge for year	12,935	190	5,488	18,613
At 31 March 2022	<u>12,935</u>	<u>37,347</u>	<u>20,786</u>	<u>71,068</u>
Written Down amount as at 31 March 2022	<u>633,790</u>	<u>1,075</u>	<u>12,807</u>	<u>647,672</u>
Written Down Amount as at 31 March 2021	<u>160,000</u>	<u>1,313</u>	<u>6,002</u>	<u>167,315</u>

THE CARDIGAN YOUTH PROJECT
NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2022

10) OTHER DESIGNATED FUNDS

Received during the year ended 31 March 2022

Carmarthenshire County Council (reclaim for unspent grant)	(2,800)
Cymdeithas Mudiad CAVO	8,705
Ceredigion County Council	4,770
WCVA Kickstart	24,325
WCVA SBGF	77,795
Transforming Towns	97,291
European Transition Fund	61,913
Tesco Community Grant	1,050
Big Lottery Community Funding	46,103
	<u>319,152</u>

The funds were applied during the year for the purposes for which they were intended.

11) RESERVES POLICY

The Trustees recognise the need for an adequate and accessible financial reserve. The reserve is in place to cover any unplanned changes in circumstance of the organisation and allows for a managed and funded transition based on covering six months of fixed, non-contract based, operating expenditure. For the year ending March 2023 this is set at £150,000