

CARDIGAN YOUTH PROJECT

ANNUAL REPORT AND ACCOUNTS

YEAR ENDED 31 MARCH 2023

CHARITY COMMISSION NUMBER 1181959

CARDIGAN YOUTH PROJECT

TRUSTEES' REPORT

The trustees present their report and accounts for the year ended 31 March 2023.

This year has been another exciting and challenging one for Area 43. We are now two years into our strategic plan and we have made great strides in our mission and vision to empower and support young people to access local, high-quality, evidence-informed advice, counselling, and other services. We set out to collaborate with young people and work with other organisations to promote and develop free, young person-centred, needs-led services. The launch of the Dyfodol Ni Partnership, with support from The National Lottery Community Fund's Mind Our Future Fund, during the year underpins the work we have done within our own services to ensure young people led services. This partnership of 21 organisations have worked in together with young people to develop and design services aimed at improving their mental health. During this year, over 1200 young people were consulted with, headed up by the Young People's Management Committee, who have then developed a delivery plan for services for the next five years. This delivery plan will see the introduction of Feelz on Wheels/Llw a Byw, a mobile safe space serving Ceredigion's rural population, and the introduction of S³ a youth lobbying group, whose focus will be the importance of safe spaces, with particular focus on Aberystwyth in the coming years.

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. Depot continues to successfully operate as a safe space, mental health hub, where young people can attend and access service at a time that suits them, speak to support workers and access intervention work and onward referral. This year Depot has seen an average of 200 visits per week from young people and continues to offer work placements to young people furthest from the job market. Depot and its work has been supported by The National Lottery Community Fund and UK Governments Community Renewal Fund via Ceredigion County Council. We moved the central administration team from the old centre in Pontycleifion to the newly refurbished offices at Depot, with the old building being leased to a charitable youth organisation, Jig- Sô from April 2023.

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. Following an open tender we were awarded a three year contract to continue to deliver this service in Carmarthenshire starting from September 2022. We also provide schools counselling services in Ysgol Bro Pedr in Ceredigion and Ysgol Bro Preseli in Pembrokeshire. We also have been delivering counselling support to The POINT Fishguard. We saw a total of 1638 young people for counselling during the last academic year across the whole service.

A total of 9993 sessions were delivered across all our services over the last academic year of 2022/23. We track presenting and predominant issues for each client, 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.

This year we introduced focus groups looking at ensuring the ISBCS is meeting need, and introduced new promotional media based on young people's input.

Area 43 – Into the future

Area 43 over the next year will be looking to develop 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 have learnt a lot through the introduction of a truly youth-led ethos, and we hope to further share our learning with others, through the Dyfodol Ni partnership. Demonstrating what young people can achieve with the right opportunities and support. They can design and shape services that meet their needs.

We have made strides in expanding and we will be focussing on ensuring stability in the organisation given its recent growth and consolidating our current position.

Type of governing document

Constitution

How is the charity constituted?

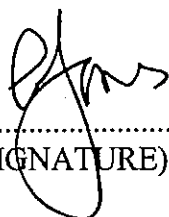
Charitable incorporated organisation

Trustee selection methods

Via election at AGM and by Trustee co-option

Approved by the trustees on

and signed on their behalf by:



.....
(SIGNATURE)



.....
(NAME)

(TRUSTEE)

**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 2023, 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.

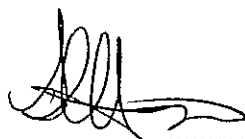
Independent examiner's statement

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.....19/12/2023.....

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

<u>TRUSTEES:</u> Alan Lewis	
Alun Rhys Williams	(Resigned 2 nd March 2023)
Geoffrey Summers	(Resigned 15 th November 2022)
Mark Taylor	
Robert Gee	
Rachel Troup	(Appointed 15 th November 2022)
Karri Leadbetter	(Appointed 15 th November 2022)

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: 35 Pendre, Cardigan, SA43 1JS.

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.

THE CARDIGAN YOUTH PROJECT

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2023

	<u>NOTES</u>	<u>GENERAL</u>	<u>RESTRICTED</u>	<u>RESERVES</u>	<u>REVALUATION</u>		<u>TOTAL</u>
		<u>FUND</u>	<u>FUNDS</u>	<u>FUND</u>	<u>RESERVE</u>	<u>2023</u>	<u>2022</u>
<u>INCOMING RESOURCES</u>							
		£	£	£	£	£	£
Sundry Income	2	3,516	-	-	-	3,516	2,966
Contracts and Services	10	687,606	248,321	-	-	935,927	1,026,086
Bank Interest		5	-	-	-	5	-
Investment Income		13,575	-	-	-	13,575	14,878
Government Grants		-	-	-	-	-	-
Depot Sales		10,080	-	-	-	10,080	1,769
<u>TOTAL INCOMING RESOURCES</u>		<u>714,782</u>	<u>248,321</u>	<u>-</u>	<u>-</u>	<u>963,103</u>	<u>1,045,699</u>
<u>RESOURCES EXPENDED</u>							
Expenditure costs, including Head Office and Counselling Services	3	590,266	248,321	-	-	838,587	629,399
Depreciation/(Profit on Sale)		25,780	-	-	-	25,780	18,613
Governance Costs	4	1,080	-	-	-	1,080	1,080
Reduction in closing stock of jewellery		2,500	-	-	-	2,500	1,000
<u>TOTAL EXPENDITURE</u>		<u>619,626</u>	<u>248,321</u>	<u>-</u>	<u>-</u>	<u>867,947</u>	<u>650,092</u>
Net Incoming(Outgoing) resources before transfers		95,156	-	-	-	95,156	395,607
Gross transfers between funds		-	-	-	-	-	-
Other recognised gains/(losses):							
Gains and losses on revaluation of assets		-	-	-	(59,935)	(59,935)	(513)
Funds brought forward		822,728	319,152	150,000	87,489	1,379,369	984,275
<u>TOTAL FUNDS CARRIED FORWARD</u>		<u>917,884</u>	<u>319,152</u>	<u>150,000</u>	<u>27,554</u>	<u>1,414,590</u>	<u>1,379,369</u>

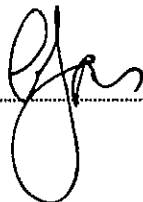
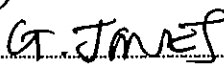
The Notes on pages 7 to 10 form an integral part of these Accounts.

THE CARDIGAN YOUTH PROJECT
BALANCE SHEET AS AT 31 MARCH 2023

		<u>2023</u>	<u>2022</u>
		£	£
<u>FIXED ASSETS</u>			
Tangible Assets	5	936,848	647,672
Investments	6	<u>319,577</u>	<u>346,756</u>
		1,256,425	994,428
<u>CURRENT ASSETS</u>			
Jewellery stocks		-	2,500
Cash at Bank and in Hand		163,879	202,476
Debtors and Prepayments		<u>144,183</u>	<u>331,838</u>
		308,062	536,814
<u>CREDITORS</u>			
Amounts Falling due within one year	7	<u>149,897</u>	<u>151,873</u>
<u>NET CURRENT ASSETS</u>		158,165	384,941
<u>TOTAL ASSETS LESS CURRENT LIABILITIES</u>		£ <u>1,414,590</u>	£ <u>1,379,369</u>
<u>FUNDS</u>			
General Fund		917,884	822,728
Restricted Funds	10	319,152	319,152
Reserves Fund	11	150,000	150,000
Revaluation Reserve		<u>27,554</u>	<u>87,489</u>
		£ <u>1,414,590</u>	£ <u>1,379,369</u>

Approved by the Trustees on

and signed on their behalf by:


 Trustee

 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 2023

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>2023</u>	<u>2022</u>
Gifts and Donations	2,526	2,588
Jewellery sales	835	97
Rental Income	-	-
Miscellaneous	155	281
	<u>£ 3,516</u>	<u>£ 2,966</u>

THE CARDIGAN YOUTH PROJECT
NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023

<u>3) EXPENDITURE COSTS, INCLUDING HEAD OFFICE AND COUNSELLING SERVICES</u>	<u>2023</u> £	<u>2022</u> £
Insurances	4,624	4,312
Telephone Charges	3,065	3,380
Heat & Light	12,752	3,658
Water rates and Rent	7,420	971
Computer costs	7,459	6,573
Project & Activity Expenditure	28,712	4,579
Room Hire	225	120
Subscriptions, Licenses and fees	3,513	515
Contractors	43,217	47,859
DBS Checks	536	1,552
Advertising and promotion	2,365	391
Stationery	3,726	2,328
Wages and National Insurance	667,553	524,839
Pension Contributions	18,032	12,720
Travel and Motoring	2,426	2,292
Training Costs (including volunteers)	4,122	3,893
Cleaning costs & maintenance	22,304	5,046
Sundry Expenses	1,081	101
Professional Fees	1,791	3,400
Repairs to Property	315	140
Bank Charges	296	157
Loan Interest	346	-
Investment Management Fees	2,706	573
	<u>838,587</u>	<u>629,399</u>
<u>4) GOVERNANCE COSTS</u>	<u>2023</u>	<u>2022</u>
Accountancy	1,080	1,080

<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 2022	646,725	38,422	33,593	718,740
Additions	290,715	14,517	9,723	314,955
Disposals	-	-	-	-
At 31 March 2023	<u>937,440</u>	<u>52,939</u>	<u>43,316</u>	<u>1,033,695</u>
<u>Depreciation</u>				
At 31 March 2022	12,935	37,347	20,786	71,068
Charge for year	16,682	2,339	6,759	25,780
At 31 March 2023	<u>29,617</u>	<u>39,686</u>	<u>27,545</u>	<u>96,848</u>
Written Down amount as at 31 March 2023	<u>907,823</u>	<u>13,253</u>	<u>15,772</u>	<u>936,848</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>

THE CARDIGAN YOUTH PROJECT
NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023

6) INVESTMENTS

All Investments held on the London Stock Exchange

	<u>2023</u>	<u>2022</u>
Brought forward	346,756	332,965
Additions	88,250	123,529
Disposals	(55,494)	(109,225)
Portfolio Revaluation	(59,935)	(513)
Balance Carried Forward	<u>319,577</u>	<u>346,756</u>

7) CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	<u>2023</u>	<u>2022</u>
Bank loans and overdrafts	32	32
Other creditors	6,276	10,079
Accruals and Deferred Income	84,192	51,227
Social Security and other Taxes	13,797	12,535
Loans due < 1 year	45,600	78,000
	<u>£ 149,897</u>	<u>£ 151,873</u>

8) FUNDS

	<u>GENERAL</u>	<u>RESTRICTED</u>	<u>RESERVES</u>	<u>REVALUATION</u>	<u>TOTAL</u>
At 31 March 2022	822,728	319,152	150,000	87,489	1,379,369
Incoming Resources for the Year	714,782	248,321	-	-	963,103
Outgoing Resources for the Year	(619,626)	(248,321)	-	-	(867,947)
Revaluations	-	-	-	(59,935)	(59,935)
Gross transfers between funds	-	-	-	-	-
At 31 March 2023	<u>£ 917,884</u>	<u>£ 319,152</u>	<u>£ 150,000</u>	<u>£ 27,554</u>	<u>£ 1,414,590</u>

REPRESENTED BY:

	<u>2023</u>	<u>2022</u>
Tangible Fixed Assets	1,256,425	994,428
Net Current Assets	158,165	384,941
	<u>£ 1,414,590</u>	<u>£ 1,379,369</u>

9) TRANSACTIONS WITH TRUSTEES AND CONNECTED PARTIES

The Trustees confirm that there were no material transactions with Trustees or connected parties during the period under review.

THE CARDIGAN YOUTH PROJECT
NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023

10) OTHER DESIGNATED FUNDS

Received during the year ended 31 March 2023

Cymdeithas Mudiad CAVO	1,000
Ceredigion County Council Community Renewal Fund	65,339
WCVA Kickstart	12,597
WCVA Capital Funding	32,195
Boys & Girls Clubs	140
Mind Our Future- Dyfodol Ni Lottery Community Funding	62,924
Area 43 - Into The Future Lottery Community Funding	74,126
	<u>248,321</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